

A GUIDE

for

exchange students



Welcome to Kastelli Upper Secondary School!

Kastelli Upper Secondary School is situated at Kastelli Community Centre in Oulu. Under the same roof you can find day care, comprehensive school, upper secondary school, Oulu Upper Secondary School for Adults, community library and a youth center. The building also offers excellent facilities for various sports with its gyms. Kastelli Community Centre homepage in English: http://www.ouka.fi/c/document_library/get_file?uuid=3c6df232-3cad-4abb-9311-fde49038d6d3&groupId=8115530

At Kastelli we specialize in natural sciences, sports (we are one of the 13 sports schools in Finland) and we also offer multiple courses in math and various languages. Kastellin lukio has been an active member in international exchange programs. We have partners in Italy, Spain, Germany, Norway, Poland, Hungary and Portugal. Our school is also "Vihreä Lippu"-koulu; an Eco-School which means that we aim to raise students' awareness on environmental and related sustainable development issues through classroom study together with school and community action. More on Eco-Schools: <http://www.vihrealippu.fi/vl/english>

STUDYING

School year is divided into five periods. In each period students are expected to have five to six courses in order to graduate in three years. At the end of each period there is an exam week, during which students take the final exams in the courses they have studied during the period.

General upper secondary education is free of charge for students, lunch included. But the students must pay for the course books and, e.g. materials needed at arts.

The scale of grades used in numerical assessment is 4-10. Grade 5 indicates adequate, 6 moderate, 7 satisfactory, 8 good, 9 very good and 10 excellent. Grade 4 is failed ☹️. Some courses are assessed with passed/fail.

Students who complete the upper secondary school syllabus also take the national matriculation examination. Passing the exam entitles the candidates to continue their studies at university.

YOUR ACADEMIC YEAR AT KASTEELI

During your exchange year your aim is to study circa 4-6 courses in one period. This means about 12-18 lessons a week (each lesson lasts 75min.) Passing a course includes attendance, homework, sitting the required tests. Absences need to be cleared. The year at Kastelli will offer you all kinds of extra curriculum activities. The year starts off with the presentation of all the teachers, social of our first year students, led by our "tuutorit", lively Abigaala, a school leaving party for our third year students, you will see and perhaps participate in "Wanhojen tanssit" where our second year students perform ballroom dances dressed up to the nines (evening gown for girls and white tie for boys.) Both of these will take place in February. Additionally you'll take part in various cultural events, go to theatre, movies, concerts, excursions etc. Join the band or school choir if you are into music, or come work as a reporter for our school magazine, Osukki. Here is a video made by our schooling leaving class of 2015

<https://www.youtube.com/watch?v=SA2GI9Lb8X0>

And here our teachers are getting it down <http://www.youtube.com/watch?v=mCGywJo-Piw>

The courses will be taught in Finnish. It is recommended that you take additional Finnish lessons outside our curriculum. For further info: Oulu Upper Secondary School for Adults situated in the same building. www.ouka.fi/oulu/oulun-aikuislukio.

Every student has a home room and a home room teacher. However, since our school is non-graded, you will be studying with different students in each class depending on the course. To plan your schedule, please contact our guidance counsellors. You can also get help from so called "tuutorit," our support students.

At Kastelli we keep our students well-informed. This requires students to regularly follow current information. Daily and other activities are presented on **INFO-TV**, **WILMA** (intramural information channel, get your username & password at the office), **bulletin boards**, **email**, **home group meetings** (held once or twice during each period),

home page <http://www.ouka.fi/oulu/kastellinlukio>
and on our **facebook page**
www.facebook.com/kastellinlukio.

On our home page you will find our daily schedule, placement of lessons + codes, selection of courses, floor maps etc.

