

# ON-ARRIVAL TRAINING -PROGRAMME

DAY 1 Orientation, Getting to know each other, sharing experiences	DAY 2 Volunteering in Europe	DAY 3 Me as a volunteer - communication	DAY 4 Living in Finland, language, culture & history	DAY 5 Motivation & Youthpass	DAY 6 Evaluation
<p>Arrival in Kokkola</p> <p><b>At 14.15 o'clock</b> Transport from Railway station to Villa Elba Contact person in Villa Elba Sarianne Lokasaari +358 44 5325 160 sarianne.lokasaari@ villaelba.fi</p>	8.30-9.15 Breakfast	8.30-9.15 Breakfast	8.30-9.15 Breakfast	8.30-9.15 Breakfast	9-10.00 Breakfast
	9.30-12.15 Motivation to volunteer	9.30 -12.15 Intercultural learning & cultural differences	9.30-11.30 Finnish language	9.30-12.15 Finnish language	10-10.45 Cleaning cottages
	12.15-13 Lunch	12.15-13 Lunch	11.30-12.15 Lunch	12.15-13 Lunch	10.45 Evaluation of the week
	Free time	Free time	13.00 Field visit. Finnish culture & history. Visit to a museum and a tour in the city.	Free time	<p>Bus leaving to trainstation at 12:00</p>
Lunch 14-15.00	14.00 Me as a volunteer	14.00 Practical info	Free time	14.00 How to keep motivation up	
15-18.00 Welcome session. Get to know each other. Accommodation.	15.00 Coffee break	15.00 Coffee break		15.00 Coffee break	
	15.30 Principles of volunteering. Daily evaluation	15.30 Conflict management. Daily evaluation.		15.30 Youthpass workshop. Daily evaluation.	
18-19.00 Dinner	17.30-18.30 Dinner	17.30-18.30 Dinner	Dinner in town	17.30-19.00 Celebration dinner for volunteer work	
19.00 Team building Daily evaluation	Sauna workshop	Walk to the light house / Discussion game	Sauna evening / Games and fun	Farewell evening	
Evening snack & free time					