



# **FEEL THE FINNISH WINTER; FREE TIME ACTIVITIES FOR THE ERASMUS IP STUDENTS**

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**Bachelor's thesis  
April 2009**

**School of Business and Services Management**



**JYVÄSKYLÄ UNIVERSITY OF APPLIED SCIENCES**

Tekijä(t)  KULONPÄÄ, Taru NYSSÖNEN, Tarja	Julkaisun laji Opinnäytetyö	
	Sivumäärä 92	Julkaisun kieli Englanti
	Luottamuksellisuus <input type="checkbox"/> Salainen _____ saakka	
Työn nimi KOE SUOMALAINEN TALVI; VAPAA-AJAN AKTIVITEETTEJA ERASMUS IP - OPISKELIJOILLE		
Koulutusohjelma Degree Programme in Facility Management		
Työn ohjaaja(t) PAUKKU, Päivi TÖRN, Anne		
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Tiivistelmä <p>Tämän opinnäytetyön tavoitteena oli sekä suunnitella, toteuttaa ja arvioida vapaa-ajan aktiviteetteja Erasmus Intensive Program (Erasmus IP) opintomatka -projektiin että kehitysideoiden muodostaminen havainnoinnin ja osallistujien palautteen pohjalta. Tämä kolmivuotinen projekti järjestettiin Jyväskylässä ensimmäistä kertaa 1.3-12.3.2009 ja siihen osallistui 50 opiskelijaa Suomesta, Saksasta, Sloveniasta ja Espanjasta.</p> <p>Vapaa-ajan aktiviteettien suunnittelu perustui Erasmus IP:n teemoihin ja tavoitteisiin, joita olivat kestävä kehitys, innovaatio ja monikulttuurisuus. Suomi tapahtumapaikkana toi teemoiksi myös lumen ja jään, Suomen ja Suomen kulttuurin. Vapaa-ajan aktiviteettien tavoitteet olivat hauskanpito vastapainona luennoille, uusien kokemusten ja elämysten tarjoaminen sekä suomalaisen kulttuurin ja luontoa kunnioittavan elämäntavan tuominen esiin.</p> <p>Useita kehittämisideoita nousi esiin koskien sekä Erasmus IP –projektiä kokonaisuudessaan että vapaa-ajan aktiviteettien osuutta. Siksi tätä opinnäytetyötä ja erityisesti esiin nousseita kehittämisideoita olisi suositeltavaa hyödyntää suunniteltaessa seuraavaa kahta tapahtumaa.</p>		
Avainsanat (asiasanat) Erasmus Intensive Programme, kestävä kehitys, innovaatio, tapahtuman järjestäminen, ohjelmapalvelut, projektien hallinta		
Muut tiedot		

Author(s)  KULONPÄÄ, Taru NYSSÖNEN, Tarja	Type of Publication Bachelor's Thesis	
	Pages 92	Language English
	Confidential <input type="checkbox"/> Until _____	
Title FEEL THE FINNISH WINTER – FREE TIME ACTIVITIES FOR THE ERASMUS IP STUDENTS		
Degree Programmeme Degree Programmeme in Facility Management		
Tutor(s) PAUKKU, Päivi TÖRN, Anne		
Assigned by JUNTILA, Minna, JAMK University of Applied Sciences		
Abstract <p>This thesis had two aims. The first one was to plan, implement and evaluate free time activities for 3-year Erasmus Intensive Programme (Erasmus IP) study tour which was organised in Jyväskylä for the first time on March1 to March 12, 2009. The second aim was to give development ideas based on observation during the event and feedback from the participants. Altogether 50 students from Finland, Germany, Slovenia and Spain participated in this 12-day study programme.</p> <p>Planning of the free time activities followed the themes and aims of the Erasmus IP which were sustainable development, innovation and multiculturalism. Due to the location of the event, additional themes were snow and ice, Finland and the Finnish culture. The aims of the free time activities were to have fun activities balancing the lectures, provide new experiences, and help participants understand the Finnish culture and way of life, together with understanding the respectful attitude to nature.</p> <p>Several improvement ideas were drawn, concerning both -the organising team of the whole Erasmus IP and the organizers of the free time activities. Therefore it is advisable that the thesis would be used when planning the same event the next two years. It gives also practical guidelines when planning an event of any kind.</p>		
Keywords Erasmus Intensive Programmeme, sustainable development, innovation, event management, event management service, project management		
Miscellaneous		

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# 1 PROJECT BEGINNING

As the world has become smaller, different cultures have become closer to everyone. Today people travel across the countries a lot, and it is no longer that extraordinary to see a Finn, for example, in Zambia or vice versa. Cultural diversity is around us to stay and has to be taken into consideration in the business, tourism and even in everyday life (Lewis 2000, 2). Even though internationalisation brings benefits of lower prices, greater availability of the goods, better jobs and access to technologies, it raises specific concerns over environmental and social impacts (Hodgetts, Luthans & Doh 2006, 9). As the internationalisation plays a big role today, also this thesis emphasises the importance of cultural issues and sustainable development.

The assignment for this thesis came from the School of Business and Services Management. The first assignment was to plan and implement a 12-day social programme for the participants of the Erasmus Intensive Programme (Erasmus IP) study tour. Altogether 50 students from Finland, Germany, Slovenia and Spain participated in this three-year project organised for the very first time in Jyväskylä 1.3.-12.3.2009. The idea was that participants would have lessons during the day and in between or after the lessons there would be refreshing social programme. However, when the contents of the lessons started to become clear, the social programme shrank from an actual programme to just free time activities. The concept of free time activities or free time activities programme is therefore used from now on to describe the assignment.

Because of the Erasmus IP being organised for the very first time, the aim of this assignment was not only plan, implement and evaluate free time activities but also give development ideas for the upcoming years based on the observation during the event and feedback from the participants. At the beginning, other similar theses were viewed in order to get an idea of reporting a functional thesis. For example, a thesis by Irene Ahokas (2003) examined study trips in Jyväskylä and produced one to students from Spain. The thesis also studied Finland as a wintry destination and expectations of the Spaniard students (Ahokas 2003). At the same time, brainstorming and idea hunting took place proceeding with the planning phase all the way to the implementation and evaluation of the free time activities.

Planning of the free time activities followed the same themes as the whole Erasmus IP study tour. These themes were sustainable development, innovation and multiculturalism. The aims from the participants point of view were studying tourism and to become more international. This thesis could further be used when planning the Erasmus IP study tour the next two years and it could give practical guidelines for any event organizing.

Participation in the organizing of the Erasmus IP introduced the organizers to the present-day project oriented working life. It gave insight for the project organizing, what kind of processes there were, how many different parties were involved and how such event could be managed as a whole. In addition, leadership skills were practised by guiding multicultural groups of the Erasmus IP participants as well as the first year students of Jyväskylä University of Applied Sciences.

The first part of this thesis introduces the theoretical framework including approaches to the project organising, the event management services and the concrete event management. This part is followed by general project information, such as what is Erasmus IP, themes, objectives and locations where the event takes place. The latter part of this thesis consists of the actual planning and implementation phases describing what the plan was, how it was carried out and what the outcome was, continuing towards the evaluation of the event and development ideas. In the end, evaluation and discussion sums up the whole thesis.

## **2 THEORETICAL FRAMEWORK**

When planning and implementing an event of any kind, there are many issues to take into consideration. In order to have a successful outcome, it is worth paying attention to different approaches. Organising Erasmus IP free time activities could be seen as a project, viewed as an event management service or planned based on more concrete event management points of view.

## **2.1 Project Approach**

Erasmus IP free time activities can be viewed as an implementation project. According to Kettunen (2007), other types of projects in a company can be: internal development projects, delivery projects, research projects, building projects and product development projects. All types of projects share common components which can be identified as following (Silfverberg 2007):

- Straightforward objectives
- Project is one time occasion; there is the beginning and the end
- Project has an organization of its own
- Project has set resources.

However, characteristic to the implementation projects especially, are tight, usually inflexible time schedules. There are also many external factors that create risks and many surprises are most likely to occur. Therefore quick adjustments to the plans have to be made along the way. It is also common that the success of a project can only be evaluated after the implementation. Not until then is it possible to know how the occasion interested people and how they experienced it. Furthermore, the financial outcome cannot be evaluated earlier either. The implementation projects share the following common features (Kettunen, 2003, 17, 23-24, Silfverberg, 2007, 21.):

- Implementation of the project aims to a certain point in time when everything has to be ready
- Haste and workload increase towards the end
- Project involves many risks; some of them just cannot be predicted
- Large number of people working with the project participates voluntarily, without any compensation
- Financial success of the project cannot be assured beforehand.

## **2.2 Event Management Services Approach**

Event management service approach gives Erasmus IP free time activities more service and tourism oriented insight. Even though the Erasmus IP free time activities is not going to be repeated many times as such and therefore cannot be developed further as a tourism product, event management service approach helps to understand how the customers experience the activities and what it takes to plan and implement a good programme especially for the foreign participants.

The essential character of tourism services as well as other service products is the fact that they are intangible. This means they cannot be stored but they are produced and consumed at the same time. Therefore the outcome of the tourism service product is based on the experiences of the customer. Since different people experience things differently it is very difficult to define what makes a tourism service product good. Experience is also a very personal feeling that might be difficult to describe. However, Lapland Centre of Expertise for the Experience Industry defines experience to be positive, usually unique, personal, and something memorable. This also means that the company producing tourism services cannot produce experiences for the customers but rather give a framework for it. (Verhelä, Lackman, 2003, 35, 74.)

Customer needs have to be the basis for the implementation of the event management service. First, it is good to think up and create ideas. There are many ways to collect ideas, for example, asking around and organising brainstorming sessions. Healthy self-respect and the confidence in one's own skills are the most important foundation for creation of new ideas. Secondly, it is important to think beforehand the overall objectives, in other words, what kind of elements produce such an experience that is memorable and unique to the customer. From these overall objectives a theme for the event management service has to be created. The entity of the event management service and elements has to be then clustered around this theme. The theme will tell concretely where the service is aiming at and it can be used as a tool for marketing as well. (Op cit. 77.)

It is also very important to know the participants of the event management service and their wishes beforehand. The number, skills, shape, and motivation of the participants direct the final implementation and therefore knowing these facts beforehand help in the actual implementation. Other issues to take into consideration are the season, operational environment and its requirements, methods (plays, games, competitions, research task, paddling, etc.), practical issues and the weather. When the event management service is further developed as a product, the concept has to be tested, product descriptions made, priced, marketed, implemented and evaluated. (Op cit. 77-85.)

When there are foreign participants attending the event management services it is important to pay attention to cultural issues. From the event management services producer point of view, it is essential that the cultural differences between people and nationalities do not disturb the creation of an experience. Every participant consumes a new culture differently depending on his / her background and therefore it is important to think of how much of your own culture it is wise to offer for a foreign guest. Factors that affect the consuming of a culture are the demographic background of a traveller (age, gender, income, life situation, family relations and life in the home country), travel motives (leisure or work), hobbies, language skills, and the familiarity of the native life or an interest in it. (Op. cit. 37.)

### ***2.3 Concrete Event Management Approach***

Event management approach gives more concrete and practical instructions of what to do and what issues have to be considered in order to run an event successfully. No matter what type or size the event is, basic guidelines and principles are shared.

Defining events may be challenging today as the industry has grown bigger and still continues to grow. However, Getz (2005) formulated two rather clear definitions which were also used by Allen, O'Toole, Harris and McDonnel in their book of Festival & Special Event Management (Allen, et al. 2008, 12). The first one is from the event organizer point of view and the second one that of the customer or guest:

1. A special event is a one-time or infrequently occurring event outside the normal programme or activities of the sponsoring or organizing body.
2. To the customer or guest, a special event is an opportunity for an experience outside the normal range of choices or beyond everyday experience.

Common features for the events are that they usually take place only once, over a short period of time, they require careful planning, are often expensive to organise and they do carry a high level of financial and safety risk (Van der Wagen & Carlos 2004, 17). As in the event management services approach the principles in event organising are the customer orientation and creation of an experience.

### **Planning**

Organising an event requires three phases: planning, action and control. Planning is the most important part, because it has a key role in helping to deal with the uncertainties of events. How much time the planning phase requires, depends on the size of the event, type and the experience of the organizers. Furthermore, planning can be seen as preparation for problems concerning organising the event; the more detailed plan the organizers make, the better is the outcome and less unexpected issues happen. The planning process starts from defining objectives and the purpose of the events and continues towards the implementation and evaluation. Based on the figure that Shone and Parry (2004) used in their study, the following issues have to be considered when planning an event and it could be even used as a checklist to see if all necessary issues have been taken into account (Shone & Parry, 2004, 82-83.):

- Objectives: what do the organizers want?
  - Ideas and proposals: screening
  - Criteria for screening
  - Event objectives and detailed aims
- Draft Outline Plans
  - Environmental search, competition, problems / similarities

- Information gathering, dates, costs and revenues, venues, staffing
- Systematic detailed planning
  - Financial plan, budget, charges / income, sponsorship, investment, cash flow
  - Operational plan, operational resources, staffing / team, location / venue, logistics, equipment, production schedule, health, safety, security, contingencies
  - Marketing plan, research, marketing activities, promotion and public relations, marketing schedule
- Reflection: discussion of plans
- Organising and preparing the event
  - Development activities, preparation and deadlines
- Implementing the event
  - Operations, control and action
- Divestment / legacy
  - Closedown: evaluation, feedback and recording, handover.

### **Budget**

Budgeting deals with receiving and spending money. The objectives of an event have to be considered first, including whether the aim is to make profit or just cover the costs. Budgeting might become challenging and more complicated than just thinking about the costs and revenues. Typically, revenues are received by selling tickets or finding sponsors. If the event is a concert or congress, pricing the tickets need serious thinking in order to receive the desired amount of money to cover the costs and profit. On the other hand, if the event is a wedding, more emphasis is directed towards keeping the costs on the given budget. Typical costs would include, for example, the venue, logistics, catering and the pay checks of the employees and performers. (Op. cit. 100.)

## **Staff**

The size and type of an event defines the needs for the event organising staff. Small events can be organised with the help from friends and relatives whereas big events need more experienced and skilled personnel. Volunteers are usually a big part of the staff because events are often organised only once and many people are needed in order to run the event. Nowadays there are not only management companies, but also production companies to help putting the event on if there is a lack of expertise or time. However, the most important issues to take into consideration when staffing an event are (Op. cit. 200-207.):

- How many people are needed in order to run the event?
- What skills are required?
- Can the workers be paid or should they be volunteers?
- What are the tasks and responsibilities of the employees?
- Inform, prepare and educate the staff about their responsibilities and duties

## **Risks**

The nature of the events being one time occasions and possibly never arranged before carry many risks. The venue, large crowds, new staff / volunteers, movement of equipment and general excitement are already risk factors by definition. The event organizers have to assess the possible risks and hazards and plan preventative actions.

The possible risks usually relate to permits and licenses, health and safety, alcohol sales, noise control, and transport. The bigger the event, the more detailed risk management is needed. (Allen, et al. 2008, 588-589.)

## **Event closedown & evaluation**

When an event has been implemented, three phases of event closedown take place. These include a physical close-down, administrative completions and evaluation and recording. At first, the physical close-down takes place meaning returning the venue as it was before the event by cleaning and taking all the equipment, furniture and other goods and materials back to where they came from. The organizers should carefully plan in advance how to

carry the close-down through and how many people they need in order to complete this phase successfully. (Shone & Parry, 2004, 215.)

