

# Lessons from Finland

# HOW TO TEACH SUSTAINABILITY

## 6D5N Course in Oulu, Northern Finland

Oulu region, Finland has a wide selection of high-quality services to offer to the educational world. We have many educational experts, teachers, principals, researchers, and leaders, who are willing to share their knowledge of the Finnish educational field with you!

Adopting a sustainable lifestyle is crucial for the survival of humanity and the environment. Educating people about sustainability is important when we want to change people's behavior, wherever we live in the world. Do you want to learn how to make sustainable development studies at schools more meaningful?

The aim for sustainable development teaching in schools is to create eco-socially aware citizens, who understand how their actions affect other people, the environment, and the society, and who also act according to this knowledge.

Not only the indoor and outdoor facilities of the school but also nature and the nearby environment of the school buildings are utilized in the teaching of various subjects in Finland. Outdoor activities or visits to interesting local sustainable development-centers are a part of the local curriculum and form some parts of this course programme, too.



# Explore THE FINNISH NATURE

## in educational workshops!

### Objectives of the course

Objective 1: Increase awareness about Agenda2030 and how it is implemented at schools in Europe

Objective 2: to develop participants' ability to include Agenda2030 in their teaching and daily school work

Objective 3: to be better equipped to teach environmental sustainability to their students as in Finland

Objective 4: to learn concretely in workshops and during hands-on activities how to plan lessons and materials for teaching sustainability

Objective 5: to learn collaborative methods that can be used in classrooms and in outdoor learning

### Activities

- Presentation and workshops on theoretical approaches to sustainability
- Practical, interactive exercises that teachers can adapt to their teaching
- Gathering concrete examples of designing lessons and materials
- Outdoor learning activities

### Locations

Oulu and Pudasjärvi/Pikku-Syöte, Northern Finland



SAAGA TRAVEL

NAUTI MATKASTASI

**Days 1–2**

# OUR COURSE PROGRAMME

**Oulu**

## **Day 1 (travelling day)**

Appr. 17.00 Arrival in Oulu

Check-in at a hotel in city center of Oulu

Dinner on your own

## **Day 2 (from 9.00 to 15.30)**

Welcome to Oulu. Basic information of the city and some practicalities

Introduction to the Course

Ice breaking activity with a Finnish touch

## **Presentation**

The Finnish Core curriculum of basic education  
(grades 1 to 9 for students aged 7 to 16)

## **Workshop**

Transversal competences (T1-T7) in action at Finnish schools

(~21<sup>st</sup> century teaching and learning)

\*Focus on T7 in the Finnish curriculum: “Participation, Involvement,  
and Building a Sustainable Future”

## **Visit to a local basic education school**

Welcome to the school!

- Information about the particular school
- A round tour in the school facilities: environmental sustainability

Introduction to the Finnish concept of a free, healthy lunch;  
school lunch (included in the programme price)

Presentation/social sustainability: Collaborative methods in  
teaching and learning

Collaborative reflective session on the day over casual dinner

\*facilitated by representatives of the City of Oulu Educational and  
Cultural Services (included in the programme price)



**SAAGA TRAVEL**

NAUTI MATKASTAJI

## Day 3

# OUR COURSE PROGRAMME

## Oulu

### Day 3 (from 9.00 to 15.30)

#### Presentations

- Agenda 2030, sustainable development curriculum path and educational projects in Oulu
- UNESCO schools: examples of possibilities for European collaboration on sustainability
- Multidisciplinary approaches to teaching and learning/social sustainability (as in the Finnish Curriculum)

#### Workshop

Designing and introducing lesson plans on Agenda 2030/  
environmental sustainability

#### Visit to a local basic education school

Welcome to the school!

- Information about the particular school
- A round tour in the school facilities

Introduction to the local procedures concerning school lunch  
ie. sustainability, pupil participation; school lunch (included in  
the programme price)

#### Presentation

The “Green Flag” certification  
Examples on reducing the environmental impact of the schools

Reflective session on the day

Free time  
Dinner on your own



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Day 4

# OUR COURSE PROGRAMME

Oulu – Pikku-Syöte

## Visit to Nature school of Oulu

*Timosenkosken luontokoulu – morning programme 2 hours*

- The concept of the Nature school development centre for sustainability in education
- Example programmes teachers can carry out in their own school
- Hands-on activities

Transportation to Pudasjärvi municipality (1 hour)

Lunch along the way (at participants' own cost)

## Visit to Hirsikampus

*Log Campus school in Pudasjärvi (3 hours)*

Hirsikampus is the world's largest log school and it offers a modern learning environment with a good setting for study and collaboration. The school has 700 students in classes 1-12. The facilities are designed to be safe, healthy, comfortable, and versatile.

Transportation to Youth and Leisure Center

Pikku-Syöte (1 hour)

Check-in and dinner (included)

Full board arrangement in Pikku-Syöte. All meals (breakfast, lunch, dinner and evening snack) are included in accommodation during the stay at the Pikku-Syöte Youth Center.



