



If you need more specific information
access <https://www.euneoscourses.eu/>

For urgent matters contact trainer

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Practical Information

**Integrated curriculum – teaching
global skills, Helsinki, Finland**

EUNEOS Courses

Integrated curriculum – teaching global skills, Helsinki, Finland

Arriving at Helsinki airport/Lentoasema



(source: https://www.vr.fi/cs/vr/en/keharata_en)

If you arrive at Helsinki airport, please buy there a multiday Regional ticket for public transport valid for Helsinki capital city area. Choose the amount of days you need, pls access the link for the costs <https://www.hsl.fi/en/tickets-and-fares>. It will be valid on **buses, trains and trams and boats** to some of the islands so we advise you to purchase the ticket.

You can purchase the ticket from the airport (arrival terminal, luggage lines, using the machine, or from R-kiosk (yellow shops) from Terminal 1 or from the train departure station from the machine pls see <https://www.hsl.fi/en/tickets-and-fares/sales-points>. If you buy it from **R kiosk** you will not need to validate as it will be a receipt ticket showing the day and hour. If you buy from machine you will need to validate the first time you go on a public transportation and after that there will be no need to validate as it will run for the days you have purchased. You can also by electronic ticket on your mobile using the HSL app.

Train (from Airport/Lentoasema –Helsinki region)

The train from airport to central railway station in Helsinki will be a ride of approx. 20 min, pls look on the [map](#) and pick the train via Tikkurila (otherwise you will have a longer ride)

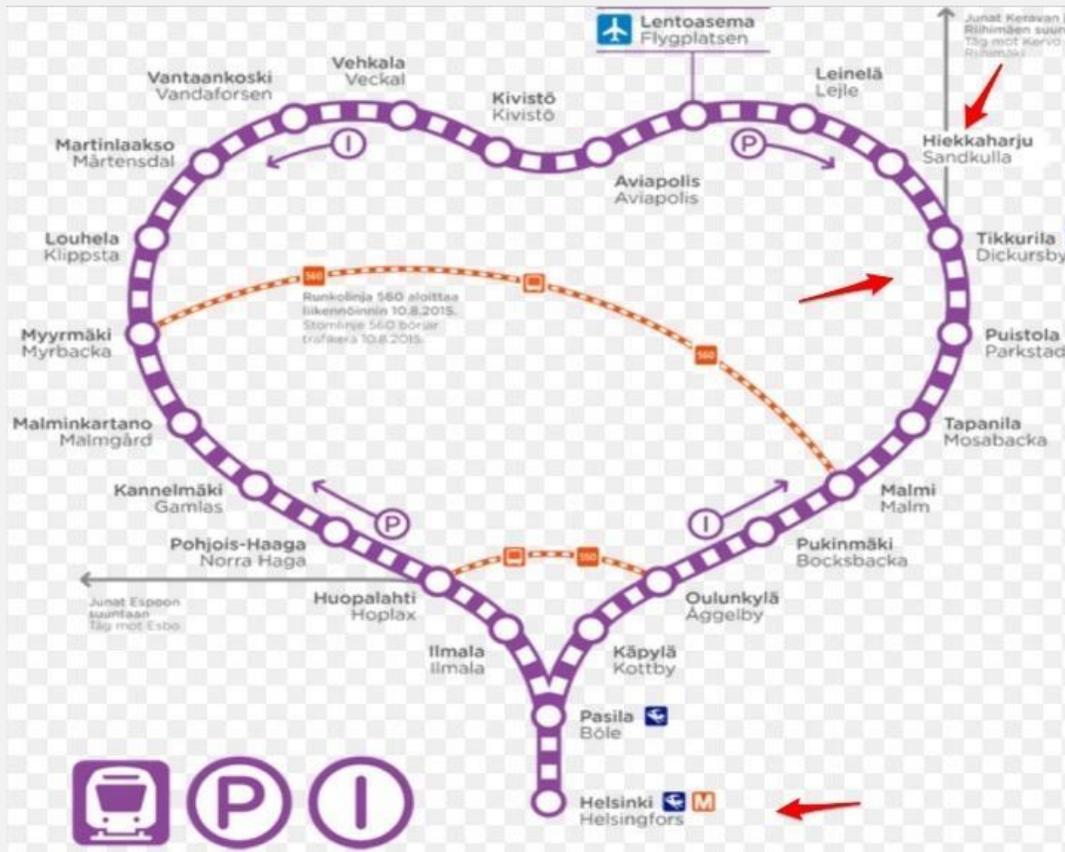
The train from Helsinki railway station to **HIEKKAHARJU STATION** takes about 15- 20 min. You can easily follow the names of the train stops in the train monitors, and listen to English information.