Within a month after the close-down of an event a meeting of the different parties, such as organizers, clients, and sponsors, should be held to evaluate the event implementation. All available information should be used in the evaluation meeting and it should not only concentrate on the participant's point of view but also on that of the organizers. The aims of the evaluation are to learn lessons from all points of views and help in future planning. The most important questions to ask are: did the event meet its objectives and what could be improved for the next time if there is one? Depending on the size of an event, different amount of information is available for the evaluation. There can be quantitative information, such as visitor and participant data, sales, attendance statistic; target market information, financial balance sheet and general statistical information, or qualitative information such as returned questionnaires, recorded chats or interviews, staff and voluntary feedback, management notes and commentary and social benefits balance sheet. (Op. cit. 220.)

### **3 PROJECT INFORMATION**

In order to get an idea about the Erasmus IP project as a whole, this chapter explains what the Erasmus IP is in general and in Jyväskylä. This is followed by describing the themes and in the end, the objectives and locations of the free time activities are viewed.

#### ***3.1 Erasmus IP***

Firstly it is essential to differentiate the Erasmus Intensive Programme (Erasmus IP) from ITHAS. The idea for this particular Erasmus IP has come from ITHAS, which is not financially supported by the EU but is a similar intensive course organised yearly by the partner institutes in Central Europe. ITHAS stands for International Tourism and Hospitality At Sea and the idea is to spend the whole course studying while sailing at sea/rivers. (Junttila 2008.)

The Erasmus IP is intensive programme, which is governed by Cimo (The Centre for International Mobility of Finnish Ministry of Education), and financially supported by the European Union. The aims of the Erasmus IP are to enable students and teachers working in multicultural groups and to respond the need of development in education. Erasmus IPs can be organized all over the Europe. (Cimo, 2009.)

According to the web page of Cimo (2009) the prerequisite for an Erasmus IP –course is the length – it should be from two to six weeks, and at least ten students participating should come from abroad. It is also needed that at least three institutes of higher education from three different countries participate, and the course will be accepted as part of the degree the participants are studying in their home institutes. (Op. cit. 2009.)

Erasmus IP can be hold only once or it can be organised three years consecutively at the most, provided that the participants and/or the theme of the course changes yearly. The EU financial support is granted for one year at a time, and it covers part of the course’s organizational -, travel - and subsistence costs. In order to get the support the organizing institute of higher education has to have a valid Erasmus University Charter. (Op. cit. 2009.)

### ***3.2 Erasmus IP in Jyväskylä***

The origin of this Erasmus Intensive course is in ITHAS and this Erasmus Intensive course in Jyväskylä was held 1-12.3.2009. The theme of the course was: Innovative Approaches in Multicultural Tourism Education and the long-term objective of the three-year project is to explore the ways of utilising innovation and multiculturalism in tourism education. Planning and implementing an innovative and sustainable multicultural learning experience was the aim of this IP. To develop a deeper collaboration model for higher education institutions and the industry was acting as an additional aim. (Op. cit. 2009.)

The themes of the Erasmus IP were innovation, sustainability, and multiculturalism and these themes were chosen to be studied with certain study methods (Imagineering, Linkingthinking and working in multicultural groups) that all reflect the themes of the IP as well. Erasmus IP activities included for instance company visits, company-assigned case studies, and presenting the results in an international Tourism Industry and Education (TIE) symposium held on 5.-7.3.2009. (Op. cit. 2009.)

The participating institutes of higher institutes in 2009 were:

- JAMK University of Applied Sciences (organising institute), The School of Business and Services Management
- University of Applied Sciences München, Germany
- Tourism Sant Ignasi (Ramon Llull University), Spain
- University of Ljubljana Faculty of Economics, Slovenia

During the planning process a possibility to have participants also from a partner institute (University of Zagreb, Graduate School of Economics & Business) in Croatia was taken into consideration. (Junttila 2008.)

### **3.3 Themes of the Erasmus IP**

The themes of the Erasmus IP were the same as the TIE Symposium, organised by The School of Business and Services Management, had. The main themes were sustainable development and innovative products in the tourism and hospitality business (JAMK 2009). At the Symposium web page the reasons for these are explained as follows:

*The Tourism industry meets new challenges with vast environmental changes, these changes call for swift development actions. They also mould expectations and quality requirements of customers. To answer both these requirements means creating new innovative products and operational solutions.*  
(Op. cit. 2009)

Together with the themes mentioned above, Erasmus IP had some subthemes that are caused due to the location, host country, time of the year and four different nationalities. These are the Finnish nature and winter together with multiculturalism. While planning the free time activities programme, it was essential that these themes were taken into consideration all the time, especially sustainable development restricted the type of free time activities abundantly.

The following paragraphs define what are sustainability and innovation and their essence in the tourism industry.

### **Sustainability**

Holden (2008) states that the well-being of the environment and nature has become along with global terrorism and the green-house effect the most discussed contemporary global issues. Because the environment is commonly mentioned to be the key component of tourism it needs to be taken into consideration constantly in the tourism studies and industry as a whole. The concern over the environment and negative factors affecting its well-being, and the future of the planet have resulted calls for a new conceptual approach to development termed “sustainable development”. (Holden, 2001, 25, 148.)

According to Holden the most common definition for sustainable management is the definition of Brundtland Report of World Commission on Environment and Development (WCED). This definition was created in 1987 and is still being widely used. WCED definition for sustainable development is following:

*Yet in the end, sustainable development is not a fixed state of harmony, but rather a process of change in which the exploitation of resources, the direction of the investments, the orientation of technological development, and institutional change are made consistent with future as well as present needs.*  
(Op. cit. 151.)

The quotation above explains well the complexity of sustainable development but also its importance as it involves many different factors in a complex process.

### **Innovation**

As it was stated above the environmental issues facing the tourism industry and the whole planet it is important that new solutions and ways of behaviour are invented. Being innovative within the tourism industry ensures that certain actions are taken towards sustainable management.

According to Trott (2005) defining innovation is challenging as it is not something concrete and involves different activities. Innovation is a broad concept and it can be understood in many different ways. It is also often confused with invention. However, they have different meanings. Nevertheless, Trott (2005) has managed to define innovation rather clearly: “Innovation is the management of all activities involved in the process of idea generation, technology development, manufacturing and marketing of a new (or improved) product or manufacturing process or equipment.” (Trott, 2005,15.)

### **Multiculturalism**

Multiculturalism together with internationality has become one of the most important factors in the 21<sup>st</sup> century’s tourism industry. These are also part of everyday life to the most of the tourism students. Due to the issues mentioned above it is essential that multiculturalism is emphasised also in the Erasmus IP free time activities programme. Multiculturalism is a wide concept and defining it may be challenging. However, following quotation help understanding what multiculturalism is. In the web page of Finnish equality the multiculturalism is defined to be “...equal coexistence of groups representing different cultural and linguistic backgrounds”. (Yhdenvertaisuus 2005).

## **3.4 Objectives**

The concrete objective of the Erasmus IP free time activities programme was to ensure fun activities in between and after the actual studying programme of the event in order to enable the students to have fun and socialize with other participants and people involved in the event. The students had quite an intensive study timetable so they needed some activi-

ties in order to be concentrated and motivated during the lessons. The free time activities also provided a good balance to the study programme, supported the themes of the event, and helped understanding the Finnish culture, being a Finn and the way of living together with understanding the importance of nature.

According to Vuoristo and Vesterinen (2001) Finland's strengths as a tourist destination are the winter with its snowy and icy surroundings, which enable various activities based on the nature and include already itself some esthetical and experience values (Vuoristo & Vesterinen, 2001, 25). The previous supports the importance of the aim of the free time activities, which is to enable the students experience something different and something they do not have opportunity to experience in their home countries. Additionally, the other important aim of the free time activities programme is to ensure that the IP students get a positive picture about Finland, the Finnish winter, Finnish people and nature.

### **3.5 Venues**

Finding a venue for the event is one of the most important issues of event organizing. It forms the basic framework for the event. Venues offer different services, logistical arrangements, surroundings and equipment. When choosing a venue, the organizers have to know what the needs for their event are. Therefore, venue visits are normally arranged in order to see which location suits the best. Depending on the type of an event, the organizers should pay attention to what the first impression of the site: is how it looks like and smells, if it is tidy and clean, how the surroundings are, if there are all the equipment needed, and they should also try samples of food. (Shone & Parry, 2004, 121-123.)

In the case of free time activities, finding a suitable venue was not part of the planning process as the venue had been decided by the planning team of the actual event. However, it was important that the venues were taken into consideration during the whole planning process just like the location, facilities and the outside areas. In the case of the Erasmus IP

finding a suitable venue was challenging as the number of the students was great and the budget was limited.

### **Vesala camp – and course centre**

The first location for the event was Vesala, which is a camp and course centre located in Vesanka, Jyväskylä. The venue is about 20 kilometres from the centre of Jyväskylä. Vesala belongs to the Jyväskylä parish. (Jyväskylä City Parish 2009.)

According to the web page of Vesala the venue can accommodate about 140 persons, which made it ideal location. It also has spacious rooms for lectures and other indoor activities. The price of the venue is reasonable and with full board one gets a considerable discount of the total price. Full board includes breakfast, lunch, dinner and evening snack. (Op. cit. 2009.) These issues were crucial when the planning team decided on the location for the event.

The location has also saunas for bigger groups. The outdoor facilities are suitable for an event like this because the venue has a spacious courtyard with sports ground. Also both a Finnish “Laavu” (a lean-to) and a specific place for campfire can be found nearby. (Op. cit. 2009.)

The participants stayed in this location for the first three nights and the last two days of the event.

### **Hostel Laajari**

Hostel Laajavuori is the accommodation of Ski Center Laajavuori. It is located about four kilometres from the city centre and has good public transportation connections (Laajavuori, 2009).

This accommodation is reasonable priced but does not have a full-board option. Instead the accommodation has a self-service kitchen and restaurant-café. Laajari can accommodate 78 persons so it is suitable for the big group of participants. The venue does not need to have specific big lecture rooms because the participants had lectures in the main campus of

JAMK University of Applied Sciences and they also joined the TIE Symposium, which was held in IT-Dynamo, while they stayed in Laajari. The hostel has a laundry room, sauna and room with a fire as other facilities. (Op. cit. 2009.)

Being located next to the Ski Centre Laajavuori the venue does not have courtyards or sport grounds for the needs of the free time activities programme. During the time when the participants were staying in Laajari, all the free time activities took place in the centre of Jyväskylä.

The participants stayed in this accommodation for five nights during the TIE Symposium.

### **Spa Hotel Peurunka**

For one night Erasmus IP students were staying in Spa Hotel Peurunka, which is located about 20 kilometres from the centre of Jyväskylä in Laukaa. The students got to know the services Peurunka offers to its customers and they made presentations about them. During this time the students did not have specific free time activities organized.

## **4 PLANNING PHASE**

Planning of the Erasmus IP free time activities was based on the starting points that were set by the School of Business and Services Management and the Erasmus IP project as a whole. These points were a target group, dates, themes, budget, venues and locations, and timetables. Furthermore, the first year students of the Degree Programme of Facility Management (MFA) were set to help the organizers to plan and lead the activities as their course “Living Lab” to familiarise them with working life. This chapter describes the whole planning process of the free time activities continuing to the organization of Erasmus IP project and MFA students’ role. In the end of this chapter, budget and risks are viewed.

## **4.1 Starting point**

Planning of the Erasmus IP free time activities started on September 2008 when the project coordinator discussed the event of Erasmus IP in general, as a project, and how free time activities would fit in that picture. Then the first step was to get as many ideas as possible. In order to get a picture of a study tour as such, two girls that participated in ITHAS study tour a year before in Croatia were interviewed. Tiia Lähdes and Lotta Valtasaari discussed the formal and informal activities they took part in and in general, how the study tour was organised. They would have wished for more free time and a better information flow. In addition, partying almost every night was not seen that important. (Lähdes, Valtasaari, 2008).

In December there was a brainstorming session organised with the MFA students. At the same time, it was announced that these students would help the organizers in the actual implementation of the activities. Students gave some good ideas, but most ideas were not consistent with the themes and budget that were given them to start with.

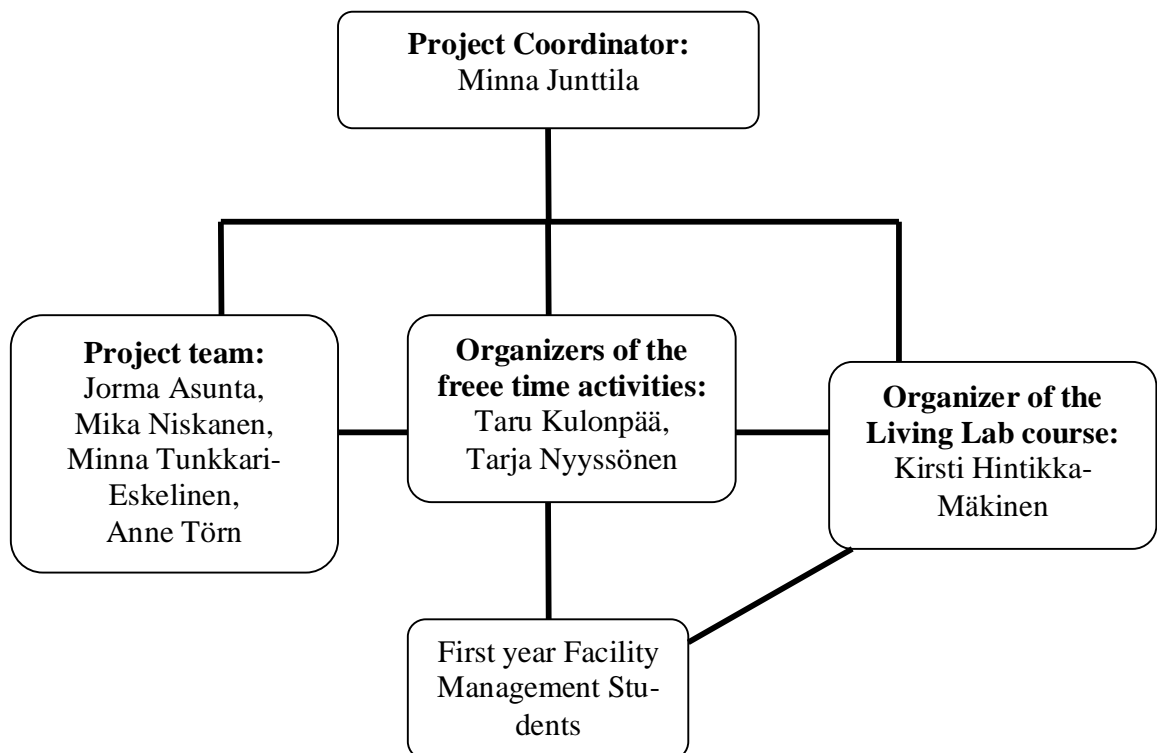
In January there was a meeting with the tutors of this Bachelor's Thesis where ideas were discussed and different possibilities screened. Based on these idea screenings, activities started to formulate and the first plans were drawn up. At the same time the first schedule of the formal programme was given and timetables for free time activities started to become clearer. The venue of Vesala was visited in January 2009 to get a thorough picture of the location and possibilities concerning the surroundings and equipment that could be used for the activities. Also the venue of Laajari was visited. In the end of January the MFA students were given assignments and informed about their responsibilities and just before the implementation the final briefing took place when more detailed plans and duties were discussed.

In February, an introduction and information letter to the incoming students, which can be seen in Appendix 1, was written and submitted in the Optima study forum. On the same day there was a meeting with the Erasmus IP project team where plans were overviewed.

On the 1<sup>st</sup> of March the participants finally arrived at the Helsinki Airport and the actual implementation started.

## 4.2 Staff & Living Lab

The staff of the Erasmus IP project as a whole consisted of the project coordinator Minna Junttila, a project team of four teachers of the School of Business and Services Management, the organizers of the free time activities, the first year MFA students and Kirsti Hintikka-Mäkinen, the organizer of the Living Lab course. The figure below shows the organization and information flow for the Erasmus Intensive Programme project.



