



European
Cultural
Ambassadors



Vantaa
Martinlaakson lukio



Erasmus+

Erasmus+ Cultural Ambassadors, program in Finland October 2023

SUNDAY 1.10.2023

Arriving at Helsinki -Vantaa Airport

Moving to the accommodation

MONDAY 2.10.2023: in Vantaa Martinlaakso and Kuusijärvi

9.00-11.30 Welcome to Finland (Studio-theater)
A tour in the school building

11.30-12.15 LUNCH

12.30 - 16.00 **Culture in Finland: nature**
Outdoor activities in Kuusijärvi, bus transportation
Sledding, walking in the forest and collecting mushrooms, grilling sausage,
taking a sauna bath, swimming in the ice cold lake :)
WARM CLOTHING AND SWIMWEAR ARE MANDATORY!

TUESDAY 3.10.2023: in Vantaa, Martinlaakso

9.00-11.45 **Culture in Finland: Finnish traditions (Martinlaakso High School)**
music (Anna), arts (Heli), dance (teacher), beliefs + Kalevala (Laura)

12.45 - 13.00 LUNCH at Traderia-restaurang

13.00 - 15.00 **Cooking Finnish traditional food (Martinlaakso School), (Sari K)**

WEDNESDAY 4,10.2023: in Helsinki

- 9.00-13.00 **Culture in Finland: History and present day**
Visiting Oodi, Temppeliaukio Church, National museum and Suomenlinna
- Lunch at Helsinki, (participant pay for the lunch themselves).

THURSDAY 5.10.2023: in Vantaa, Martinlaakso and Helsinki

- 9.00- 11.30 **Culture in Finland: sports (Anssi, pesäpallo)**
- 11.30-12.30 Lunch at Martinlaakso High School, Traderia-restaurang
- 12.30 - 16.00 Helsinki-City tour
- 17.00- Evening program, dinner together (15 € / person, coordinator collects)
at Restaurant Meiccu (Pihlajatie 34, Helsinki)

FRIDAY 6.10.2023

Departing from Helsinki - Vantaa Airport

Please note that there may still be changes to the program. Changes will be announced closer to the event.