



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

## Practical Information

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**Courses: Best Practice  
Benchmarking; Integrated  
Curriculum; Coaching strategies  
for schools  
Spring 2019**

EUNEOS Courses

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### Arriving at Helsinki airport/Lentoasema



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

We strongly recommend you to purchase a Regional Ticket, it is the cheapest way to travel and move around during the course time. Princes and Areas covered might change in 2019 and if so you will find the [information updated](#).

Upon arriving at Helsinki-Vantaa Airport purchase a **multidays (1 to 7 days) Regional ticket** for public transport valid for Helsinki capital city area, Vantaa and Espoo. Choose the amount of days you need, access the [link](#) for the costs. It will be valid on **buses, trains, trams and boats** to some of the islands (like Soumenlinna). You can see the [areas](#) where you will be able to travel with the Regional Card.

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.

You can also purchase it on the mobile HSL application <https://www.hsl.fi/en/app>. 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.

#### **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).

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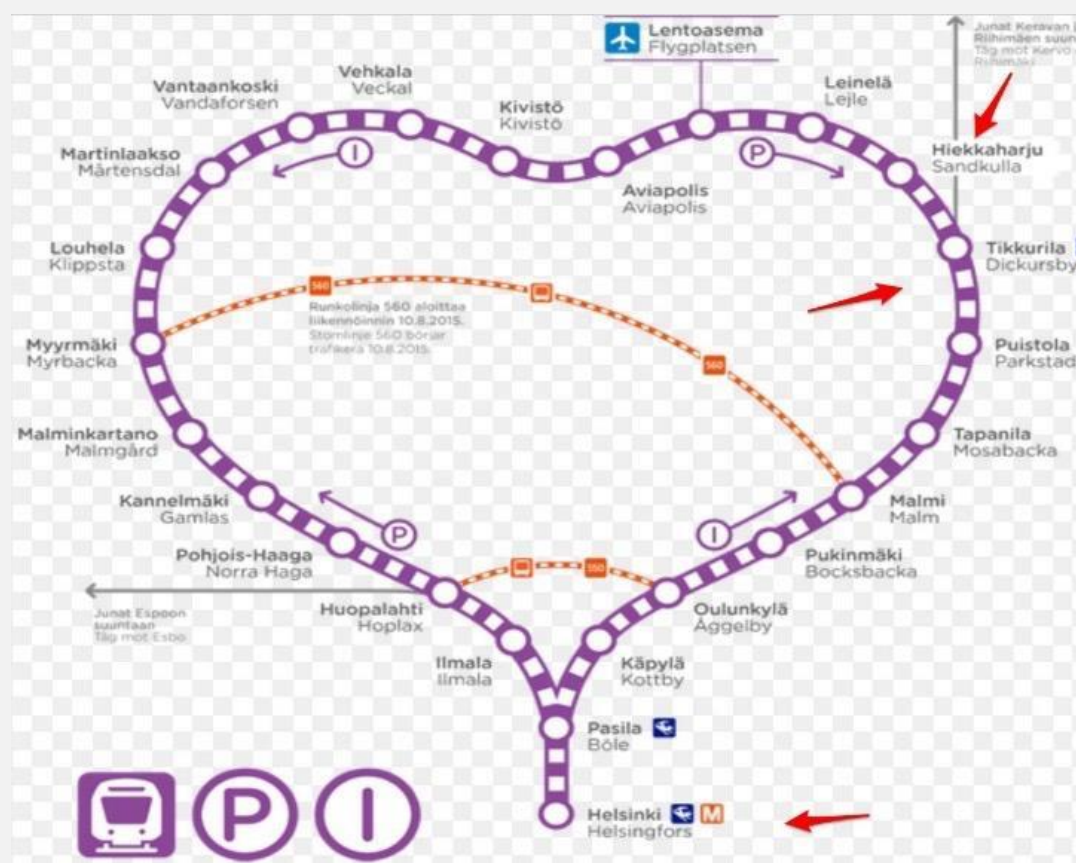
The train from Helsinki railway station to **HIEKKAHARJU STATION** takes about 15- 20 min, direction Airport or Kerava. You can easily follow the names of the train stops in the train monitors, and listen to English information.

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

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).



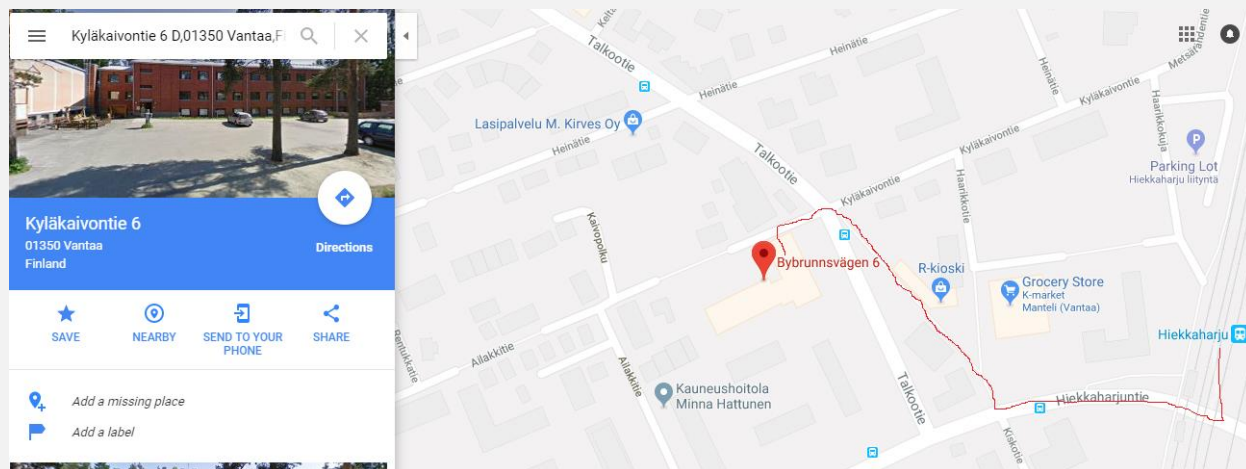
### Accommodation in Helsinki, Finland

If you would like to be close to the training location where we will start most of the days (Varia Vocational College) we recommend you to book a room in **20ROOMS – JUST 5 MIN WALK**. Please use this **code EUNEOS19** for special price (40euro/night single room, 52 euro/night double room), the place has limited availability so please contact them to see if rooms are still available, some teachers

