



**Short-term exchange of groups of pupils  
C7: SUSTAINABLE ENERGY - THE ROLE OF FORESTS  
23 - 29 April 2022  
hosted by Nurmeksen lukio, Nurmes, Finland  
(small changes to the timetable possible)**

**Saturday 23.4.**

- 17:30 Arrival at Kuopio Airport, Ollin taksi to Nurmes
- 20:00 Host families pick up their guests at Nurmeksen lukio

**Sunday 24.4.**

- 9:00 Welcome  
Introduction to school and orientation to the week
- 10:00 Icebreaking activities
- 11:00 Presentations of the preparatory task on energy issues
- 12:00 Lunch at Hyvärilä restaurant
- 13:00 Departure to Koli National Park / a guided tour in the forest  
Finnish National Scenery
- 18:00 Home to families (dinner with the host family, free time in the evening)



## Monday 25.4.

- 8:30 Visiting local businesses (on foot)
- Bioenergy power plant
  - Forest energy companies KME and Motoajo  
(recorded for virtual participants)
- 11:00 Meeting with the town Mayor, Mr. Asko Saatsi, at the town hall:  
"Nurmes and the forests" (recorded for virtual participants)
- 12:00 Lunch at school restaurant Muskotti
- 13:00 A visit to Riveria Valtimo, Forestry School (bus)
- 15:30 Back at school => Home to families

## Tuesday 26.4.

- 9:00 Presentations of the prep task number 1: Forests in your country
- 10:00 A lecture by the chairman of the Finnish Association for Nature Conservation  
Harri Hölttä
- 11:00 A workshop on Biodiversity with Roosa Pajari from Savo-Karjalan  
Luonto-Liitto, Finnish Nature League East Finland
- 11:45 Lunch
- 12:30 Workshop on biodiversity continues, now focus on the diversity of forests
- 14:00 Coffee break
- 14:30 Workshop: Biology of nature conservation areas
- 15:30 Workshop: Tools of active citizenship
- 16:00 The day ends
- 18:00 Bomba Spa with hosts



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### **Wednesday 27.4.**

- 9:00 A movie: Attenborough - A Life on our Planet
- 10:30 Workshops on forest questions: output production
- 11:30 Lunch at the school restaurant Muskotti
- 12:15 Workshops continue
- 14:00 Departure to Vuokatti Super Park  
(two-hour visit to the park + sandwiches from school)
- 19:00 Back in Nurmes (evening with the hosts)

### **Thursday 28.4.**

- 9:00 Finishing the workshops
- Presentation and results
- 11:30 Lunch at school restaurant Muskotti
- 12:30 Evaluation and feedback
- 13:30 Climate Change Adventure Game My 2050 in Nurmes
- 14:30 Free time /shopping / packing up
- Early dinner with the host family
- 17:00 The prom (dress rehearsal show), PielisAreena

### **Friday 29.4.**

- 11:15 Departure to Kuopio airport by Ollin taksi



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### Some practical tips for packing

- Bring warm clothes, a weatherproof jacket, beanie and gloves. The weather is still quite cold and there is snow on the ground.
- Good shoes, or even boots. On Sunday we'll be hiking in a national park, and we will be walking a lot in general.
- A swim suit for the spa visit on Tuesday
- Trackpants, leggings or similar for the SuperPark visit
- Face masks for travel days - you'll need them on board Finnair and at the airports and elsewhere in Finland. Face masks and hand sanitizers are available at school
- EU Covid-19 certificate will be checked at the airport on arrival and departure
- We recommend taking a lateral flow test before departure. It's not fun to travel when you're ill.

### Meals and excursions

- Breakfast and dinner with host families
- Lunch and afternoon snacks provided by Nurmeksen lukio
- Admissions to the spa and activity park, the guided tour at the national park and other programme provided by Nurmeksen lukio

### Contact information

#### Erasmus host teachers

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