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Third mobility in Helsinki, Finland

11th – 16th May 2014

The third meeting of Comenius project “Only aware can act fair. Students for sustainable food and trade” took place at Keskipuisto Ammattiopisto in Finland. Teachers and students of partnership schools from Germany, Finland, Lithuania, Poland and Turkey took part in it. From XIII Secondary School in Krakow participated: the polish coordinator Bożena Bućwińska, an English teacher Marta Pankiv and three students – Aleksandra Kwiecień, Joanna Ochońska and Dagmara Wróbel

At school

On the first day of the project there was time to introduce Pecha Kucha presentations. Pecha Kucha is a presentation style in which 20 slides are shown for 20 seconds each (six minutes and 40 seconds in total). The format keeps presentations concise and fast-paced. All of them were about different ways of recycling. The participants most enjoyed the polish presentation, which was about artistic recycling. Everyone could learn some useful and interesting things.



It became a tradition of Comenius meetings to have an international snack. Meeting participants prepared some meals which are typical for their country and region. The most popular were the tables with German and Lithuanian food. The International snack was also a good opportunity to taste unusual food, get to know participants from other countries and test your language skills.



At the end, the finnish students took us on a walk around school and showed us how their school prepares for various professions, such as: Machinist, Painter, Cook, Media Assistant, Interior Decorator, Design Assistant.



Visit to Fazer chocolate factory

On the first day of our stay we had a chance to get back to the days of our childhood. How's that? We visited Fazer chocolate factory. The company set up by Karl Fazer started



production in 1891. In September 1897 Fazer

celebrated the opening of the company's new four-storey factory at Tehtaankatu in central Helsinki. In 1963 Fazer opened a new factory in Vantaa, which offered natural water resources, beautiful surroundings and an opportunity to grow the business. Today, all Fazer's products are made in Finland and there are factories dotted around the country with chocolate production in Vantaa, sugar confectionery in Lappeenranta, and gum and pastilles in Karkkila. The most famous brands manufactured by Fazer are: Dumle, Geisha and series about Moomins and Angry Birds. Fazer's company has a

chain of cafes, and produce baker's goods. We were impressed by its history, high quality of their products and the unique flavour of Karl Fazer milk chocolate.

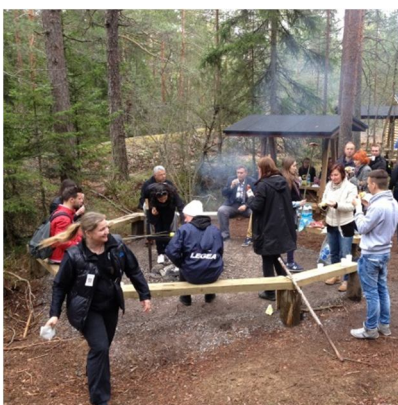
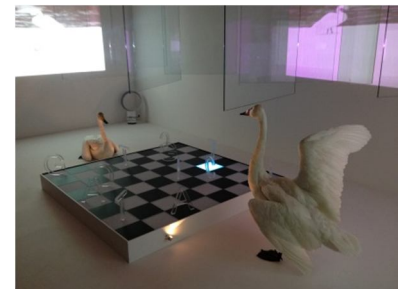


Haltia nature reserve

Haltia is a new type of a visitor centre, bringing all of Finland's nature under one roof and closer to the visitor through both the building's facilities and its stunning exhibitions. Haltia has been designed to require as little energy as possible for heating, cooling and lighting. Haltia is heated and cooled by energy from the sun and the Earth.

In the main exhibition we could see Finland from the Archipelago

to the cold Lapland. At the core of the exhibition are Finland's 37 national parks. The exhibition follows the annual cycle of nature, utilising not only the panorama landscape but also video presentations, dioramas, interactive features, works of art and scale models, among other features. The experience is completed with a world of sounds and light. The interactive map of Finland in the middle of the main exhibition allowed us to explore over 80 Finnish nature destinations.