**FIGURE 1.** Organization chart of the Erasmus IP project

When planning free time activities it was assigned that the first year Facility Management students would complete a course called Living Lab by participating in the Erasmus Intensive Programme free time activities and the TIE Symposium. This course had never been organised before in this degree programme and the information flow was therefore very slow. The extensive content of the course was also known rather late. The first plan was to get help from the students for leading activities and in return the students would earn some credits, but then it turned out to become a course of its own consisting of helping in free time activities and working in the TIE symposium, which was in charge of other students. Therefore, with a little time, a more detailed plan, content and hours (see Appendix 2) of this course had to be planned by the organizers of the free time activities.

In order to get enough hours and duties for the MFA students, the organizers tried to involve the whole group as much as possible. First, the students were divided into six groups to complete assignments. The groups were formed so that each group would have one Finnish student and one student who had completed the tutoring course. In order to have an information folder about Jyväskylä, each group was given a task to search information and in their own words, write about the most important facts. The topics were:

1. Events, ice-hockey and cinema; the idea was to look for interesting events held in Jyväskylä at the same time, write about the national sport and find out the prices and general information, also about the cinema.
2. Bus timetables, taxi fares, distances and the Jyväskylä map: the idea was to get a clear bus schedules in English for the students, general information about how to use a taxi and get a nice map about the city.
3. Shops, coffee bars, bars and nightclubs, restaurants: this would provide information about the opening hours, prices and places where students normally go and hang out, plus information about the age limits and going out culture of Finnish students.

4. Museums: the idea was to write about Alvar Aalto, information about different museums, and opening hours.
5. Fact and Figures about Jyväskylä: students would write about the city in general including the basic facts.
6. Skiing at Laajavuori & other sporting facilities nearby: since the students stayed at Laajari as well, the idea was to have information on all activities they could do there and how much each activity costs.
7. Sauna culture, swimming in a whole in the ice and Finnish cottage culture: students would write about the Finnish way of going to sauna, rolling in the snow & swimming in the freezing lake.

The groups were also asked to prepare a city tour of Jyväskylä, which they would then also carry out with the participants. In addition, three groups were assigned to find sponsors in order to get, for example, small prizes or sweets for the guest students. Other three groups were assigned to write an article about the free time activities in the local newspaper or the school's own magazine Jarkko. One extra assignment was also given: any student or group who made a short welcoming video clip earned extra credits.

Out of the Jyväskylä information assignments only two were returned on time and two others returned late could be somewhat used. One returned assignment could not be used because of the lack of actual information and an unclear layout. One assignment was turned in so late, that there just was no time to process it further. Of the returned assignments an information folder was formulated after some rewriting (see Appendix 3). Other assignments were never submitted.

### **4.3 Budget**

Because of Erasmus IP free time activities was part of the bigger project, a budget was set by the School of Business and Services Management to be as little as possible. This set tight boundaries for the free time activities. Because of the location being mostly Vesala, the budget did not allow any transfer by bus and therefore the activities had to be planned to take place there. On the other hand, this supported the theme of sustainability. Because of these two reasons, also snow mobile safaris, four wheeler rides and other similar functions were out of the question. In addition, the students were also accommodated in Laajari and public transportation was offered to them. This enabled the organizers to plan activities in other locations, too, such as in the city centre. According to the first plans, the free time activities also took place in Laajari, but because the location had a lack of suitable indoor and outdoor facilities this did not happen.

Only one free time activity required money. The organizers wanted to show the students a little of the Finnish culture by barbequing sausages around the camp fire and have sauna afterwards. For this activity the school financed sausages and soft drinks. Visiting museums was planned deliberately for Friday because of the fact that the most museums are free in Jyväskylä on Fridays.

Because of finding sponsors did not work out, the project coordinator asked the personnel of the School of Business and Services Management if they had small unused Finnish items they could give away. This resulted in 27 prizes varying from Aarikka bookmark, Marimekko vanity bags, and candles to a Lapland book and Finnish CDs. Also this supported the theme of sustainability.

## **4.4 Risks**

No matter what kind of an event there is, there are always risks involved. Risks concerning Erasmus IP free time activities dealt with small injuries and the weather. There were 50 students participating in mostly sporting activities which could have led to small injuries. The weather was a possible risk because the activities took place mostly outside. The temperature could have dropped too low or, vice versa, there could not have been any snow. Other possible risks could have been: more serious injury, the use of alcohol and the participants' behaviour.

Solutions:

- Small injury: First Aid Kit; plasters and gauze
- More serious injury: First Aid, transportation to the nearest hospital
- Weather: indoor activities, making sure the participants had suitable clothing
- Alcohol and behaviour of the participants: making sure everybody understood the common guidelines and rules.

## **5 SWOT -ANALYSIS**

A situation analysis, which is best undertaken by SWOT, is generally conducted during the planning process of an event. This analysis helps to find out the past, present, future and how the venture will fit into it. SWOT stands for Strengths, Weaknesses, Opportunities and Threats. The results of a SWOT –analysis can vary a lot depending on the type of the event. (Watt, D.1998, 64-65.)

The figure below introduces issues affecting the SWOT –analysis and after the figure the text continues explaining the analysis made from the Erasmus IP free time activities programme.

<p style="text-align: center;"><b>STRENGTHS</b></p> <p>-The themes: Programme supported the themes of the Erasmus IP and created awareness amongst the students</p> <p>-Versatile programme and good complex of different activities offered information about Finland and Jyväskylä to the foreign participants.</p>	<p style="text-align: center;"><b>WEAKNESSES</b></p> <p>-The themes: Erasmus IP themes caused difficulties in the planning process as the sustainability needed to be taken into consideration all the time.</p> <p>-Budget: Limited and low budget caused challenges when planning the activities</p>
<p style="text-align: center;"><b>OPPORTUNITIES</b></p> <p>-Networking: Programme offered essential contacts for the future. The participants had chance to get to know students in same age with same interests and professional goals. This enabled networking for the future.</p>	<p style="text-align: center;"><b>THREATS</b></p> <p>-Language: Participants came from four different countries and there was a possibility that poor English skills and misunderstandings between the participants affected the success of the programme.</p> <p>-MFA students: Big size of the group and possible lack of motivation and enthusiasm might have affected the implementation process.</p>

**FIGURE 2, SWOT Analysis for Erasmus IP free time activities programmeme**

### **Strengths**

The internal strengths of an event can be, for instance, enthusiasm and commitment or ability of the staff and other people working in the event (Watt, D. 1998, 65).

The free time activities of Erasmus IP were an active, healthy and fresh way to spend free time in between and after the study programme. The programme should have activated and stimulated the participants to be more concentrated at the lectures. The free time activities programme also enabled the participants to become acquainted with each other and spend time together as a group outside the lectures.

The venue, Vesala, was ideal for sport and other outdoor activities as well as going to Sauna and swimming in the lake in the winter. The venue offered also a room large enough for indoor activities and they had different kind of equipments, like sleds, snowshoes and balls, for the use of the free time activities programme.

### **Weaknesses**

The internal weaknesses of the event can be for instance limited financial resources and lack of general management skills (Op. cit. 65).

The lack of free time was a great weakness of the free time activities programme. During the event there were many days when there was no time for special free time activities like outdoor games. This could have led to tiredness and boredom amongst the participants. It also may have caused participants to spend time only with their own nationalities and not to communicate with others. The organizers and other people helping with the implementation can also be remained unknown to the Erasmus IP students.

The location of Vesala, which was the main venue for the free time activities, is far from the city centre, where most of the people organising the free time activities programme live. This caused problems in transportation. Also because of the distant location of Vesala, all the activities during the stay there had to take place at the venue. This excluded some possibilities, like a visit in Kallioplanetaario, which was suggested during the planning process.

The big number of the participants created challenges in both planning process as well as in the actual implementation of the event. Free time activities were planned in a way that 50 persons were able to participate at the same time so this excluded a lot of possibilities. The big size of the group could have been difficult to lead. The nationalities that were participating in this event were different and this had to be taken into consideration during the planning process. Spanish, Germans, Slovenians and Finnish students are all used to spend their free time differently and Finns might have considered the free time activities programme to be boring because snow, winter and the activities around these factors are not new for them. The late application time caused unfamiliarity about the ages, sexes and in-

terests of the participants and because of this the programme was planned in a way that it suits to students in all ages and both sexes.

### **Opportunities**

In a SWOT –analysis opportunities are external factors, which may arise during the implementation. These can be, for instance, offering new possibilities (Op. cit, 64).

For the participants this free time activities programme offered possibility for improving interactive skills as this was the first time to travel abroad in a study purpose for some of the participants. Together with the actual study programme, free time activities offered a special experience to get to know different cultures, a new exotic country and new professional skills. The programme could also have been an example for the similar events organised in the future. It also offered a good example for the next year’s Erasmus IP that will be held in Jyväskylä.

### **Threats**

Like opportunities also threats are external factors that are facing the organization. These threats are for example economic trends or lack of commercial support (Op. cit, 64).

The activities were planned in a way that they supported all the themes of the event and one of the themes was Finland and its nature during the winter so it is essential that the weather was wintry when the event was taking place. Because of this the main threat for the event was the weather. Normally in the beginning of March the winter is at its best but the past few years have showed that anything is possible during that time and it might have been that Finland did not have any snow during the event.

When a big group of people were together and participating in outdoor activities there was a possibility for minor accidents to happen. These accidents created one threat. A possible threat can also occur when the participants go to sauna and swim in the hole in the ice. Most of the foreign participants might have done this for the first time ever and the dangers of winter swimming might have been unfamiliar.

The event was located all together in seven different venues and the participants were travelling rather lot between those venues. A possibility that the bus would have broken down or minor travel accidents would have occurred was not high but might have changed the schedule of free time activities. Possible schedule changes in the actual study programme might also have affected the schedule of free time activities and this way caused a threat.

## 6 PROGRAMMEME PLAN AND IMPLEMENTATION

Students of the Erasmus Intensive Programme stayed in Finland for 12 days, from Sunday, March 1<sup>st</sup> till Thursday, March 12<sup>th</sup>. Free time activities took place on eight days. The following section presents an initial plan, implementation and schedule of the free time activities (see Appendix 4) day by day and shows also the responsibility of the first year MFA students. The days that free time activities did not take place, students had other programme, such as visiting Himos Ski Centre and Peurunka Spa Hotel.

### **Sunday 1.3.2009 (On the bus, Vesala)**

On Sunday morning the bus started its journey to Helsinki, where the foreign participants of Erasmus IP were waiting. Dutch teacher Georg De Wink and the Germans, the Spaniards and the Slovenians were gathered from Helsinki-Vantaa airport.

The trip back to Jyväskylä started around 14.00 and during the trip to Jyväskylä the students were informed about some practicalities concerning Erasmus IP as well as some information about Finland. The free time activities programme started already on the way to Jyväskylä when Finland Quiz (see Appendix 5) was carried out. Two students from each country who had most correct answers won tickets to the City Reception on Thursday night, March 5<sup>th</sup>. The quiz consisted of 19 questions about Finland and the last point was to write a multiple choice question about their own country Germany / Slovenia / Spain. From these questions a quiz was formulated to Finnish students and the same tickets were given to the two best answered. By participating in this quiz, students learned and gained information about Finland and the Finnish students learn about the countries where other par-

ticipants come from. Used pencils and recycled paper were used in order to support the theme of sustainability.

Finland Quiz proved to be successful with some of its funny questions about Finland. However, later it was proved through the feedback (see Chapter 7) that the participants did not realise the quiz gave some useful information about Finland even though that was the meaning.

After arriving to Vesala when also the Finnish students were joined to the group, the plan was to carry out rousing programme, which meaning was to get to know each other. Rousing programme was supposed to be carried outside with a game called Magic Carpet where idea was that two groups would stand on a carpet and try to turn it over without touching the ground. However, as the weather turned out to be rather cold and the participants were quite tired the game was decided to reschedule to Monday's rousing programme.

Other get to know –game was supposed to be with candies where students would take as many candies as they like and then tell as many facts about themselves as they took candies. The participants evinced lack of enthusiasm towards this kind of game and instead it was decided that the participants simply introduced themselves in turns.

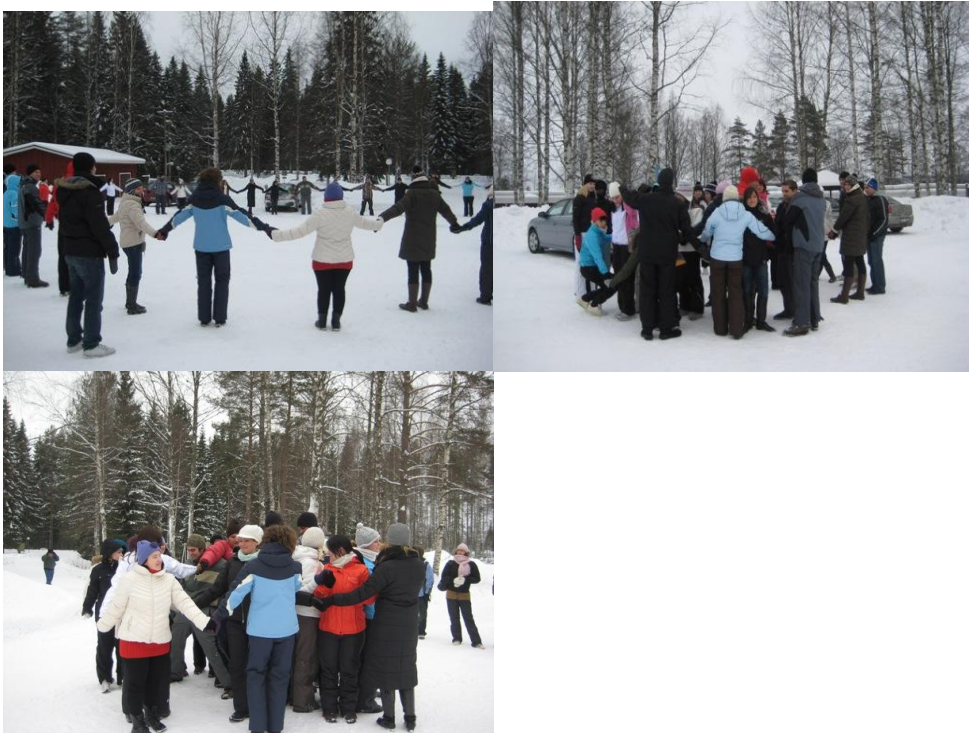
### **Monday 2.3.2009 (Vesala)**

The initial plan was that MFA students would show students around Vesala with sharing rules and basic information. The idea was to familiarise students with the area and premises where they are staying. Then the snow sculpture competition would have taken place and organizers would have then given information about the plays. Snow sculpture competition was planned for the students to enjoy snow and build whatever they can imagine, thus encouraging them to build something Finland related and be innovative as one of the themes was innovation. They could have also used materials from the surrounding area, though without harming the nature. Multicultural groups would have been assigned so that they would get to know each other.

The plays were planned to take place on Tuesday, March 10<sup>th</sup> in Vesala. The idea behind giving the instructions already on Monday was that the students would have had enough time to plan and practice. A theme for these plays was their experiences in Finland in an innovative way, dealing with the activities they had participated, new experiences, cultural differences, etc. Plays could have taken place inside or outside.

