**Programme – VISIT TO JALASJÄRVI/Kurikka**

**Monday, January 20**

Estimated time of arrival 23.00 – 23.30 Jalasjärvi upper secondary school

**Tuesday, January 21**

9.00 – 10.00 Welcome to Jalasjärvi upper secondary school

10.30 – 11.30 Sound meditation with bowls, Jalas-Areena

11.45 -12.20 Lunch at school

12.20 – 13.05 Lecture ”Brain research, learning and wellbeing”

Minna Huotilainen, Professor of Educational Sciences, the University of Helsinki

13.15 – 14 Debriefing of the lecture D4

14 – 15 Snow floorball

15.30 – 17 (17.30) AVANTO+ SAUNA Lamminjärvi

 Family evening + dinner

**Wednesday, January 22**

7.45Coach to Tampere (from Jumbo, Jallu)

10.00 Pyynikki Observation Tower and Cafè

11.00 – 13.00 Museum Centre Vapriikki (a guided tour for our guests)

13 - 14 Lunch at Vapriikki

14.30 – 15.30 Moomin Museum, Tampere-talo

16 – 18 AMAZING RACE, Kauppi Sports Center, Kuntokatu 17

approx. 18.30 – 19 Dinner at Juustoportti Ylöjärvi

 (Probably back home by 21.30 – 22)

**Thursday, January 23**

9 – 12 Workshop: Magazine D4

11.45 – 12.20 Lunch at school

12.30 Coach to Kurikka

13.00 Disco on skates, Kurikka Indoor Ice Rink

14.30 Coach to Jurva

15.00 Art House Jurva (coffee break included)

17.15 Farewell party and dinner at Wanha asema, Kurikka

20.00 Coach to Jalasjärvi

**Friday, January 24**

7.20 Saying goodbye! Coach to Seinäjoki. Train to Helsinki at 8.35. Accommodation at Hotel Arthur, Vuorikatu 19, Helsinki.