



Suomen Kyudoliitto ry  
Finnish Kyudo Federation

10.5.2022

Finnish Heki Summer Seminar 2022  
15 – 18.8.2022  
Pajulahti Training Center, Nastola, Finland

The Heki Kyudo Seminar hosted by the Finnish Kyudo Federation will be held on 15 – 18.8 at the Pajulahti Training Center, Nastola, Finland. This year the Seminar will be led by Matsuo 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 Training Center; also makiwaras will be provided. Accommodation is provided in the Training Center, with two different levels of rooms and with full boarding from Monday lunch to Thursday lunch.

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

- Monday 10:00 – 12:30 and 14:30 – 17:30
- Tuesday 9:00 – 12:00 and 14:00 – 17:30
- Wednesday 9:00 – 12:00 and 14:00 – 17:30
- Thursday 9:00 – 12:00 and 13:30 – 16.00
- There is possibility of free training during evenings

The participation fee of the Pajulahti seminar is dependent on the type of accommodation: 380 Euros per person for "basic" twin rooms and 460 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 Sunday that is also possible (in this case there would be an extra charge of the additional night, Sunday dinner and Monday breakfast: 75 Euros for "basic" room and 100 Euros for the newer "hotel-style" room).

Information about the Pajulahti Sports Center is 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 Training Center. There is also a regional bus connection from Lahti train station to Nastola, but that is still about three kilometres from the Pajulahti Training 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).

For any other information, please contact me.

With best regards,

Veikko Karppinen  
President, Finnish Kyudo Federation