

GOSAIMAA.COM



Training, sport and children camps

LAKE SAIMAA FINLAND
IMATRA AND LAPPEENRANTA REGION



Leverage from
the EU
2014-2020





Ukonniemi and Rauha area

Ukonniemi area of Imatra and Rauha area of Lappeenranta, located next to each other, are the most beautiful and developing touristic areas. The area offers diverse holiday and sport services for leisure travelers and sportsmen. Two spa hotels, cottages and villas provide suitable accommodation for sport teams, leisure travelers as well as business groups.

Vast sport possibilities and up-to-date sports facilities in Rauha and Ukonniemi area guarantee successful training for both amateurs and professionals. In premises of covered Aviasport Arena you can play football, baseball, golf and many other summer sports throughout the winter. A tennis hall is also located in the Ukonniemi area. Imatra Spa Arena and Holiday Club Saimaa Arena host ice hockey matches up to national league (liiga), figure skating performances and serve as a practice place for anyone year-round. Within the premises of the spa hotels there are also bowling halls, well equipped gyms, badminton courts, ping-pong tables and much more. You can also enjoy relaxing massages and other wellness services in the spa hotels.

Astonishing landscapes of Saimaa Lake and diverse natural bicycling and running tracks along with skiing tracks attract outdoor sport enthusiasts and professionals around the world to the region. There are several sport events and international competitions organized annually in the area. Short distances between accommodation and sport facilities help professionals use their training time efficiently. Sports equipment such as skis, bicycles, skates and other equipment can be rented easily in the area.

There are several sandy beaches where you can relax and enjoy the clear and pure waters of Lake Saimaa. From the guest harbors, you can easily take a cruise or have a picnic at an island in the great outdoors. There are several program service companies providing guided tours and activities on ground, water and even in the air. They offer different water activities, such as floating in dry suits, SUP-boarding, waterskiing, parasailing, diving, fishing trips and other activities. In winter, you can also try skating on a cleared skating track on natural ice of Lake Saimaa.

Welcome to the most memorable training or children camp

We are located in South-Eastern Finland near the Russian border about 200 km from Helsinki, the capital of Finland. Our region provides versatile and high-quality facilities of international standards for training camps.

Proven track record of successful camps and excellent customer feedback

Easily reached -
Under 3h drive
from both Helsinki
and St.Petersburg

Top level
accommodation -
Two large spa hotels
and various other
accommodation
services close to sport
venues

Nature & Safety -
Clean air and fresh
waters of the beautiful
Lake Saimaa surrounds
the safe Ukonniemi and
Rauha area

High level
training
facilities

Ukonniemi and Rauha area sport facilities

- Modern dual rink ice hockey arena: Imatra Spa Arena
- Ice hockey arena inside a spa hotel: Holiday Club Saimaa Arena
- Aviasport - indoor multisport arena
- Athletics stadium
- Artificial turf football pitch
- Tennis arena
- Frisbee golf park
- Holiday Club Golf Saimaa 18-hole course + training center
- Ukonniemi Stadium for biathlon and Finnish baseball
- 3,3 km roller ski tracks
- 5 km first snow ski track (opened yearly from October)
- Vast network of trails and ski trails
- MTB pump track and vast network of trails
- Natural swimming beaches by Lake Saimaa
- Swimming pools and indoor sports arena at Imatran Kylpylä Spa



Training camp packages (examples)

The different training camps can be tailor-made including different supporting services, accommodation and catering as well as recreational or team building activities. Also coaching and training services can be offered to coaches as well as players.

- Supporting services
 - Transportation from/to airport
 - Interpreter
 - Laundry service
 - Ice hockey equipment services (skate sharpening etc.)
- Accommodation and catering
 - Various levels of accommodation options within walking distance from sport facilities
 - Fresh and tasty food suitable for athlete's diet
 - Catering in locker rooms is also available
- Recreational / team building activities
 - Possibility to arrange recreational activities such as: Lake Saimaa cruise, Finnish lakeside sauna experience with BBQ dinner, adventure park, sightseeing tour, nature trail, etc.









1. Ice Hockey

- International level coaching according to Finnish Ice Hockey Association's training program
 - Programmed and themed training schedule, tailored to suit your team
 - 1-2 ice practice / day and 1-2 off ice practice / day
 - Possibility to arrange games against local teams
 - Workshops and education elements for coaches



Ice hockey training camp – example day

Daily theme - Skating

Morning session:

9.00-9.30 Off ice warm up with balance & mobility theme

9.30-10.30 Ice practice

10.30 Off ice cooldown

12.00 Lunch

14.00 Coaches workshop / nutrition lecture for players

Afternoon session:

