



Monday 20.04.2026 Day 1

09:00-11:00 Welcome ceremony, school tour

11:30-12:45 Icebreakers

12:45-13:30 Lunch in the school canteen

13:30 City tour of Tartu

Afternoon/Evening with host families

Tuesday 21.04.2026 Day 2

8:20-9:35 Attending an elective course

09:45-11:00 P.E. lesson

11:30-12:45 Workshop on healthy living 1

12:45-13:30 Lunch in the school canteen

13:30-14:30 Workshop on healthy living 2

Afternoon with host families

18:00-20:00 Film *Our Erika*

Wednesday 22.04.2026 Day 3

8:20-9:35 Attending an elective course

09:45-11:00 Workshop on the Estonian language and traditions

11:00-11.45 Lunch in the school canteen

11:45-12:15 Workshop on the film *Our Erika*

12:45-14:45 Visiting the Estonian Sports and Olympic Museum

15:00 Orienteering in Kvissentali

Afternoon/Evening with host families

Thursday 23.04.2026 Day 4

8:20-9:35 Attending an elective course

09:45-15:00 Hiking or bogshoeing in Meenikunno bog

Afternoon with host families

17:00-20:00 Farewell party

Friday 24.04.2026 Day 5

8:20-9:35 Conclusions and feedback

09:45-11:00 English lesson

11:00-11.45 Lunch in the school canteen

12:00-14:30 Visiting AHHA Science Centre

Afternoon/Evening with host families

Description of activities and learning outcomes

ACTIVITY

Welcome Ceremony, School Tour and Icebreakers

Description: Students are welcomed to the host school through an official ceremony, followed by a guided school tour and interactive icebreaker activities to help participants get to know each other.

Learning methods: Experiential learning, cooperative learning, informal learning.

Tasks: Students participate in introductory activities, explore the school environment, and engage in communication exercises with peers.

Learning outcomes: Students develop initial intercultural communication skills, build confidence in using English, and establish social connections within the group.

ACTIVITY

City Tour of Tartu and Cultural Immersion

Description: A guided tour introduces students to the historical and cultural highlights of Tartu, followed by time spent with host families.

Learning methods: Experiential learning, cultural immersion, observational learning.

Tasks: Students explore key landmarks, observe local culture, and interact with host families in everyday contexts.

Learning outcomes: Students enhance cultural awareness, improve social communication skills, and gain insight into Estonian daily life.

ACTIVITY

Participation in School Life (Elective Courses, P.E. and English)

Description: Students attend elective lessons and participate in a physical education and English language class alongside local students.

Learning methods: Experiential learning, peer learning, active participation.

Tasks: Students engage in classroom activities, follow instructions in English, and collaborate with local peers.

Learning outcomes: Students improve language fluency, adaptability, and teamwork skills, while gaining experience in a different educational system.

ACTIVITY

Healthy Living Workshops

Description: Two workshops focus on healthy eating habits, nutrition, and lifestyle choices.

Learning methods: Inquiry-based learning, discussion-based learning, collaborative learning.

Tasks: Students participate in discussions, group activities, and practical tasks related to nutrition and wellbeing.

Learning outcomes: Students increase awareness of healthy lifestyles, develop critical thinking skills, and learn to make informed choices about nutrition.

ACTIVITY

Film Screening and Workshop (*Our Erika*)

Description: Students watch the Estonian film *Our Erika*, which tells the story of Erika Salumäe, a famous Estonian Olympic cyclist and gold medallist. The film highlights her sporting achievements as well as her perseverance and role as a symbol of national pride during a significant period in Estonia's history. A follow-up workshop focuses on discussing the film's themes and messages.

Learning methods: Reflective learning, discussion-based learning, media analysis.

Tasks: Students analyze the film, discuss themes, and share personal interpretations.

Learning outcomes: Students improve critical thinking, interpretation skills, and cultural understanding through media.

ACTIVITY

Estonian Culture: Song and Dance Celebrations, Nature and Language

Description: This activity introduces students to key aspects of Estonian culture, including the tradition of the Song Celebration and Dance Celebration, the unique natural environment of bog landscapes, and basic elements of the Estonian language.

Learning methods: Cultural immersion, experiential learning, interactive learning, introductory language learning.



Tasks: Students learn about the significance of the Song Celebration and Dance Celebration, explore characteristics of Estonian bogs, and participate in a basic Estonian language lesson focusing on everyday expressions.

Learning outcomes: Students develop intercultural awareness, gain knowledge of Estonia's cultural heritage and natural environment, and acquire basic language skills that support communication and cultural understanding.

ACTIVITY

Visit to the Estonian Sports and Olympic Museum & Orienteering

Description: Students visit a museum dedicated to sports history and take part in an orienteering activity in Kvissentali.

Learning methods: Experiential learning, outdoor learning, inquiry-based learning.

Tasks: Students explore exhibitions, complete orientation tasks, and work in teams during the outdoor activity.

Learning outcomes: Students enhance problem-solving, teamwork, and physical activity skills while learning about sports culture.

ACTIVITY

Outdoor Activity: Hiking or Bogshoeing in Meenikunno Bog

Description: Students participate in a nature-based activity, exploring the Meenikunno bog through hiking or bogshoeing.

Learning methods: Outdoor learning, experiential learning, environmental education.

Tasks: Students observe natural environments, follow safety guidelines, and engage in physical activity.

Learning outcomes: Students develop environmental awareness, resilience, and appreciation for nature.

ACTIVITY

Farewell Event, Folk Dance Workshop and Intercultural Quiz

Description: The farewell event combines a traditional Estonian folk dance workshop with an intercultural quiz about the participating countries (Finland, Norway, Estonia, Luxembourg, Italy, and Spain). The activity concludes with a social gathering with Estonian food celebrating the end of the mobility experience.

Learning methods: Experiential learning, cultural immersion, cooperative learning, gamification, informal learning.

Tasks: Students learn and practise basic Estonian folk dance steps, participate in group dances, and take part in a quiz that tests their knowledge about the cultures, traditions, and key facts of the partner countries.

Learning outcomes: Students deepen their intercultural knowledge, improve teamwork and communication skills, and reinforce their understanding of European cultural diversity in an engaging and interactive way.

ACTIVITY

Visit to AHHA Science Centre

Description: Students visit the AHHA Science Centre, where they explore interactive exhibitions covering various scientific fields such as physics, biology, and technology. The visit encourages hands-on learning and active engagement with scientific concepts.

Learning methods: Experiential learning, inquiry-based learning, hands-on learning.

Tasks: Students explore exhibits, participate in interactive activities, and engage with demonstrations that illustrate scientific principles.

Learning outcomes: Students develop scientific curiosity, problem-solving skills, and a deeper understanding of scientific concepts through practical and engaging experiences.

ACTIVITY

Project week evaluation

Description: The final day includes reflection and feedback sessions.

Learning methods: peer-to-peer learning in collaborative, transnational groups

Learning outcomes: Students evaluate and reflect on the intercultural and project learning outcomes