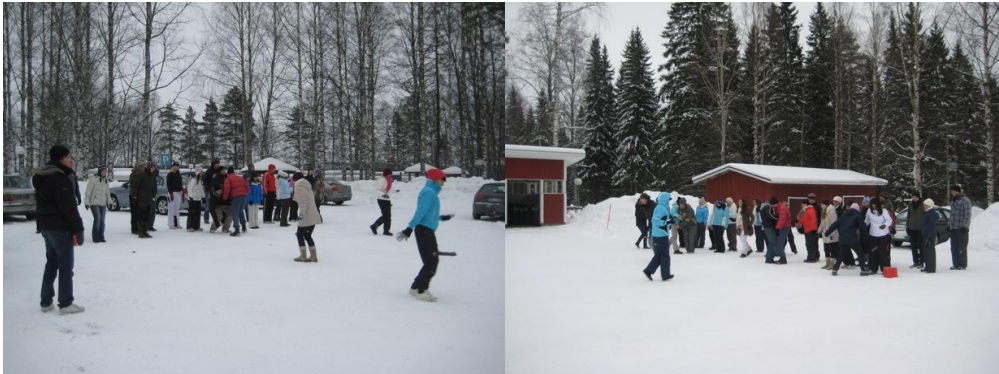
However, changes had to be made due to the circumstances. It was decided that show around Vesala was not needed as the students had already familiarised themselves with the surroundings in Vesala. Secondly due to the very busy studying schedule it was decided that the instructions for the plays would be given on the day when the plays take place. Finally, after negotiating with the MFA students it was decided that the Magic Carpet –game is too difficult to implement with the wrong kind of carpet, and the snow was too frosty in order to build snow sculptures. These lead to the situation that the whole rousing programme needed to be re-planned in half an hour. Fortunately, after a short speech of encouragement the MFA students were cooperative and new programme was planned. New programme was following:

Get to know each other game: Human Knot, where the students were divided into two groups and within the group the students built a huge knot by grabbing each other's hands. After this they had to open the knot with the help of one student, who worked as an "opener" by giving instructions, the result should have been a big circle of people. The Human knot was repeated twice – once with two smaller groups and the next with one big group.



**FIGURE 3. Human Knot. Pictures taken by Taru Kulonpää**

As the snow sculpture competition had to be cancelled because of the frosty snow, the game after the human knot was a Relay Race with Logs. In this game the students were divided into six different teams according to their study groups. Each team was divided into two groups and these groups were standing opposite each other and the playing field was in the middle. The idea was to carry a small log between one's legs and give it to a team member next in turn without using hands.



**FIGURE 4. Relay Race with Logs. Pictures taken by Taru Kulonpää**

Both afternoon activities were successful and the students were happy and satisfied with them. Also the cooperation with the MFA students went well after motivating them.

The initial plan for the evening was to continue the snow sculpture competition and have a welcome party after the supper. Barbequing of the traditional Finnish sausages would have then taken place at the Laavu, which is a traditional shelter for hikers and hunters to stay overnight. Laavu in Vesala is located in the nearby cape and can be accessed by road or by crossing the lake. The aim was to cross the ice while being quiet and listening to the sounds of the nature and footsteps. Around the campfire students could enjoy the atmosphere and barbeque sausages. The first year MFA students would have demonstrated and guided how to do this. Personnel of the Vesala would have taken care of lighting the fire and the organizers of the free time activities were responsible for putting the fire out. After barbequing students would have been encouraged to go to the sauna and try dipping in the water. Vesala has ideal lakeside saunas and restricted area for swimming in the hole in the ice. Soft drinks would be also offered for the students. After this students could socialise freely.

The snow sculpture competition was cancelled earlier during the day so there was no need to continue it during the evening. After discussions with the teachers involving the Erasmus IP it was decided that MFA students were not taking part in this activity because of the transport problems and the strict budget.

The weather conditions on the day were suitable for the evening activities so the programme was able to be carried out like planned. The fire was asked to be lit at 19.00 by the staff in Vesala, but as the starting for this activity took more time than it was planned, and also because of the track, by which the lake was easier to cross, was quite difficult to walk on, so finally when the group arrived to the Laavu the fire was almost faded. After few attempts to light the fire again it finally succeeded and the barbequing was able to start.

After barbequing the students left Laavu in their own groups and continued the evening in Sauna and by winter swimming. The students were also offered some soft drinks that the Erasmus IP organising team had bought earlier.



**FIGURE 5. Barbequing at the Laavu. Picture taken by Taru Kulonpää**

The evening activity was successful even though the starting was a bit late. Students experienced the Finnish winter when walking across the lake in 30 cm of snow and in total quietness and darkness of Finnish winter night. However, group of 50 students made quite a lot noise but the idea was still transmitted successfully. Students seemed to have fun and

enjoyed this evening activity in the middle of nowhere although some students complained about the lack of traditional Finnish beers.

### **Tuesday 3.3.2009**

No free time activities took place on Tuesday as the participants spent the day in Ski Centre Himos, Jämsä.

### **Wednesday 4.3.2009 (Rajakatu)**

The plan for free time activities for Wednesday, when the participants moved from Vesala to Laajari, was to give out the Jyväskylä information folders together with some brochures about Jyväskylä and surroundings, and Jyväskylä maps (see Appendix 3), and short explanation about the most important issues concerning their stay in Jyväskylä city centre by other of us. The aforementioned was planned for the foreign students and during the information session other organizer was going to implement the quiz about Germany, Slovenia and Spain to the Finnish students (Appendix 6) in order to get winners to attend the City Reception on Thursday night. After this the MFA students were going to guide the students to the city centre and show where the busses leave to Laajari and if needed go with them to Laajari to solve problems that may have arisen.

Due to misunderstandings concerning the schedule, most of the Finnish students thought they were free to leave after finishing their group works and so did the most of the foreign students. Due to this it was decided that the quiz for Finnish students is cancelled and instead the students, who were participating the city reception, were raffled. For the Jyväskylä information session the organizers together with the project team teachers were able to gather half of the foreign students and they got some valuable information about Jyväskylä. However the Jyväskylä information folders were only looked through instead of taken to Laajari. Because the lack of people who were interested in getting guidance to the bus stops, the organizers had to cancel MFA students' coming to Rajakatu. This happened one hour before the meeting time and caused some negative feedback. However, it turned out that there were some students, who wanted somebody to go with them and because the MFA students' coming were cancelled, other organizer had to go with them.

Due to misunderstandings and changes in the schedule the organizers received some negative feedback from both the participants and MFA students, but finally the students, who needed guidance, got it and were happy with it.

#### **Thursday 5.3.2009 (City Centre)**

Thursday was the first day of the TIE Symposium in IT Dynamo so the free time activities programme was also planned to take place in the city centre. For Thursday MFA students were supposed to plan a city tour and show the most important places in Jyväskylä. They were instructed to show at least the Town Hall, Harju, Skating ring in Jyväsjärvi and the city centre with its shops. However, already in the final MFA briefing in late February it turned out that they had not planned anything and claimed they had not even got the instructions for this part even though they did. They were told to plan the City Tour by Thursday the 5<sup>th</sup> of March.

At 17.00 when the City Tour was planned to start the MFA students did not show any effort to start the tour and gather their groups so free time activities' organizers had to encourage them to take the lead. After slightly disorganised start the groups were able to start the tour around the city.

In the evening the students, who won the tickets to the City Reception, met the organizers at the Town Hall, and enjoyed the City Reception with its food and drinks. At the reception it also turned out that City Tours were disappointing for most of the participants as the MFA students showed their lack of enthusiasm and negative attitude against this task.



**FIGURE 6. City Reception. Picture taken by Taru Kulonpää.**

#### **Friday 6.3.2009 (City Centre)**

The programme for this day was to familiarise the participants with Finnish culture and history by going to one or two city's museums. The idea was that MFA students would negotiate with the participants which museums they go to. Options were Alvar Aalto Museum, Museum of Central Finland, Handicraft Museum of Finland and Art Museum of Jyväskylä. The idea was to practice negotiation skills by both parties and familiarise participants with Finnish culture according to their interests.

When the tour to museums was planned to start only six MFA students turned up at IT Dynamo and surprisingly even the Finnish participants were eager to go to the museums. Again it was needed that one of the organizers encouraged the students to take the lead and discuss with the groups about the museums. Finally, after the starting disorder, the students left in one big group to the museums and enjoyed the culture.

#### **Saturday 7.3.2009**

No free time activities took place on Saturday as the students joined the TIE Symposium and were able to spend the free time independently.

### **Sunday 8.3.2009 (Main campus at Rajakatu)**

The initial plan was to have lunch at 12.30 and after this play a game, Dodge Ball. Idea of this game was that participants, except one, would stand in a big circle. One is then staying outside the circle and with a soft ball tries to hit the participants standing in the circle. When one is hit, he or she has to come outside the circle and start hitting others as well. The game goes on until all participants are standing outside the circle. This game is often played at Finnish schools and would have been a nice outdoor activity with a big group with little time. This game would have not been too sporty and could have been therefore played after lunch, too. It would have been also a nice refreshing brake between the lessons.

However, before the event started it was decided that free time programme organizers take the students to have lunch in restaurant RAX, in the city centre and therefore dodge ball was cancelled.

### **Monday 9.3.2009**

During this day the students were visiting and staying in Peurunka Spa Hotel, so no special free time activities were organized on this day.

### **Tuesday 10.3.2009 (Vesala)**

During the initial planning process the location for this day changed various times but did not affect to the planning of the free time activity for this day. The original plan was to inform the students about the plays already on the day two but due to tight study schedule it was decided that the actual planning and rehearsal of the plays occur during just before the plays.

The updated plan for this Tuesday evening in Vesala was to inform the students about the plays, divide the groups and give them time to plan and practise the plays and finally to enact the plays. However, due to unexpected changes in the schedule and misunderstandings inside the organising team led to the situation that the lessons ended at 20.30 and the students were tired after a long day. It was decided that only the information about the plays is given and the actual plays take place during the next evening.

**Wednesday 11.3.2009 (Vesala)**

The plan for the last day was to have Winter Olympics and evening party. First, MFA students would be met in Vesala and instructions given about the Winter Olympics games. This time MFA students would have led the games as one group sharing responsibility of leadership. The participants would be divided by countries; therefore four groups would be competing against each other. Winner team would get prizes at the evening party.

The evening party was planned to be organised together with the project team being a nice conclusion for the Erasmus IP study tour. Certificates were planned to be given out, band was supposed to play, best team in Winter Olympics awarded and final thanks said.

The idea of the Winter Olympics was to have fun, have refreshing break outside, show Finnish games and traditions and have a playful competition against different countries. The games for the Winter Olympics were:

**Snow Shoe Relay Race:** Two teams compete at a time and each team has two pairs of snow shoes. One has to go around a pole and when he or she gets back, another team member does the same. This goes on until all members have gone around the pole. After everyone has completed this task, two of the fastest teams compete against each other and two of the slowest in order to sort the winning team. Snow Shoes can be borrowed from Vesala.

**Throwing the Wellington Boot:** The idea is to throw the boot as far as possible. One member of the team starts and the second one continues to throw the boot from the point where the first one threw it. The winner is the team who gets the boot the furthest. Boots are borrowed from the other organizer Taru and from Vesala.

**Letkis in the Snow:** The MFA students demonstrate how to dance the traditional Finnish dance called Letkis. Then teams dance it from one point to another and the fastest team wins. CD from Katri Helena is borrowed from the library in order to get the original copy of the sung version. CD player is borrowed from Vesala together with the extension wire which makes it possible to play the song outside.

Tug of War: Two teams compete against each other at a time. Both teams hold on the rope. The line is drawn on the ground in the middle and both teams try to get another team to cross the line by pulling the rope. Again, after the first round, two of the best teams and two of the worst teams compete against each other to find out the order of superiority. The rope is borrowed from Vesala.

The schedule on Wednesday was running in time and the MFA students were met at the agreed time in Vesala. The students were divided into two groups – all the foreigners and most of the Finnish students were going to be substitutes for the IP students who were not participating in the Winter Olympics. The remaining few Finnish students were chosen to be the leaders, who guide the games. After this the MFA students were informed about the games and fortunately they were eager to give their own ideas as well. The final order of the games was changed because of the filling lunch the students had had just before in order to implement more peaceful games first.

The Winter Olympics started with Tug of War which went like planned. The winning team of this game was Germany. Next game was Snow Shoe Relay race which turned out to be fun but challenging, as some of the shoes were slightly broken. The team Finland won this game. After the relay race, throwing the Wellington Boot took place and the winning team was again Finland. After this Letkis in the snow was implemented slightly differently than initially planned – instead of competing, all the participants danced Letkis as an ending game.



**FIGURE 7. Tug of War, Snow Shoe Relay Race, Throwing the Wellington Boot, Letkis. Pictures taken by Taru Kulonpää**

In the evening the prizes were given to the team Germany. Team Finland, who won the Olympics, was honoured but not awarded because of the prizes that were more suitable for foreigners.

Finally the evening ended with the end party with the professional DJ. The end party was planned and organised together with the organising team of the actual event. In the end party, a wine, soft drinks and crisps were offered to the participants. Before the end party started it was decided that plays are left out from the evening programme.

## **7 EVALUATION & DISCUSSION**

The evaluation process is an essential part of the event as a whole. Already chapter 2.3 presented the importance of the event close-down and evaluation process. In the event evaluation process the implementation of the event needs to be observed critically in order to evaluate the outcomes of the event precisely. The evaluation process also provides feedback for the organizers and has an important role in the event management process. It also provides an important tool for analysis and future improvements. (Shone & Parry 2001, 271.)

Questionnaires and surveys are commonly used to collect feedback from event participants. Questionnaires can range from simple feedback forms to detailed surveys, and the scale of a questionnaire depends upon the needs and resources of the event. In the case of repeat events, a single survey most likely satisfies the basic research needs of the event. (Op. cit. 275-276)

As the event management process is a cycle (see figure below), where inputting and analyzing the collected material about the event enables more specialized decisions to be made and more detailed planning to be done. Inputting and analyzing the data may also improve the event outcomes. The preceding only applies to individual repeat events, where the lessons learnt from one event can be included in the planning of the next one. (Op. cit., 271)



**FIGURE 8. Chart illustrating the continuum in event planning and evaluation, modified from Shone & Parry (2001)**

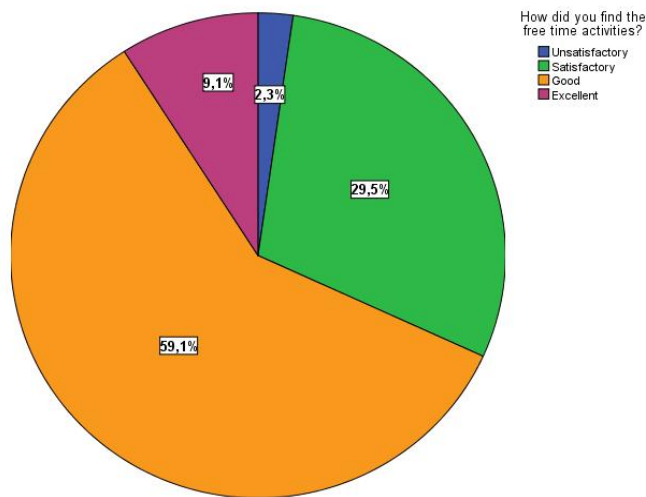
### ***7.1 Feedback from the free time activities***

The chapter above presented the importance of feedback in an event evaluation process and also in this free time activities programme it was essential that feedback was collected in order to evaluate the event and produce development ideas for the next year's IP. The feedback was decided to be collected by a simple questionnaire form (see Appendix 7) with six closed questions about the free time activities and the way they were organized, and with one open ended question about the general feedback. The assessment scale was decided to be from one (unsatisfactory) to four (excellent) in order to discover clearly the participants' opinions about the matter. The research questions for the questionnaire were the following:

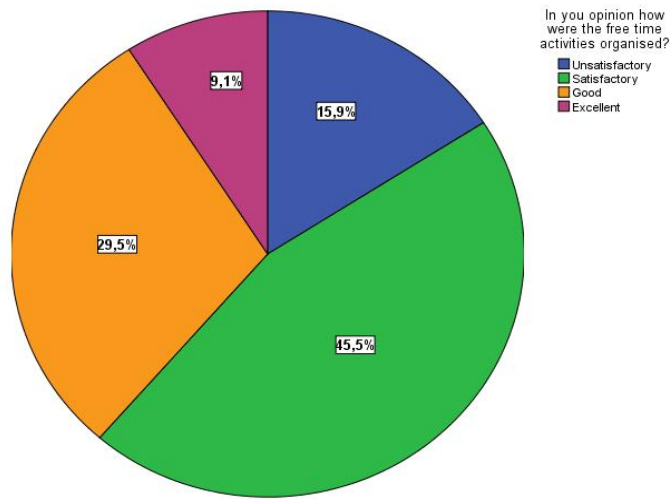
1. How did the participants find the free time activities? and
2. What knowledge did the participants gain with the help of the free time activities?

