



Digihygiene and digimedia for students well-being

**Illuka School
&
Vilnius Municipality's Grigiškės Šviesos gymnasium**

18.11.2019 -22.11.2019



Nordplus week programme

18th - 22nd November 2019

Monday 18th November

~ 17:00 arrival, welcome

Snack

a tour around the school

introduction, ice-breaking games

18:40 students leave with their hosts

18:40 supper at the school canteen for those staying at school

Tuesday 19th November

9.15 breakfast at the school canteen for those staying at school

9:55 the hosts and guests arrive to school

10:00 trip to Northeastern Estonia

10:30-11:15 walk around Toila

11:30 short shopping stop at Kohtla-Järve

12:00- 13.30 two workshops at Taltech Virumaa College: Virtual reality and its essence; Virtual tour- creating and using

13:40 lunch at Virumaa College

14:30 guided tour at the Estonian Mining Museum

16:00 back to Illuka

18:30 supper at the school canteen for those staying at school

Wednesday 20th November

8.00 breakfast at the school canteen for those staying at school

8:30 Bus trip to Tallinn

11.00 arrival to Tallinn, lecture about cyber security

12:00-13:30 workshop in Mektory: Cybersecurity challenges around privacy and security

(Which is interactive talk-seminar with exercises and games. NB!

Bring your smartphone!)

14:00 lunch at Tallinn Secondary School of Science

14:30- 15:30 guided tour in the Old Town of Tallinn

16:00- 17:30 free time for eating and shopping at Ülemiste Centre
(<https://www.ulemiste.ee/en/>)

17:30 back to Illuka

20:00 snack before bedtime

Thursday 21st November

9.15 breakfast at the school canteen for those staying at school

9:55 the hosts and guests arrive to school

10:00 lecture: how much do Facebook and Google know about us?

11:00- 12:00 sports break

12:00 lunch at the school canteen

13:00- 14:00 workshop I: cyberbullying

14:00 snack at the school canteen

14:30- 15:00 fun games at the gym

15:00- 17:30 workshop II: cyberbullying

17:30- 18:00 free time

18:00 Farewell evening at Illuka. Festive dinner. Having a good time together

Friday 22nd November

8.00 breakfast at the school canteen for those staying at school

8:30(?) departure

