

# EDUCATIONAL MANUAL

Lappeenranta and Imatra region



LAKE  
SAIMAA  
PUREST  
FINLAND



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# The place to study – Finland

According to many studies, Finland’s education system is ranked as one of the best in the world. Equality is the basic principle, since same opportunities are available to all citizens despite of their hometown or wealth. Finnish pupils do not pay for their education or daily lunch. Also higher education students enjoy state subsidized meals and free education.

Teachers in Finland are highly educated and most of them hold a Master’s degree. They practice continuing education themselves and have pedagogical autonomy in their teaching practices. Profession is highly pursued and respected in Finland.

Life-long learning is one key factor in Finland’s success. Special needs support is in the curriculum. General and intensive support is given to those in need. Assessment is also part of daily schoolwork and there are no national tests for pupils in basic education. Quality of education is based on steering, support and funding. (Ministry of Education and Culture 2017)

Even though Finland has only 0,07 percent of world’s population, it is ranked the best in many international country comparisons. Finland is not only the happiest and safest country in the World but also the most literate nation. Finnish people are the heaviest coffee drinkers in the world and owns a title of being the capital of heavy metal music. (Statistics Finland 2019) Lemi, small town near Lappeenranta, is the Capital of Metal in Finland.

This manual is inspired by Educational manual published by Visit Finland. The aim is to help you plan educational visits in southeastern Finland. You can find products related to educational products as well as activities and accommodation possibilities. Manual is funded by regional innovations and experimentations (AIKO) –program and cities Lappeenranta and Imatra.

Welcome to Lappeenranta – Imatra region



Lake Saimaa  
Purest Finland

Leverage from  
the EU  
2014–2020



European Union  
European Regional  
Development Fund



REGIONAL  
COUNCIL OF  
SOUTH KARELIA



Tencent 腾讯



LAPPEENRANTA



IMATRA



GOSAIMAA.COM

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**SOURCES** Ministry of Education and Culture, 2017. Finnish Education in a nutshell. Grano Oy  
Statistics Finland, 2019. Suomi maailman kärjessä. <https://www.stat.fi/tup/satavuotias-suomi/suomi-maailman-karjessa.html> (Acc. 8.4.2019)



# Welcome to the Lake Saimaa Area

Lappeenranta and Imatra region is located near the Russian border only a couple of hours away from the Finnish capital Helsinki. From Helsinki you can easily get here by train, bus or car within just a few hours. Public transport is easy and affordable way of travelling in Finland. You can travel visa-free to Russia from Lappeenranta and combine the beautiful lakeland nature with the cultural metropol of St. Petersburg.

## BY TRAIN FROM HELSINKI, ST. PETERSBURG AND VYBORG

If you take an express train from Helsinki, you will be in Lappeenranta or Imatra in a couple of hours. The well-maintained railway network also enables travelling to other parts of Finland. Did you know that you can also whizz to St. Petersburg in 1.5 hours? The fast Allegro train departs daily from Lappeenranta's Vainikkala railway station. With the Tolstoi train you can also travel to Moscow.

## BY CAR

Main roads 6 and 13 will take you towards Lappeenranta and Imatra. From the Helsinki metropolitan area, the drive to the Saimaa region takes only about 2.5 hours, so the distance is also convenient for weekend trips. A car is also the best option for touring around in the Lakeland area.

## BY PLANE

You can reach Lappeenranta and Imatra region in a couple of hours when flying to Helsinki. Lappeenranta International Airport is located only two kilometres from the city centre: check the latest flight connections on [lppairport.fi](http://lppairport.fi).

## LAKE SAIMAA FINLAND'S LARGEST LAKE

Surface area	4,460 km <sup>2</sup>
Maximum length	194 km
Maximum width	138 km
Shore length	14,850 km
Number of islands	13,710

### Distances (km)

From Helsinki to Lappeenranta	220 km
From Helsinki to Imatra	255 km
From St. Petersburg to Lappeenranta	190 km
From St. Petersburg to Imatra	202 km

### By train (time)

From Helsinki to Lappeenranta	2 h 2 mins
From Helsinki to Imatra	2 h 33 mins

## FINLAND IS AWESOME

1. Lake Saimaa was listed to be in top 5 most beautiful lakes in the world (*Wallstreet Journal* 2014)
2. Lonely Planet selected Finland as the 3rd best destination in 2017
3. The safest country on Earth according to the World Economic Forum (2016)
4. The Legatum Institute 2016 ranked Finland 3rd on global prosperity index
5. The most saunas per capita in the world: 5 million inhabitants, over 3 million saunas

## TIMETABLES ONLINE

[www.vr.fi](http://www.vr.fi)  
(trains, also Allegro to Russia)  
[www.matkahuolto.fi](http://www.matkahuolto.fi) (buses)  
[www.saimaatravel.fi](http://www.saimaatravel.fi) (visa-free cruises from Lappeenranta to Russia)  
[www.lppairport.fi](http://www.lppairport.fi)  
(Lappeenranta International Airport)

## The nine municipalities of South Karelia

The region of South Karelia includes a total of nine municipalities: Imatra, Lappeenranta, Lemi, Luumäki, Parikkala, Rautjärvi, Ruokolahti, Savitaipale and Taipalsaari. Of these, Imatra and Lappeenranta are cities.

## Saimaa ringed seal

The Saimaa ringed seal (*Pusa hispida saimensis*) is one of the world's rarest seals, appearing only in the Saimaa waterway in Finland. The Saimaa ringed seal is highly endangered and was given protected status by the WWF in 1979.

# The 4 seasons of Lake Saimaa

– 4 distinctly different travel experiences

## DEC – JAN – FEB

Winter –35°C...10°C

Contrary to the popular belief, the temperature isn't always freezing here in Finland. But it does get quite cold in here during winter – which is great! During winter the snow and frost create amazing opportunities for skating, cross country skiing, downhill skiing, snowshoeing, snowmobiling and winter fishing. Also, remember to listen to the silence of the wintertime nature, gaze at the pure white snow, build a snowman – or if you're feeling especially courageous, try ice swimming.

## SEP – OCT – NOV

Autumn –15°C...20°C

Oh Autumn, the season which many claim to love, but only like it because the spectacular colors make for an awesome background for selfies. Well we're about to tell you that Autumn in Finland is so much more than just finding the perfect spot to snap a new picture on your Instagram. While the Fall colours, or Ruska as we say in here, are truly a delight, why not try berry and mushroom picking.

## MAR – APR – MAY

Spring –20°C...20°C

Alright, don't think that us Finns treat Spring like an afterthought, just some empty space between the icy winter and steamy summer. No, no, no my friend, Spring is the season we appreciate the most. Why? – well the retreating ice, sparkling waves and budding nature are all reasons to be extra cheerful. Also while we're being boastful, Lake Saimaa is at it's best during this time of the year, especially if you're looking to do some hiking, camping or fishing trips.