The feedback was collected on the last day of the event together with general Erasmus IP feedback and Doctor Charles Arcordian survey. The response rate was high – 90 % and the results can be seen in the following chapters. The results are divided according to the research questions and the pie charts are done by using SPSS software for statistical analyzing of the research data.

### How did the participants find the free time activities?



**FIGURE 9.** How did you find the free time activities?



**FIGURE 10. In your opinion how were the free time activities organised?**

The charts above demonstrate how the participants answered the questions concerning the free time activities in general and the organization of the activities. From the first chart it can be seen that fairly more than half of the students found the activities good, and 30% felt them satisfying. Nearly half of the respondents felt the organizing of free time activities was satisfying and 30% felt it was good.

The charts in Appendix 8 describe the question number 3 “How did you like the following activities?” It shows that generally the activities listed in the questionnaire were liked either well or excellently. Especially Barbequing around the fire (41%) and the Winter Olympics (37%) were found to be excellent. The outdoor activities in the beginning (41%) were mostly considered to be satisfactory.

From the question number 6 “How did you find MFA students’ help?” divided the respondents into two different opinions (see appendix 8), 45% of them considered the help as good and other 45% considered it as satisfactory.

Question 3f was excluded from the results as Plays were cancelled during the implementation of the activities.

### **What knowledge did the participants gain with the help of the free time activities?**

The chart in Appendix 8 shows that most students felt that the free time activities supported the themes of IP as 36% answered good and almost 20% found that the themes were supported excellently. However 36% found that the themes were supported only fairly.

The last two charts (Appendix 8) present how the IP students felt the knowledge they got about Finland and Jyväskylä through the free time activities. They felt that information about both Finland (41%) and Jyväskylä (49%) were good.

### **The feedback gained from the open ended question**

The most common complaint according to these questionnaires was about the organizing in general. The participants complained about not knowing what happened next and where, and the general lack of information. They also seemed to consider the MFA students' lack of motivation as a big problem and this received multiple complaints. On the other hand, it was hoped that the MFA students would be involved more in the activities as well as the organizers of the free time activities. It was also hoped that the organizers would be involved more in the whole programme in order to get to know them and them having fun during the activities as well. Additionally, it was hoped that some instructions would be given with a louder voice and more clearly. Complaints about too few free time activities were quite common – the participants wished to have more opportunities to do traditional Finnish things together as a group, to learn about all four cultures, to play games and team-spirit building activities.

Even though a relatively large amount of negative feedback was received through the questionnaire, also some positive and stimulating feedback was received. The Winter Olympics were mentioned separately a few times and were well liked. Generally the feedback received showed that the students liked the activities but hoped there would have been more of them with better general organization.

### **MFA students' feedback**

The MFA students' contribution to the implementation of this project turned out to be one of the most challenging issues within the project. Already in chapter 6 it turned out that they were quite unmotivated in this kind of activities and slightly complicated the implementation process. Additionally to LivingLabcourse, the MFA students gave feedback concerning also the Erasmus IP part. The following is a summary of their feedback.

The students criticized abundantly the late changes in the timetable and a few changes to actually interact with the Erasmus IP students. They also did not like the fact that there were always too many of them implementing the tasks they were assigned to do. They also criticized a lot the location being far away from the city centre that created difficulties in transportation, especially for the foreign students. In their opinion there were a few problems in the whole organization of the activities.

Additionally, the MFA students' feedback showed that they wanted to spend more time with the Erasmus IP students and were sorry that the IP students seemed to be slightly unmotivated in the activities. However, they admitted that they could have planned the city tour better as well as the transportations to Vesala, and due to the changes in timetable they were a little unmotivated. But they were satisfied with the opportunity to make something independently and being involved in this kind of project.

## ***7.2 General evaluation and development ideas***

The previous Chapter 6 explained the implementation process of the free time activities. The chapter also elaborated the changes occurred between the initial planning and the actual implementation process. In the beginning Chapter 7 the importance of event evaluation according to Shone & Parry (2001) was stated and subchapters introduced the results of the questionnaire, which was given to the participants. Also, already in the end of Chapter 2 it was suggested that the event evaluation process is best carried out with meetings, where event organizers discuss about the event and how it went. This also occurred when evaluat-

ing the free time activities of Erasmus IP in 2009. The free time activities programme organizers discussed informally with the whole organizing team various times during the event and after the event. This chapter points out the summary of these informal discussions about the event evaluation, and also evaluates the whole process of the free time activities and gives suggestions of development for the next two Erasmus IP courses organized in Jyväskylä.

During the chapter in question it has turned out that the feedback received from the Erasmus IP participants, showed that the free time activities, organizing of the activities, the MFA students' help and knowledge gained were generally rated to be good or satisfactory with a few exceptions. However, grade 4 (excellent) did not turn out as often as hoped, which proves a lot needs to be improved in order to success better next year.

First of all, the whole schedule of the Erasmus IP as a whole should be planned in a way that there will be more time for free time activities and not only in the evenings but also during the afternoons and maybe even during the mornings. The initial plan was that the free time activities would take place every day and basically always in the evenings. However, the actual games only took place on two days and during the afternoon, when the students were more activated than after studying the whole day. If possible there should be some kind of a free time activity every day in order to get to know each other, improve the team spirit, learn more about the Finnish and other cultures, have fun in between the lessons and create more good memories. This way the students could also become more activated and concentrated at the lessons as well.

Secondly, it is essential that the possible changes in the timetable would be as minor as possible. This can be achieved by ensuring that everybody involved in the project would be aware of the schedule and by avoiding one individual making decisions concerning the timetables without consulting the other organizers. For example, on Wednesday the 4<sup>th</sup> of March the Jyväskylä Information had to be summarized briefly and the quiz for the Finnish students had to be cancelled due to schedule misunderstandings between the organizing team. It is also important that the essence of being on time and being aware of the timetable

should be emphasized to each IP student as different cultures, for instance Spanish, have different comprehensions about what is considered to be “on time”.

It is also important that the final course programme should be ready earlier than it was this year – it eases the planning of the free time activities when the programme does not change every week. This is difficult when the lecturers and participants come from many different countries and it is understandable that changes occur, but they should be avoided as much as possible in order to be able to produce a clear and well functioning programme in advance and properly inform everybody. Additionally, ensuring that the programme includes as little moving from one place to another as possible contributes both to the actual study programme and the free time activities programme by reducing the risk of timetable changes and students getting tired. Moving the accommodation three times during twelve days is a tiring and time consuming factor when planning the event.

In addition, the free time activities programme organizers should ensure that they concentrate on their programme only, not take more responsibilities that may affect the implementation of their own duties. For instance guiding the Living Lab course for MFA students affected the actual free time activities programme abundantly. The main reason for this was that nobody took clear responsibility for organizing this course and the free time activities programme organizers were put in a difficult situation, where suddenly they had to be in charge of 23 fellow students. This developed the leadership skills of both organizers, but brought extra pressure as well. Furthermore, it should be clearly stated which tasks belong to who in order to maintain consistency. As an example of the last statement can be seen the evening snack during the evening when the students arrived to Finland and Vesala – the students assumed that free time organizers had provided the evening snack and a lot of questions were asked concerning the food and the students were surprised that the organizers were not aware of the food ingredients. The evening snack was part of Vesala’s full board and prepared by the kitchen staff in Vesala.

One of the most important facts that affect the whole planning and implementation process of the programme is that the students, who were assisting the free time activities programme, should be volunteers and motivated to be part of the programme. Ensuring this is

one of the most important factors affecting the free time activities process. The MFA students were noticeably passive and were lacking motivation and enthusiasm for this kind of activities and complained about the tasks they were assigned to do. When the assisting student team is enthusiastic and motivated, it is easier to give them more responsibility and this way the organizers' tasks will be eased and particularly the stress and unworthiness will be reduced as they can rely on their assistance. This way everybody involved in the process will enjoy and ensure the participants can fully enjoy as well. It is also essential that the group of the assisting team is not as big as it was this year – there were more than 20 people involved in the process of free time activities. In addition to the earlier, it is important that both organizers and the assisting team are certain type of persons who are able to take responsibility, react on unexpected changes, lead and be in charge of a large number of students and preferably have some kind of experience in tutoring or other group leading tasks. The feedback got from the MFA students was introduced in the previous chapter.

In the future Erasmus IPs it is essential to remember that interpreting the situation correctly is essential in order to have successful event. During the event in 2009 the organizers noticed when the students were too tired and unmotivated to complete the activities that were planned and changed the plans quickly to fit more the current situation. Also the organizers succeeded well in encouraging the MFA students when it was needed. However, it would have been better if the two organizers had stayed with the group all the time. This way there would not have be a clear difference between the free time activity organizers and Erasmus IP students and closer relationships would have been formed.

### **Discussion**

Planning and organising the Erasmus IP free time activities was a long process of eight months in total. It all started from the meetings with the Erasmus IP project coordinator, proceeded with an idea screening and initial plans, and finally came to an end with the actual implementation and evaluation of the activities.

Even though the plans kept changing a lot and many things were done with little time, the outcome of the free time activities was still successful. The objectives of the Erasmus IP

free time activities were having fun, providing new experiences, helping the participants to understand the Finnish culture and way of life, together the respect for nature. Even though there was some negative feedback about the organising of the activities, overall it can be said that the objectives were met based on the results of the questionnaire. All free time activities were rated so, that at least half of the participants felt that activities were good or excellent.

The planning and implementation fulfilled rather exactly the characters of the theoretical approaches of this thesis; project planning, event management services and concrete event management. Typical of the implementation projects were, for example, that haste and workload would increase towards the end, and unpredictable risks were more likely to occur. That was what happened with the Erasmus IP free time activities as well. Event management services approach dealt, among other things, with creating experiences and concrete event management approach gave tools for careful planning which functioned as the basis for planning the free time activities.

Along this project a lot of new issues were learnt. In the planning of the free time activities the themes of the Erasmus IP were taken into consideration. Especially sustainability guided the whole process and the concrete decision making when choosing the activities and equipment. Innovation was included in the initial activities of the snow culture competition and the plays, but unfortunately these were cancelled. On the other hand, it can be said that innovation took place whenever there was a change of plans and new plans had to be created.

Because of the Erasmus IP is going to be organised again in the next two years, the purpose of this thesis was also to examine what issues could be improved. By observation conducted during the implementation and based on the feedback from the participants, the following development ideas should be taken into serious consideration when planning the Erasmus IP free time activities the next two years:

- More time to free time activities, especially in between the lessons or even in the morning

- As little schedule changes as possible, no change of plans without consulting with other organizers
- It would be advisable to aim at completing and sharing the actual study programme well in advance
- Organizers of the free time activities should concentrate on their programme only and not to take too many responsibilities
- Organizers and leaders of the free time activities should be motivated and enthusiastic. An organising team of about five students would be advisable; too many organizers or leaders make issues more difficult.

It is advisable that this thesis would be used as the basis of planning the Erasmus IP free time activities again next year or in any kind of event organising. The issues covered in this thesis can help the organizers understand what it takes to organise such an event and not to repeat the problems again.

Even though events tend to carry many risks and involve many different organising parties and participants, in the end the outcome is what matters. When implementing the Erasmus IP free time activities things could have gone even more wrong, but after all, it can be said that this long process came successfully to an end and everyone gained something out of it. Foreign participants got to experience the wintry and exotic Finland, the MFA students got an opportunity to practise working in a multicultural environment, organizers of the free time activities learned about project working and leadership, and the organizers of the whole Erasmus IP organised the event successfully for the first time and gained important information for the next year.

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## APPENDICES

### ***Appendix 1. Letter to Erasmus IP participants***

Hi Erasmus IP Students,

We are Taru & Tarja and we have been busy to plan you some fun activities while you're staying in Jyväskylä. Here we'd like to give you some information so that you can prepare yourself to challenge the Finnish climate! =D

Weather can be anything from 0 to -20 degrees of Celsius. Therefore you should bring warm clothing including hats and gloves, too. You'll have quite a few outdoor activities, so it would be good to have two sets of outdoor clothes in case they get wet while playing with snow. And don't forget your swimming suit either; there will be plenty of SAUNA opportunities to warm up after a cold winter day. Unless you'd like to be a real Finn and go there naked...

The place where you'll be staying the first and last days is located about 20km away from the city centre. There's a soft drink vending machine and a little stand where some basic items and snacks can be bought. Therefore you should have some change with you if you liked to buy these items.

While staying in Laajavuori, 4km away from the city centre, you'll have an opportunity to explore the city's amusements. There are shops, cafés, bars, restaurants, nightclubs, a movie theatre, museums, etc.

There are some web pages that you can visit if you want to get some information before coming. Check these out:

\*The official site of the city of Jyväskylä: <http://www.jyvaskyla.fi/lang/>

\*Here you can find some information about Laajavuori where you'll be staying over the weekend! The current weather is shown there, too! <http://www.laajavuori.com/english/>

\*Anything you wish to know about Finland and our culture can be found from:

<http://www.finland.fi/>

See you soon!!!

Taru & Tarja

## **Appendix 2. Living Lab activities for the MFA8S1 students 2.3-10.3.2009**

Monday, March 2<sup>nd</sup>, Activities in Vesala, at 12-14.30

Wednesday, March 4<sup>th</sup>, Buss guidance in the Rajakatu at 18.00. Additionally, helping the students in Laajari

Thursday, March 5<sup>th</sup>, TIE Symposium, (group IA catering, group IIA lobby services) IT Dynamo

Thursday, March 5<sup>th</sup>, City Tour, at 16.30, IT Dynamo

Friday, March 6<sup>th</sup>, TIE Symposium, (group IB catering, group IIB lobby services) IT Dynamo

Friday, March 6<sup>th</sup>, Museums, at 15.15 IT Dynamo

Saturday, March 7<sup>th</sup>, TIE Symposium (group IC catering, group IIC lobby services) IT Dynamo

Wednesday, March 10<sup>th</sup>, Winter Olympics in Vesala, at 12.30-15.00

### **Group I/ TIE symposium:**

A) Auvinen Kati, Hendriks Riina, Hytönen Henna, Kaijomaa Matti

**5.3.2009 at 7-16.30. According to the daily schedule and instructions. Attending the symposium programme.**

B) Kesti Johanna, Kyröläinen Marika, Kåla Jenni,

**6.3.2009 at 8-15.30. According to the daily schedule and instructions. Attending the symposium programmeme.**

C) Paananen Sanna, Parkkonen Annika, Piilonen Marika

**7.3.2009 at 8-15.00 According to the daily schedule and instructions. Attending the symposium programme.**

**Supervisors: Mika Sachse, Mari Riekkö, Eija Mustamäki, Mari Mattila**

**Instructions on 3rd of March at 13.00 in IT Dynamo !**

### **Group II/Tie symposium**

A) Alexeeva Yulia, Belopol Anastasia, Boateng Ernest, Chisala William

**5.3.2009 8.00-16.30 lobby services, attending the programmeme**

B) Kamau Muthoni Paul, Kozlov Alexey, Magin Marion, Malla Kalyan, Mazur Anna

**6.3. 2009 8.00- 15.30 lobby services, attending the programmeme**

C) Njoroge Milka, Njuguna Wilson, Pervaiz Waqas, Shrestha Sudin

**7.3.2009 8.00- 15.00 lobby services, attending the programmeme**

**Supervisors: Kirsti Hintikka-Mäkinen, students**

### ***Appendix 3. Jyväskylä Information***

## **Jyväskylä Information**



- General information
- Museums
- Bus Schedules
- Shops, Cafés, Restaurants & Bars
- Movies
- Gigs
- Ice Hockey
- Sauna

## **Jyväskylä: Step into the region's pulsating atmosphere and enjoy everything it has to offer to your heart's content.**

The site of many education-related firsts in Finland, Jyväskylä is known as a city of schools, the Athens of Finland, and is also famous for its many buildings designed by Alvar Aalto and for hosting Neste Oil Rally Finland, which is part of the World Rally Championship. The city is home of the annual Jyväskylä Arts Festival. Jyväskylä had a population of 128 000, while the Region of Jyväskylä had 164,958 inhabitants.

