



Lifology-Finland  
**curriculum  
2030**  
curriculum of the future

**future  
Bootcamp**

# Program **Schedule**



# Arrival in Finland

DAY

01

Check into Suomenlinna

**UNESCO World Heritage Site**





DAY

02

**ORIENTATION  
& SOCIO-  
EMOTIONAL  
LEARNING**

Theme: Understanding Self & Others



---

Breakfast		07:00 – 08:00
Workshop	– Icebreakers & Team Bonding Activities	08:00 – 09:00
Workshop	– Discovering Self – Analyzing Personality, Capabilities, Strengths, and Positives	09:00 – 10:30
Coffee Break & Networking		10:30 – 11:00
Workshop	– The Power of Empathy – Group Storytelling & Real-World Case Studies	11:00 – 12:30
Lunch Break		12:30 – 13:30
Cultural Exploration	– Exploring Suomenlinna (UNESCO World Heritage Site) & Interactive Heritage Walk	13:30 – 16:00
Leisure Time	– Nallen Sauna (Separate Sessions for Boys and Girls with Guidance)	16:00 – 18:00
Entertainment & Dinner	– Finnish Dinner & Folk Music Night	18:00 – 20:00

---

A winter street scene with a church tower in the background and a row of benches in the foreground. The street is covered in snow, and the buildings are lit up with warm lights. The church tower is a prominent feature in the background, with a tall, dark spire. The overall atmosphere is quiet and serene.

**DAY**

**03**

**21<sup>ST</sup>**

**CENTURY  
LIFE SKILLS**

Theme: Critical Thinking, Problem Solving &  
Decision Making



---

Breakfast & Morning Reflection		07:00 – 08:00
Workshop	– The Escape Room Challenge – A hands-on puzzle solving experience	08:00 – 09:30
Workshop	– Decision Making Lab – Simulated real world decision making scenarios	09:30 – 10:30
Coffee Break & Networking		10:30 – 11:00
Workshop	– Innovation workshop: Brainstorming and Ideation (Preparation for the Innovation Day)	11:00 – 12:30
Lunch Break		12:30 – 13:30
Cultural Exploration	– Helsinki City Tour PART 1	13:30 – 16:00
Cultural Exploration	– Exploring Finnish Nature	16:00 – 18:00
Entertainment & Dinner	– Dinner and Group Reflection	18:00 – 20:00

---

A large, multi-story stone building with a prominent blue-roofed tower. The tower has a small window near the top and a larger window with three arched openings below. The building is made of light-colored stone. In the foreground, a student with a backpack is walking away from the camera. The sky is blue with some clouds.

**DAY**

**04**

**CAREER  
PLANNING**

Theme: Mastering Learning & Career Exploration



---

Breakfast & Day Planning		07:00 – 08:00
Workshop	– The Future Career Compass – Exposure to Future Career Options, European University Pathways & Career Discovery	08:00 – 09:30
Workshop	– Career Planning Simulation – Hands-on Development of Career Plan	09:30 – 10:30
Coffee Break & Networking		10:30 – 11:00
Workshop	– Innovation Workshop: Pitch Deck Development	11:00 – 12:30
Lunch Break		12:30 – 13:30
Business Visit	– Business Center Visit & Discussion with Finnish Entrepreneurs	13:30 – 16:00
Cultural Exploration	– Mini Shopping & Cultural Tour at Market Square	16:00 – 18:00
Entertainment & Dinner	– Dinner Over Campfire	18:00 – 20:00

---



# CRUISE TRIP TO ESTONIA

A large cruise ship is shown from a low angle, sailing on a body of water. The ship is white with blue accents and has multiple decks with balconies. Two smokestacks are visible on the left side of the ship. The sky is a clear, bright blue. The ship is moving towards the right of the frame.

