



## **【 Finnish Wellness Forest Sports Experience and Finnish Education Learning and Culture Discovery Children Summer Camp – A Full-scale Finnish Learning Experience】**

Finland's education system and teaching methods have been longed for the world, and the teaching methods that have been updated with the times are reviewed every year to propose the learning methods that are most suitable for today's students. We arranged a 2.5 days trip to the Finnish school to study with local children. The inspiring learning method will definitely bring different learning experiences to the children. We have even arranged to the famous Gradia Vocational School. This is a rare arrangement that allows children to experience the learning content of different occupations under the guidance of elder friends and inspire children's interest in future career choices.

In addition to school courses, children are also taken to the Isojärvi National Park for hiking, boating in Himos lake, and other outdoor activities. We will also lead children to a Selachius Museum that profoundly influences Finnish culture and economy, and learn the story of the power of change. A wonderful and healthy summer camp with educational and cultural implications, don't miss it!



**Days of Camp Trip:** 7 days & 6 nights

**Number of Group:** Min. 10 people

**Age Group:** 6 – 10 yo. with adults, 11-13 with adults or 13 – 16 with adults/hosted

**Offer is valid for:** January to April **Suggested Preliminary Timetable:** Could customized by request

	Morning	Afternoon	Evening
Day 1	16:00 Arrival and Check in		
Day 2	9:00-12:00 Canoeing and Rowing – Listen to the Sound of River	13:30-17:30 Excursion in Isojärvi National Park	18:00-19:00 Dinner
Day 3	9:00-12:00 Climbing in the Forest @ Särkisaari	13:30-16:30 Archery, problem solving games, outdoor cooking	18:00-20:00 Polar Day Night Walking in the Town Jämsä + Dinner @Chinese Restaurant
Day 4	9:00-12:00 Visit Serlachius Museum	13:00-16:00 Visit Serlachius Museum	18:00-19:00 Dinner
Day 5	9:00 - 9:30 Introducing to the local school 9:30 - 9:45 School break 9:45 - 10:30 Lesson 10:30 – 11:00 School Lunch and break 11:00 - 11:45 Lesson 11:45-12:00 Break	12:00 - 12:45 Lesson 12:45 - 13:00 Break 13:00 - 13:45 Lesson 13:45 - 14:00 Break & end of school day  15:00 - 17:00 Visit Moose Manor Moose Park	18:00-19:00 Dinner
Day 6	9:00 - 9:30 Lesson 1 9:30 - 9:45 School break 9:45 - 10:30 Lesson 10:30 - 11:00 School Lunch and break 11:00 - 11:45 Lesson	11:45-12:00 Break 12:00 - 12:45 Lesson 12:45 - 13:00 Break 13:00 - 13:45 Lesson 13:45 - 14:00 Break & end of school day 15:00 - 17:00 Visit Nurmolandia	18:00-19:00 Dinner
Day 7	9:00 - 9:30 Lesson 1 9:30 - 9:45 School break 9:45 - 10:30 Lesson 10:30 - 11:00 School Lunch and break	11:30-15:30 Gradia vocational school	18:30-20:00 Final Dinner and End Ceremony
Day 8	12:00 Check-out		



## Camp Introduction

Himos has the most natural mountains and clear lakes, showing the cleanest natural environment and the incomparably fresh air, so we have confident to provide various summer forest activities, to bring children to have the natural experience away from the daily urban life. At the same time, they can also promote their physical and mental health.

This is a comprehensive Finnish learning and experience camp, we start to explore the nature of Finland. We have arranged activities on the lake - canoeing and boating, hiking in the "Isojärvi National Park", Climbing in the Forest @ Särkisaari, archery and outdoor cooking. All the interesting outdoor natural activities are in our program, how wonderful.

Afterwards, we will start at the cultural tour itinerary. We will go to Finnish famous museum with historical background - Selachius Museum. In addition to enjoying the famous art collections, there are hand-made art course, under the leadership of the museum staff, children will experience the fun of art work.

After summer outdoor activities, we will visit Finnish primary and secondary school. Children can take classes in school and receive instruction from Finnish teachers directly in the classroom. Course content is diverse, such as nature, physical education, art, cooking classes, etc.. At school days, we will have lunch with Finnish students at the canteen to experience the school life of Finnish students.

In vocational school, teachers will lead students to learn flower art, forest machinery, simulator operation, or hand-made wooden crafts, etc., so as to inspire children's interest and cognition in various professions in the future.

The fresh and delicious meals we offer are designed by the Himos' chefs, and the restaurant is stylish. The Nordic-style cottages we offer are extremely comfortable, bringing children to have the most comfortable environment to rest after an exciting day. We also arranged a delicious buffet in a Chinese restaurant in Jämsä.

This summer trip, not only lead children to reach the happy learning but also enhance their international vision. Give children's holiday has the most memorable memories. In addition, we have a professional team to arrange and ensure that all activities are carried out under safe conditions.

Himos welcomes your children.