## JUN – JUL – AUG

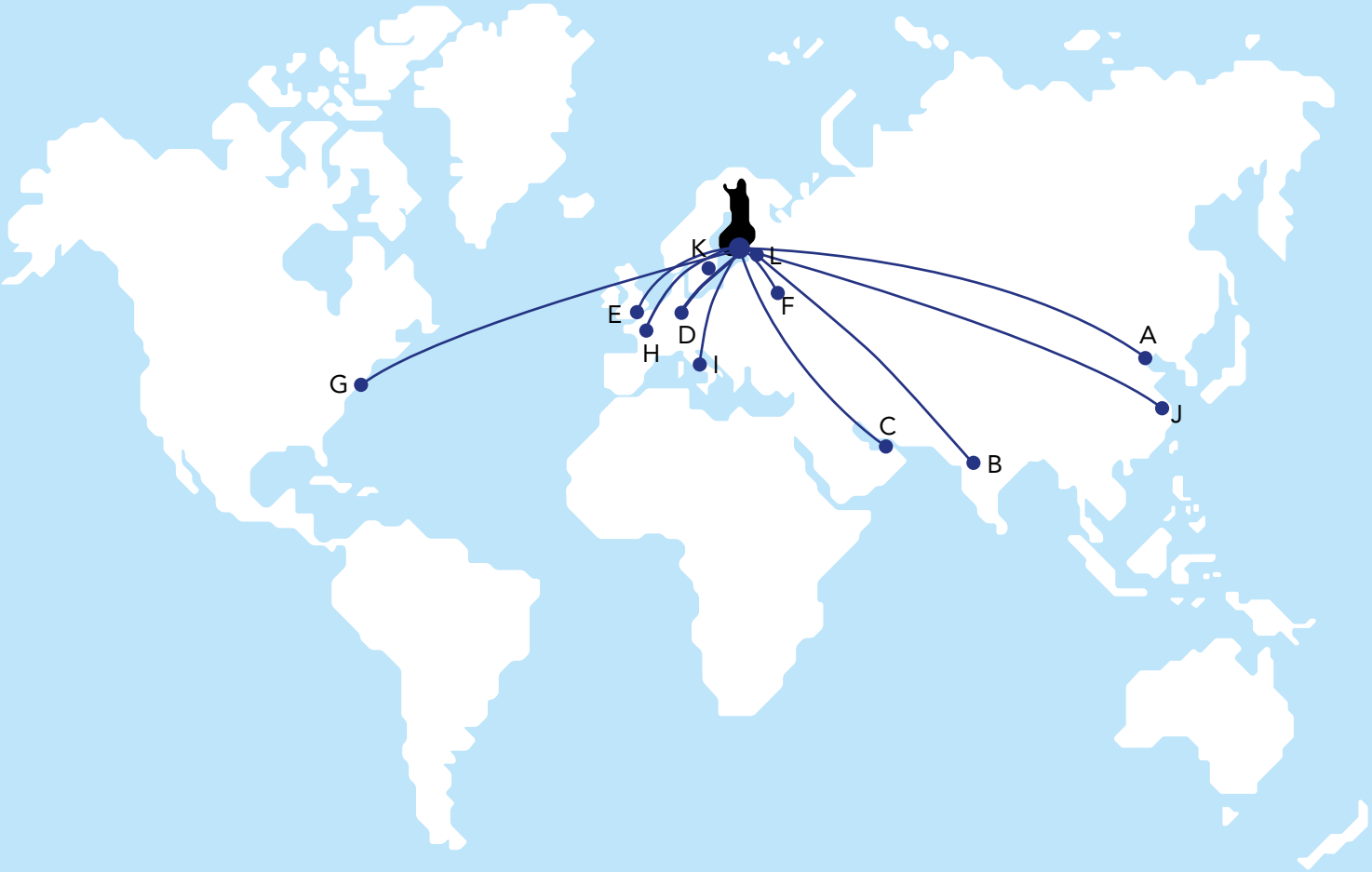
Summer 17°C...35°C

What you first may notice is that the quoted temperatures might be slightly exaggerated. While we certainly sometimes may have even 35°C, it is a safe bet that on most days it's closer to the lower end of aforementioned scale... or even lower. But who cares right? Summertime in Saimaa is full of steamy activities to keep you warm enough: golfing, fishing expeditions, canoeing, hiking, horse riding and tennis, just to name a few.





# Where we are and how to get here



## Easy access with the shortest route between Europe and Asia

The main hub is Helsinki International Airport, also known as the Gateway to Asia. The main hub is Helsinki International Airport, also known as the Gateway to Asia. Lappeenranta International Airport offers direct flights to destinations in Europe.

## Fast access from Russia by train

Interesting route to take is the train from St. Petersburg, Russia. The fastest train takes only 1.5 hours to reach Lappeenranta.





# Operators and camp centers

There are few operators in the Lappeenranta – Imatra region who can organize all-inclusive school camp programs. They include program services, training services, accommodation, dining and transport.



## SALPALINJAN HOVI, VAISOR

**Contact:** [info@salpalinjanhovi.fi](mailto:info@salpalinjanhovi.fi)

+358 50 336 0986

**More information:** [www.salpalinjanhovi.com](http://www.salpalinjanhovi.com)

*See also page 32*

Together with our cooperating companies and schools we can provide many sorts of tailored programs and contents for your educational trips. For example a program about Finnish educational system and school visits, science, sport, nature, culture, art and other sorts of theme camps.

What would be a better place than Finland, one of the safest countries in the world, and the creator of a globally recognized educational system?

### Physical, Virtual, Social and Mental Learning Environments

- Educational visits to schools.
- Explore the Saimaa GeoPark and Lake Saimaa while rowing a boat.
- Explore the nearby historical war and sawmill sites by walking through Rutola village trail.
- Hotel is located next to an important piece of war history, the Salpa line ("The latch line"). You can visit it's underground bunkers and at wintertime you can meet bats there.



### Cultural Enrichment and Adventurous Methods

- Salpaline Adventure is an exciting, playful learning experience of Salpaline's history and structures.
- Winter Adventure teaches you traditional wilderness skills such as snow-castle building, ice fishing, skiing, snowshoeing, skating on a frozen lake and open-fire cooking.
- Mystical trek under the stars through the white snow forests and uncover some of nature's hidden secrets. In this journey we will help you to connect with nature and to understand the life and seasons of the forest.
- In our old traditional Finnish sauna you can relax and explore the Finnish way of life.
- For kids there are treasure maps, nature-related tasks. Heritage and silent, ancient wisdom etc.

### New innovations

Elsewhere the focus is more on memorising information rather than providing children with the means to understand and experience various phenomena. In Finland you learn by doing, experimenting and exploring.

Jamie Hyneman Center is a place for developing an understanding of the world by exploring, working hard and having fun. The easy access protolab at the Lappeenranta Lahti University of Technology LUT Lappeenranta campus is well equipped with tools and materials.

It gives you the freedom to bring your enthusiasm to the table and start building –or defusing. As one of the centre's designers, Jamie Hyneman justly reminds us, innovation doesn't happen in a vacuum. We all have ideas and skills; JHC is a place to trade, test and refine them. Start working and the learning will follow. **Contact:** [jhc@lut.fi](mailto:jhc@lut.fi)

Visit to Russia. Lappeenranta is a border town to Russia, so programme can be easily combined with an excursion to St. Petersburg.



## TUHANEN TARINAN TALO

Camp School Center

**Contact:** +358 50 530 3471

**tuhanentarinantalo@tuhanentarinantalo.com**

**More information:** [www.tuhanentarinantalo.com](http://www.tuhanentarinantalo.com)

**Location:** Kannuskoski Luumäki

**Duration:** 2–7 days

**Availability:** All year

**Suitability:** 7–15 years

**Group size:** 10–30 persons

**Language:** English, Finnish

**Price:** 10–12 persons: 69 €/person/day, 13–16 persons: 67 €/person/day, 17–20 persons: 65 €/person/day, over 20 persons: 63 €/person/day. Price includes bed and board, program services extra. Program services starting from 105 €/group/2 hours.

The House of a Thousand Tales (Tuhannen Tarinan Talo) is a farmhouse built in 1914. The house and its facilities serve tourism. School groups have made trips there for 20 years. These school trips give the children a taste of rural life and Finnish nature with the help of fun activities. The House of a Thousand Tales is an audited rural-based environmental education destination. (OPERATIONS MODEL FOR RURAL-BASED ENVIRONMENTAL EDUCATION.)

Camp School product includes accommodation at the farm (max. 30 people) and full board. Meals included in the price:

**Arrival day:** dinner, evening snack

**Full days:** breakfast, lunch, snack, dinner, evening snack

**Departure day:** breakfast

There is a wide range of program services that can be booked. Programmes are based on farm life and Finnish nature and history. We take care of animals, get acquainted with nature and local life; baking traditional Karelian pies, blueberry and mushroom picking, horseback riding, an excursion into the nearby woods, nature trail, snow shoe hike, canoeing, fishing trip, smoke sauna etc.

The cost of the programmes is 105 €/programme/group (max. 25 persons). The prices for the following programmes are defined separately: snowshoe hiking, night-time excursion, rappelling down a cliff, canoeing, archery, handicrafts using natural materials and excursion to Repovesi. We can tailor the Camp School program to suit your group and also help to organize a visit to a local school.



## SAIMAACAMPS / TAIGASAIMAA

**Contact:** [info@taigasaimaa.fi](mailto:info@taigasaimaa.fi)

+358 45 863 6024

**More information:** [www.saimaacamps.com](http://www.saimaacamps.com)

**Location:** Lappeenranta–Imatra region

**Suitability:** 10–18 years

**Group size:** 10–30 persons

**Language:** English, Finnish, Chinese

**Price:** From 80 €/day/person

### Learn like a Finn

**Duration:** 1–14 days

**Availability:** All year

SaimaaCamps are fun, creative, authentic and safe. School camps are a balanced combination of fun and learning for children of all over the world. All our programs have a strong educational perspective and we also organize school visits and school days in real environment with local students. Our team also includes official teachers, who can teach during school holidays. In addition to studying, we offer a wide range of activities as example: Fishing, Canoeing, Kayaking, Day at farm, karting, paintball, sport with local youth etc. See more on our website [www.saimaacamps.com](http://www.saimaacamps.com). There you will also find ready-made programs.

