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access <https://www.euneoscourses.eu/>

## Practical Information

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**Best Practice Benchmarking  
course**

EUNEOS Courses

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## Best Practice Benchmarking course- Helsinki, Finland

### Arriving at Helsinki airport/Lentoasema



(source: [https://www.vr.fi/cs/vr/en/keharata\\_en](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)

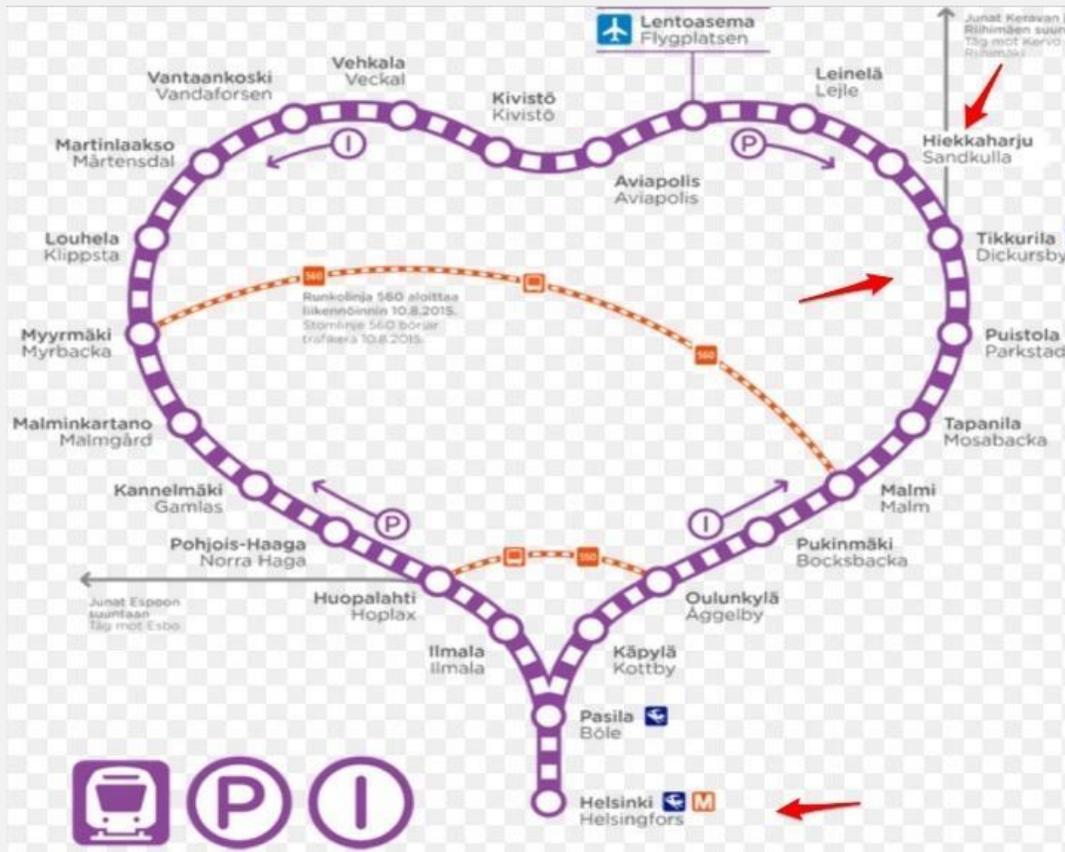
The train from Helsinki railway station to **HIEKKAHARJU STATION** takes about 15- 20 min. You can easily follow the names of the train stops in the train monitors, and listen to English information.

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).

