



**INTERNATIONAL WEEK IN  
SAVONLINNA**

**11–13 March 2025**

**PRELIMINARY PROGRAMME**

# Monday 10 March

Travel day, arrival in Savonlinna

# Tuesday 11 March

TIME	ACTIVITY	PLACE
10:00 – 12:00	Opening of the week : Welcoming words and presentation of South-Eastern Finland University of Applied Sciences (Xamk) and the Savonlinna campus Ms Taija Pakarinen, Director of Education, Department of Social Services, Health and Sports  Presentations of the wellbeing programmes in Savonlinna	Meeting room 231
12:00 – 13:00	Lunch	Restaurant Kaari
13:00 – 14:30	Tour on the campus, including the functional capacity laboratory (Optogait, Rehab Wall, runBeat, Tymo)	
14:30 – 16:00	Lectures / presentations / meetings / visits	Classrooms, meeting rooms
16:30 – 20:00	Snack supper, sauna and hot tub at the Savonlinna Folk High School	Meeting at 16:30 in room 231

# Wednesday 12 March

TIME	ACTIVITY	PLACE
8:15 – 9:30	Lectures / presentations / meetings / visits	Classrooms, meeting rooms
10:00 – 11:00	Tour at Olavinlinna castle	
11:30 – 12:30	Lunch	Restaurant Kaari
12:30 – 16:00	Multidisciplinary workshop: Promoting psychological wellbeing (students of the social services, nursing and physiotherapy programmes)	Classrooms
	Freetime	

# Thursday 13 March

TIME	ACTIVITY	PLACE
8:15 – 9:30	Meetings	Meeting rooms
09:30 – 11:30	Students' poster presentations (physical education, physiotherapy and podiatry students)	Savonniemi hall 150
11:15 – 12:00	Lunch	Restaurant Kaari
12:00 – 13:30	Xamk's teachers' lecturers	Classrooms
13:30 – 15:00	Meetings / working life visit	
18:00 – 21:00	Farewell dinner	Restaurant Waahto?

# Friday 14 March

Travel day, departure from Savonlinna

Please, note that the programme is subject to changes.