### Nature School

**Duration:** 6 days

**Availability:** May to end of September

Finland's pure nature offers a great opportunity to learn many different things in a fun way.

The importance of nature to the earth and to human well-being will be learned through different themes. As example the ways of preparing food or building homes in the past give a perspective on how much the world has developed in a short period of time and how easy life is today. The camp consists of six theme days: Fishing, wildfood, survival, moving on nature, hand-crafts and hunt&battle. Accommodation is taking place at the Imatra Spa and Muukonsaari Camp Center on lake Saimaa Island.



SaimaaCamps





## GO-NORDIC

Class sharing, campaign and tourism

**Contact:** [info@go-nordic.fi](mailto:info@go-nordic.fi)

**Location:** Lappeenranta

**Duration:** 10–14 days

**Availability:** All year round

**Suitability:** 10–18 years

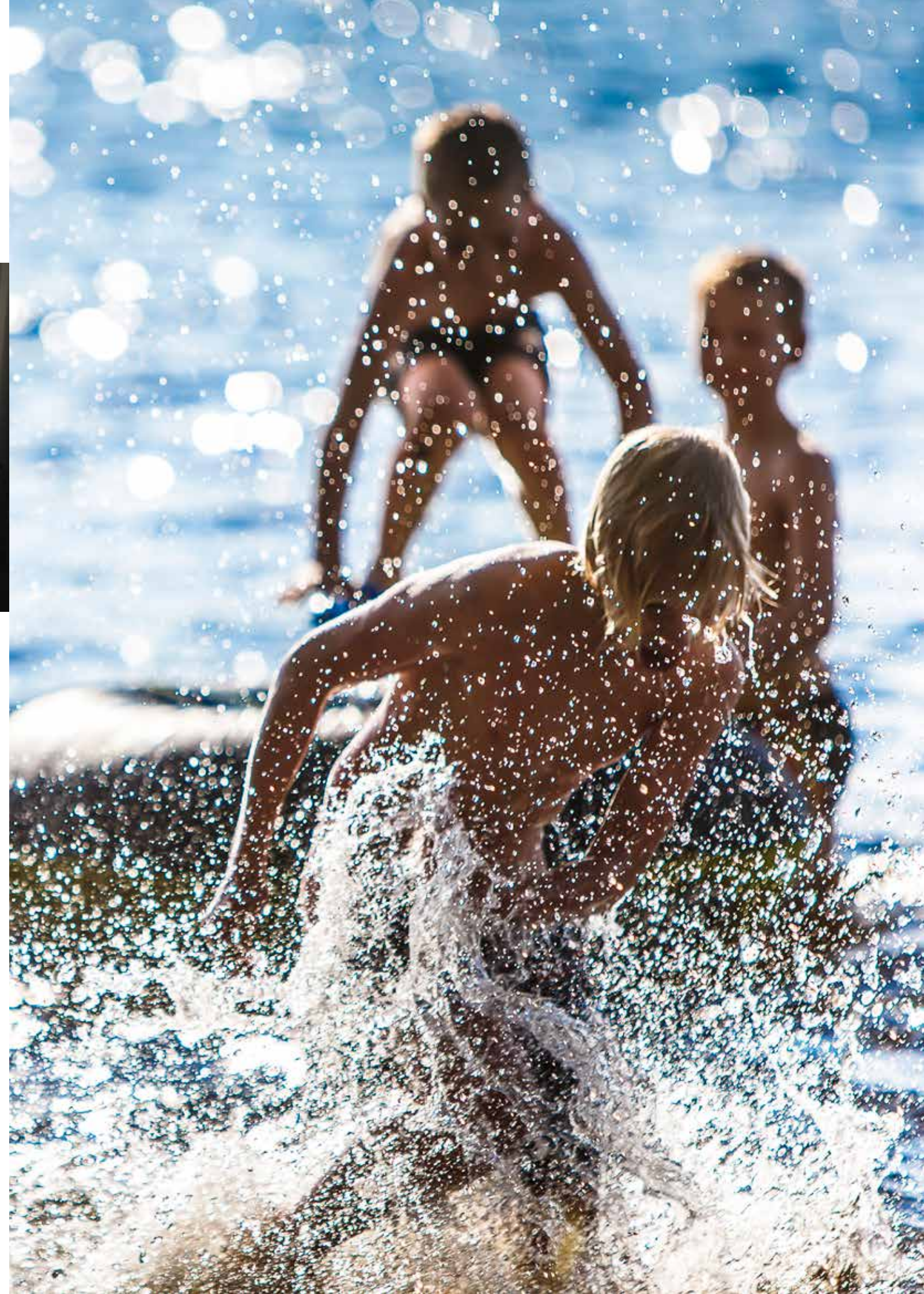
**Group size:** 10–20 persons

**Language:** English, Finnish, Chinese

**Price:** 1500–2000 €/person

We have several products include campaigns, visiting schools and Finnish families. We aim at sharing the concept of Finnish education and utilize the Lakeland local resources for both tourism and local market growth. Besides education tourism, we also have products for normal tourists and sports tour.

Our products could be around 10–14 days or even longer. Customers could have a customized schedule and visiting favors. We could be the DMS for students/tourists, also the bridge between a specific request to stratification.







## Educational products

Lappeenranta – Imatra region offers wide range of educational services. It is possible to specialize in languages, such as Russian or complete the International Baccalaureate Diploma. City of Lappeenranta and LUT University launched a Junior University -programme that unites all levels of education, from preschool to the academic level. LUT University is a science university focusing on clean energy and water, circular economy and sustainable business. The largest wooden school centre in Finland will be built in the City of Imatra.

Photo: Lappeenranta Junior University



### SCHOOL OF EASTERN FINLAND

Educational activities

**Contact:** [katri.anttila@itasuomenkoulu.fi](mailto:katri.anttila@itasuomenkoulu.fi)

**Contact person:** Katri Anttila +358 40 594 5336

**Location:** Lappeenranta, Imatra

**Group size:** Max. 30 people

**Language:** English, Finnish, Russian

#### Educational activities

**Duration:** From one hour to seven hours

**Availability:** All year round, except attending classes from Aug until May

**Suitability:** From 6–15 (16) years, teachers, principals

**Price:** 50 €/hour/group

Presentation of the education system in Finland, new curriculum in Finland. Attending different classes from pre-school up to the 9th grade. Round table discussions with class teachers, subject teachers and principals.

#### Education activities: Summer camp (English language)

**Duration:** 4 hours a day (from 1 to 5 days)

**Availability:** From June until August

**Suitability:** From 7–15 (16) years

**Price:** 750 € for four hours/group

English language studies and other activities at school premises for children from 7 to 15/16 years of age. Lessons four hours a day.

### Introduction to Finnish well-being-centered basic education in MYLLYMÄKI PRIMARY SCHOOL

**Contact:** [hanna-maria.toivanen@lappeenranta.fi](mailto:hanna-maria.toivanen@lappeenranta.fi)

**Contact person:** Hanna-Maria Toivanen  
+358 40 576 5863

**More information:** [peda.net/lappeenranta/peruskoulut/myllymaenkoulu](https://peda.net/lappeenranta/peruskoulut/myllymaenkoulu)

#### Introduction to Finnish well-being-centered basic education

**Location:** Lappeenranta

**Duration:** 4 hours

**Availability:** Sept–Nov, Feb–Apr

**Suitability:** Children between ages 7–12, adults engaged in the field of education

**Group size:** 10–30 persons

**Language:** English, Finnish

**Price:** 500 € plus 10 € per person

During a 4-hour visit to a Finnish primary school you get to observe and experience a school day filled with joy of action-based learning. The well-being of pupils is one of the main goals of the city of Lappeenranta's strategy. In Myllymäki Primary school we emphasize emotional and interactional skills. We use mindfulness and other exercises to improve ability to focus and increase calm and serenity in learning environment. We work in a team-orientated, solution-focused and resource-orientated way. Our specialities are ECO school programme, systematic group mentoring and co-operation with Experience Happiness, an American corporation. During the visit you will participate in orientation and three lessons. A healthy snack is included.





## LUT UNIVERSITY, LAPPEENRANTA CAMPUS

**Contact:** [Leena.Ikonen@lut.fi](mailto:Leena.Ikonen@lut.fi)  
+358 46 923 4523  
**Contact person:** Leena Ikonen

**Location:** Yliopistonkatu 34, Lappeenranta (Skinnarila)  
**Duration:** 3–4 hours  
**Suitability:** 10–17 year  
**Price:** 300 € + 20 €/person, include lunch or snack  
**Language:** English, Finnish

### Let's make more sustainable future - together!

**Availability:** All year round by agreement  
**Group size:** 15–25 person

The activity can also be tailored for teachers, who wish for new ideas and inspiration to their teaching.