Helsinki local trains that will stop at Hiekkaharju/Sandkulla: IPNKT

Helsinki local trains that will stop at Tikkurila/Dickursby: IPNKRTZ

Ring rail trains Helsinki – Airport – Tikkurila – Helsinki, or vice versa: I,P, look on the train destination from Airport will appear Helsinki via Tikkurila (the P train).

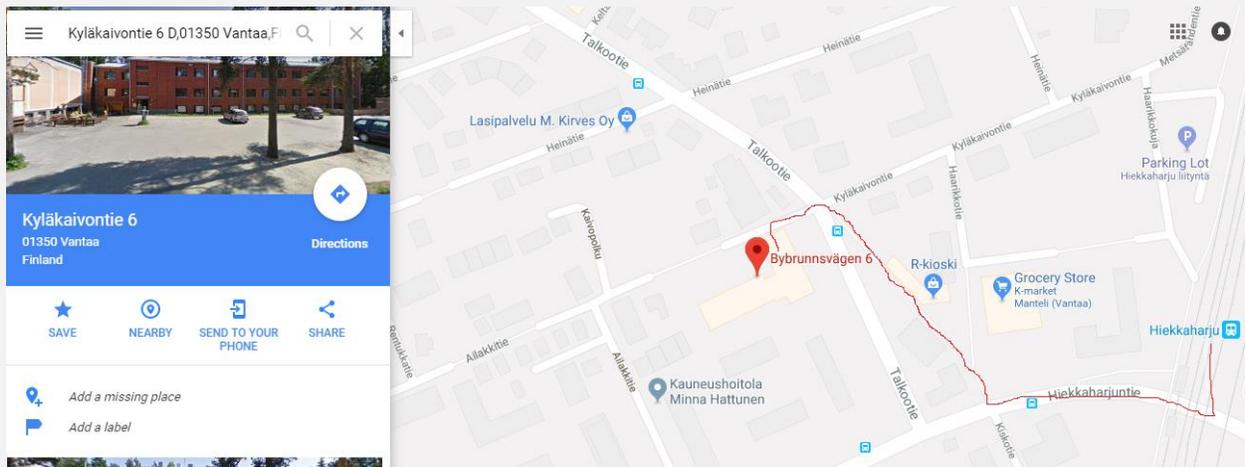
The Ring Rail in Helsinki Capital city area (see maps below).



Accommodation in Helsinki, Finland

Our training program is dynamic we will move around a lot☺. If you would like to be close to the training facilities where we will start most of the days we recommend you to book a room in **20ROOMS**. Please use this code EUNEOS18 for special price (46euro/night single room, 60 euro/night double room, the place has limited availability so please contact them to see if rooms are still available. Contact details: 20Rooms,+358 40 6582939,info@20rooms.fi,Kyläkaivontie 6 D,01350 Vantaa,Finland, www.20rooms.fi/en

This accomodation will be just 2 stops from the Airport(Lentoasema-direction Helsinki) station stop Hiekkaharju



If you prefer a Hotel...

We recommend you to book a hotel near Helsinki railway station or Tikkurila railway station so that you will be able to commute smoothly during the course week. Booking.com, Momondo, Ebookers, Trivago are good tools to choose accommodation. Kaisaniemi, Kamppi, Töölö are close to the railway station in Helsinki. Hotel Vantaa Sokos Original (good quality, easy distance) and Hotel Tikkurila (cheap option).

Visiting In Helsinki area

Our training will include practical hands on learning opportunities we will visit schools in Helsinki area and cultural situated places that would help us grasp on social innovation assisting global skills/competences and integrated approach.

Libraries as social innovation in Finland education and beyond

<https://www.kansalliskirjasto.fi/en/info#opening-hours-of-the-national-library-of-finland>

Visiting interactive museums with hands on workshops related to our training objectives, visiting islands around Helsinki, any sensorial experience locally situated allowing participants to design their own learning experience and complete it. You will receive the agenda with all places we will visit, for your own free time pls access the link below (HAM, Ateneum Museum, KIASMA, Design Museum, Johannes church and old saunas in Helsinki being some recommendations). Cultural situated training is important for Erasmus horizontal proprieties we have considered this carefully when designing our training agenda

