

Project Overview: Finland

Sport Activities in a Changing European Society

Kangasniemen lukio

Description of the activity:

- **Describe the content, methodology and expected results of the activity.**
- **How is it going to be related to or integrated with the normal activities of the involved schools?**

Today, with the challenges of social media and technology surrounding the lives of our students, it is necessary that they are acquainted to a healthy lifestyle through sports and health education. Kangasniemi County with its lakes and forests offers an exceptional choice of sport possibilities for its inhabitants as well as for our Kangasniemi High School. Our students benefit from the seasonal changes of the nature and the variety of sports, especially outdoors: ice hockey, skiing, team-orienteeing, disc golf, biathlon, to mention but a few. The emphasis on overall well-being of our school community is at the core of our high school curriculum.

In addition to P.E., the students are able to choose specific studies under Well-being and Sport Training, in which the students will be prepared mentally and physically into demands of well-being professions in co-operation with study counselling and in contact with the work field. Our high school is also taking part in the national program: 'School in movement' in which the student sport agents will organize a variety of team sport happenings at school throughout the study year.

With these actions we promote tolerance and social skills through teamwork, disregarding the skills or personalities of the participants. What is important that the teachers are also taking part of the sport events as one equal team among the students? We respect dissimilarity between us all and equality in our school community. We take pride in our school's strong team sport culture for example in ladies ringette on national level, floorball and soccer for both boys and girls.

Our LTT Activity aims to promote the participating student members the tools for a better understanding of a healthy lifestyle, which comprises a focus on team sports with positive social effects and advantages for further education and life. First, our students work on well-being, developing tutorials and activities on the chosen topics. One topic could introduce the various digital assets of measuring the well-being of the body. Second, team sport activities are introduced as a chance not to compete against one another but doing together. There is also a possibility to learn from the sport culture of the visiting countries. Through these activities, students find a common ground of teamwork and raise cultural awareness by building international relations.

Team sports are a great tool to introduce the participating student members to traditional games such as the Finnish baseball. Our authentic nature surroundings offer

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a choice of unique sports experiences such as camping, kayaking, hiking and the above mentioned outdoor sports. The advantages of the Finnish winter stand out for sport lovers as well as provide a cultural experience. That said, the activity results in 'the Finnish Olympics' with a choice of sports and well-being related tasks, organized by the participating students as equal members with our students.

How is participation in this activity going to benefit the involved participants?

In some countries, sport clubs and associations suffer from the lack of funding as well as participants or volunteers, and thus Finland can promote an atmosphere where sports culture is respected as an intricate part of the students' lives.

As our Kangasniemi High School is a very homogenous environment without international exchange at the moment, this activity will strengthen the intercultural dimensions of our school's education by imposing language skills, promoting tolerance and social skills in collaboration. The students will deepen their transnational understanding by attending the LTT Activities in European partner schools. This results in a school course called the European Citizen Passport, in which students collect points by participating in activities and tutorials during the visits as well as

hosting the participant student members.

The LTT Activity intends to raise interest in students' further studies, especially for the rising field of well-being. International and life long lasting contacts carry through their lives and promote stronger international students in the demands of the global and collaborative professional field. In the end, it is the cross-cultural understanding that is in the heart of our activity and the goal of the young adults of the Europe of the 21st century.