**Move your body, help your mind – week 46 in Ulvila**

**Sunday 10.11.**

**17:15** arrival of German guests

**Monday 11.11.**

9:00 arrival of team Forssa & Welcome to our school - school tour auf Deutsch and in English + suomeksi

9:30 Getting to know each other (class room Leineperi)

Discussing and comparing different welfare Apps – choosing good ones – making a list (pedanet)

11:45-12:30 lunch at school

Continuing about the Apps

Examples of kinesthetic learning/active breaks

Getting to know Ulvila – walking – good shoes necessary!

16:30 - 18:30 visit to the townhall - snack – head of educational department Kimmo Vepsä: history of and politics in Ulvila; president of the city council (Vorsitzende des Stadtrates; valtuuston puheenjohtaja) Anne Holmlund; attending the meeting of the city council

**Tuesday 12.11.**

7:25 bus 90 from Ulvila to Pori (market place) 7:45, walk or change bus Citylinja to Puuvilla (7:55-8:05) shopping center 8:30-10:30 Ultra action park – Pori, Puuvilla shopping center

10:35->10:40 or 10:50->10:55 bus Citylinja to the market place or walk

11:15->11:33 bus 90, platform 6, to Ulvila

11:35 Lunch at school

12:00-13:00 attending classes in groups of three\* – assignment to think about ideas for kinesthetic learning/active break  **Teachers: project meeting (as long as it takes)**

(the lessons start 11:45, we run a bit late because of the poor bus connections, but the teachers know it)

13:15-14:30 planning the methods for the next lesson on Thursday

**Wednesday 13.11. – Ice hockey – the most popular spectator sport in Finland**

9:00 charter bus from the school to Pori, pick up in Pori from the former busstation

9:20 ! Pori, Isomäki training of the local ice hockey team, meeting with physical coach Seppo Vihelä+players Tylor & Tyson Spink

About 11:00 bus back to school

11:20-11:45 sport tutors in action (mindfulness)

11:45 lunch at school

12:30 Bus to Tampere

14:30 Study visit Museum Werstas guided tour: vote, strike and be active in social media

Some freetime – dinner at your own cost

17:30 Bus to Hakametsä

18:30 Ice hockey game Ilves – Sport

21:15-> Bus to Ulvila & Pori

**Thursday 14.11.**

8:25->8:45 bus 90 from Ulvila to Pori

9:00-10:15 Irti maasta – indoor climbing park, Isokarhu shopping center

11:15->11:33 bus 90, platform 6, from Pori to Ulvila

11:35 lunch at school

12:00-13:00 lessons with your activities\*

13:15-14:30 feedback and evaluation of the project, guidelines for the future and the meeting in March

Team Forssa by bus back home

<https://forms.gle/gFkNKsshHZGfDZCc8>

**Friday 15.11.**

9:30 Farewell & trying out Finnish national sport pesäpallo (baseball) in the gym hall of the school

& quick lunch around 10:40

11:00 the bus to the airport

**\*Lessons and groups**

**English, Anniina Rantanen/Katja Siivonen:** Verna, Roope, Georgia

**Biology, Suvi Vehmanen/llkka Blomqvist:** Emilia, Stephanie, Mira

**Physics, Marita Havu:** Anni, Elisa, Oskari

**Maths, Markku Järvenpää**: Iiro, Jonathan, Tytti

**Maths, Mari Kaunisto:** Ida, Celine M., Elisandro, Elli-Kaisa

**Social studies, Juha Kujansuu:** Aino S., Katarina, Anna

**Philosophy, Vesa Nissinen**: Mette, Celine P., Pauliina

**Finnish, Marja-Kaisa Roivainen:** Aino N., Lejla, Tia

**Health education, Mira Kaskinen/Anniina Rantanen (Marko Seppälä):** Maria, Juliette, Erika