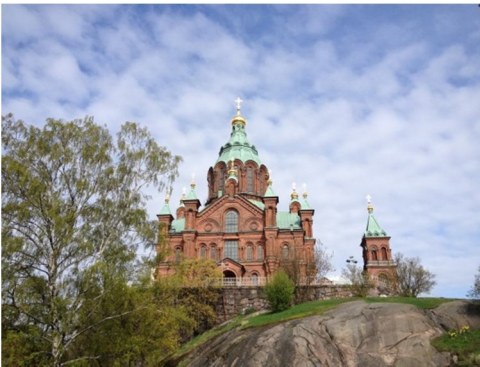


After seeing the exhibition, we had a picnic in the forest surrounding the nature centre. We had a good fun at the fireplace, grilling sausages and joking.

Stroll around Helsinki

In our plan was sightseeing in Helsinki. We had an opportunity to see interesting sights and learn some facts from their history. Finland has been independent country since December 6, 1917. Before that it was a part of Russian empire for 108 years, and prior to that Finland had been under Swedish rule for 600 years.

Helsinki was established as a trading town by King Gustav I of Sweden in 1550 as the town of Helsingfors, which he intended to be a rival to the Hanseatic city of Reval (today Tallinn). Little came of the plans as Helsinki remained a tiny town plagued by poverty, wars, and diseases. The plague of 1710 killed the greater part of the inhabitants of Helsinki. The construction of the naval fortress Sveaborg (Suomenlinna) in the 18th century helped improve Helsinki's status, but it was not until Russia defeated Sweden in the Finnish War and annexed Finland as the autonomous Grand Duchy of Finland in 1809 that the town began to develop into a substantial city. During the war, Russians besieged the Sveaborg fortress and about one quarter of the town was destroyed in an 1808 fire.



Czar Alexander I of Russia moved the Finnish capital from Turku to Helsinki in 1812 to reduce Swedish influence in Finland and bring the capital closer to St. Petersburg. The move consolidated the city's new role and helped set it on the path of continuous growth. This transformation is highly apparent in the downtown core, which was rebuilt in neoclassical style to resemble St. Petersburg, mostly to a plan by the German-born architect

C. L. Engel. As elsewhere, technological advancements such as railroads and industrialization were key factors behind the city's growth.

Being called the "Daughter of the Baltic", Helsinki is located on the tip of a peninsula and 315 islands. The Capital of Finland offers lots to see. The Senate Square and its surroundings form a unique and cohesive example of



Neoclassical architecture. The square is dominated by four buildings designed by Carl Ludvig Engel between 1822 and 1852: Helsinki Cathedral, the Government Palace, the main building of the University of Helsinki and the National Library of Finland. Helsinki Cathedral is arguably Finland's most famous and photographed building.

The Market Square is Helsinki's most international and famous

market. The booths here sell traditional market foods and treats, as well as handicrafts and souvenirs.



Next we did a walking tour around Helsinki Design District, which is an area full of design and antique shops, fashion stores, museums, art galleries, restaurants and showrooms and we visited shops using recycled fashion.

Visit to Ämmässuo waste management facility

Finnish people are masters of energy-saving technologies. We had a great opportunity to learn about turning landfill gas to energy during our visit to Ämmässuo waste management facility. In Espoo Finland one of Europe's biggest landfill gas (LFG) power plant came on line in summer 2010 when Helsinki Region Environmental Services Authority started its high tech unit at Ämmässuo landfill. This power plant utilizes latest technology and is capable of converting almost 90 % of the total LFG generated during waste decomposition into renewable energy. As a latest innovation HSY employed a system called the Organic Ranking Cycle to convert engine exhaust gas heat into additional electricity. Project has been awarded with several awards and received 3.4 million euros as a support from the State due to its significance to the environment and renewable energy production.

The main activities of the Ämmässuo are:

- A Sortti station for cars and vans
- Landfill treatment and disposal
- Biowaste treatment
- Treatment of contaminated soil
- Gas collection and gas plant operation



Activities in Finland



During the mobility in Finland we had an opportunity to experience various interesting activities. One of them was practicing flashmob. A teacher from Finland reminded us steps to Macklemore's music and we had to dance it together. We also danced to "Waka waka" and "Timber". Everybody had great laugh.

On Wednesday there was a design workshop. We made our memento from recycled materials. During painting our fobs we had lots of fun. Everyone was satisfied

when their fobs made of colorful fabric had been done

Our friends from Finland and Turkey showed us their traditional sports. It took all the fun out of occasion when we played games together.

Redaction team: Aleksandra Kwiecień, Joanna Ochońska and Dagmara Wróbel, Bożena Bućwińska, Marta Pankiv

