



Finland 2025

KISAKALLIO AND HELSINKI

Airport madness just before our take off

- Evacuation at the Prague Airport
- 2 hours delay



Welcoming at Kisakallio

- Introducing ourselves to others
- Getting to know each other better
- Playing some games and having fun



Finnish school tour

- Finnish students showing us their school and background
- Trying out their equipment
- Sauna, Gym, sports hall...





Presentations

- Talking about traditions in our countries
- Discussing the differences between us



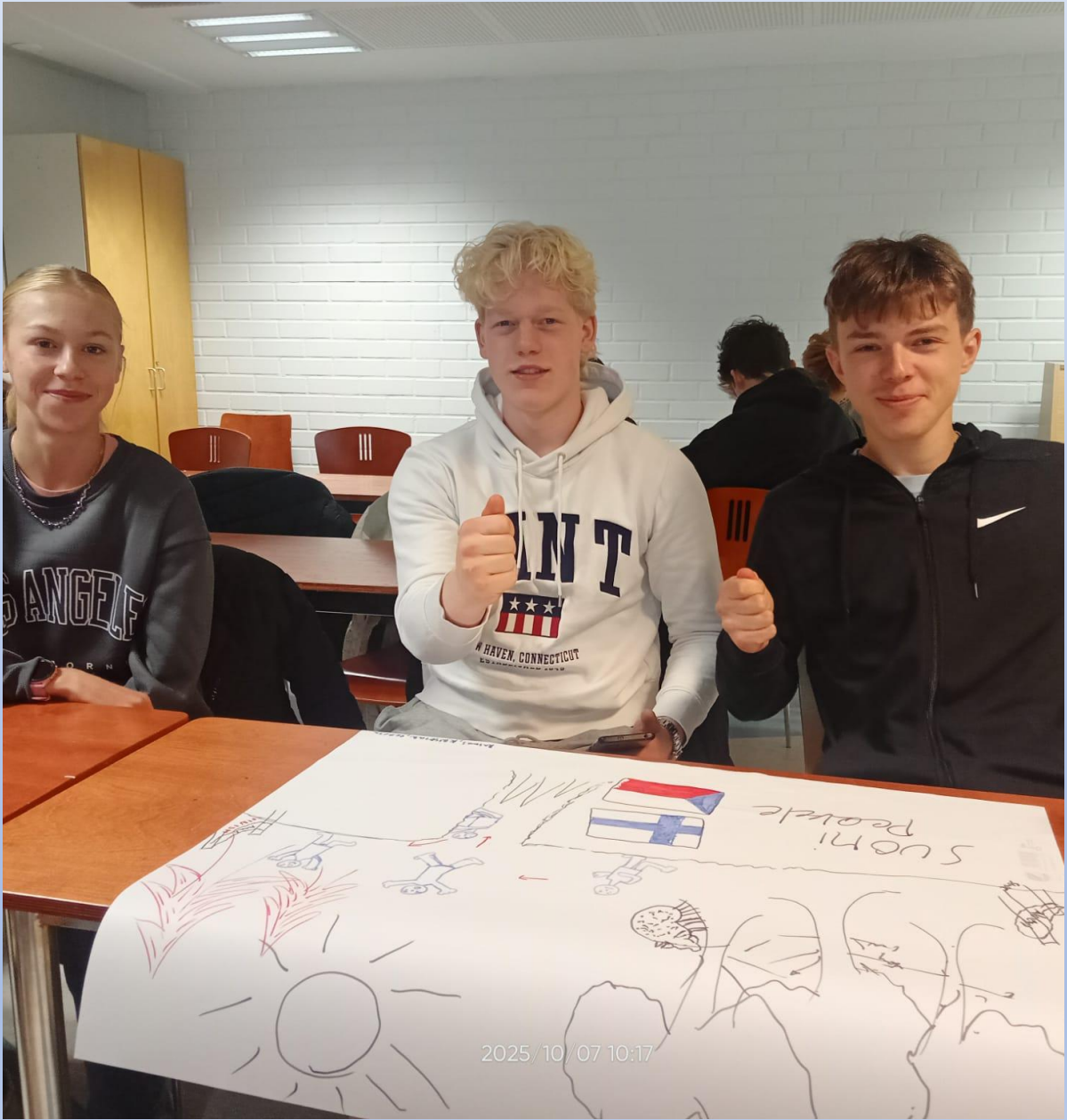
Finnish sisu

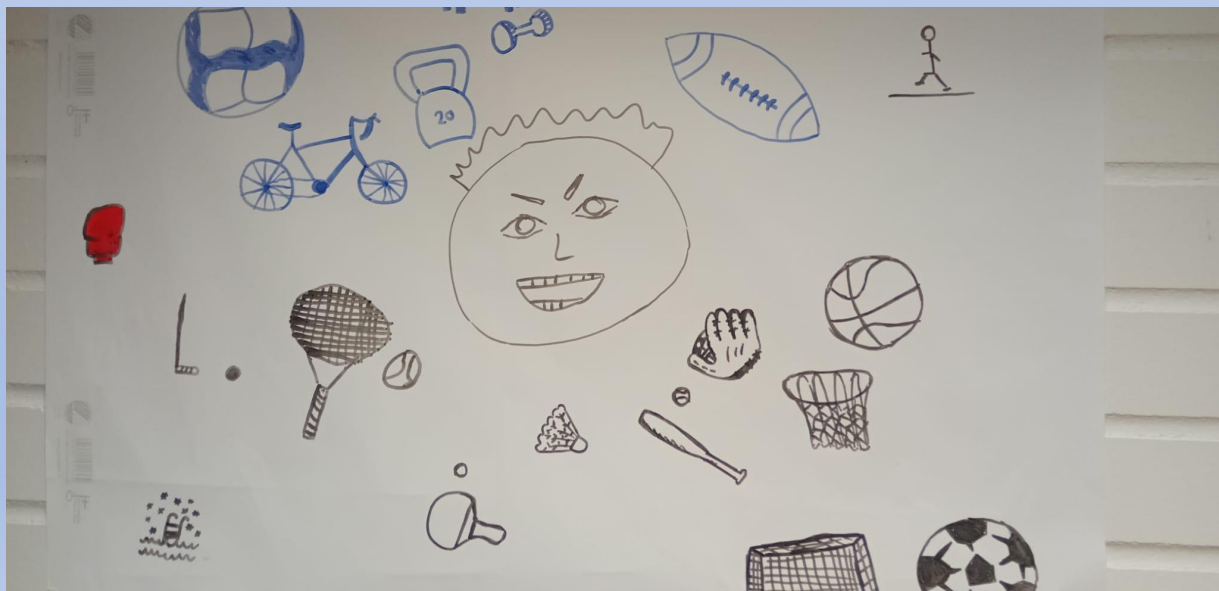
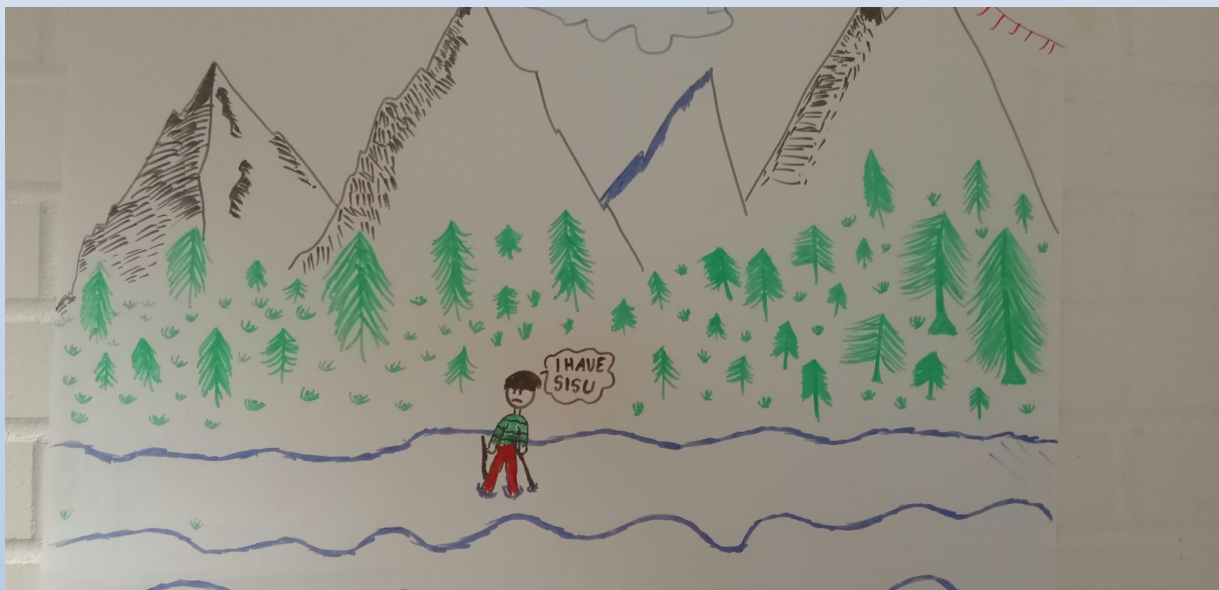
- **Sisu** = Finnish philosophy and mindset of never giving up
- Trying to understand that and making posters about it
- Presenting our posters