## Daily Trip Planning

Day 1  
16:00  
18:00 – 19:00

Arrival and Check in  
Welcome meeting, dinner – Himos Restaurant



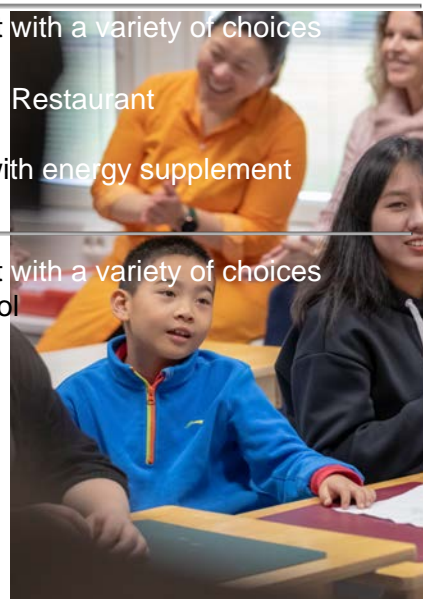
Day 2	8:00 – 9:00 9:00 – 11:30 12:00 – 13:30 13:30 – 17:30 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Canoeing and Rowing –Listen to the Sound of River Lunch - Himos restaurant with Scandinavia nutrition Excursion in Isojärvi National Park Dinner – Himos restaurant with energy supplement Rest in Nordic style cottage
-------	---	--

Day 3	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 16:30 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Climbing in the Forest @ Särkisaari Lunch – Outdoor cooking Archery, problem solving games Polar Day Night Walking in the Town Jämsä Dinner @Chinese Restaurant Rest in Nordic style cottage
-------	---	--

Day 4	8:00 – 9:00 9:00 – 12:00 12:00 – 13:00 13:00 – 16:00 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Visit Serlachius Museum Lunch - Serlachius Museum Restaurant Visit Serlachius Museum Dinner – Himos restaurant with energy supplement Rest in Nordic style cottage
-------	---	---

Day 5	7:45 – 8:30 9:00 – 9:30 9:30 – 9:45 9:45 – 10:30 10:30 – 11:00 11:00 – 11:45 11:45 – 12:00 12:00 – 12:45 12:45 – 13:00 13:00 – 13:45 13:45 – 14:00 15:00 – 17:00 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Introducing to the local school Break School Lesson School Lunch School Lesson Break School Lesson Break School Lesson Break and End of School Day Visit Moose Manor Moose Park Dinner – Himos restaurant with energy supplement Rest in Nordic style cottage
-------	---	--

Day 6	7:45 – 8:30 9:00 – 9:30 9:30 – 9:45 9:45 – 10:30 10:30 – 11:00 11:00 – 11:45 11:45 – 12:00 12:00 – 12:45 12:45 – 13:00 13:00 – 13:45 13:45 – 14:00 15:00 – 17:00 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices School Lesson Break School Lesson School Lunch School Lesson Break School Lesson Break School Lesson Break and End of School Day Visit Nurmolandia Dinner – Himos restaurant with energy supplement Rest in Nordic style cottage
-------	---	---



Day 7	7:45 – 8:30	Breakfast –Himos restaurant with a variety of choices
	9:00 – 9:30	School Lesson
	9:30 – 9:45	Break
	9:45 – 10:30	School Lesson
	10:30 – 11:00	School Lunch
	11:00 – 15:30	Gradia vocational school
	18:30 – 20:00	Final Dinner and End Ceremony
	20:00	Rest in Nordic style cottage
Day 8	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices
	12:00	Check-out

## Introduction to the Arranged Activities

### ◆ Visit Jämsä Secondary School

We will take the children to the lower and upper comprehensive schools in Jämsä. The school offers from Monday to Friday, 9 am to 2 pm, giving students from all over the world the opportunity to participate in Finnish school courses. Students aged 6-12 are grades 1-6, and students aged 13-16 are grades 7-9. The class is based on the Finnish teaching method, and the basic English is the main language to enhance the English oral ability of the children. The courses are diverse in content, including natural, art, crafts, health, Finnish culture and society, physical education, music and cooking classes. Teaching and lunch will take place with Finnish students. The opportunity to go directly to the Finnish school is not easy. In recent years, Jämsä City Hall has promoted the educational travel course, which enables students from all over the world to have more opportunities to understand the essence of Finnish education.

### ◆ Vocational Secondary School Gradia

Gratia Vocational School in Jämsä belongs to the Jyväskylä Educational Consortium Gradia. In addition to teaching and cultivating students, Gratia is also committed to sharing educational achievements and expertise to the world because of its vast and long-term education and training experience. Gradia is also the first in Finland to provide accredited Finnish vocational and professional qualifications abroad. We will bring the children to the Gradia Vocational School in Jämsä, the enthusiastic and professional teachers will lead children to experience the various courses. For example, forest machinery, simulator operation, hand-made wooden crafts, floral lessons, 3D printing courses, etc., to inspire children's interest and understanding of future careers. At noon, you can also choose to dine in the school cafeteria with elder students. This will be a rare memory for children.