Jyväskylä is a sporting paradise for all those interested in physical well-being. In addition to the numerous recreational facilities accessible daily, there are lakes and forests within walking distance to enjoy the great outdoors. Characterized by its vitality and capacity to evolve, the Jyväskylä Region never rests. All four seasons of the year are full of activity. It is up to you to enjoy the region as a modern urban area, as a lively arena for events, a quality venue for congresses and conferences, a cultural stage with a long, proud history, an ideal centre for activities or a relaxing natural environment for a cottage holiday.

The beautiful Jyväskylä Region has what it takes for pleasant stay in beautiful, natural surroundings. At the heart of the region lies Jyväskylä with a wide range of activities and opportunities. Always busy, the compact town centre can provide city people with everything they might want. In contrast, the eight other municipalities in the Jyväskylä Region offer relaxing moments for those who prefer the calm of the countryside. As darkness falls the atmospheric illumination gives the main street a fascinating, colorful appeal. It is flanked by live music, shopping centers, boutiques, giftware stores, cafés, restaurants, pubs, and much more besides.



## HARJU

The retreating of continental glacier stops for about 100 years and the Ridge (Harju) was formed. It is also known as Syrjälänharju according to estate Syrjälä. The Harju ridge forming the backdrop to the city centre is the best known of Jyväskylä's observation points and green areas. The present tower "Vesilinna" is built on the Ridge. The building is engineered by city architect Olavi Kivimaa. The height of the building (without antenna) is 35 m. In 1952 the first race for motorcycles was held on the Ridge and the last race was held in 1971.



Leading to its summit, a set of massive stone steps is flanked in summer by a veritable sea of flowers. The area contains a network of footpaths, sports ground, summer theatre and in the Vesilinna water tower there are Central Finland Natural History Museum, observation platform and panoramic restaurant. The building contains a water tank of 3 000 m<sup>3</sup>.

## JYVÄSJÄRVI



Jyväsjärvi is a lake situated a few hundred meters away from the Jyväskylä City centre. It is normally used for different kinds of activities both in the summer and winter seasons. In the summer you can swim, fish, and sail. On the contrary, in the winter the lake is frozen. Ice and snow covering Lake Jyväsjärvi is cleared to produce a first-class natural ice skating circuit that is highly popular with all people. The harbor, situated on Lake Jyväsjärvi in

Jyväskylä's central area, is the northernmost passenger harbor on the Lake Päijänne waterway with passenger traffic in the summer to Lahti, Jämsä and Suolahti. Visitors will enjoy seeing boats tied up which have plied the waters of Lake Päijänne for decades and are still in service.

#### **CITY HALL-** A significant building



The City Hall situated in the city centre, is still the most important administrative building of the city. Essential city offices have gathered around the blocks surrounding the building. The City Hall commands a view of the Church Park and the Town Church in the centre of the park, which was renovated in the late 20<sup>th</sup> century and also in the 21<sup>st</sup> century. The City Theatre, too, is situated next to the City Hall. The theatre was designed by the world famous architect Alvar Aalto and his agency. The City Hall forms an integral part of Jyväskylä Church Park environment, which has been categorized as a nationally valuable built environment. Building the city hall was one of the largest constructions in the late 1900s. The building was finished in 1899.

The City Hall constituted a versatile building for the City of Jyväskylä. The city hall is a monumental building with facilities for city operations, and for societies and associations as well. Also the Bank of Finland, City Court and Registry Office took up their quarters in the building. The City Police office operated in the floor below. Various festivities and cultural

events, such as concerts, dances and plays were organized in the Great Hall. The very first film showed in Jyväskylä took place in the great hall in 1904. The residents were most interested in the novelty and the hall was full of spectators. In addition, the building has been a home for many families, for more than 80 years, there was a caretaker apartment in the city hall.

At present, the Great Hall, also called the Council Hall is mainly in the use of the city council. Councillors, elected by the city residents, gather there monthly to make the most important decisions regarding the city. City residents can watch council meetings from within the Council Hall and from its galleries. Also the Mayor's office is situated at the City Hall.

The City Hall is a festivity building as well. Many receptions and dinners in honour of important guests are held here as well as the most important annual celebrations, such as New Year's Eve and the birthday of the city on March 22<sup>nd</sup>, which is also called the day of Jyväskylä. The great hall and the main staircases are decorated with Emil Sanmark's Art Nouveau roof paintings and decorative themes of representing style. ([www.jyvaskyla.fi](http://www.jyvaskyla.fi))

### **Museums in Jyväskylä**

On Fridays there are no entrance fees to the museums in Jyväskylä!

#### **- The craft museum of Finland**

The museum is a specialized museum for handicraft covering entire Finland, a place where skills and people meet as well as an interesting destination for visitors. The museum covers all techniques of handicraft, from house building to lace making and from forging to the design of ornaments. A centre for national costumes and a centre well versed in the conservation of textiles form part of the museum.

(<http://www.craftmuseum.fi/eng/index.htm>)

Location: Kauppakatu 25

Opening hours: Tue-Sun 11-18

Entrance fees: adults 5€, group over 10 persons 4,20€/person, children under 18 and craft students for free

- **The Alvar Aalto Museum**

A special museum for architecture. The museum, which functions as an Aalto information centre, organizes exhibitions in Finland and abroad, and produces publications connected with Alvar Aalto. There is a wide-ranging permanent exhibition of Aalto's work on show in the museum. One of the museum's most important tasks is the preservation of Alvar Aalto's buildings.

(<http://www.alvaraalto.fi/museum/museum.htm>)

Location: Alvar Aallon katu 7

Opening hours: Tue-Sun 11-18

Entrance fees: 6 €

- **University of Jyväskylä Museum**

The Section of Cultural History collects, preserves, studies and exhibits material related to the past and present of the University of Jyväskylä. It also administrates the art collection of the University.

The section of natural sciences offers a tour to explore Finnish nature and environment, especially from the Central Finland's point of view. It serves as a preservation unit for natural scientific research, and displays environmental subjects and research material.

All together the purpose of the museum is to support the activities and functions of the University and preserve its outcomes.

(<http://www.jyu.fi/erillis/museo/en/?searchterm=museum>)

Address: Seminaarinmäki, Building S, 40100 Jyväskylä (The Section of Cultural History)

Vesilinna, Ihantolantie 5 (The section of natural sciences)

Opening hours: Tue-Fri 11-18, Sat-Sun 12-17

Entrance fees: Free

## Bus Schedules: City Centre –Laajavuori, Laajavuori-City Centre

### 25 25K CITY CENTRE–LAAJAVUORI– (HAUKKALA /EUROMARKET)

Route: **Vapaudenkatu (Centrum, leaves from the stop no. 6)**–Cygnaeuksenkatu–Voionmaankatu–Vesangantie–**Laajavuorentie**–(Haukkalantie / Ruokkeentie–Saarijärventie).

CITY CENTRE–LAAJAVUORI– (HAUKKALA / EUROMARKET)												
	Monday-Friday					Saturday					Sunday	
Hours	Minutes											
Bus no.	25	25K	25K	25K	25	25	25K	25K	25K	25	25	25
5					40z							
6		10	35	50						35zY2		35zY2
7		10	30	50						45Z		40Y2
8		10	30	50		15z				45Z		40Y2
9		10	30	50		15z				45Z		40Y2
10		10	30	50		15z			50			40Y2
11		10	30	50		15z		30	50		15	45
12		10	30	50			10	30	50		15	45
13		10	30	50			10	30	50		15	45Z
14		10	30	50			10	30	50		15	45
15		10	30	50			10	30	50		15	45
16		10	30	50		15				45	15	45
17		10	30	50		15				45Z	15	45z
18	15				45z	15				45	15	45
19	15				45z	15				45Z	15	45Z
20	15				45z	15				45Z	15	45Z
21	15				45z	15				45Z	15	45Z
22	20					20					20	
23	20Y1					20Y1						20Y1
24	20Y1					20Y1						20Y1

Y1, Y2 = Different route, via the Central Hospital, takes a bit longer time

**25** **25K** (EUROMARKET / HAUKKALA)–  
LAAJAVUORI–CITY CENTRE–  
KAAKKOLAMPI

Route: (Saarijärventie–Ruokkeentie / Haukkalantie)–**Laajavuorentie**–  
Vesangantie–Voionmaankatu–Vaasankatu–**Vapaudenkatu (Centrum, stop no3)**–  
Tourulantie–Seppäläntie–Ahjokatu–Kangasvuorentie–Nevakatu–Suluntie.

LAAJAVUORI–CITY CENTRE												
	Monday - Friday					Saturday				Sunday		
Hours	Minutes											
Bus no.	25	25K	3	25	25K	25K	25	25	25K	25K	25	25
5					25Z1			55				
6	00Z		20Y2		30Z1	55Z1						
7		15Z1			35Z1	55Z1	00Z					00YZ
8		15Z1			35Z1	55Z1	00Z	30Z				00Y
9		15Z1			35Z1	55Z1	00Z	30Z				00Y1
10		15Z1			35Z1	55Z1	00Z	30Z				00Y1
11		15Z1			35Z1	55Z1	15Z1	35Z		55Z1	00Y1	30
12		15Z1			35Z1	55Z1	15Z1		35Z1	55Z1	00	30
13		15Z1			35Z1	55Z1	15Z1		35Z1	55Z1	00	30
14		15Z1			35Z1	55Z1	15Z1		35Z1	55Z1	00Z	30
15		15Z1			35Z1	55Z1	15Z1		35Z1		00	30
16		15Z1			35Z1	55Z1	00Z1	30			00	30
17		15Z1			35Z1	55Z1	00	30			00	30
18		15Z1		30			00Z	30			00Z	30
19	00Z			30			00	30			00	30
20	00Z			30			00Z	30			00Z	30
21	00Z			30			00Z	30			00Z	30
22	00Z			40			00Z	40			00Z	40
23				40				40				40
24				40				40				40

Y, Y1, Y2 = Via the Central Hospital

## Shops, Cafés, Restaurants, Bars & Nightclubs

There are many shopping centres by the main street called Kävelykatu (or Kauppakatu as the official addresses are named):

### Forum

- Clothing: Vero Moda, Jim & Jill, Gina Tricot, Carlings...
- Electronics: Anttila (Top Ten), GameStop, GSM-Store, Mediapuhelin...
- Bank: Osuuspankki
- Food: Golden Rax Pizza Buffet (eat as much as you can in one price), Café Voca, Kalpis (sweets)...
- Grocery: K-Supermarket Forum  
Clothing: KappAhl, Seppälä, Hennes & Mauritz, Jack & Jones...
- Food: McDonald's, Rosso, Kalpis (sweets), Café Elonen, Submarine (salads and sandwiches), Arnold's (coffee and donuts)...
- Movie Theatre Finnkino

### Torikeskus

- Clothing: Mick's, Lindex, Vila, SpiritStore, Your Face, K-Kenkä & Andiamo (shoes), Dressman (for men), Aarikka (Finnish design dishes and handicrafts), Marimekko (One of the most famous Finnish brands; shirts, towels, bags)...
- Coffee and food: Robert's Coffee, Spice Ice (ice cream), Pizzerias Damascus & Casabella...
- Sokos Hotel Jyväshovi: Dancing Restaurant, Coffee Bar, Night Club
- Different kind of decorating shops, e.g. Hemtex, Finlayson
- Books: Suomalainen Kirjakauppa

### Sokos

- Everything is found under the same roof in three floors, e.g. Mestarin Herkku (grocery), clothes on the 3<sup>rd</sup> floor, household equipment, make-ups, perfumes, etc.

### **Kauppakulma**

- Clothing: Top Sport (sport equipment), Seppälä, Zatza (shoes)...
- Electronics: Markantalo
- Post Office
- Pet Store Reporanka

### **Cafés and Restaurants**

- Coffee House: Coffee (good selection of special coffees as well), bakery, sandwiches
  - address: Kauppakatu 30
  
- **Hemingway's**: Drinks mostly, some snacks
  - Address: Kauppakatu 32
  - Open: Mon-Tue 12-24, Fri-Sat 12-02, Sun 13-23
  - Age limit: 20 years
  - Pool tables, board games
  
- **Subway**: Sandwiches
  - Address: Kauppakatu 27
  
- **Grand Star Café**: Sport Bar; Ice hockey and football games are often showed here
  - Address: Kauppakatu 32
  - Open: Mon-Tue 12-02, Wed-Sat 12-03, Sun 11-02
  
- **Memphis**: Drinks and American type of food
  - Address: Kauppakatu 30
  - Bar open: Mon-Tue 11-23, Wed-Thu 11-24, Fri-Sat 11-02, Sun 12-22
  - Kitchen open: Mon-Tue 11-22, Wed-Thu 11-23, Fri-Sat 11-01, Sun 12-21
  
- **Amarillo**: Mexican food and drinks
  - Address: Puistokatu 2 (located in the end of the main street)
  - Open: Mon 11-22, Tue 11-23, Wed-Thu 11-24, Fri-Sat 11-03, Sun 12-22

- Age limit: 18, Fri-Sat. 20 years
- **Fransmanni:** French Country Cooking ([http://www.fransmanni.fi/menu\\_eng.htm](http://www.fransmanni.fi/menu_eng.htm))
- Address: Asemakatu 2
- **Hong Kong City:** Chinese food
- Address: Kauppakatu 10
- Open: Mon-Thu 11-22, Fri 11-23, Sat 12-23, Sun 12-21
- Address: Yliopistonkatu 15 (a bit further away)
- **Huviretki:** Grill, pizza, burgers, pasta  
([http://www.huviretki.fi/pics/Huviretki\\_ruokalista\\_2008en.pdf](http://www.huviretki.fi/pics/Huviretki_ruokalista_2008en.pdf))
- Address: Väinönkatu 5
- Open Mon-Thu 11-23, Fri-Sat 11-24, Sun 12-22
- **Harald:** Go back to the time of Vikings! Here you can find fish, elk, reindeer, chicken, pork and vegetarian dishes. Rather expensive, 20-35€/ meal.
- Address: Kauppakatu 33
- Open: Mon-Thu 11-23, Fri 11-24, Sat 12-24, Sun 15-21
- **Katriina:** Vegetarian restaurant
- Address: Kauppakatu 11
- Open: Mon-Fri 11-14:30
- **Maria:** Pizzeria
- Address: Kauppakatu 8 (Further up along the Kauppakatu)
- Open: Mon-Sat 11-23, Sun 12-23

### **Bars: (nightclubs)**

- **Katse** (rather a pub)

- Address: Väinönkatu 26
- Open: 21-04
- Age limit: 18 years
- Happy hour from 9-22 and 23-24
  
- **Matsi**
- Address: Asemakatu 11
- Open: Mon-Tue 16-24, Wed-Thu 16-01, Fri 16-02, Sat 14-02, Sun 15-02
- Sport Bar; most ice-hockey and football games are shown here, too
  
- **Parnell's Irish Pub**
- Address: Gummeruksenkatu 7
- Open: Mon-Thu 14-01, Fri 14-02, Sun 15-24
- Irish Beer and Cider, board games
  
- **Pub Anneli**
- Address: Väinönkatu 7
- Open: Mon-Fri 19-02, Sat 12-02, Sun 15-02
- Age limit: 20
- Karaoke Pub
  
- **Shaker:** get a mixed drink of any kind! (6€and up)
- Address: Yliopistonkatu 38
- Open: Mon-Thu 16-02, Fri-Sun 16-03
  
- **Passion**
- Address: Kauppalaispiha 3 (located behind the shopping centre of Torikeskus)
- Open: Mon 13-01, Tue-Sat 13-02, Sun 18-01
- Age limit: 18 years
- Cheap drinks
  
- **Kharma** (nightclub)

- Address: Väinönkatu 32
- Open: Mon-Sat 22-04, Sun 23-04
- Age limit: Mon-Fri 18 years, Sat 20 years
- On Fridays and Saturdays free entrance before 11p.m. Other times 5€+ 2€cloakroom
  
- **Gigglin Marlin**(nightclub)
- Address: Kauppakatu 32
- Open: Wed-Sat 22-04, Sun 23-04
- Age limit: Sat 22 years, Fri 20 years, Wed-Thu & Sun 18 years
- Entrance fee 5€on Friday & Saturday + 2€cloakroom
- Three different rooms for different music: Finnish music only, what's hot at the moment and what was hot in the 90s...
  