Learn more about clean energy, clean water, circular economy and/or sustainable business at LUT's Sustainable Campus. Your half day at the university consists different kind of activities (depending on the age group of the visitors): small scale researches, measurements, games, innovation sessions, calculations and/or demonstrations. We focus on your own possibilities to influence and take actions to develop more sustainable future.

Themes may vary: how to reduce your energy and water consumption, how to influence quality of waste water and how to clean it, how to reduce your water and/or carbon footprint, how to produce clean energy, how different kind of waste materials are recycled in Finland and how to innovate new solutions and build up sustainable business.

You will learn, how to make more sustainable choices in your everyday life. Every small changes add up to making a big difference! You will also get an idea of what it is like to study at a technological university and how amazing career opportunities become available if you do.

### Modern technologies for a better future

**Availability:** All year round by agreement  
**Group size:** 12–23 persons  
**Suitability:** 10–17 year (teachers)  
The activity can also be tailored for teachers, who wish for new ideas and inspiration to their teaching, specifically in STEM subjects.

Learn about technologies that affect our everyday lives. In modern society almost everything contains program code – not only the obvious computers and phones but most appliances from washing machines to cars and traffic lights. Every application, game or web page you come across on line is implemented by somebody who once learned programming from scratch! Everybody benefits from knowing a little bit of coding, and this activity at LUT offers a glimpse of what you can accomplish when you learn more.

Themes may vary from electronics or robotics to music programming or artificial intelligence – all of which can lead to products that make our lives easier or more enjoyable. An introduction to programming can be taught in various ways, depending on the age group of the visitors (e.g. Scratch for the younger ones). You will also get an idea of what it is like to study at a technological university and how amazing career opportunities become available if you do.

### How to get new ideas and create innovations? Let's learn from the Nature!

**Availability:** May–October, by agreement  
**Group size:** 10–25 persons  
**Suitability:** 10–17 year (teachers)

The activity can also be tailored for teachers, who wish for new ideas and inspiration to their teaching, How to get new ideas and create innovations? Let's learn from the Nature!

The BIOTRAIL is a forest nature walk along the Saimaa lake shore near the LUT University. You will discover secret know-hows of the Nature and find out how scientists and engineers have used them to solve real-world problems or come up with inventions. You will get inspired by leaves, pine cones, spider webs and many more.

## NORDIC SPORT EXPERT

**Contact:** [xing.shi@nsef.fi](mailto:xing.shi@nsef.fi)  
**Contact person:** Xing Shi +358 45 892 8203  
**More information:** [www.nsef.fi](http://www.nsef.fi)

### Local school experience

**Location:** Lappeenranta  
**Duration:** Half day or one day  
**Availability:** August–December, January–May  
**Suitability:** 10–15 years  
**Group size:** 10–20 persons  
**Language:** English, Finnish, Chinese  
**Price:** Starting from 1000 €

We organize student visit local schools, with interactive activity with local students. The guest students will see how Finnish school operates and enjoy real Finnish school courses and workshops together with local students. For students interested in art Performance, there is also possibility to experience Finnish artshow courses. We also have Helsinki region + Saimaa region full package activities, which will be tailor-made for each guest group.



## KIMPINEN - UPPER SECONDARY SCHOOL

**Contact:** [Mari.tepponen@lappeenranta.fi](mailto:Mari.tepponen@lappeenranta.fi)  
**Contact person:** Mari Tepponen  
+358 40 670 1770

### Day at school

**Location:** Lappeenranta  
**Duration:** 4 hours  
**Availability:** Aug–Nov, Jan–May (subject to availability)  
**Suitability:** 14–20 years  
**Group size:** 5–20 persons  
**Language:** English, Finnish  
**Price:** 500 € + 25 €/person, includes a typical Finnish school lunch

The day at school includes icebreakers, interactive workshop, school and country presentation, guided tour, following lessons at school, school lunch and interaction between the guest student and the Finnish host student.





## KATARIKA

**Contact:** [katarina.kalviainen@gmail.com](mailto:katarina.kalviainen@gmail.com)

**Contact person:** Katarina Kälviäinen +358 40 099 0681

**More information:** [www.linkedin.com/in/katarina-kalviainen-4a4b77149/](https://www.linkedin.com/in/katarina-kalviainen-4a4b77149/)



### English lessons

**Location:** Lappeenranta

**Duration:** Flexible hours during day time, Monday–Friday (some weekends can be considered as well)

**Availability:** Generally all year round, based on availability

**Suitability:** School children, adults

**Group size:** 1–16 persons

**Language:** English, Finnish

**Price:** 40–80 €/hour, plus possible expenses (classroom rent, travel costs, teaching materials, etc.)

KatariKa offers lessons in general English for speakers of other languages, taught by a qualified English teacher (CELTA by Cambridge English). Lessons can be modified according to the needs and preferences of the groups, such as age, level of knowledge, focus on chosen topics, available time frame. Price per hour includes the lessons only. If there would be extra expenses, such as classroom rent, travelling outside of Lappeenranta area, books and other materials, it will be calculated separately.



## THE CHURCH TRAINING COLLEGE – JAAKKIMA CAMPUS

**Contact:** [helena.markkanen@seurakuntaopisto.fi](mailto:helena.markkanen@seurakuntaopisto.fi)

**Contact person:** Helena Markkanen  
+358 50 400 5084

### Find out childrens way how to protect our climate

**Location:** Ruokolahti (15min from Imatra)

**Duration:** 2 hours

**Availability:** All year round

**Suitability:** Suitable for age 10 and over

**Group size:** 4–15 persons

**Language:** English, Finnish

**Price:** 90 €

We are using famous Finnish learning methods to teach children how to protect our climate by doing right choices in their lives. Children participate, do themselves, learn and have fun. We consider childrens age when planning the content of this activity and that's why it is very essential to inform us their age.



## TAIDEKOULU ESTRADI – ART SCHOOL ESTRADI

Circus / Drama / Drum and percussion workshop

**Contact:** [leena.falasma@taidekouluestradi.fi](mailto:leena.falasma@taidekouluestradi.fi)

**Contact person:** Leena Talasmo

**More information:** [www.taidekouluestradi.fi](http://www.taidekouluestradi.fi)



**Location:** Teollisuuskatu 9, 53600 Lappeenranta

**Duration:** 75 min

**Availability:** 15.8.–15.6.

**Suitability:** 10–18 years

**Group size:** 8–16 persons

**Language:** English, Finnish

**Price:** 240 €

### Fascinating circus

In the circus workshop you will learn about the fascinating world of the circus with the help of skilled and competent teachers. You get to try your limits with the support of the group. The workshop gives you positive experiences, joy of success and brings together the team spirit.

### Drama workshop encourages

Drama workshop encourages you to dive and take on new situations through playfulness and theater expression. The drama method and exercises helps you to handle relevant topics and encourages you to express yourself safely through fun.

### Drum and percussion workshop bring people together

In drum and percussion workshop everyone is playing together. The workshop teaches the group a whole new way to communicate and listen to each other. In drum and percussion workshop you can enjoy safe basic rhythms or get excited to play wild, multicultural rhythms.





## CITY OF LAPPEENRANTA – GREENREALITY

**Contact:** [kati.m.korhonen@lappeenranta.fi](mailto:kati.m.korhonen@lappeenranta.fi)  
**Contact person:** Kati Korhonen +358 40 354 2799  
**More information:** [www.greenreality.fi](http://www.greenreality.fi),  
[www.lappeenranta.fi](http://www.lappeenranta.fi).

### Introduction to the sustainable solutions in the City of Lappeenranta

**Location:** Lappeenranta City Hall, Villimiehenkatu 1  
**Duration:** 2 hours  
**Availability:** All year round (July not included)  
**Suitability:** Professionals, adults  
**Group size:** Max. 15 persons  
**Language:** Finnish, English. Chinese upon request  
**Price:** 240 € (inc. VAT)

Greenreality is our way of thinking and operating for developing a green future, to which Lappeenranta is committed. It is ecological thinking, green knowledge, responsible choices and, above all, actions for achieving a sustainable tomorrow. Lappeenranta aims to have 80% less emissions by 2030. Lappeenranta is also a member of the global ICLEI network of sustainable future. Lappeenranta is the national winner for Earth Hour City Challenge by WWF in 2014 and 2016 and among the 18 best cities in the world. Visit includes an introduction to our sustainable way of living.

