



Suomen Kyudoliitto ry
Finnish Kyudo Federation

20.6.2015

Finnish Heki Summer Seminar 2015
15 – 19.8.2015
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 15 – 19.8 at the Pajulahti Sports Center, Nastola, Finland. This year the Seminar will be led by Kurosu sensei and it is open for all interested kyudojin with a maximum participation of 30.

The dojo will be set up in the sports/tennis hall at the Pajulahti Sports Center; also makiwaras will be provided. Accommodation is provided in the Sports Center, with two different levels of rooms and with full boarding from Saturday lunch to Wednesday lunch.

The Seminar starts on Saturday 15.8 at 10:00 and the schedule for the Seminar is:

- Saturday 10:00 – 12:30 and 14:30 – 17:30
- Sunday 9:00 – 12:00 and 14:00 – 17:30
- Monday 9:00 – 12:00 (free training possibility during Monday afternoon and evening)
- Tuesday 9:00 – 12:00 and 14:00 – 17:30
- Wednesday 9:00 – 12:00
- There is possibility of free training during evenings – and sauna by the lake for those enjoying it

The price of the Pajulahti seminar is dependent on the type of accommodation: 480 Euros per person for "basic" twin rooms and 550 Euros per person for the newer "hotel-style" twin rooms (the hotel type of accommodation means a little bit more space in the room, air conditioning, etc.; the number of these rooms is unfortunately limited as is the availability of single room accommodation, which comes with extra cost). If you would prefer to arrive to Pajulahti already on Friday that is also possible (in this case there would be an extra charge of the additional night and meals: 75 Euros for "basic" room and 95 Euros for the newer "hotel-style" room).

Information about the Pajulahti Sports Center (including maps) are available from their web pages <http://www.pajulahti.com/en/>.

For public transport to Pajulahti, if coming from the Helsinki center probably the most convenient way (with luggage and kyudo equipment) is to take a train from Helsinki to Lahti (either a fast service or commuter train; please see <https://www.vr.fi/cs/vr/en/frontpage>) and from the Lahti train station a taxi to the Pajulahti Sports Center. There are also some regional train connections from Lahti to Nastola station, but that is still a few kilometres from the Pajulahti Sports Center. If coming straight from the Helsinki-Vantaa airport e.g. the <http://www.journey.fi/en/> web service can be used to find a proper connection to Lahti (most convenient would be a bus from the airport).

For any other information, please contact me.

With best regards,

Veikko Karppinen
President, Finnish Kyudo Federation