- **Night**
- Address: Kauppakatu 35
- Open: Tue & Sun 23-04, Wed-Thu 22-04, Fri-Sat 21-04
- Age limit: Fri-Sat 20 years, otherwise 18 years
- Karaoke, pop music
  
- **Sohwi**
- Address: Vaasankatu 21 (near the University, further up along Kauppakatu)
- Open: Sun 14-22, Mon 12-24, Tue-Thu 12-01, Fri-Sat 12-03
- Age limit: 18 years
- Popular among University students, Rock music, Rock Hour 22-23 (cheaper beer and cider)
  
- **Inferno**
- Address: Yliopistonkatu 40
- Open: Wed-Sun 20-04
- Age limit: 20 years
- Heavy Metal music

*The Finnish way of going out...*

Usually Finns are hanging out with friends in their apartments before going to bars and nightclubs around 10 – 12 p.m. **ID's are always needed when going to the bars**, and normal age limit to bars is 18 years at weeks, but in weekends the limit is higher (20 – 22 years). Normal “bar days” for Finns are Fridays and Saturdays, and student parties on Wednesdays or Thursdays. Going out in Finland is rather expensive. On Fridays and Saturdays the nightclubs usually have a 5€ entrance fee + 2€ cloakroom fee, sometimes the entrance is free before 11pm. Beer (0.33l) costs usually 4-5€ as well as cider, mixed drinks are 5€ and up. Happy hours offer beer and cider for 2-3€

## Out to the movies...

The movie theater here in Jyväskylä is located in the shopping centre of Jyväskylä, Kauppakatu 29-31, 40100, Jyväskylä. The ticket counter opens 45 minutes before the first show and closes when the last show begins. Tickets are 9€ Mon-Fri and 10€ on weekends.

Once a month there is a **SUPERDAY**, usually one Thursday of the month, in all Finnkino movie theatres when the movie ticket costs only 5,50€. Tickets for **SUPERDAY** can also be booked. Popcorns on this day are cheaper as well, they go for 2€ instead of the normal list price of 4,30 euros. More information and schedules can be found from their WebPage on <http://www.finnkino.fi/?lang=eng>

## Gigs at Lutakko while your stay



**Lutakko:** Located next to the IT Dynamo and Paviljonki Congress Center

Lutakko offers space where bands can perform from Wednesday to Sunday. The prices vary depending on the band. Lutakko has been the place for the Live Music Association of Jyväskylä (Jelmu ry in short in Finnish, and, from here on) to organize shows in since 1990. Jelmu ry was founded on voluntary work which is still the basis for our employee force. Today there are some 80+ voluntary workers, music lovers and rock enthusiasts working to keep the live music scene very much alive. (<http://www.last.fm/venue/8778919>)

**Thursday 5.3.2009**

Stella (Finnish band singing in Finnish), Coleman Bogey 9/10€

**Friday 6.3.2009**

Damn Seagulls, I Walk The Line 6/0€

**Saturday 7.3.2009**

Samae Koskinen ja hänen Taikabändinsä 8/7€(age limit 18)

Address: Schaumaninkatu 3, 40100 Jyväskylä

Phone: (014) 617 866

[www.jelmu.net](http://www.jelmu.net)

## Ice Hockey in Finland

For Finns Ice Hockey is the most valued sport. Many Finns go to watch games in the ice



halls or watch games on TV either at home or in bars. Especially the World Champion Chip games gather many Finns in front of TV sets. The national team of Finland is called the

Lions (after the Finnish crest). During games many bars and cafés offer the option to see the games on wide screens with many fans gathering to the same place.

Ice hockey is also very valued on the national level. The top professional league in Finland (SM-liiga) draws a lot of people to the ice halls around the country. Also many fans travel with their teams to other cities to support their teams and to see all the games, no matter where they are playing.



In Jyväskylä the local team is called JYP. They have been playing in the Finnish ice hockey league since 1985 and they have won three medals, one bronze and two silvers, in the Finnish league. At the moment of writing this text JYP is in the lead in the statistics for winning the Finnish Champion Cup. Every year about 100 000 JYP fans go to watch their games in the local ice hall. The local ice hall, Synergia-arena, has the capacity of 4 180 spectators.

During your stay in Finland JYP will play against SaiPa (a team from the town called Lappeenranta, situated in the very east of Finland) on March 5 at 6.30 pm which will be their last game in the pre-games. Depending on their points and place in the statistics at the end of the pre-games, JYP may have more games during your stay.

### **Tickets to the games**

The prices for tickets start from 8 €(standing places) to 30 €(soft seats). Most common seats cost 20 € The tickets can be bought from Intersport in the centre (next to local bus stops) or from the arena.

### **The Finnish Sauna**

Finland is the land of the sauna and the Finns are a nation of sauna-enthusiasts. Finland has a population of 5.1 million and 1.7 million saunas — one for every three inhabitants. The sauna is considered an age-old Finnish feature. Saunas are an integral part of the way of life in Finland. They are found on the shores of Finland's numerous lakes, in private apartments etc. The sauna is an important part of the national identity and those who have the opportunity usually take a sauna at least once a week. The traditional sauna day is Saturday.

As a rule, Finnish women gave birth to their children in the sauna right up to the Second World War. The sauna was a healable, clean place, the most hygienic on a farm. The tradition of, up to a weeklong confinement in the sauna, followed by the newborn being ceremoniously carried into the house, lived on until the early part of the 20th century. According to folk tradition, this was the first time the father saw his child.

In the old days, people used the sauna as a place to treat illnesses. In the sauna, folk healers could concentrate on their work in peace and quiet and patients were receptive to treatment because there were many deeply held beliefs and a certain respect connected with the sauna. The belief in the healing properties of the sauna remains strong even today, although we now know that sauna bathing does not prevent or cure long-term illnesses. But it can improve the bather's wellbeing in general, be beneficial to the health and in some cases even cure symptoms. Sauna speeds up the heartbeat, improves the breathing and circulation, raises the body temperature, stimulates the metabolism and may, at least temporarily, lower the blood pressure.

The traditional sauna is a wooden building where the bathers sit on benches splashing water on the hot stones of the stove and gently beating themselves with leafy birch whisks. 'Sauna', the most commonly borrowed Finnish word, has spread from Finnish to several world languages, although the Finns believe not always in its original sense. The expression 'to have a sauna' covers the whole bathing process and includes several repeated periods of perspiring in the heat and the steam, known as *löyly*, produced by the water thrown on the stones.

### Finnish Sauna



Taking a sauna begins by sitting in the hot room, typically warmed to 60-100 degrees Celsius (140-210 degrees Fahrenheit), for some time. Water is thrown on the hot stones topping the *kiuas*, a special stove used to warm up the sauna. This produces steam (löyly) which makes the sauna feel even hotter. Occasionally one uses leafy, fragrant boughs of silver birch called *vihta* or *vasta* to gently beat oneself. This has a relaxing effect on the muscles. When the heat begins to feel uncomfortable it is customary to jump into a lake, sea, or a swimming pool, or have a shower. In the winter rolling in the snow or even swimming in a hole cut in the ice, an *avanto*, is sometimes used as a substitute. **When swimming in the hole in the ice, socks should be worn.** Then one usually sits down in the dressing room or the porch of the sauna to enjoy a *makkara*, or Finnish sausage, along with beer or soft drinks. After cooling one goes back to the hot room and begins the cycle again. Usually one takes at least two or three cycles, lasting between 30 minutes to two hours.

In Finland's numerous summer cottages bathing might go on well into the night. This is especially true in the summer when there is virtually no darkness. For many Finns, the sauna is almost a sacred place. It is a taboo to use swearwords in sauna. Thorough washing will end the session of sauna. Conversation is relaxed and arguments and controversial topics are avoided. It is also rare to use titles or other honorific in the sauna. In Finnish folklore sauna is the home place of sauna-elf (saunatonnttu in Finnish). It is a belief that sauna is a place where you can wash your soul from sins.

Sometimes men and women go to the sauna together, sometimes not. For someone brought up in Finland, the rules are instinctive but they are difficult to put into words. Depending on the size, composition, relationships, and the age structure of the group three basic patterns can emerge: Everyone can go to the sauna at the same time, men and women may take

sauna separately, or each family can go to sauna separately. Mixed saunas with non-family members are most common with younger adults, and are quite rare for older people or on more formal occasions. It is common for teenagers to stop going to sauna with their parents at some point; younger people, especially men, also favour hotter saunas than older.



In the sauna it is a faux pas to wear clothing in the hot room, although it is acceptable to sit on a small towel or *peffetti*, a disposable tissue designed to endure heat and humidity (it can be mandatory in a public sauna, such as at a public swimming pool). While cooling off it is common to wrap a towel around your body.

The sauna cleanses and heals the body, soothes the mind, and provides agreeable sensations and many other pleasures.

(<http://finland.fi/netcomm/news/showarticle.asp?intNWSAID=26074>)

## ***Appendix 4. Schedule of the Erasmus IP***

### **Final Schedule for free time activities of Erasmus IP**

#### **Sunday 1<sup>st</sup> of March (Vesala)**

The participants are arriving to Finland.

On the bus on a way to Jyväskylä

- Finland quiz
  - Best answerers (two/each country) can go to City Reception on 5<sup>th</sup> of March
  - When the right answers are told students gain information about Finland

19.30 Rousing Programme

- Magic Carpet (depends on if we get the “carpets/covers”) - outside
  - groups (2) stand on the carpet and try to turn it over without touching the ground
  - in case we don't have carpets or the weather is bad: some traditional get-together game
- Get to know each other - inside
  - with candies
    - how many candies one takes that is how many facts one should tell about him/herself

#### **Monday 2<sup>nd</sup> of March (Vesala)**

MFA students arrive at 12.00

13.30 Group formation and multiculturalism activities (1,5 hours) – inside/outside

- Forming the groups (6)
- Tour around Vesala (MFA students)
- Snow Sculpture competition begins (theme is “Finland”, other materials from the nature can also be used)
- Information about the Play (inside)

19.00 Supper and “Welcome Party”

- (Snow Sculpture competition continues)
- Barbequing at the Laavu

- Going to Sauna and swimming in the hole in the ice

### **Tuesday 3<sup>rd</sup> of March**

No free time activities as the participants are going to Himos

### **Wednesday 4<sup>th</sup> of March (Rajakatu)**

17.00 Jyväskylä Information – classroom in Main Campus

- Telling about the schedule during the stay in Laajari
- Finnish students have a quiz about Spain/Germany/Slovenia (two best answerers can go to City Reception on the 5<sup>th</sup> of March)

18.00 Departure to Laajari (from the Main Campus)

- MFA students also go by bus and help participants to check in and make sure the rooms are ok

### **Thursday 5<sup>th</sup> of March (City centre)**

Tie Symposium in IT-Dynamo

17.00 Jyväskylä Sightseeing: MFA students meet at 16.30 in IT-Dynamo

- Tour around the city with the MFA students

### **Friday 6<sup>th</sup> of March (City centre)**

Tie Symposium in IT-Dynamo

15.15 Museums: MFA students meet at 15.00 in IT-Dynamo

- MFA Students go with the participants
- MFA students negotiate with their groups which museum they go to. Options are: Alvar Aalto Museum, Museum of Central Finland, Handicraft Museum of Finland and Art Museum of Jyväskylä

### **Saturday 7<sup>th</sup> of March**

No free time activities.

**Sunday 8<sup>th</sup> of March (Rajakatu)**

13.30 Lunch in RAX

14.30 Refreshing (0,5 hours, outside)

- Dodge ball

**Monday 9<sup>th</sup> March**

No free-time activities as the participants go to Peurunka

**Tuesday 10<sup>th</sup> of March (Vesala)**

19.00 Evening snacks and activities - outside

- Plays – outside/inside

**Wednesday 11<sup>th</sup> of March (Vesala)**

13.00 Refreshing outside (2 hours)

- MFA students are leading the activities
- “Winter Olympics”
  - Snow shoe relay
  - Throwing the Wellington boot
  - Letkis in the snow
  - Tug of war

17.00 Closing party

- Band
- Certificates etc.