Lappeenranta is a pioneer city in renewable energy and clean environments with passionate problem-solving at its forte. We are the climate capital of Finland full of high energy, out-of-the-box thinking and international expertise. In our university and tourist center, located in logistically important region in South-East Finland only 2 hours from Helsinki, near the border between the EU and Russia, we dare and do. The Lappeenranta University of Technology (LUT), the innovative operating environment, skilled workforce and good networks in a city of around 73,000 residents make it easier to start up and expand international business operations. Lappeenranta is easy to reach thanks to its international airport.



## SAVITAIPALE SCHOOL CENTER AND SPORT PARK

**Contact:** [tommi.naakka@savitaipale.fi](mailto:tommi.naakka@savitaipale.fi)  
**Contact person:** Tommi Naakka +358 40 055 7879  
**More information:** [www.visitsavitaipale.com](http://www.visitsavitaipale.com)

### School day in Finnish school, Finnish arts/ cooking, sports and nature

**Location:** Savitaipale (30min from Lappeenranta)  
**Duration:** 1 day trip, 7 hours  
**Availability:** September–April (ice -curling and skating), May - August (summer activities)  
**Suitability:** 7–11 / 12–14 / 15–18 years  
**Group size:** 5–25 people (more -> split group + € depending group size)  
**Language:** English, Finnish, Russian  
**Price:** 650 € (–1550 € depending meals, transportation from Imatra / Lappeenranta, other services)

Happy day in Savitaipale (located 30–60 minutes from Lappeenranta and Imatra). Finnish school day and activities. Selected lessons in school (english, arts, finnish baking, sports, biology / nature). In Sport Park area, curling, skating, football or fishing in clean soft water lake Kuolimo. Small trip to historical Kärnäkoski fortress and Partakoski area possible, open fire sausage and beautiful nature. All services within walking distance.

**Welcome - tervetuloa!**



# Sample programmes

Enjoy the Finnish lifestyle. Here's two examples of the weekly programme. They can be tailored according to your needs. Both summer and winter camps are available.

## SUMMER

TIME	Day 1 CITY	Day 2 CITY	Day 3 FOREST	Day 4 CITY	Day 5 FARM	Day 6 CITY	Day 7 CITY
8:00-9:00	WAKE UP & BREAKFAST						
9:00-10:30	Camp program, rules and safety	Drive to the Karting Track and driving	Boating	School activities	Activities in the farm	Finnish baseball	Circus lesson
10:30-12:00	Games					Finnish floorball	Drama lesson
12:00-13:30	LUNCH						
13:30-15:00	Frisbee golf	Angry birds park	Handicrafts in the forest, picking blueberries	School activities	Activities in the farm	eSport games	Concert
15:00-16:30	Indoor games						
16:30-18:30	DINNER & RELAX						
18:30-20:30	Spa	Every mans rights at Finnish forest	Finnish outdoor games	Disco	Bowling	Sauna	Shopping
20:30-21:30	EVENING SNACK						

## WINTER

TIME	Day 1 School day 1	Day 2 School day 2	Day 3 School day 3	Day 4 School day 4	Day 5 Activities 1	Day 6 Activities 2	Day 7 Activities 3
8:00-9:00	WAKE UP & BREAKFAST						
9:00-10:30	English lesson	English lesson	English lesson	English lesson	Winter Fishing	Cross-Country-Skiing	Downhill Skiing/ Sled Riding
10:30-12:00	Biology	Mindfulness	Music	Arts			
12:00-13:30	LUNCH						
13:30-15:00	Wood Handicrafts	Textile Handicrafts	Sustainable Future	Cooking Class	Angry Birds Park	Snow Shoeing	Concert
15:00-16:30				Sports		Winter House Building	
16:30-18:30	DINNER & RELAX						
18:30-20:30	Spa	Finnish Sport Floorball	City Tour Lappeenranta	Disco	Bowling	Sauna	Shopping
20:30-21:30	EVENING SNACK						



# Activities

A wide range of program services can be found in the region. Learning wilderness skills, fishing or sports with local youth gives a good balance while studying in summer season. There is enough snow in the region from January to April for winter activities. In winter you can experience for example igloo construction, ice fishing, sled driving, cross-country skiing or downhill skiing.

## KARELIA-LINES OY

**Contact:** [sales@karelielines.fi](mailto:sales@karelielines.fi)

+358 5 453 0380

**More information:** [www.karelielines.fi](http://www.karelielines.fi)

### Charter and scheduled cruises to lake Saimaa and to Saimaa Canal

A couple of hours in the archipelago of Lake Saimaa, the biggest lake in Finland, or on the Saimaa canal is a wonderful program on a summer day. M/S Camilla is the boat of high standard cruising in the South-Eastern district. On board M/S Camilla there is a fully-licensed restaurant, sundeck and guided route.

It is a splendid choice for any kind of company party, family party or a charter cruise. On board M/S Camilla it's no difference what the weather is like. According to Your wishes we plan the menu, the drinks, the program etc. Allow us to take care of your every needs!

**Location:** Lappeenranta

**Duration:** From 2 hours to whole day

**Availability:** From May 8 until the end of October

**Suitability:** Every age

**Group size:** Max 350

**Language:** English, Finnish (Russian)

**Price:** On scheduled cruise adult 20 €/person, Child 4-14 years 8 €/person. Ask offer for charter and big groups

RISTEILYT JA TILAUSLIIKENNE  
**KARELIA-LINES** 30v



## WATER-SKI ZOO KY

**Contact:** [jussi@waterskizoo.com](mailto:jussi@waterskizoo.com)

+358 40 586 5313

### Ice-Floating

**Location:** River Vuoksi, Imatra

**Duration:** 1 h

**Availability:** All year round

**Suitability:** Over 10 years

**Group size:** 1-20 (ask for more)

**Language:** Finnish, English (ask Russian)

**Price:** 50 €/person (inc. VAT.)

Floating on the Vuoksi river gives you the opportunity to enjoy soothing embrace of the flowing water. Floating dry suits will flow 1 km in about 10 - 20 minutes depending on the flow. Floating can be done all year round, regardless of the weather. The total activity lasts around 1h.





## SAUNALAUTTA IMATRA

On our sauna cruises you can escape the stress of your everyday life

**Contact:** [info@saunalauttaimatra.fi](mailto:info@saunalauttaimatra.fi)

+358 40 586 5313

**More information:** [www.saunalauttaimatra.fi](http://www.saunalauttaimatra.fi)

**Location:** Vuoksi, Imatra.

**Duration:** 2 h->

**Availability:** We're cruising 24/7 all year round

**Suitability:** Suitable for everyone

**Group size:** Max 30 persons

**Language:** Finnish, English, (ask for Russian or Chinese)

**Price:** 200 € ->

### Sauna cruises

We arrange sauna cruises to order throughout the year. On our full-service sauna cruises, you can concentrate on relaxing as our staff takes care of everything else. Our raft is equipped with a studio-level Genelec sound system and a video projector.

Our fridge holds your drinks cold even in the summer heat, and the freezer provides ice to make them colder yet. There are two flush toilets on the raft. We don't serve alcoholic beverages on the sauna raft, but you may bring your own drinks with you.

Water activities provided by Water-SkiZoo, e.g. floating, are the perfect complement to your sauna cruise. The home port of the sauna raft is in the Vuoksi Fishing Park on the Varpasaari island.



## TMI HYVINVOIVA HEVONEN

**Contact:** [hyvinvoivahevonon@gmail.com](mailto:hyvinvoivahevonon@gmail.com)

**Location:** Hamina

**Duration:** 1 h

**Availability:** All year round

**Suitability:** 5-90 years

**Group size:** 2-20 persons

**Language:** English, Finnish, German

**Price:** On request

### Horse trekking and animal assisted therapy

1. 1 hour Snow White goat hiking incl. homemade juice and snack, suitable for children and adults of all ages.
2. 2,5 hours Happy Goat hiking, incl. fireplace with sausages and drinks, suitable for up age 8-
3. Horse trekking suitable for experienced riders
4. Green Care animal assisted therapy services



## DRAKKAR FINLAND OY

SUP boarding, Biking, Canoeing – Kayaking

**Contact:** [drakkarsport@gmail.com](mailto:drakkarsport@gmail.com)

**Contact person:** Marko Hakolahti +358 40 551 6996

[marko.hakolahti@gmail.com](mailto:marko.hakolahti@gmail.com)

### Sup boarding

SUP boarding from quick demo courses to full day trips. All participants must be able to swim.

**Location:** Lappeenranta

**Duration:** 2-6 h

**Availability:** June-August

**Suitability:** 10 years -> and must be able to swim

**Group size:** 1-10 persons

**Language:** English, Finnish,

**Price:** 20 € – 50 €/person

### Biking

Biking tours and bike rentals in Lappeenranta area.

