

SP23 - Dr. Kelly Torres

Date	Activity/Note for Exertion Level
<p style="text-align: center;">Day 1 Students Must Arrive no later than: April 19, 2023 (exact time still to be determined)</p>	<ul style="list-style-type: none"> •Arrive at Helsinki Vantaa Airport (HEL) •Transfer to hotel •In-country Orientation •Guided Tour of Helsinki •Welcome Dinner <p>Exertion Level 1: After their flight, students will commute to the hotel. Students will participate in a guided tour of Helsinki and attend a welcome dinner. Flight duration is dependent on students' departure location. Transfer from airport to hotel is approximately 30 minutes. Students will spend several hours attending the guided tour and welcome dinner.</p>
<p style="text-align: center;">Day 2 April 20, 2023</p>	<ul style="list-style-type: none"> •Kulosaari Secondary School •Lapinlahti <p>Exertion Level 1: Students will commute to the school and association. Students will experience various intervals of walking. There may be slight hills and unpaved paths in some areas. Students will spend the majority of the day participating in program activities and will have leisure time in the evening for further exploration and dinner.</p>
<p style="text-align: center;">Day 3 April 21, 2023</p>	<ul style="list-style-type: none"> •Viikki Teacher Training School of the University of Helsinki •STEM Technology Company <p>Exertion Level 1: Students will commute to the school and technology company. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the day participating in program activities and will have leisure time in the evening for further exploration and dinner.</p>
	<ul style="list-style-type: none"> •Kiasma

<p>Day 4 April 22, 2023</p>	<ul style="list-style-type: none"> •Leisure time in the afternoon to explore Helsinki <p>Exertion Level 1: Students will commute to the museum. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the morning participating in program activities and will have leisure time in the afternoon and evening for further exploration and dinner.</p>
<p>Day 5 April 23, 2023</p>	<ul style="list-style-type: none"> •Ferry from Helsinki to Tallinn •Guided walking tour of Tallinn •Leisure time in the afternoon to explore Tallinn •Ferry from Tallinn to Helsinki <p>Exertion Level 2: Students will take a roundtrip ferry to Tallinn, which is approximately two hours. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the morning participating in program activities and will have leisure time in the afternoon and evening for further exploration and dinner.</p>
<p>Day 6 April 24, 2023</p>	<ul style="list-style-type: none"> •Niemikoti Foundation •Service-learning activity (will occur at a local soup kitchen or educational institution outreach program) <p>Exertion Level 2: Students will commute to the foundation and service learning activity. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the day participating in program activities and will have leisure time in the evening for further exploration and dinner.</p>

<p>Day 7 April 25, 2023</p>	<ul style="list-style-type: none"> •Helsinki’s Business Hub •Fazer Experience Visitor Centre •Farewell Dinner <p>Exertion Level 1: Students will commute to the business hub and visitor centre. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the day and evening participating in program activities.</p>
<p>Day 8 April 26, 2021</p>	<ul style="list-style-type: none"> •Helsinki’s Youth Stations •Farewell Dinner <p>Exertion Level 1: Students will commute to the youth station. Students will experience various intervals of walking. There may be stairs, slight hills, and unpaved paths in some areas. Students will spend the majority of the day and evening participating in program activities.</p>
<p>Day 9 April 27, 2023 Students Have Officially Completed the Program: (exact time still to be determined)</p>	<ul style="list-style-type: none"> •Transportation to Helsinki Vantaa Airport (HEL) <p>Exertion Level 2: Students will commute to the airport for their departure flights. Transfer from hotel to airport is approximately 30 minutes. Flight duration is dependent on students’ arrival location.</p>



Location

Helsinki

Helsinki

Helsinki

Helsinki

Tallinn and Helsinki

Helsinki

Suomenlinna Island and Helsinki

Helsinki

Helsinki