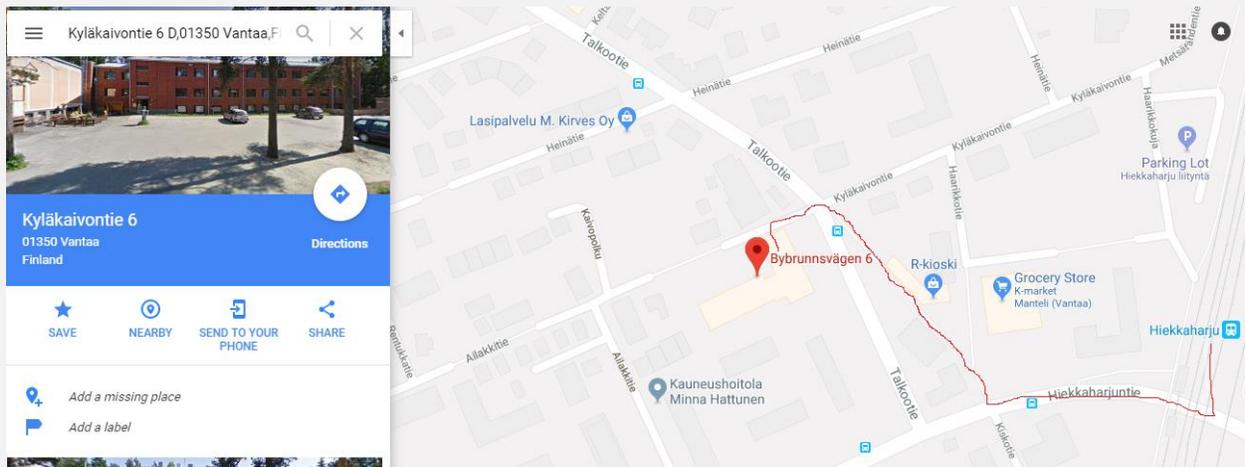
The Ring Rail in Helsinki Capital city area (see maps below).



## 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](mailto:info@20rooms.fi),Kyläkaivontie 6 D,01350 Vantaa,Finland, [www.20rooms.fi/en](http://www.20rooms.fi/en)

This accommodation 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. 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 propriety we have considered this carefully when designing our training agenda

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

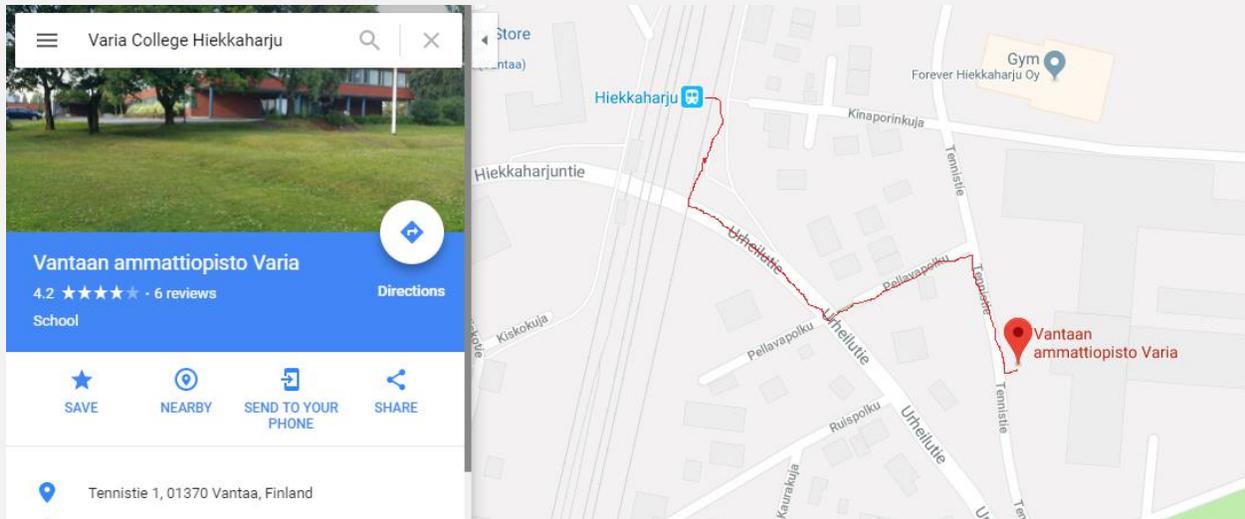
If you are interested in Helsinki card here you can find the information

<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 Educational as a Best Practice Benchmarking 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 Sunday 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 18.00 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 😊

## **Travel to Tallinn Estonia**

### **Accommodation in Tallinn**

You will have to make a hotel reservation for Thursday night in Tallinn and for the following nights if you are going to stay in Tallinn. There are many hotels and restaurants in Tallinn center with modest prices. You can find them with booking sites such as booking.com, Trivago, Momondo. Please select a hotel in the inner city of Tallinn.

