



Sample Finland Study Tour Itinerary for U.S. Education Groups

This is a sample itinerary. Each final Study Tour is customized based on the group's goals, size, dates, preferred themes, availability of schools and experts, and confirmed budget.

Destination: Helsinki, Finland

STUDY TOUR THEME: [Introduction to the key features of the Finnish Education System](#)

This sample study tour introduces participants to the key principles and everyday practices of Finnish education. The program may include expert sessions, school and institution visits, practical workshops, and facilitated discussions with Finnish educators, principals, teachers, and other education professionals.

The focus is on professional learning, dialogue, and reflection. Participants have opportunities to explore themes such as teacher professionalism, student wellbeing, inclusion, school leadership, and trust-based school culture, while considering how selected Finnish approaches could inform their own educational context.

In addition to the educational program, participants experience Helsinki and Finnish culture as part of the wider learning context.

Welcome to Finland and Helsinki!

LOCAL HOST: Ms Suvi K. Westling, Educational Psychologist

Day 1 Welcome to Helsinki, Finland

12.00 Arrival in [Helsinki International Airport](#)

13.00 **Transfer to the city and sightseeing**, get to know Finnish culture and Helsinki briefing to the program, key features, and tips for your stay

15.00 Check-in hotel

16.00 **Lecture:** Key features of the Finnish Education System by Aulis Pitkälä, former Director General of Finnish National Agency for Education

18.00 **Welcome Dinner**

Day 2 Finnish Early Childhood Education

08.00 Departure from the hotel

08.30 Kindergarten Visit: Early Childhood Education (age 1-5) with pre-school classes (age 6)

12.00 Lunch

13.00 **Guided walking tour of Helsinki center and [Flytour of Helsinki](#)**

the tour also includes visits to Helsinki University Libraries, National Library, Helsinki City Library [Oodi](#), and Helsinki University Main Library Kaisa, and Helsinki University Think Corner.

16.00 Back to hotel

Day 3 Basic Education

08.00 Departure from the hotel

08.30 **School Visit:** Comprehensive school, grades 1-9 (age 7-15)

12.00 School lunch

13.00 **Learning outside the classroom:** [Haltia Nature Centre](#)

Haltia Exhibitions and walk in the Nuuksio National Park

16.00 Back to hotel

Day 4 Upper Secondary Education (High School)
08.00 Departure from the hotel
08.30 **School Visit:** High school (age 16-18)
12.00 School lunch
13.00 **Learning outside the classroom: Educational [Suomenlinna](#) sea fortress adventure**
16.00 Back to hotel

Day 5 Teacher Training
08.00 Departure from the hotel
08.30 **Teacher Training School Visit:** observing teacher students giving classes as part of their training
11.00 **Lecture:** Teacher's reflections, personal growth as a teacher
12.00 School lunch
13.00 **Visit:** [Design Museum](#), learning sessions for teachers and students
16.00 Back to hotel
17.00 **Baltic Sea Adventure (optional)**
Enjoy outdoor swimming! [Allas](#), [Löyly](#)

Day 6 Learning outside the classroom
08.00 Departure from the hotel
09.00 **OPTION 1 - Workshop:** [Annantalo](#) Arts Centre
09.00 **OPTION 2 - Visit:** [Heureka](#), the Finnish Science Centre
12.00 Lunch
13.00 **Wrap-up session: Reflections of the week**
What we have learned and what we can apply in our schools?
16.00 Back to hotel
19.00 **Farewell dinner**

Day 7 Departure day
11.00 **Check out** from the hotel and transfer to the Helsinki International Airport

Optional leisure choices for You

Depending on your group's interests and schedule, the program can include or suggest optional cultural and leisure activities in Helsinki, such as architecture and design, music and performing arts, local food, nature experiences, museums, or free time to explore the city.

Indicative program cost for a group of 20 participants:
From approx. 1000€ per person, VAT excl.

INCLUDES:

- **Full Visit Program guided with an education expert**
- **Local transportation**
- **Entrance fees**
- **5 lunches**
- **2 dinners**
- **Certificates**