

# Upeslejas boarding school – rehabilitation centre



# Location





# Rīga



# Upeslejas - small village near Riga





# Our school







**Alpesleja**  
internātpamatskola • rehabilitācijas centrs



The total area of the school is 11500 sq. m., the land area is 8 hectares.

The lessons are held in 9 buildings.

We have 117 school person.





# • Our school education system

## kindergarden

4 groups

1½ - 3 years

3 - 5 years

5 - 7 years

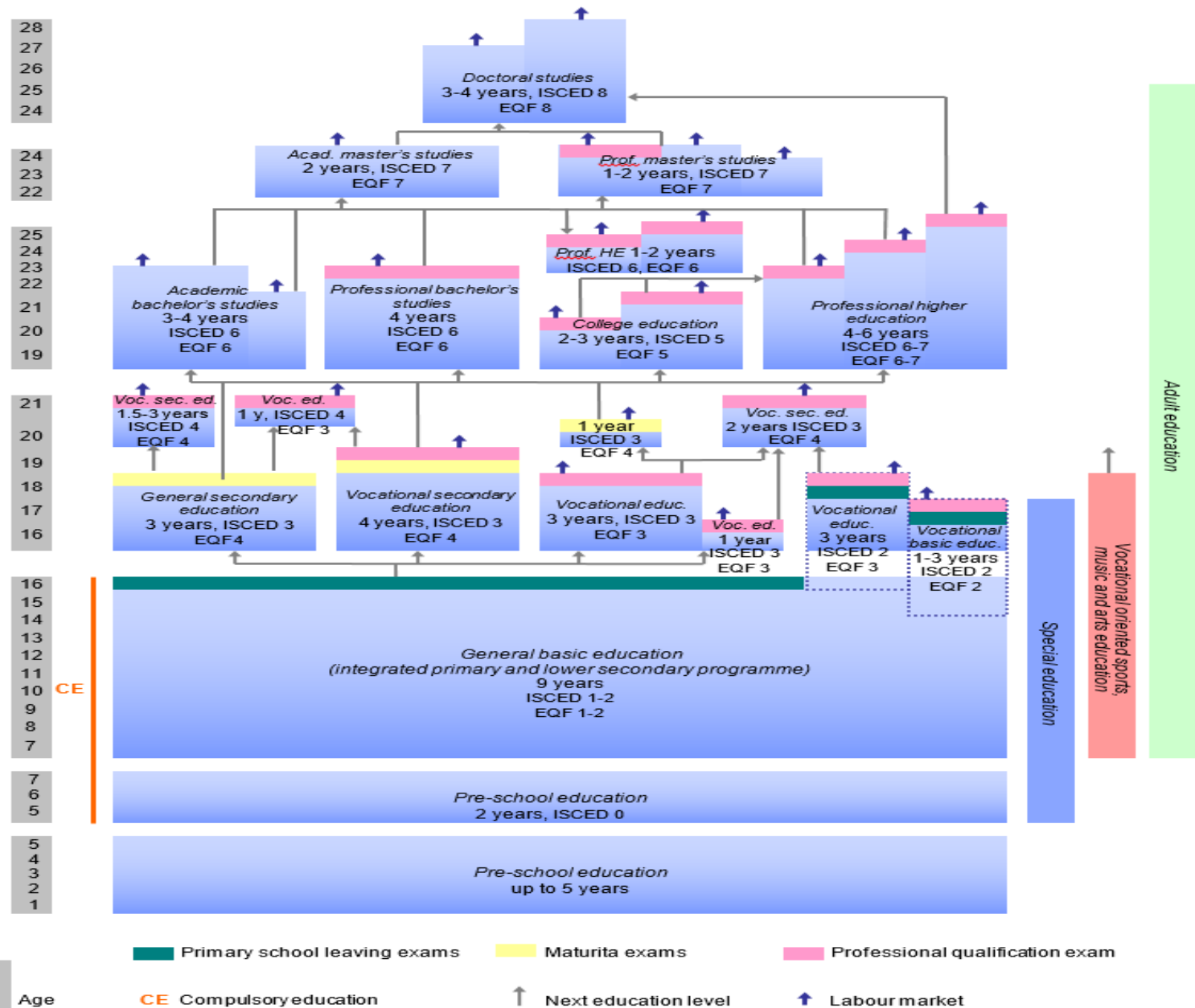
Children with special needs



## GENERAL BASIC EDUCATION

- MIXED CLASSES (children with special needs)
- 1st to 9th class

# The education system of the Republic of Latvia (2018)



3  
2  
1 Age

█ Primary school leaving exams    
 █ Maturita exams    
 █ Professional qualification exam

█ CE Compulsory education    
 ↑ Next education level    
 ↑ Labour market



# Traditions and celebrations

## National celebration days

- Independence day
- 11<sup>th</sup> of November Lāčplēsis day
- 4<sup>th</sup> of May

## Traditions

- Midsummer fest
- October harvest celebration
- Christmas
- Easter
- Spring solstice
- Family day
- Grandparent's day



# Traditions and celebrations



Midsummer fest



October harvest celebration



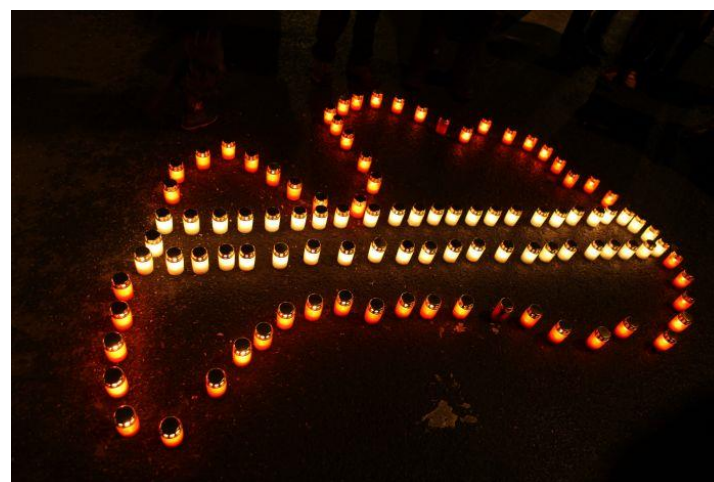
Christmas



Easter



Independence day



11<sup>th</sup> of November Lāčplēsis day



Family's day



# Support team and rehabilitation:

- ✓ psychologist
- ✓ social teacher
- ✓ speech therapist
- ✓ special education teachers
- ✓ canister therapy
- ✓ halo therapy
- ✓ oxygen cocktail
- ✓ nurses
- ✓ physiotherapist
- ✓ water treatments
- ✓ doctor – rehabilitologist
- ✓ psychotherapist





# Health and education



Nordic walking



Canister therapy



TRX exercises



Speech therapist



Physiotherapy



Balance and coordination exercises



# Rehabilitation



Oxygen cocktails



Halo therapy



Massages



Foot baths



Water treatment



Audio video relaxation



Phytotherapy



# Daily tours and fun activities

Kids are often going out by bus or foots to participate in different activities, going sightseeing, they are participating in outdoor activities, go to forest, to open air museums etc.





# First steps in our project





Thank You!

**Teşekkür ederim!**