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Day 5

# OUR COURSE PROGRAMME

## Pikku-Syöte

Visit Youth and Leisure Center Pikku-Syöte in the beautiful landscapes of Syöte fell area. Familiarize yourself about Youth Centers and their pedagogical way of doing school camps. Get firsthand experience of a day on a school camp and dive in its pedagogical processes. You will also visit Syöte school, which is a very small school of under 15 pupils, surrounded by beautiful and clean nature.

### **Orientation (1,5 hours)**

- Introduction of Youth and Leisure Centre Pikku-Syöte and the role of youth centers in Finnish system
- camp school program concept
- setting pedagogical goals for the day

### **Lesson example: Wilderness skills (1,5 hours)**

Learning about snow, safety, survival skills, teamwork, every-man's rights, environmental awareness and sustainability

Lunch (included)

### **Visit to Syöte elementary school operating in Pikku-Syöte building (1,5 hours)**

- Participating in a forest school lesson with the pupils
- Presentation of the school and discussion with the school principal

### **Visit to Syöte National Park Visitor Center (1,5 hours)**

Presentation: Role of national parks and visitor centers in sustainability teaching

### **Final reflection and discussion (1 hour)**

Reflective session on the day  
Feedback on the course  
Certificates of Attendance

Dinner (included)

Day 6

# OUR COURSE PROGRAMME

## Travelling day

**After breakfast transfer to Oulu (2 hours)**

Lunch on your own

Appr 14.00 return flight from Oulu airport

Also possibility to prolong the stay in Syöte to enjoy winter activities or continue to Rovaniemi and Arctic Circle in Lapland.



# OULU



## PRACTICAL COURSE INFORMATION

### Time:

Course can be organized on demand during school year.  
Course is not available during school holidays.

### Autumn term 11.8. - 22.12.2021

- Autumn holiday 25.10. - 30.10.2021
- Independence day 6.12.2021
- Christmas holiday 23.12.2021 - 9.1.2022

### Spring term 10.1. - 4.6.2022

- Winter holiday 7.3. - 13.3.2022
- Easter holiday 15.4. - 18.4.2022
- Holiday: Ascension Day 26.5.2022

**Group size:** 10-20. Groups smaller or larger can be negotiated.

### Programme:

This is an example programme for winter 2022. Programme can be modified to suit your needs. It is also possible to include seasonal free time activities – do not hesitate to ask for more information!

**Price:** upon request

### Price includes

- The educational programme parts as in the programme
- School lunches on days 2 and 3
- Afternoon coffees during school visits on days 2, 3, and 4
- Dinner facilitated by City of Oulu Educational and Cultural Services on day 2
- local transfers during the program according to the programme
- 3 x accommodation and breakfast in Oulu
- 2 x full board in Pikku-Syöte (accommodation, breakfast, lunch, dinner, evening snack)
- Certificate of Attendance

### Course organiser

Saaga Travel Ltd.  
saagatravel.fi

### Contact for enquiries and registrations

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Sales Manager, International Sales  
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## ABOUT THE COURSE AND EDUCATIONAL PROGRAMME PROVIDERS

### Saaga Travel Ltd.

Saaga Travel is a privately held Destination Management Company located in Oulu Northern Finland. Company offers charter transport services for all sizes of groups. Saaga Travel is a legal travel organizer approved by Finnish Competition and Consumer Authority. Saaga Travel is specialized in making travel arrangements and tours for groups in Oulu region, including educational and technical visit groups. Company has good network with region's educational visit programme providers.

### Education and Cultural Services, City of Oulu

Education and Cultural Services in Oulu in Finland take pride in providing high-quality early, basic and upper-secondary education, adult education and basic education in arts, youth services, sports and leisure services and cultural services. In addition, a pool of experts in the field of education work at the Unit for Development (e.g. for curriculum development, in-services training, internationalisation). They are experienced educators with good English language skills.

Educational and Cultural Services has got a lot of experience in the design and management of different educational programmes within Erasmus+ KA1 and KA2 programmes in particular, as well as in the education and training field in general, both at national and international level.

Watch video about Oulu International School:

<http://bit.ly/OululB>

### Youth and Leisure Center Pikku-Syöte

Pikku-Syöte is one of the nine Finnish Youth Centers approved by the Ministry of Education and Culture. The mission of the Youth Center is to support the growth and development of children and youth. Pikku-Syöte has hosted camp schools and arranged all kinds of activities for school children and youngsters domestically and internationally for more than 20 years.

Surrounding nature and large Syöte National Park play large role in Pikku-Syöte camp schools. The camp school experience encourages students to try out new activities and find their courage. The camps also offer relaxing moments together by campfire and exploring the surrounding nature. The camp school programme is always customised to suit group's wishes and requirements.

Watch Pikku-Syöte video:

<http://bit.ly/pikkusyotevideo>

