



Suomen Kyudoliitto ry
Finnish Kyudo Federation

7.4.2023

Finnish Heki Summer Seminar 2023
27.–30.7.2023
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 27.–30.7.2023 at the Pajulahti Sports Center, Nastola, Finland. This year the Seminar will be led by Harada Sensei and it is open for all interested kyudojin with a maximum participation of 25.

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 Thursday lunch to Sunday lunch.

The Seminar starts on Thursday 27.7. at 10:00 and the tentative schedule for the Seminar is:

- Thursday 10:00–12:30 and 14:30–17:30
- Friday 9:00–12:00 and 14:00–17:30
- Saturday 9:00–12:00 and 14:00–17:30
- Sunday 9:00–12:00 and 13:30–16.00
- There is possibility of free training during evenings – and sauna by the lakeside for those enjoying it

The participation fee of the Pajulahti seminar is dependent on the type of accommodation: 400 Euros per person for "basic" twin rooms and 475 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 limited as is the availability of single room accommodation, which comes with extra cost). If you would prefer to arrive to Pajulahti already on Wednesday that is also possible (in this case there would be an extra charge of the additional night and meals: 80 Euros for "basic" room and 100 Euros for the newer "hotel-style" room). There is also a possibility for economy accommodation in an older building. Then the participation fee would be 360 Euros and additional night would cost 65 Euros.

Information about the Pajulahti Sports Center (including maps) are available from their web pages <https://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/en>) and from the Lahti train station to take a taxi to the Pajulahti Sports Center. There is also a regional bus connection from Lahti train station to Nastola, but that is still about three kilometres from the Pajulahti Sports Center. If coming straight from the Helsinki-Vantaa airport to Pajulahti there is a local train connection from the airport to Lahti (with a change of trains in Tikkurila) and bus connections (both can be found from the <https://opas.matka.fi/?locale=en> web service).

If you were planning to attend our seminar, please let us know latest by May 30th.

With best regards,

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