



**NORDPLUS JUNIOR  
EXCHANGE WEEK VAALA 12.10-18.10.2024**

**Saturday 12.10.**

8.45-15.10	Icelandic group, From Reykjavik to Helsinki	Finnair
16.50-17.55	Icelandic group, From Helsinki to Oulu	
About 19.30	Icelandic group, arrival at Vaala	Host families pick up from the school centre

**Sunday 13.10**

	Icelandic group, free time with host families	
In the evening (program will be updated during the day)	Norwegian group, arrival at Vaala	Host families pick up from the school centre

**Monday 14.10.**

8.45	Welcoming, headmaster Tapani Karhu	L6
	Overview of the program for the week	
	Presentations (Iceland, Norway, Finland)	For the whole school
	Introduction to the school centre	
	Introductions to the group work	
11.40	Lunch	School canteen
12.00	Departure for a farm, Arvolan karjapiha	Outdoor clothes
14.30	Departure for the school centre	
15.10	Free time	



### Tuesday 15.10.

8.45	Project work	L6
11.35	Lunch	School canteen
12.00-12.30	Municipality of Vaala	L6
12.30-13.30	Nuclear power-lecture	L6
13.30-15.10	Finnish baseball	Depending on the weather. Dress accordingly. Take along a water bottle.
15.10-20.00	Youth centre	
15.10-	Dinner at Rokua Health and Spa, teachers	

### Wednesday 16.10.

8.45	Departure for Nuojua	
9.00-9.30	Roundwood terminal, Nuojua	
10.00-14.30	Rokua national park, Rokua Geopark Mikko Kiuttu ja Mehtämikko <a href="http://www.youtube.com/@Mehtamikko">http://www.youtube.com/@Mehtamikko</a>	Equipment: water resistant and warm clothes, hiking boots or good trainers, a water bottle, a backpack. Lunch by the campfire.
15.15	Cooking and eating together at the school centre Cleaning before leaving!	

### Thursday 17.10.

8.45	Leaving for Kauvonsaari by walking Jylhämä, hydroelectric power plant Guide Sinikka Rantalankila	Outside clothes, good shoes and water bottle
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12.00	Back at school, lunch	School canteen
12.30	Project works ready	L6
15.10	Project works presentations	L6
	Packing	

#### Friday 18.10

8.30	Norwegian groups leave school centre	
8.30	Icelandic and Finnish students gathering at the school centre	
11.00	Lunch	School canteen
11.30	Icelandic group leaves for airport	
14.30-15.30	Icelandic group From Oulu to Helsinki	
16.05-16.55	Icelandic group From Helsinki to Reykjavik	

See you in Höfn spring 2025!