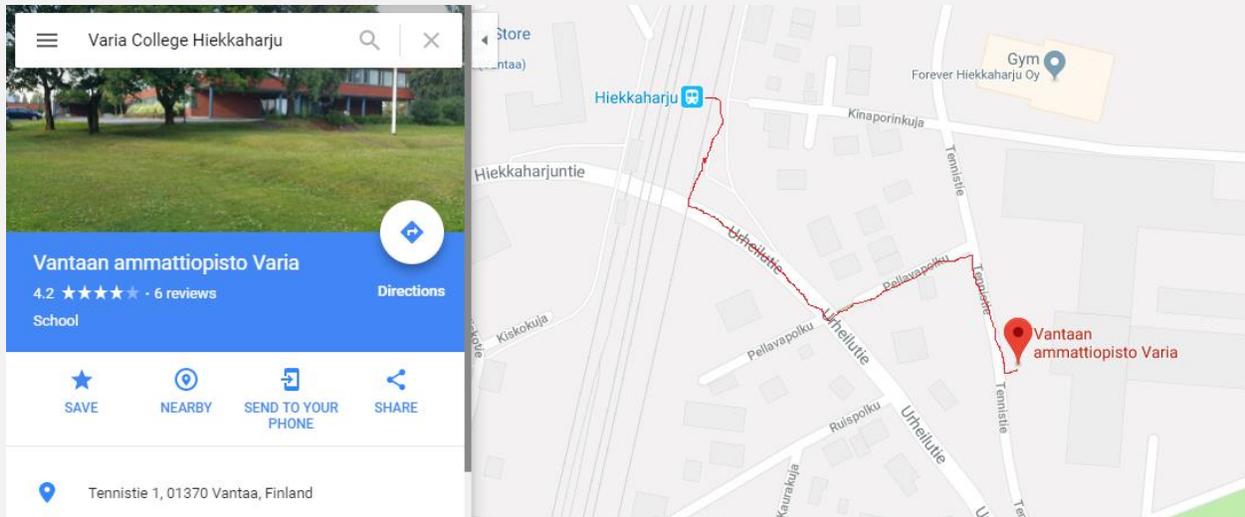
<https://www.myhelsinki.fi/en/see-and-do/sights>

If you are interested in Helsinki card here you can find the information

<https://www.helsinki.com/en/what-you-get/what-you-get-with-the-helsinki-card.html>

Course venue

The main course venue is in **Varia Vocational College** (Tennistie 1, 01370 Vantaa, Finland), where we will meet on Monday, Library or a room to be announced before. We will also visit schools and support centers which we will announce in the first day of the training, all will be in Helsinki or Vantaa Region.



Meals

You have your KA1 grant budget for your per diem (living costs) including meals. There are school restaurants in the venues providing school lunch 7-9 euro depending on the school canteen and coffee 1.50 e. You may also bring your own lunch boxes with you to the venue if you prefer so, we will make sure you will enjoy it 😊. Most of the schools offer vegetarian or lacto/gluten free meals, but please let us know ahead within your profile questionnaire.

Guided Tour in Helsinki Sunday afternoon (optional):

Yet highly recommended 😊, it is a good opportunity to set base for our global skills course and see Helsinki secret story behind “social innovation”. We will make a within a theme that will invite you to explore the Finnish situated education and history. Duration 1h-1h30 between 15.00-16.30.

Meeting point Helsinki railway station main entrance facing the trams and a Bar Sports



Academy.

Welcome dinner Wednesday evening (optional, book in advance):

Participants who have chosen (ie. ticked the box in Profile Questionnaire which you all received before the course) the Welcome Dinner are welcome to join. Dinner will be at 19.00 and we will communicate the location before the training, we will pick a place that will be representative for Helsinki area and Finish culture and serve all type of dishes at decent prices. Dinner costs will be paid by participants from Erasmus grant cost- vary 16-20 euro. Socializing and global experience will be welcomed so please join ☺ <http://helsinkisecret.fi/en/secret035/>

Contact:

For any information you need please contact main trainer&organisor



Andrea Gatman



You will get the trainer and Organisor contact telephones and contacts via email.

Paperwork

Please see to the paperwork prior, during or after the course with Euneos course administration, preferably via your school's contact person: courses@euneos.eu

Need a europass?

If you wish to have a Europass, please read the instructions carefully well before the course:
http://www.euneoscourses.eu/?page_id=1077;

Need a document? https://www.euneoscourses.eu/?page_id=134

Costs

Course fee is paid by bank transfers in beforehand, NO cash payments on course venue. Billing questions, contact by email: courses@euneos.eu Lunches & coffees at school cafeterias can be paid by cash/bank & credit card(for the ones paid in cash you will get a receipt from EUNEOS-school lunch).

Participants will pay for the travelling costs, commuting, accommodation and food & drinks from their ownbudget.