

LA YINCANA DEL CHABÀS

“FROM HELSINKI TO DENIA
NO LIMITS FOR EUROPE”

“RUNNING A NEW LIFESTYLE”



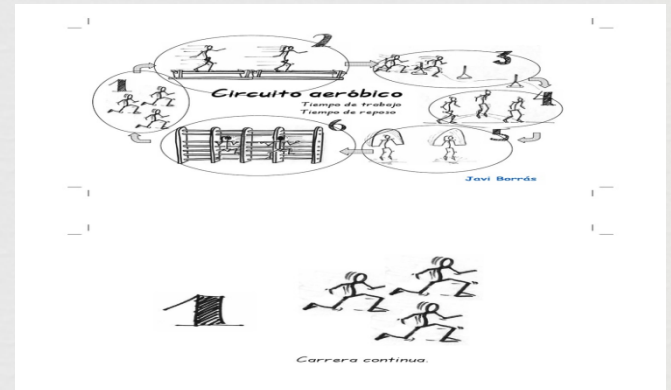
WHAT IS THIS PROJECT ABOUT?



- ❧ The project “La Yincana del Chabas” is an education project organized by the Physical Education and History departments. It consists of 5 sessions. The first fourth sessions are introductory and preparing sessions. The last session is the Yincana. The Yincana will be held in Denia center.

INTRODUCTORY SESSIONS PHYSICAL EDUCATION

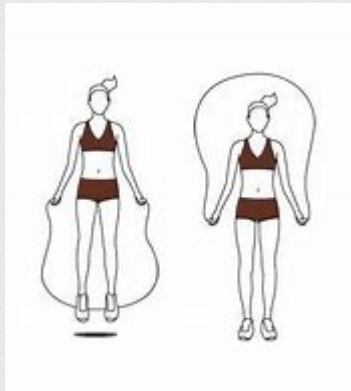
- ❧ SESSION 1: Endurance 15 minutes.
- ❧ SESSION 2: Aerobic circuit



INTRODUCTORY SESSIONS PHYSICAL EDUCATION

❧ SESSION 3: Endurance 20 minutos.

❧ SESSION 4: endurance 3 minutes 1
minut of jumps rope. Total 30 minuts.



INTRODUCTORY SESSIONS

HISTORY



- ❧ SESSION 1: Finland became part of the kingdom of Sweden. (1154-1809)
- ❧ SESSION 2: Finland became an autonomous Grand Duchy in the Russian Empire. (1809-1917)
- ❧ SESSION 3: Civil war and early independence.
- ❧ SESSION 4: World war II and after. Finnish education system.

The last Session

“Yincana”

- ❧ Students are in groups of 5.
- ❧ Yincana has 7 stops. In each stop students have a famous picture of Finland and the group must answer some questions of Finland related with the picture.
- ❧ Also they have to control the heart rhythm and write the number of beats a minute in each stop.
- ❧ Students wear sports clothes and they have to run between stops.
- ❧ Students have a paper where is written the order of the stops and where they have to write all.
- ❧ In each stop will be a support teacher, controlling the students.
- ❧ One student of the group controls the time, only one can take a watch.

YINCANA CHABAS



STOP 1



YINCANA CHABAS



❧ STOP 1

❧ QUESTION 1: SPEAK ABOUT LUTHERAN CATHEDRAL. Who was Mikael agricola?

❧ QUESTION 2: SPEAK ABOUT ORTODOX CATHEDRAL. Who were alexander I and Alexander II?

YINCANA CHABAS



STOP 2



YINCANA CHABAS



❧ STOP 2

❧ QUESTION 1: Importance of Snellman in the Finnish Language.

❧ QUESTION 2: Importance of Alexander II in Finnish History.

YINCANA CHABAS



STOP 3



YINCANA CHABAS



❧ STOP 3

❧ QUESTION 1: Importance of Poorvo in the Finnish History.

❧ QUESTION 2: Food and harbour of Helsinki.
Business connections.

YINCANA CHABAS



STOP 4

NATIONAL FINNISH
MUSEUM

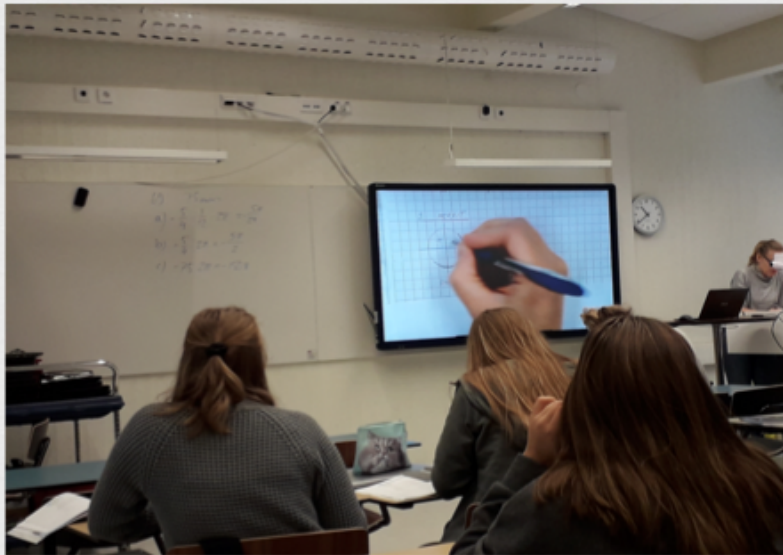


- ❧ Speak about the three important stages in the Finnish History:
- ❧ Swedish
- ❧ Russian
- ❧ Finnish revolution and 20 century.