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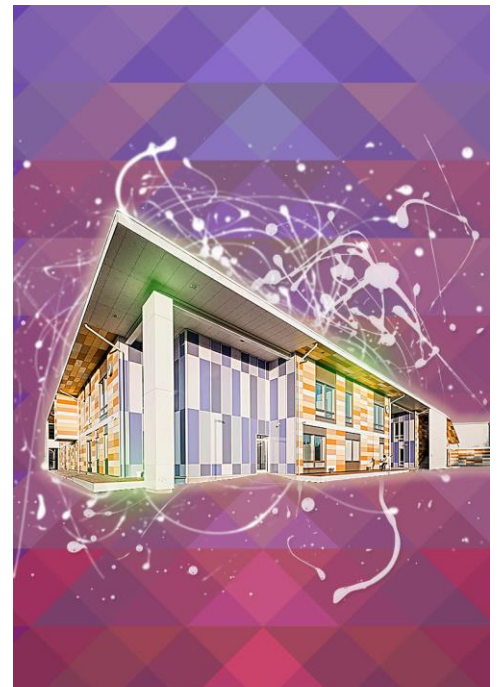
Guidance counsellors

Anja Kunnari tel. 044 703 9864 anja.kunnari@eduouka.fi

Leena Knihtilä-Manninen tel. 044 703 9844 leena.knihtila-manninen@eduouka.fi

School nurse tel. 044 7034 571

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Looking forward to having you as our student!

SOME USEFUL WORDS

high school
term
course
course selection
lesson
curriculum
report card
teacher
student
staff
group
school
lunch room
lunch
office
principal
assistant principal
guidance counsellor

subjects:

mother tongue
English
French
physics
biology
history
philosophy
health studies
ethics
music
IT

lukio
jakso
kurssi
kurssitarjonta
oppitunti
opetussuunnitelma
todistus
opettaja
opiskelija
henkilökunta
ryhmä
koulu
ruokala
lounas
kanslia
rehtori
vararehtori
opinto-ohjaaja

oppiaine:

äidinkieli
englanti
ranska
fysiikka
biologia
historia
filosofia
terveystieto
elämäntutkimustieto
musiikki
ATK, tietotekniikka

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
week
month
year
time
absent
present
thank you
I don't understand
May I have help, please
holiday
hello

subjects:

Swedish
Germany
mathematics
chemistry
geography
social studies/civics
psychology
religion
art
physical education
home economics

maanantai
tiistai
keskiviikko
torstai
perjantai
lauantai
sunnuntai
viikko
kuukausi
vuosi
aika
poissa
läsnä
kiitos
en ymmärrä
saisinko apua
loma
hei

oppiaineet:

ruotsi
saksa
matematiikka
kemia
maantieto
yhteiskuntaoppi
psykologia
uskonto
kuvaamataito
liikunta
kotitalous

AND OULU DIALECT

onnikka
ite
kahavi
kärkkäri
olla ölövinä
porista
reksi
Rotuaari
veispuukki

alakko nää mua?

bus
me
coffee
fried sausage (our fastfood)
act like there're are no worries in the world
to talk
principal
pedestrian street
facebook

do you want to hang out with me?

mä, mää
nä, nää
ope
häh!
pölijä
känkky

I
you
teacher

excuse me?
stupid
pizza

GOOD LUCK WITH THOSE 😊



USEFUL LINKS:

City of Oulu <http://www.ouka.fi/oulu/english/>

Oulu 10 information centre www.ouka.fi/asiointi-ja-neuvonta/

Villa Victor multicultural centre

<http://www.ouka.fi/oulu/villavictor-english/>

Our location on the map:

[http://kartta.ouka.fi/IMS/fi?layers=\\$urlOpaskartta&cp=7212404,477533&title=Kastellin%20monitoimita
lo&z=2](http://kartta.ouka.fi/IMS/fi?layers=$urlOpaskartta&cp=7212404,477533&title=Kastellin%20monitoimita%20keskus&z=2)

Oulu public transport:

<http://www.koskilinjat.fi/etusivu/103-etusivu/1510-briefly-in-english>