**DAY**

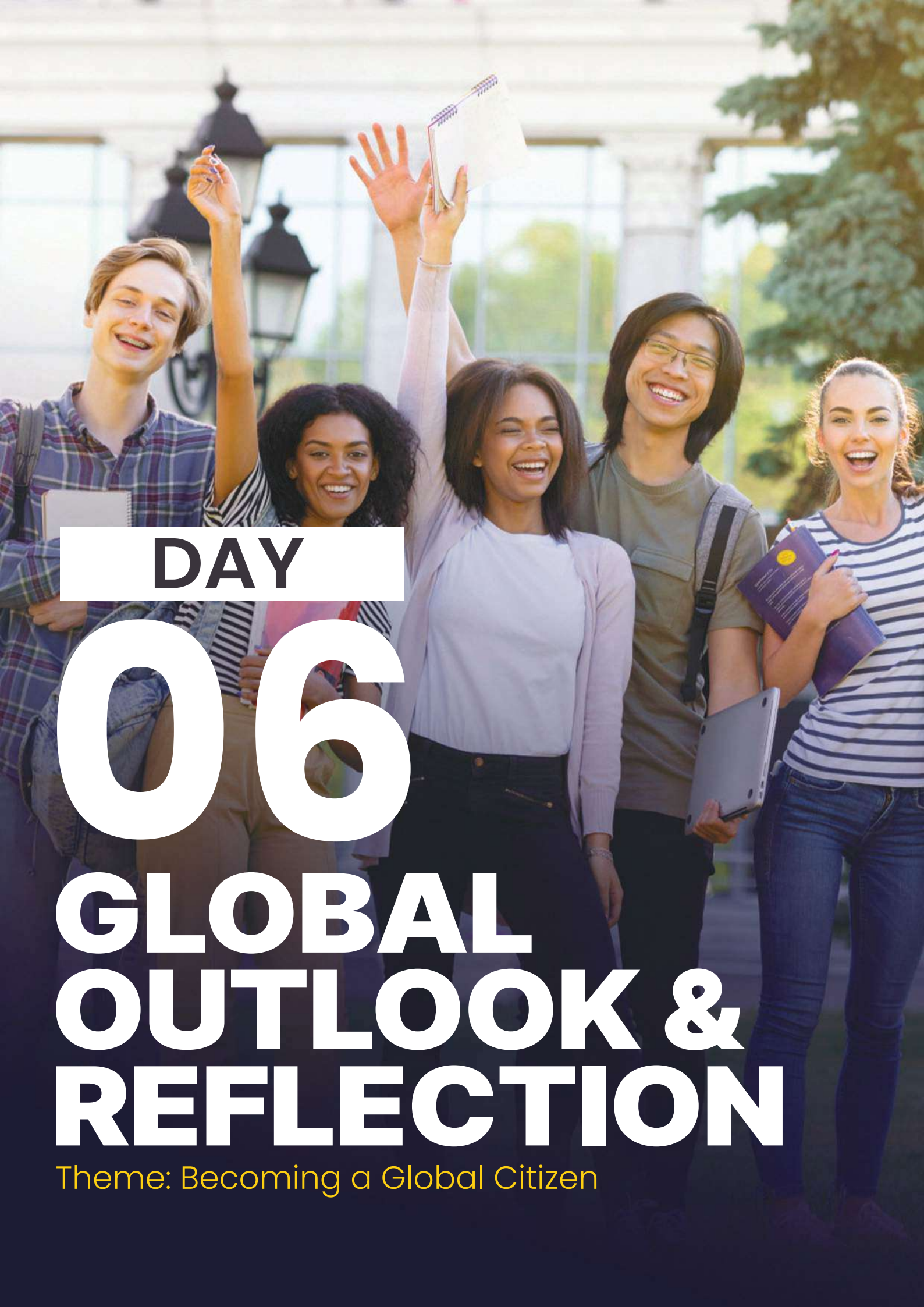
**05**

# INNOVATION & ENTREPRENEURSHIP

Theme: Thinking Like an Innovator



Breakfast & Boarding the ferry to Tallinn City, Estonia		07:00 – 08:00
Workshop	– Pitching on the Waves: Innovation Pitch Competition	08:00 – 10:30
Coffee Break & Networking		10:30 – 11:00
Workshop	– Fail Fast, Learn Faster: Overcoming Failure & Resilience Building	11:00 – 12:30
Lunch Break		12:30 – 13:30
Cultural Exploration	– Tallinn City Tour	13:30 – 16:00
Cultural Exploration	– Estonia Exposure: City Exploration Continues	16:00 – 18:00
Leisure Time	– Return to Helsinki Boarding the Cruise to Helsinki	18.00 – 19.00
Entertainment & Dinner	– Innovation Talks & Dreams Sharing Over Dinner	19:00 – 21:00



**DAY**

**06**

**GLOBAL  
OUTLOOK &  
REFLECTION**

Theme: Becoming a Global Citizen



---

Breakfast		08:00 – 09:00
Leisure Time	– Morning Briefing & Group Photo Session	09:00 – 10:00
Workshop	– UN Sustainable City Development (UN Sustainable Development Goals, Global Outlook and International Mindset)	10:00 – 12:00
Lunch Break		12:00 – 13:00
Cultural Exploration	– Helsinki City Tour Part 2	13:00 – 15:00
University Visit	– University of Helsinki Campus Tour and Certification Ceremony	15:00 – 17:00
Leisure Time	– Downtime & Refresh at the Hostel	17:00 – 17:30
Reflection & Wrap-up		17:30 – 19:00
Entertainment & Dinner	– Farewell Gala Dinner and Celebration in Suomenlinna	19:00 – 21:00

---



**DAY**

**07**

**DEPARTURE  
TO YOUR HOME  
DESTINATION**