



Suomen Kyudoliitto ry
Finnish Kyudo Federation

19.6.2017

Finnish Heki Summer Seminar 2017
10 – 13.8.2017
Pajulahti Sports Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 10 – 13.8 at the Pajulahti Sports Center, Nastola, Finland. This year the Seminar will be led by Matsuo and Sekine Senseis 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 10.8 at 10:00 and the 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 price of the Pajulahti seminar is dependent on the type of accommodation: 420 Euros per person for "basic" twin rooms and 490 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: 75 Euros for "basic" room and 100 Euros for the newer "hotel-style" room).

Information about the Pajulahti Sports Center (including maps) are available from their web pages <http://pajulahti.com/?lang=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 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 now that there is a local train connection from the airport you can use the train search service mentioned above (or the <https://opas.matka.fi/> web service which lists also bus connections).

For any other information, please contact me.

With best regards,

Veikko Karppinen
President, Finnish Kyudo Federation

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