**Location:** Lappeenranta area

**Duration:** 1-6 h

**Availability:** May-August

**Suitability:** 12 years ->

**Group size:** 2-12 persons

**Language:** English, Finnish

**Price:** From 10 €/person

### Canoeing – Kayaking

Kayaking on lake Saimaa. Visit an island or two.

Options for different kayaks are plenty. If you wish we can also offer you open canoe. All the necessary equipment is included.

We can also arrange tailored kayaking treks for your group depending on your interests.

**Location:** Lappeenranta Harbour, Sandcastle's tourist info point or agreed place (additional cost)

**Duration:** 2-6 h

**Availability:** June- July

**Suitability:** 12 years -> and must be able to swim

**Group size:** 2-20

**Language:** English, Finnish

**Price:** 40 €/person







## CREATIVE KAIKU

Making Karelian pies, traditional games /handicrafts / adventures

**Contact:** [toimisto@kulttuuripalvelukaiku.fi](mailto:toimisto@kulttuuripalvelukaiku.fi)  
+358 50 590 1583

**More information:** [www.kulttuuripalvelukaiku.fi](http://www.kulttuuripalvelukaiku.fi)  
We are also in Facebook

**Availability:** All year round  
**Language:** English, Finnish

### Making Karelian pies

**Location:** Summer Café Kaiku, open-air museum, Ruokolahti

**Duration:** 2-3 h

**Suitability:** From 7 years of age

**Group size:** 1-20 persons

**Price:** 850€ /group

Local skillful ladies will guide you to bake Karelian pies, traditional pastries, in an atmospheric and inspiring environment of a traditional Finnish house. You will also hear and learn something about Finnish traditions and get to know the outdoor museum area. Finally, you can taste the pastries!

### Traditional Finnish games and / or handicrafts

**Location:** Summer Café Kaiku, open-air museum, Ruokolahti

**Duration:** 1-3 h

**Suitability:** From 4 years of age

**Group size:** 10-30 persons

**Price:** From 500 €/group

### Nature Saimaa -nature activities and adventures

**Location:** South Karelia, different locations

**Duration:** 1 hours – 1 day

**Suitability:** From 7 years of age

**Group size:** 2-30 persons

**Price:** From 300 €/group

Do you still remember all those fairytales, which started with the words "Once upon a time, far, far away..."? Well, we offer you a chance to visit "far, far away" and to experience the mythical atmosphere of the nature! Here, in the middle of nowhere, you can have an unforgettable excursion to the true Finnish nature, hear something of our history, mythology, old stories and fairytales and feel the calming effect that only the wilderness can give.

We can also customise our excursions for different kinds of themes, groups and ages, so please, just tell your wishes to us! Our excursions include also traditional forest hikes and nature and wildlife observation. We run excursions out into the forests and lake landscapes of South Karelia. The excursions are organized on request. A full meal, packed lunch or for example tea / coffee with traditional pastries on a campfire can be included in each excursion if ordered. The duration time can vary from one hour to the whole day, depending on the contents, the theme and your wishes!

**Here are three examples:**

**1. Traditional angling / forest tour** or "peace of mind under the million stars". Let's calm down in the beautiful forest environment. **Available in the year seasons:** spring time and summer / angling and forest hikes, autumn / forest hikes and starry sky, winter /ice fishing and starry sky. **Maximum group size: 15 persons. Price: from 300 € / group.** (Att: transportation if ordered, not included)

**2. Into the nature!** Guided forest tours, on which experts teach us about biodiversity. Possibility to include specific themes and functionality (e.g. handicrafts from natural materials, food from nature and games). **Available in the year seasons:** spring and early summer / herbs, games and handicrafts, summer / games and handicrafts, autumn / berries, mushrooms, games and handicrafts. **Maximum group size: 30 persons. Price: from 500 €.** (Att: transportation if ordered, not included)

**3. Varpu's and Naava's nature tour.** Nature adventure with forest elves for children and families. We explore the wonders of nature and solve Tapio's riddle. **Duration: 1½ - 2 hours. Maximum group size: 30 persons. Price starting from 500 €.** Together with Varpu and Naava, you can get to know the forest and its life from a slightly different perspective, learn about mystical forest creatures, forest animals and their living habits, plants, etc. Varpu and Naava often have tasks with them that they were given by Tapio, king of the forest. These tasks can be solved during the trip. Various adventures are, for example, "Tapio's task", "The Lost Book of Magic" "The Sensible Hare," "Treasure Hunt" and "Uncle Eenokki's lost toolbox".

## THE CHURCH TRAINING COLLEGE – JAAKKIMA CAMPUS

Hobby horses!

**Contact:** [helena.markkanen@seurakuntaopisto.fi](mailto:helena.markkanen@seurakuntaopisto.fi)  
+358 50 400 5084

**Contact person:** Helena Markkanen

**Location:** Ruokolahti

**Availability:** All year round

**Group size:** 5-12 persons

**Language:** English, Finnish

### Do your own hobby horse!

**Duration:** 4 hours

**Suitability:** Suitable for age 8 and over

**Price:** 125 €/person

Hobby horse is very popular hobby for children in Finland. It is something special that isn't anywhere in the World. You can buy one or you can make it yourself. Hobby horse has a name and it is almost like a real one, you can practice and take care of it. Now you can learn how to make a hobby horse of your own. It is made by reclaiming recycling materials. Our counselor is helping you and giving ideas all the time. After getting finished your hobby horse you can ride and have fun.

**Including the price:** Materials and equipment for a hobby horse making, day snack, teaching by counselor who are using famous Finnish learning methods, a hobby horse made by yourself.

### Cross country by hobby horses

**Duration:** 2 hours

**Suitability:** Suitable for age 10 and over

**Price:** 95 €/person

Hobby horse is a very popular hobby among children in Finland. It is something special that isn't anywhere in the World. It is almost like a real one, you can ride and take care of it.

**Product:** Cross country by hobby horses around our Sipiniemi peninsula near lake Saimaa. We have built show jumping which you go through by walking or running with your ride counselor. At the first you will get familiar with hobby horses, riding and show jumping. Counselors will give you good advices for safe riding and then you are ready to go through the course. We consider all the time individual needs of child.

At the end we will make together a rosette to a hobby horse and each of you will get this rosette as a souvenir. Hobby horse is not included the price.







## METKU CENTER OF CULTURE FOR CHILDREN

Metkus goal is to diversify and develop cultural services for children and youths in South Karelia. Metku produces and coordinates cultural education in the area.

**Contact:** [lastenmetku@lappeenranta.fi](mailto:lastenmetku@lappeenranta.fi)  
+358 40 187 4331  
**More information:**  
[bit.ly/2VP7W9e](http://bit.ly/2VP7W9e)  
[www.lastenmetku.fi/en/contacts/](http://www.lastenmetku.fi/en/contacts/)

**Location:** City of Lappeenranta is administrative center of the network

**Duration:** 1–4 hours per workshop

**Availability:** Jan-May and Aug-Dec

**Suitability:** 6–16 years

**Group size:** 6–25 persons

**Language:** Finnish, English, Russian

**Price:** The price depends on the duration of the workshop. The price includes all labor costs. The average cost is approximately 50 euros per hour per workshop artist.

Cultural education path is arts –and culture education program for pre –and elementary school students. The end goal for this program is to ensure that all children have access to cultural education, arts and crafts in the municipality of Lappeenranta.

Visits to workshops and art or culture institutions will be organized to all groups participating in this program as a part of a regular day of school. These visits are planned in collaboration with the institutions, departments of primary education in arts, artists and teachers. The program provides a learning opportunity that is a memorable experience.



## IPV

Esports guided gaming session

**Contact:** +358 40 195 7693

### Esports guided gaming session

**Location:** Virastokatu 2 (for 2019). Location can be elsewhere, but then the transfer costs will be added to price

**Duration:** 3h per day. Possibility to book a longer “camp” style set

**Availability:** All year

**Suitability:** 12–90 years

**Group size:** 12–24 persons, smaller sizes are negotiable

**Language:** Finnish, English

**Price:** 600 € (Price is calculated for a group of 12)

Come and play the most popular current competitive Esport games under a professional guidance and professional equipment. The activity can be a part of a camp program, a single day trip or camp can be themed fully around Esports. On the Esports theme camp there will be additional activities that are associated in professional gaming. These activities can be tailored depending on the group. Sessions will be guided by the Trailblazers team counselors and members. Product and equipment list can be provided, if necessary.

