

In November of 2017, a team of teenagers from 12th A. and B. classes went on a trip to Finland to work on the Global Goal #3 - Good health and well being, I was one of them. The goal of the trip was to discuss the global goal and maybe find some new ways to improve it and spread awareness about it.

The trip lasted about 5 days. We got to do a lot of activities and group work, in national teams and even in international teams. The participating countries were: Iceland, Denmark, Finland, Estonia and Latvia. Each country had a team of 5 students.

Starting from day 2, when everything actually started, I noticed that everything was really well organized. You could say that the daily plan was pretty demanding, every minute we had to do something. It wasn't like we didn't have free time. We worked for a few hours and we could rest after or in between, depending on how fast we worked in the groups. What I really liked during the breaks is that there was a table of snacks, tea and coffee. Another great thing that I enjoyed was the food, it was great considering it is free for them. There was an activity where we would make our own dinner together, like tortillas, nachos, desert and other things. I think a lot of us learned something from that.

The most important goal of the trip was to do research about good health and well being, but you can't forget socialising with other teenagers from other countries. On the first 2 days people stayed in their national groups but we got closer after all the fun activities that brought us all together. The Finns were really friendly from day 1, that surprised some people from our group. I think most people made some new friends that they will keep in contact with for a while, me included.

In my opinion, this was a really great trip that put our socialising, teamwork and even our English skills to the test. I will make sure to participate in upcoming events based around the NordPlus Project.

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