

# EU-PROMENS Mental Health Exchange Programme

## Finland 2026

### Agenda Day 8 – 23 April

TIME	AGENDA
9-9:45	<b>Greetings:</b> How are you after two weeks of exchange? Share your thoughts with others
9.45-11	<b>Let's talk: Myths about Finland by Saini and Benita</b>
11:05 – 11:45	<b>Evaluation</b>
11:45-13	<b>LUNCH + COFFEE</b>
13-14:45	<b>Art workshop creations by Maikki</b>
14.45-15.15	<b>Coffee</b>
15:00-16:00	<b>Handing out of certificates + photos</b>