YINCANA CHABAS



STOP 5



YINCANA CHABAS

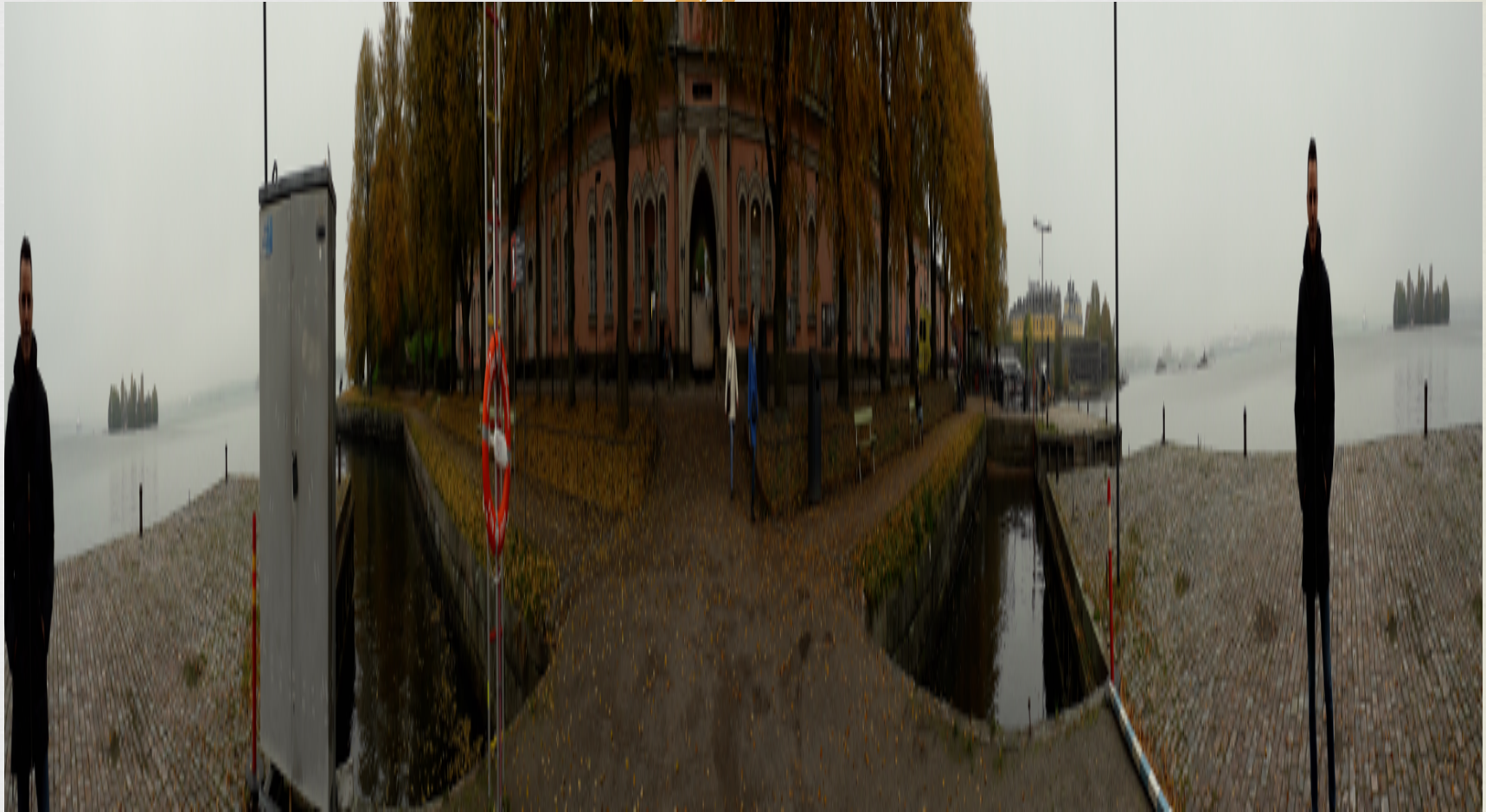


❧ STOP 5

❧ QUESTION 1: Finnish education system. Speak all you know about it.

YINCANA CHABAS

STOP 6



YINCANA CHABAS



❧ STOP 6

❧ QUESTION 1: SUOMELINA. Tell all you know about it.

YINCANA CHABAS



STOP 7 (SILENCE CHAPEL)



YINCANA CHABAS



❧ STOP 7

❧ QUESTION 1: WHY WAS A CHAPEL OF THE
SILENCE BUILT IN HELSINKI?