

# 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](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](http://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](http://www.facebook.com/kastellinlukio).

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

**Principal** Keijo Juppi tel.044 703 9840 [keijo.juppi@ouka.fi](mailto:keijo.juppi@ouka.fi)

**Assistant Principal** Eija Paso tel. 050 383 2709 [eija.paso@ouka.fi](mailto:eija.paso@ouka.fi)

## Office

Raili Raittinen tel. 050 316 6640 [kastellinlukio.kanslia@ouka.fi](mailto:kastellinlukio.kanslia@ouka.fi)

Minna Sipilä tel. 050 316 6623 [kastellinlukio.kanslia@ouka.fi](mailto:kastellinlukio.kanslia@ouka.fi)

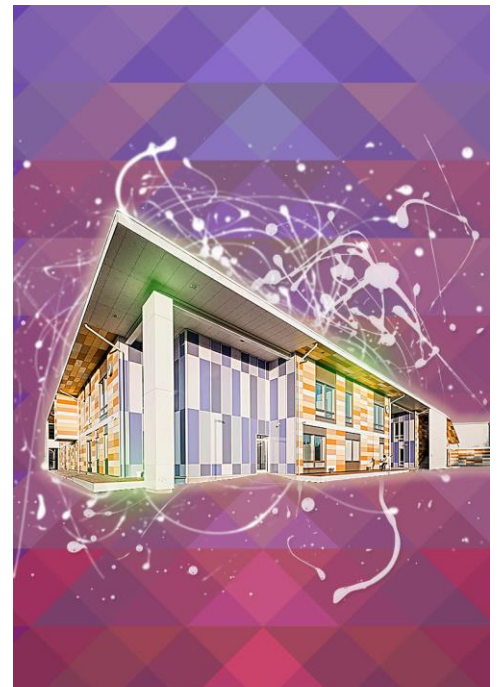
## Guidance counsellors

Anja Kunnari tel. 044 703 9864 [anja.kunnari@eduouka.fi](mailto:anja.kunnari@eduouka.fi)

Mervi Tuomela tel. 044 703 9844 [mervi.tuomela@ouka.fi](mailto:mervi.tuomela@ouka.fi)

**School nurse** tel. 044 7034 571

**Address:** Kastellin lukio, Sairaalanrinne 5, 90220 Oulu, Finland



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/](http://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>