15.00-15.45 Off ice practice – plyometrics / jumps

15.45-17.00 Ice practice

17.00 Off ice cooldown

19.00 Lake Saimaa cruise and dinner



2. Ski/Biathlon training camps

Training facilities meeting international competition standards

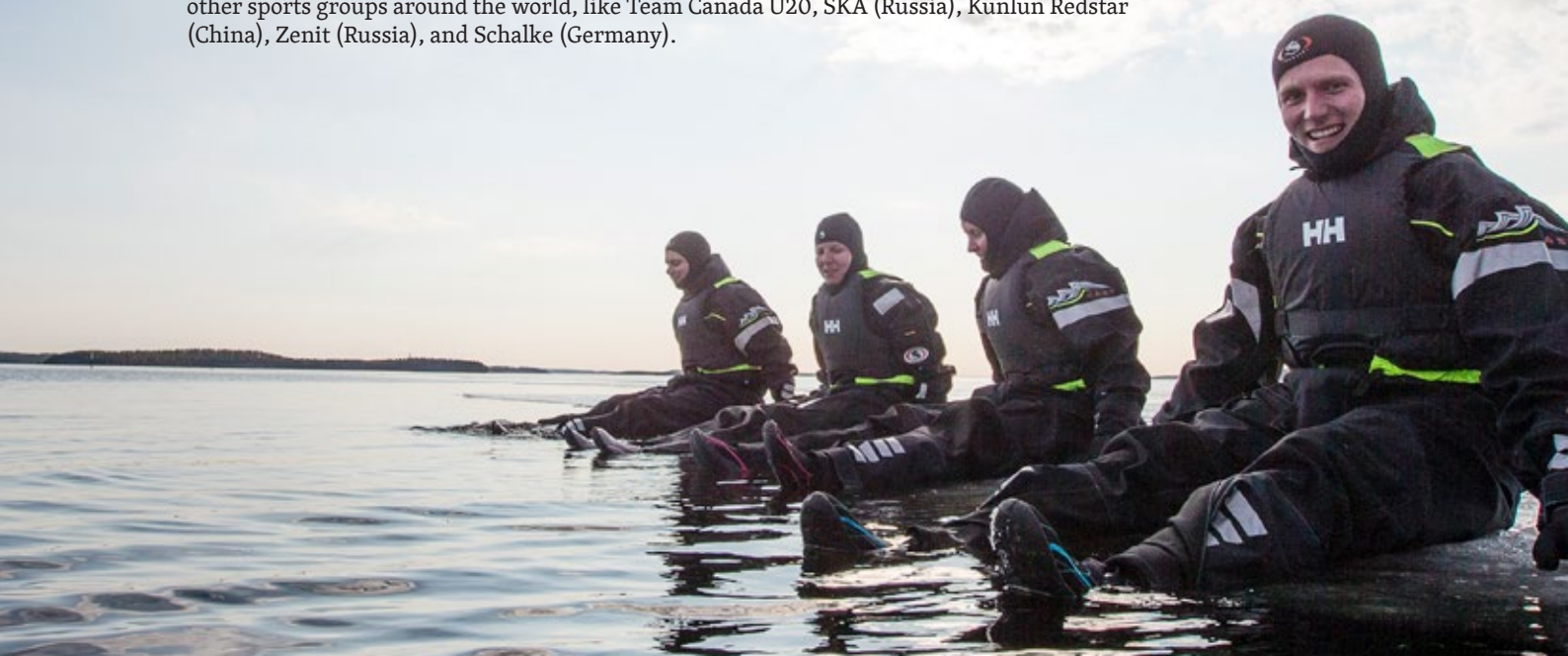
- During summer: 3,3 km roller ski tracks, build to meet the international competition standards
- From October to spring: minimum 5 km ski tracks, build to meet the international competition standards
 - Tracks have a unique automatic self-timing system (with 6 split points) giving real time data for coaches and athletes
- 30 lane biathlon stadium built in 2015
- Gym in Imatra Spa Arena





International guests from all over the world

Imatra and Lappeenranta hosted International Ice Hockey Federation's U18 World Championship 2014 and Imatra is a popular training camp destination for many ice hockey teams and other sports groups around the world, like Team Canada U20, SKA (Russia), Kunlun Redstar (China), Zenit (Russia), and Schalke (Germany).



3. School camps

Our region also offers a unique setting for school camps. For school camp groups we are a safe and experiential destination where you can easily experience many different elements of Finland at its best. Imatra and Lappeenranta region offer at the same time unique Finnish nature at the shores of the great Lake Saimaa and River Vuoksi, history and culture all around the city, and great opportunities to practice Finnish sports at Ukonniemi Sport Resort area and the Rauha region on the other side of the lakeshore.

Elements of our school camps (the program will be tailored to suit your group)

- **Full board accommodation at Imatran Kylpylä Spa**
 - o Beautiful location at the shores of the Lake Saimaa
 - o Magic Forest Spa and other recreational areas guarantee entertainment during your stay
- **Program elements**
 - o Unique Finnish nature
 - Lecture/workshop about Finnish nature
 - Hiking trail and nature quiz at Lammassaari Island
 - Lake Saimaa cruise
 - Fishing trip to Lake Saimaa
 - Finnish lakeside sauna with hot tub
 - Floating sauna at River Vuoksi
 - A floating trip in dry suits
 - Rib boat Safari to Lake Saimaa
 - Adventure parks
 - Home visit at a local home
 - o Culture and history
 - Guided Imatra sightseeing & history tour including visits to: Imatrankoski rapids and Valtionhotelli Jugend style castle hotel
 - Local school and library
 - Art/handcraft workshops
 - Guided sightseeing & history tour to Lappeenranta including visits to: Lappeenranta Fortress (the old town)
 - Lappeenranta harbor
 - The Sandcastle
 - Also possibility for visa free cruises to Russia during summer
 - o Finnish sports
 - Introduction to winter sports (skating, cross country skiing, biathlon, ice hockey)
 - Floorball
 - Finnish park games
 - Frisbee golf tour
 - Introduction to Finnish baseball
 - o School camps with or without families
 - Separate weekly programs for students and parents

School camp — example day

9.00-10.00 **Workshop - Finnish nature**
10.00-12.00 **Guided hiking to Lammassaari island with a nature trail quiz**
12.00-13.00 **Lunch break - Buffet lunch**
13.00-15.00 **Guided Imatra sightseeing & history tour**
15.30-17.00 **Introduction to Finnish baseball**
19.00 **Lake Saimaa Cruise and dinner**



Contact information for training camp bookings
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