Finnish Sisu



KOLMEN
KAMPAUKSEN





Walk in the forest

- A short walk through the nearby forest with guide
- Perfect example of beautiful finnish nature
- Roasting sausages on the fire at the end







Last day in Kisakallio

- Playing some games in the sports hall because of the rainy weather
- Making our own dance performances



At Urhea Campus in Helsinki

- Urhea = huge finnish university and Olympic training canter
- Little tour and visiting the most interesting parts
- Aerobic training with students and teachers of Urhea





Helsinki

- Last day in beautiful city of Helsinki
- Visiting local monuments



FEEDBACK FROM ERASMUS PARTICIPANTS

TEREZA RICCI

I really enjoyed Erasmus in Finland. I think it was a great experience, both for my future job and perhaps University studies. That week was enough for me to talk a little bit more, make some new friends and memories. I would recommend it.

FILIP HLAVSA

Erasmus in Finland gave me much more than I expected.

I had the opportunity to discover a country with a different culture, mentality, and approach to life. Thanks to daily contact with people from various countries, I significantly improved my English, learned to communicate better, and met many amazing people. It was an unforgettable experience that gave me valuable skills and friends for life.

FEEDBACK FROM ERASMUS PARTICIPANTS

Marie Mikulíková

The Erasmus in Finland was an unforgettable experience, it thought me many things, like meeting new people and learning something about their culture. I really liked that it showed me the finish view of sports. I am so grateful, that I got this opportunity.

Nikola Vitrová

My Erasmus stay in Finland gave me a lot. I experienced something completely new, met new people, and saw how different education is like at a north European school. It taught me not to be afraid to speak English, to communicate with people from different cultures, and to step out of my comfort zone. I broadened my horizons in both communication and cultural areas. From a sports perspective, I was very pleased with their approach to sports. I am very grateful for this experience.

FEEDBACK FROM ERASMUS PARTICIPANTS

Gabriela Uriková

I got an opportunity to speak English for a whole week and practice my English. I stopped being so nervous while speaking in English and my confidence in conversation increased. I met new people who are very nice. I learned a lot of things about Finland, Finnish culture and famous and important people in Finland. I found out that Finland is a very sport-oriented country where you can focus on a wide range of sports.

Vojtěch Svoboda

Erasmus in Finland opened my eyes. I learned to rely on myself and trust myself more because I had to solve everything in a foreign country.

I improved my English and communication because I worked in a team with people from different cultures.

I discovered Finnish habits like sauna and cold plunges, and I found out I enjoy winter and the calm nature.

Thanks to this, I have new friends.

FEEDBACK FROM ERASMUS PARTICIPANTS

Venuše Reichlová

Erasmus in Finland gave me a lot. I made new friends. I got to see places I would never have seen otherwise. I was able to attend an amazing school and learn about a system that we don't have in my country. I enjoyed the activities and had a great experience in a real Finnish sauna. I am glad that I could be part of something like this, and I look forward to showing Finnish students our country

Jiří Mikeš

Visiting Finland with the Erasmus school program gave me the unique opportunity to experience a completely different culture, learn new customs, and improve my language skills while making lasting friendships.

Thanks to the Erasmus exchange, I could see how Finnish education emphasizes creativity and independence, which inspired me to approach my own studies with more self-confidence.

During my stay in Finland, I discovered beautiful nature, learned about the concept of sisu, and developed a greater appreciation for other perspectives that I will use in my future personally and professionally.

Michal Damašek

I really enjoyed the Erasmus project in Finland. It was a great opportunity to meet new people and see how different life (especially school life) is compared to the Czech Republic. What really impressed me was the amount of care is shown to the students and treat them like people and not like cogs in a machine. I really enjoyed my trip, and I'll try to go there next year again.