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participants already booked. 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 accomodation will be just 2 stops from the Airport(Lentoasema-direction Helsinki) station stop Hiekkaharju. Many of our teachers participants have used this alternative and they enjoyed the clean warm place, good place to cook or enjoy a talk in the living rooms with other participants or other guests from different countries. It is a warm family owned place.



If you prefer a Hotel or apartment

We recommend you to book a hotel near Helsinki railway station or Tikkurila railway station so that you will be able to commute smoothly or Helsinki Center or Railway Station. One good alternative is self-service apartment hotel located both in Helsinki and Tikkurila is <https://www.forenom.com>. We also had teachers participants with larger groups coming using this alternative and giving good feedback. It is a self-service, smart environment house.

### 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

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your own free time pls access the link bellow (HAM, Ateneum Museum, KIASMA, Design Museum, Johannes church and 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>

[NEW!!! In Helsinki](#)

New learning environment- Europe's newest library in Helsinki just opening DOOR

<https://www.nytimes.com/2018/12/06/arts/design/helsinki-library-oodi.html>

Sauna is part of your cultural learning&training

<http://www.kulttuurisauna.fi/>

New modern sauna+ fresh sea outdoor pool, restaurant and view

<http://www.loylyhelsinki.fi/en/front-page/>

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

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

**Finnish culture of coffee**

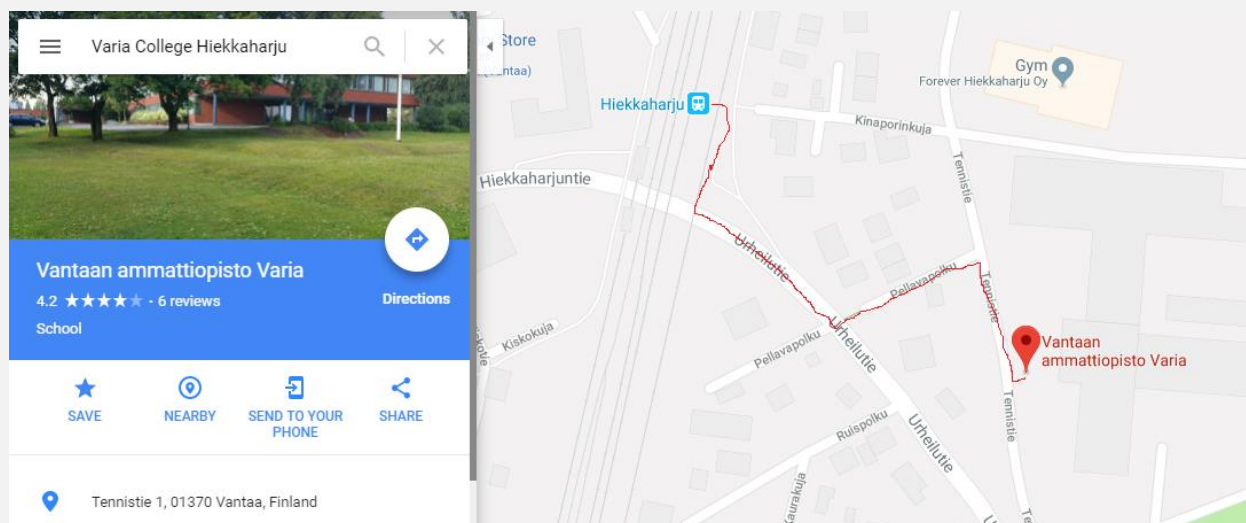
**We recommend you to try out and experience Finnish culture for coffee**

<http://www.thenordique.com/blog/2018/6/25/coffee-shops-not-to-miss-in-helsinki>

**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.

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### Meals

You have your KA1 grant budget for your accommodation including meals. There are school restaurants in the venues providing school lunch 6,30e -6.80e depending on the school canteen. We will provide you with receipt for meals if and when needed. 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 circuit of most famous libraries in Helsinki (architectural perspective) and more. Duration 1h-1h30 between 15.00-16.30. [Meeting point](#) Helsinki railway station main entrance facing the trams and a Bar Sports Academy.

### Cultural & break the ice coffee, informal training 16.30-17.30, Sunday:

Euneos believes in learning diaries and shared common space of learning, this will support multicultural exchange of information and knowledge and long term impact for Erasmus KA1 training projects. We will have 1h hours of “games teachers play” that will set the scene for Helsinki, Finland course you start. 😊 the place will be in a local coffee roastery allowing you to experience the best fresh coffee so important for Finnish culture and its people.

### Welcome dinner Sunday evening (optional, book in advance)\_ Best Practice Benchmarking courses:

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 offered in a special fishermen place with menu that will invite you to test the traditional Liuskas

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### **Welcome dinner Wednesday evening (optional, book in advance for Integrated Curriculum Course and Coaching Strategies for Schools Course**

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 at a traditional food buffet family owned restaurant

#### **Contact:**

For any information you need please contact main trainer&organisor

Andreea Gatman

+358-0413635630 (activ during the course)

You will get the trainer and organier 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](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)

#### **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.