**Thursday 12<sup>th</sup> of March (Vesala)**

Participants are leaving home

## ***Appendix 5. Finland Quiz***

### **Finland Quiz**

**1. Even though Finland is the 6th largest country in Europe in area, the population density in Finland is one of the lowest (only 15.5 persons per square km.)**

**So how many people are there living in Finland? (5.194.901, 2002)**

- a. approx. only 1 million
- b. approx. 3 million
- c. approx. as much as 5 million

**2. What does Finland flag look like?**

- a. a white cross on a blue background
- b. three stripes; white, blue and red
- c. a blue cross on a white background

**3. What is the capital of Finland?**

- a. Helsinki
- b. Turku
- c. Jyväskylä

**4. The general assumption is that Father Christmas lives either on the North Pole or in Sweden, however this is totally wrong as we all know Father Christmas comes from Finland.**

**Where does he live?**

- a. in Jyväskylä
- b. in Korvatunturi
- c. in Helsinki

**5. Who is the current President of Finland?**

- a. Martti Ahtisaari
- b. Tarja Halonen

c. Alexander Stubb

**6. What are the two official languages of Finland?**

- a. Finnish and Russian
- b. Russian and Swedish
- c. Finnish and Swedish

**7. Finnish language belongs to Finno-Ugrian language family and it is often ranked to be one of the most difficult languages to learn in the whole world.**

**Which of the following is missing from the Finnish language?**

- a. past tense
- b. difference between he and she
- c. vowels

**8. Finland is known about its nature; forests and lakes. Therefore, how much of Finland is covered by forest and woodland areas? (69%)**

- a. 90%
- b. 69%
- c. 30%

**9. Finland is said to be a land of thousands of lakes.**

**How many lakes are there actually? (187,888)**

- a. approx. 188 000
- b. approx. 11 000
- c. approx. 519 000

**10. What is the most common ingredient of typical Finnish bread?**

- a. rye
- b. wheat
- c. corn

**11. Which of the following is famous Finnish invention? (1970 Finnish scientists found out the healthiness of Xylitol)**

- a. Xylitol
- b. chewing gum
- c. tooth paste

**12. What Finnish textile company is now highly appreciated all over the world?**

- a. Lumikekko
- b. Marimekko
- c. Täpläkkä

**13. How many saunas are there in Finland? (1 for every 4 inhabitants meaning more saunas than cars)**

- a. 1 for every 10 inhabitants
- b. 1 for every 4 inhabitants
- c. 1 for every 50 inhabitants

**14. Who was Jean Sibelius (1865-1957)?**

- a. the best known Finnish skier
- b. the best known Finnish poet
- c. the best known Finnish composer

**15. Which of the following is well known Finnish band?**

- a. The Sounds
- b. The Rasmus
- c. The Kooks

**16. According to general stereotype Finns are known to be quite**

- a. happy and outgoing
- b. melancholic and reserved
- c. rude and unfriendly

**17. Even though Finns don't really tend to speak a lot (at least not to strangers) - they really love their mobile phones and talking to them is everyday life to every Finn no matter what age he/she is.**

**How many Finns have a mobile phone?**

- a. about 50%
- b. about 80%
- c. about 95%

**18. Once upon time there were Summer Olympics in Helsinki. When did this happen?**

- a. 1948
- b. 1968
- c. 1952

**19. Finns have always loved sports and they have been relatively good at it as well. In 2001 Finland hosted a World Championships in this particular sport. However during this sports event Finland faced a huge doping scandal, which ruined the success of Finnish athletes for years in this sport.**

**Which sport this is?**

- a. skiing
- b. horse polo
- c. ice hockey

**20. A question about your own country**

**Right answers:**

C, C, A, B, B, C, B, B, A, A, A, B, B, C, B, B, C, C, A

## ***Appendix 6. Quiz for the Finnish students***

### **Questions for the Finnish students**

#### **Spain:**

**1. Which part of Spain has more population – North or South?**

**2. What is the capital of Catalonia?**

- a. Madrid
- b. Barcelona
- c. Gerona

**3. Which is the most visited city in Spain?**

- a. Madrid
- b. Valencia
- c. Barcelona

**4. Who was the most famous Spanish architect?**

- a. Antoni Gaudi
- b. Jean Nouvel
- c. Pablo Picasso

**5. How many languages are spoken in Spain?**

**6. What's the main ingredient of Spanish food, paella?**

#### **Germany:**

**7. How many inhabitants does Germany have?**

- a. 82 million
- b. 75 million
- c. 50 million

**8. Who is the current president of Germany?**

- a. Helmut Kohl
- b. Roman Herlog
- c. Angela Merkel

**9. How many counties Germany has?**

- a. 10
- b. 16
- c. 19

**10. How do you say Cheers in German?**

- a. Proost
- b. Prost
- c. Zum Wohl

**11. Which of the following is famous German composer?**

- a. Wolfgang Amadeus Mozart
- b. Johann Sebastian Bach
- c. Franz Schubert

**12. What is the national animal of Germany?**

- a. bear
- b. deer
- c. eagle

**Slovenia:**

**13. When did Slovenia declare its independence?**

- a. 1981
- b. 1991
- c. 2001

**14. Which year Slovenia became part of EU?**

- a. 2000

- b. 2004
- c. 2007

**15. How many inhabitants live in the capital Ljubljana?**

- a. 1 million
- b. 500 000
- c. 300 000

**16. What is the highest mountain in Slovenia?**

- a. Mangast
- b. Stol
- c. Triglav

**17. Who is the famous Slovenian ski jumper?**

- a. Primož Peterka
- b. Adam Malysz
- c. Denis Kornilov

**18. Which of the following is Slovenian flag?**

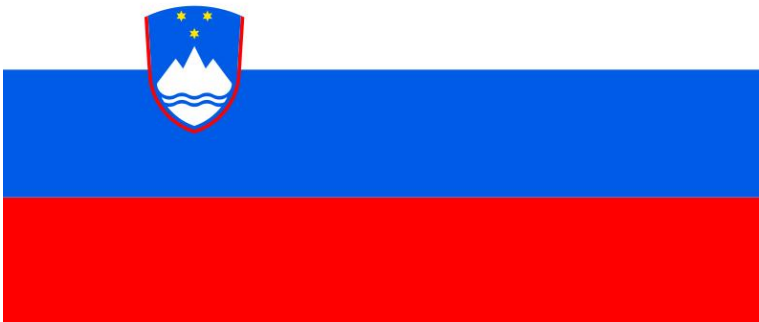
a.



b.



c.



**Right answers:**

Spain: north, B, C, A, 4(Catalan, Basque, Galego, Spanish), Rice

Germany: A, C, B, B, B, C

Slovenia: C, B, C, C, A, C

## Appendix 7. Feedback form

Hope you've enjoyed your stay in Finland and have had lots of fun! As you already know we're making our Bachelor Thesis from Erasmus IP's free time activities and we'd really like to have some feedback from you.

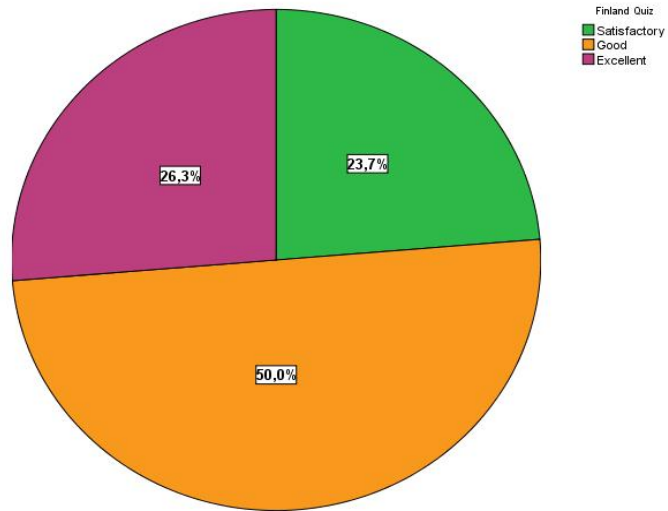
	☹			☺
	1	2	3	4
1. How did you find the free time activities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. In your opinion how were free time activities organised?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How did you like the following activities?				
a. Finland Quiz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Outside activities in the beginning (human knot, relay race with logs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Barbequing around the fire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. City tour and museums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Winter Olympics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Plays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you feel that free time activities supported the themes of Erasmus IP (sustainability, innovation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Did you get enough information about				
a. Finland?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Jyväskylä?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How did you find MFA students' help? (in outside activities, city tour & museums)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. If you have some other feedback or you want to explain your answers above, feel free to tell them (e.g. if there was something that you'd have done differently)				

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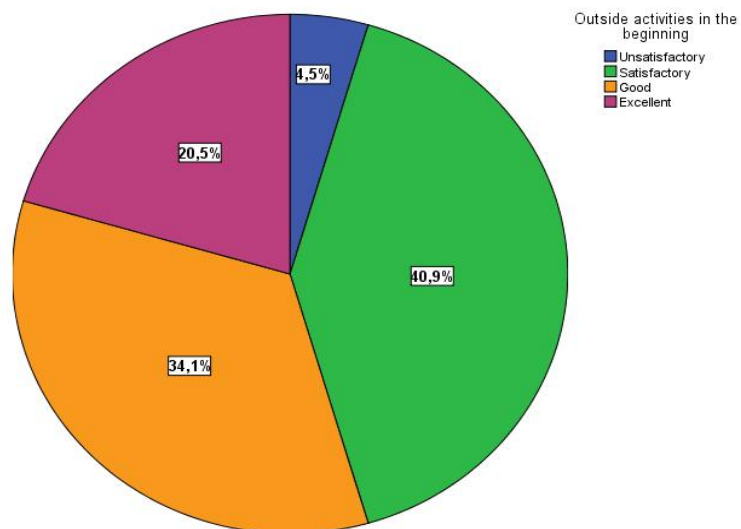
**Thank you for your feedback ☺!!**

## Appendix 8. Feedback results

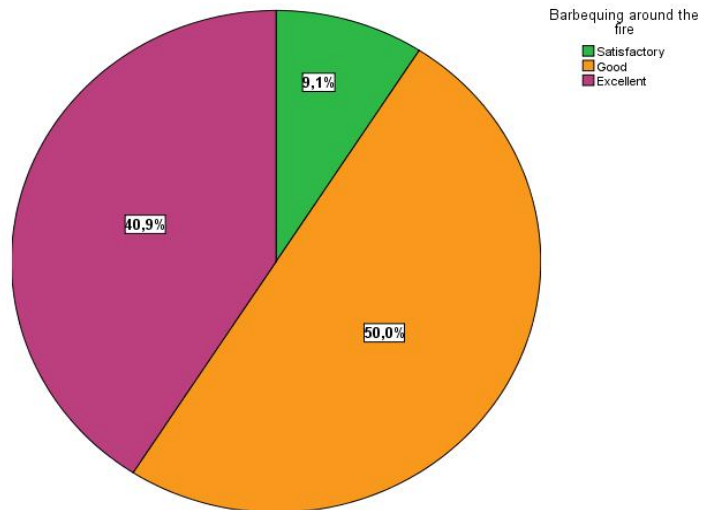
### 1. Finland Quiz (3a)



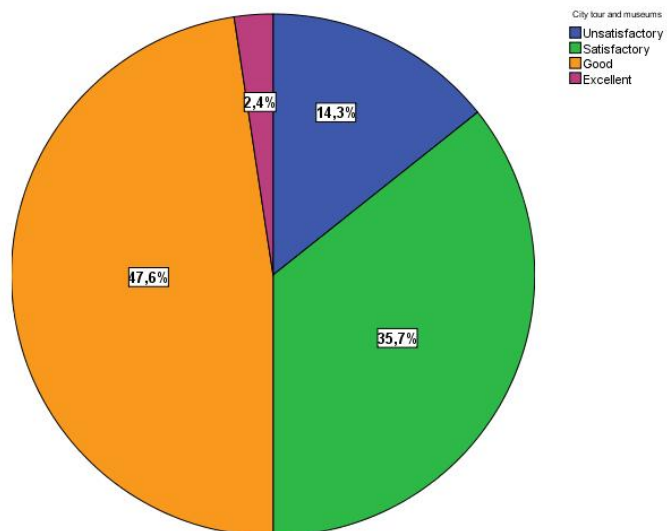
### 2. Outdoor activities in the beginning (3b)



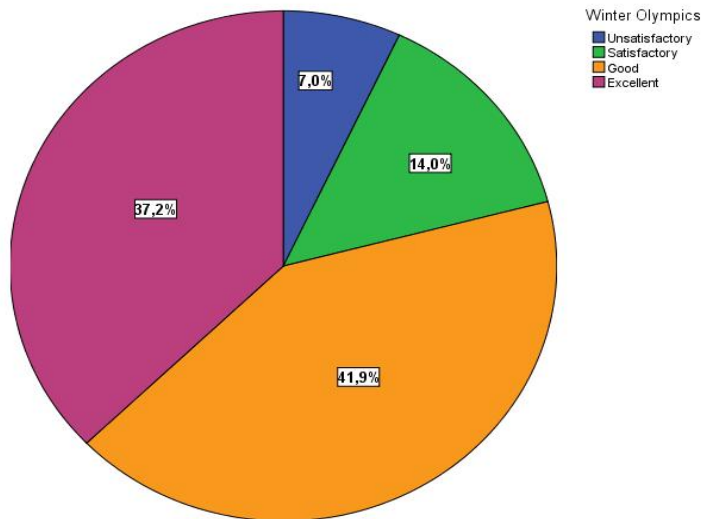
## 4. Barbequing around the fire (3c)



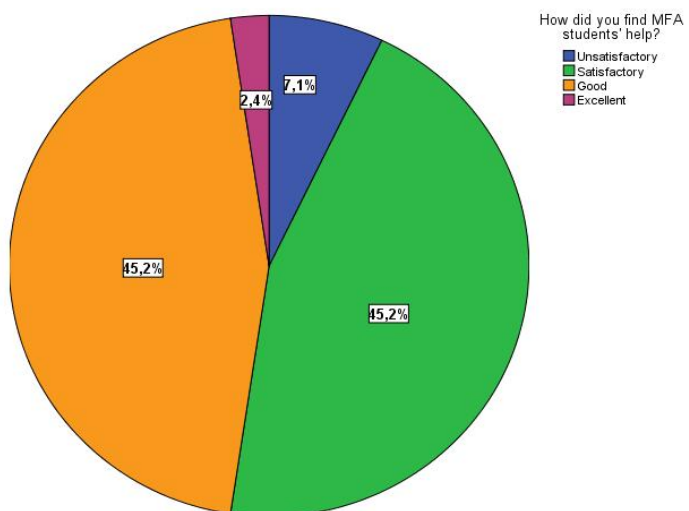
## 5. City Tour and Museums (3d)



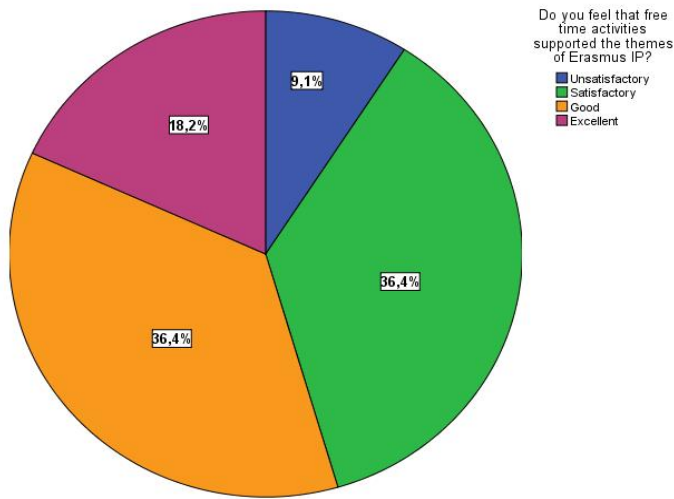
## 6. Winter Olympics (3e)



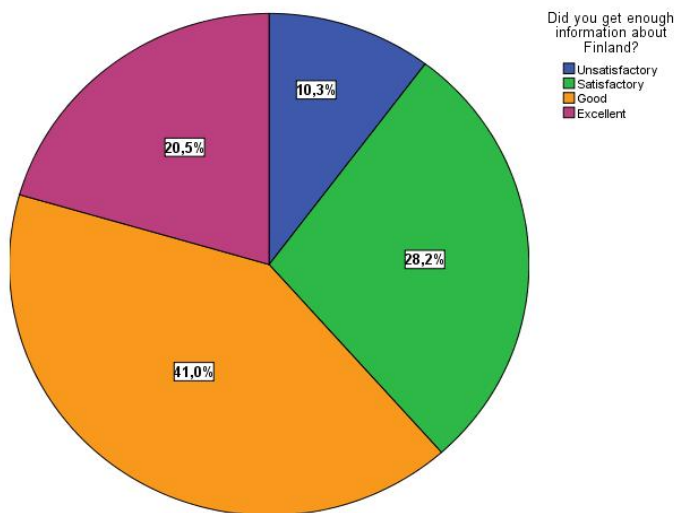
## 7. How did you find MFA students' help? (6)



## 8. Do you feel that free time activities supported the themes of Erasmus IP? (4)



9. Did you get enough information about Finland? (5a)



## 10. Did you get enough information about Jyväskylä? (5b)