## ATREENALIN - ECO ADVENTURE FINLAND OY

Adventure Park and safari

**Contact:** [info@atreenalin.fi](mailto:info@atreenalin.fi)

+358 40 035 4795

**More information:** [www.atreenalin.fi](http://www.atreenalin.fi)

**Location:** Rauha, Lappeenranta

**Language:** Finnish, English, Russian

### Adventure Park for mainly climbing in trees

**Duration:** Appr. 3 hours

**Availability:** Primarily May–Nov for climbing

**Suitability:** Minimum 130 cm, except for Kidsland

**Group size:** 5 – multiples of 40 (staged)

**Price:** Adults (16 +): 25 €/person, 5–10 persons: 22 €, 11–20 persons: 20 €/person, 21+ persons: 18 €/person, Junior: 19 €/person, 5–20: 17 €/person, 11–20: 16 €/person, 21+ persons: 14 €/person

The park's eco-friendly courses are all built in the shelter of the forest, some a bit lower and others at a downright dizzying height. Whether you are a beginner or a seasoned sports adventurer, you will enjoy a unique experience in natural surroundings at Areenalin Adventure Park.

The family's smallest adventurers (under 130 cm) have their own Kids Land, where children aged 2 or more can climb independently. The Discovery and Family courses are suitable for anyone over 130 cm tall. The Adventure course is a little more challenging, with a cable slide more than 200 metres long as the icing on the cake. The Sport course is the most difficult and requires both technique and some physical strength.

The Adventure Park can organize also other complimentary activities, such as archery.

### Non-stop dog sled safari, appr. 550 m

**Duration:** 10–15 min for 2

**Availability:** December – April, depending on the snow situation

**Suitability:** Over 5 years

**Group size:** 1–40 persons

**Price:** Adult: 25 €, Junior: 15 €

Dog sled ride with either Siberian Huskies or Alaskan Malamutes. On special arrangement longer, individual routes of several kilometers are available. Other winter activities are also generally available.





# Accommodation

Lappeenranta and Imatra region have many different levels of accommodation. You can stay on the shore of Lake Saimaa in the cottages or at the spa hotel. There are also some children's camp centers in the area.



## HOTEL RENTO

29 room eco-hotel situated in the heart of forest

**Contact:** [Info@hotellirento.fi](mailto:Info@hotellirento.fi)

+358 10 504 2490

**More information:** [www.hotellirento.fi](http://www.hotellirento.fi)

**Location:** Kohonkankaantie 98, 55420 Imatra

**Availability:** All year round, usually mid July-August is pre-booked for sport teams

**Suitability:** 10–18 years

**Group size:** 15–87 persons

**Language:** Finnish, English, Russian, German

**Price:** Upon request

Hotel Rento was built in 2013 from softwood timber showcasing a unique Scandinavian design. Surrounded by beautiful Finnish nature our wonderful eco-hotel offers a relaxing stay in 29 modern rooms. Hotel Rento provides all services you might need: restaurant and bar, authentic Finnish sauna with a separate fireplace lounge, meeting and conference facility, free parking and high speed WiFi.



## ORIGINAL SOKOS HOTEL

**LAPPEE** Hotel, restaurants

**Contact:** [sales.lappee@sok.fi](mailto:sales.lappee@sok.fi)

+358 10 762 1000

**More information:** [www.sokoshotels.fi](http://www.sokoshotels.fi)

**Location:** Lappeenranta

**Availability:** All year round

**Suitability:** To book a room, you must be at least 18 years. You who book the room for a minor are liable regardless of whether you stay with the minor in the room or not.

**Group size:** Min. 10 persons

**Language:** English, Finnish, German, Russia

**Price:** About 40 €/person. The prices of events and group reservations are always negotiated case by case.

Original Sokos Hotel Lappee is located in the centre of Lappeenranta within the shopping centre IsoKristiina. The hotel guests have a great variety of services at their disposal including interesting shops, attractive restaurants and cafés. A cinema and the Lappeenranta City Theatre are also under the same roof. Our highly enjoyable saunas and pool area offer a bit of luxury – this is also proven by our Authentic Finnish Sauna Experience certificate. The gym and guest saunas are available for hotel guests free of charge.





## HOLIDAY CLUB SAIMAA

School Camp

**Contact:** [hotelsales.saimaa@holidayclub.fi](mailto:hotelsales.saimaa@holidayclub.fi)

**Location:** Rauha, Lappeenranta

**Availability:** All year round

**Suitability:** No age limit

**Group size:** From 10 to unlimited number of persons

**Language:** English, Finnish

**Price:** From 45 €/person/night

Customized camp programs for groups of all ages around the year. Spend innovating time in beautiful and quiet sceneries by the biggest lake in Finland, Lake Saimaa. Program can include sports like bicycling, golf, beach volley, fishing, Angry Birds Activity Park, nature tours and trips, picking berries and mushrooms, camp fire, spa, waterpark, horse riding, language studies etc.

Price includes accommodation, buffet breakfast, access to spa and gym. Half and full board easily arranged in our 4 different restaurants.

*Holiday*  *Club*



## SALPALINJAN HOVI, VAISOR

Salpalinjan Hovi is the perfect accommodation for Educational travel groups for maximum 24 people.

**Contact:** [info@salpalinjanhovi.fi](mailto:info@salpalinjanhovi.fi)

+358 50 336 0986

**More information:** [www.salpalinjanhovi.com](http://www.salpalinjanhovi.com)

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**Location:** 9 km from the Lappeenranta city centre

**Availability:** All year round

**Suitability:** Older than 10 years

**Group size:** 4-24 persons

**Language:** English, Finnish

**Price:** Accommodation from 50 €/person/day + services and program

Accommodation in a former village school built from logs, is fully renovated and offers six apartments, which have been furnished according to different school subjects. We cooperate with a wide range of schools, universities and companies providing tailored programs for professionals in e.g. education, innovations, green technology and nature. We can organise school camps with a school visits and provide adventure and nature program services.



## LAPPEENRANTA SPA

Hotel- restaurant, meeting- and wellbeing products

**Contact:** [sales@lappeenrantaspa.fi](mailto:sales@lappeenrantaspa.fi)

+358 20 761 3761

**More information:** [www.lappeenrantaspa.fi/en\\_GB](http://www.lappeenrantaspa.fi/en_GB)

**Location:** Lappeenranta city

**Availability:** All year round

**Suitability:** Adults

**Group size:** 10-20 pax

**Language:** English, Finnish

**Price:** 89-101 €/person

Lappeenranta Spa is located in the city centre of Lappeenranta, in the harbour on the Southern shore of lake Saimaa. Nearby you can find shopping centres, sight-seeing and cultural experiences of wide range. In Lappeenranta Spa you can relax or workout, take a rest in the most beautiful hotel rooms of Lappeenranta, either in jugend-style Old Spa or modern Spa hotel. You can have meeting with a lake view, relax in the spa and have nice, delicious evening with the high-quality dishes and professional service of restaurant Bistro Lähde.

Meeting package/ one night, incl. accommodation, breakfast, lunch, coffee/ tea break service and rent of the meeting room. Free use of gym, spa and traditional Finnish saunas. Meeting room has free WiFi and data projector.

We offer two different options for accommodation: beautifully restored Jugend-style Old Spa, where we have 28 unique rooms, is a Finnish National Board of Antiquities heritage building. Old Spa has been built in 1912. Rooms have been restored in 2013 honoring the unique surroundings. Spa Illusia offers various treatments on the ground floor of the Old Spa. Other side of the Aionkatu-street we have the Spa hotel, with its 21 Scandinavian, modern-style rooms. In the Spa hotel building we have the reception, restaurant Bistro Lähde, saunas, pools and gym. Our conference and group work rooms can be rented for small events and gatherings. Catering and restaurant services by our restaurant Bistro Lähde. Conference room "Willimies" is located on the first floor of Spa hotel building and we also have top-floor meeting room with a nice view over the harbour.





## IMATRA SPA RESORT

Accommodation, Spa, Restaurants, Beauty Spa, Fitness,  
Bowling

**Contact:** [myynti@imatrankylpyla.fi](mailto:myynti@imatrankylpyla.fi)

**Contact person:** Kati Ikävalko

[kati.ikavalko@imatrankylpyla.fi](mailto:kati.ikavalko@imatrankylpyla.fi) +358 20 761 3761

**More information:** [www.imatrankylpyla.fi/en](http://www.imatrankylpyla.fi/en)

**Location:** Imatra

**Availability:** All year round

**Suitability:** All

**Group size:** 10–300 persons

**Language:** English, Finnish

**Price:** On request

Imatra Spa Resort is the Eastern Finland's most diverse holiday centre on the shores of Lake Saimaa. Here you find everything: accommodation, spa, restaurants, sport activities and beauty and wellness services. Imatra Spa Resort is located along good traffic connections in the scenic Ukonniemi area near the centre of Imatra. Imatra Spa Resort offers hotel rooms, suites, holiday apartments and Villas with a true nature holiday in the midst of beautiful Lake Saimaa with its abundant range of activities.

