

## *Horizon to the Future –project, Getting to know me and my possibilities –workshop*

### DIDACTIC PLAN

#### STUDY VISIT: **Leivonmäki National Park**

##### AIMS FOR THE STUDY VISIT:

- This visit was part of the didactic plan for “coping with stress” and the aim was to monitor and enjoy the silence that is in the forest
- To present Finnish nature to our guests
- To monitor geographical and climate differences there are between countries

##### PRACTICAL ARRANGEMENTS:

Suitable equipment is essential, everyone has to have suitable clothes and shoes!, we have to carry lunch materials to the fireplace, somebody has to set the fire beforehand in order we are able to grill the food!

The group was divided in half, both groups started the walking tour from the different ends of it and we met in the half way where the fireplace was.

##### TIMING:

The bus drive takes 20 minutes, walking and eating outside about 2 hours and bus drive back to school.

For more information:

<http://www.metsa.fi/web/en>