Travelling days are Wednesday and Sun- day. The course starts on Thursday morning and ends on Saturday afternoon. Those who will finish their course in Tallinn may like to book their flight back home from Tallinn airport. The ferry costs will be included in the travelling costs to be compensated by the EU grant. Tickets for the ferry Helsinki – Tallinn – Helsinki can be bought at the desk in the port terminal, not later than 12 hour before the departure or online. We recommend you book the ferry that leaves in the afternoon. *Ferries that leave from the West-Terminal*

<http://www.portofhelsinki.fi/en/passengers/west-terminal-2> easy

reachable with Tram 7 and 6T facing the Helsinki railway station main entrance –last stop “ West Terminal”



Link s: <https://www.tallinksilja.com/book-a-cruise> ; and <https://www.eckeroline.fi/>

### **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](mailto: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](http://www.euneoscourses.eu/?page_id=1077);

Need a document? [https://www.euneoscourses.eu/?page\\_id=134](https://www.euneoscourses.eu/?page_id=134)

If you need a Confirmation/Invitation document, please see:

[http://www.euneoscourses.eu/?page\\_id=134](http://www.euneoscourses.eu/?page_id=134)

Please pick the one you need, fill it in and send back for signature as a Word document.

### **Costs**

Course fee is paid by bank transfers in beforehand, NO cash payments on course venue. Billing questions, contact by email: [courses@euneos.eu](mailto: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.

### **Insurance**

The insurance for the benchmarking courses compensates accidental damages that are caused by participants or trainers during the courses. It does not cover illness or losses, and therefore all participants should have a valid travel insurance of their own.

It is also a good idea to get the European Health Insurance Card, EHIC.

<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>

### **Course venue in Tallinn, Estonia**

Main venue for 7-day General Benchmarking course is Tallinn University / Tallinn Ulikool.  
Address: Narva mnt 25, 10120 Tallinn, Estonia

### **Accommodation Tallinn, Estonia**

Please book accommodation near the Old Town and/or Tallinn University.



Booking.com, Momondo, Ebookers, Trivago are good tools to choose accommodation. For instance, Park Inn by Radisson Central is situated between the Old Town and University. Any accommodation close to it will work well. Bern Hotel is located at the entrance to Old Town still reachable by foot from both University, schools we visit and Harbour.

The yellow, official taxis are very cheap in Tallinn in case you wish to stay further from the main venue. Also airbnb might be an option (see <https://www.airbnb.com>).

## Traveling in Tallinn- Smart City

### SMARTCARD

Smartcards, onto which you can load money or e-tickets (1-, 3-, 5- and 30-day travel cards), can be purchased from any of the sales points listed on [tallinn.pilet.ee](http://tallinn.pilet.ee). (Most common [R-Kiosk](#)) You pay a €2 deposit when purchasing a Smartcard.

<https://www.tallinn.ee/eng/pilet/SMARTCARD>

### Contact with Euneos

Subscribe to Euneos Newsletter in [https://www.euneoscourses.eu/?page\\_id=132](https://www.euneoscourses.eu/?page_id=132) to be in contact with Euneos on a standing basis and get our news now and then.

Facebook group <https://www.facebook.com/groups/euneoscourses.eu> gives you a good chance to discuss with others about Erasmus+ courses any time.

We will set up also a WhatsApp group near the start of the course to facilitate communication during the course with participants.

### Contact:

For any information you need please contact main trainer&organisor

Andreea Gatman ( for Helsinki Program)

Mart Laanpere Prof Tallinn University ( Tallinn Program)

[https://www.euneoscourses.eu/?page\\_id=178](https://www.euneoscourses.eu/?page_id=178)