Spa Taikametsä is full of magical experiences. The spa has been designed around the Finnish natural world and Lake Saimaa with colourful lights, sounds, and other elements. The renewed pool area of Spa Taikametsä offers a new, 80-metre-long water slide along with a selection of 16 different swimming pools with water temperatures ranging from +8 to a luxurious +38 degrees.

Our cozy restaurants welcome you every day to enjoy delicious breakfast, lunch and dinner. During the summer time, an open-air terrace with an excellent view to the blue Lake Saimaa is available.

Imatra Spa Resort's central location by Ukonniemi leisure time centre offers lots of activities. For example athletics field, natural grass and artificial grass for football players, an illuminated jogging track (4,6 km), a first-snow skiing track, the local ice hall Imatra Spa Areena, indoor sport hall Aviasport Areena, indoor tennis court and disc golf track. There are also fantastic nature trails around our spa resort and inside you can find fitness training classes, bowling alley, sport hall and big gym.

We co-operate with **SaimaaCamps.com** offering you the best services. Please ask for an offer for accommodation and meals or tailor-made package with activities.



## THE CHURCH TRAINING COLLEGE, JAAKKIMA CAMPUS

Accommodation and dining services

**Contact:** [tarja.luukkonen@seurakuntaopisto.fi](mailto:tarja.luukkonen@seurakuntaopisto.fi)

+358 50 300 2099

**Contact person:** Tarja Luukkonen

**Location:** The Church Training College, Jaakkima campus is located by lake Saimaa in Ruokolahti, only 15 km away from the centre of Imatra

**Availability:** All year round

**Group size:** Accommodation 119, Dining services 250

**Language:** English, Finnish

**Prices:** Double Room 25 €/Person/Night, Single room 45 €/night, Apartment Rates Double Room 25€/Person/Night, Single room 45 €/night, Apartment rates 60–100 €/day. Prices include Linen (Bed Linen & Towels). Breakfast 9 €/person. Lunch and outdoor dining by agreement.



The Church Training College offers accommodation and dining services for different groups. Accommodation is available all year round: 50 double rooms and 4 apartments. The maximum number of guests is 119. The basic double rooms have beds, a desk, a toilet and a shower. The apartments have 4–6 beds, depending on the apartment, and each apartment has either a separate kitchen or kitchenette with its own facilities, a private toilet and a shower. Lunch and dinner meals from the buffet table in the dining room, or outdoor dining with barbecue facilities. Accommodations and meals only for pre-booking.

## WHO TO CONTACT

### DMC / Incoming –services:

**Go-Nordic**

[info@go-nordic.fi](mailto:info@go-nordic.fi)

**Salpalinjan hovi, Vaisor**

[info@salpalinjanhovi.fi](mailto:info@salpalinjanhovi.fi) or +358 50 336 0986

**Tuhannen tarinan talo**

[tuhannentarinantalo@tuhannentarinantalo.com](mailto:tuhannentarinantalo@tuhannentarinantalo.com)

or +358 50 530 3471

**Saimaa camps / Taigasaimaa**

[info@taigasaimaa.fi](mailto:info@taigasaimaa.fi) or +358 45 863 6024

### Enquiries in Chinese:

**Ms. Wei Cui, Manager of China Operations**

**Email:** [wei.cui@gosaimaa.com](mailto:wei.cui@gosaimaa.com)

**Phone:** +358 40 059 0698

### General tourist information about the area:

**Lappeenranta region**

[lappeenranta@gosaimaa.com](mailto:lappeenranta@gosaimaa.com) or +358 566 7788

**Imatra region**

[imatra@gosaimaa.com](mailto:imatra@gosaimaa.com) or +358 20 617 7777



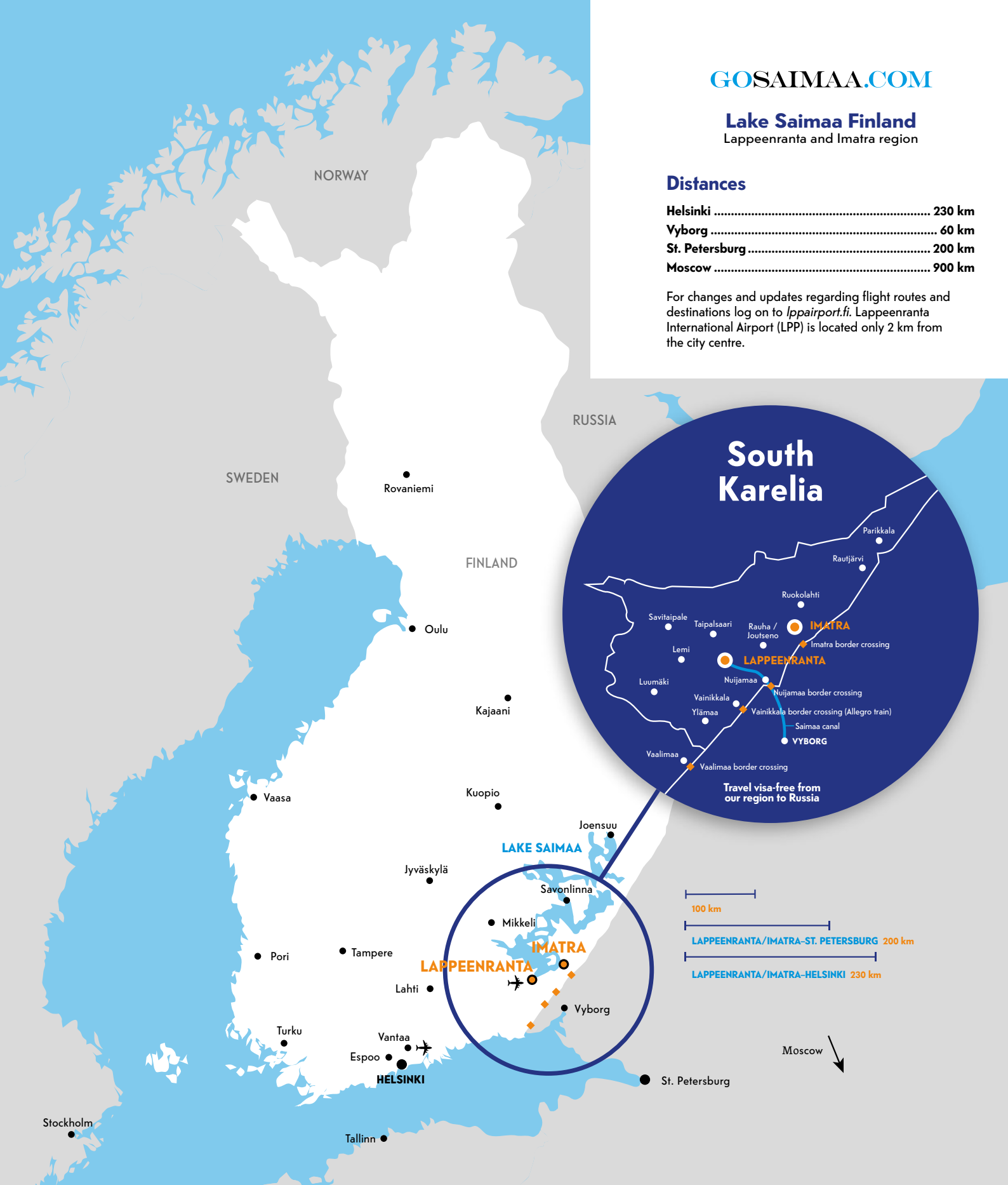
## Lake Saimaa Finland

Lappeenranta and Imatra region

### Distances

Helsinki .....	230 km
Vyborg .....	60 km
St. Petersburg .....	200 km
Moscow .....	900 km

For changes and updates regarding flight routes and destinations log on to [lppairport.fi](http://lppairport.fi). Lappeenranta International Airport (LPP) is located only 2 km from the city centre.



## TOURIST INFORMATION GIVES YOU THE BEST TIPS FOR YOUR HOLIDAY:

### LAPPEENRANTA REGION

Shopping Centre IsoKristiina,  
Brahenkatu 1  
Tel. +358 5 667 788  
[lappeenranta@gosaimaa.com](mailto:lappeenranta@gosaimaa.com)

### IMATRA REGION

Tel. +358 20 617 7777  
[imatra@gosaimaa.com](mailto:imatra@gosaimaa.com)



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TripAdvisor.



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