**◆ Canoeing and Rowing – Listen to the Sound of River**

Finnish lakes are uniquely clean and azure, and the best way to experience the Finnish lakes and waters is to follow us on a canoeing or rowing trip. The weather in Finland in summer is not hot and is ideal for outdoor activities. Under the guidance of the coach and wearing a life jacket all the way, we will take children on a canoeing or rowing, marching in the tranquil waters, let them experience and listen to the sound of the lake.

**◆ Excursion in Isojärvi National Park**

Isojärvi National Park is located in the Central Region of Finland, environment is very beautiful and peaceful, with its great natural landscape, attracting thousands of travelers who love nature and hiking. It is hard to see now, in early age, in order to repay the post-war compensation, Isojärvi National Park was cut down in large numbers of trees, but they are now fully under protected. The representative animal in the park is American beaver. The Isojärvi National Park is a beautiful environment with two exclusive hiking trails. We will absorb the clean and fresh air of Finnish forests under the guidance of professional guides. Kids will also find that there are huge stones in the forest next to them, which are scattered among the forests. Why is this? In what season can you pick and taste the forest wild berries directly? Which Finnish wild mushroom can we eat? There are still a lot of forest stories, we are waiting to tell children.

**◆ Climbing in the Forest @ Särkisaari**

Särkisaari, only 7 km away from Himos, is a Lutheran parish in Jämsä. It covers an area of 17 hectares and is beautifully landscaped and close to the Päijänne lake. Särkisaari is visited by many primary and secondary students every summer to learn to camp and events. We will take you to Särkisaari, the coach will teach you the forest climbing, let you adventure the different experience from the general climbing. You need to use safety ropes and safety equipment throughout the journey. Under the guidance of a coach, climb the tall trees of Finland, or you can try the straight climbing wall. In the pure and natural forest of Finland, when you climb, you may see the woodpecker busy with his work of pecking holes in front of your eyes, or you can see the Päijänne pure lake with no end in sight. Accompanied by safety, bird singing, green space, and the pure lake, let's experience climbing activities away from the ground.

**◆ Polar Day Night Walking in the Town - Jämsä**

When the night is at 7 or 8 pm, the outside days are as bright as at 2 pm, and there is no difference between day and night. This strange time interlacing is very special. We will take you to the night trip to experience the unique style of the Nordic town of Jämsä on this nearly polar day night. Just a kilometre walking distance, you can get to know the town's activities. Jämsä is a quiet but very kind town. In the summer, there is an Ice cream stop next to the square that kids have been expected for the whole winter. The young couple are off work and walking with the stroller, to obtain the sunlight in the night. This leisure life is in the town. Come with us to experience the summer night of the Finns.





### ◆ Moose Manor Animal park – To See the Animals in a Fairy Tale

Does Santa Claus ride a reindeer or a moose? What is the difference between the two? What is the special about feeding and living? The Moose Manor Animal Park, just 10 km away from Himos, let you learn about the common animals in Finnish forests. There are animals such as reindeer, roe deer and moose in the manor. You cannot only see the animals what you read only in the storybook, but also feed and pet them, and even take a cute selfie with them! We will also enjoy traditional Finnish berry juice and traditional Finnish buns in the manor. The dream of realizing a fairy tale is as simple as that.

The Finnish decree has been amended and this Moose Manor Animal Park is the only place where you can get close to the reindeer, roe deer and moose, so this trip is very precious.

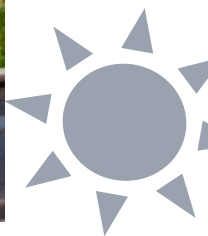


### ◆ Visit Numolandia Family Farm

Numolandia Farm, the farm owner is not only a member of the Green care Finland but also a nurse, dedicated to protecting the lives of nature and animals. There are nearly 70 different animals and horses on the farm, all Animals can move freely on the farm, and the farm owner will guide the children to understand and close to different animals and observe the characteristics and lifestyles of different animals. Children can feed or take care for small animals, such as rabbits, based on the child's bravery. Under the guidance, children can ride a small donkey or a pony depending on their height and acceptance. Just like the simple and dedicated Finnish, there is not much fancy equipment here, only focusing on the contact between animals, nature and human beings, which is very suitable for children to get to know natural animals in a comfortable environment.

### ◆ Final Dinner and End Ceremony

It is always hard to say goodbye! At the farewell dinner party, we will enjoy the delicious food prepared by Himos. You have been together for a week, at this moment, everyone can share the feeling of this trip, tell the story what you had in this week. So that the farewell is no longer in a hurry! So warm arrangement, let this trip draw a beautiful ending, and look forward to see you again!



### ◆ **Legendary Museum of Legend – The Power of Change and the Eternal Art Serlachius Museum**

Gustaf was born in 1830. Due to his father's early death, his family's economic support was lost, which made him had to drop out of high school. He had run different industries throughout his life, and the turning points of his businesses all were connected to the fire. Gustaf did not have a good reputation in the industry at the time. In order to quickly pursue success, he had always suffered a failure, making him to be irritable and difficult to communicate. He founded his papermaking kingdom in a remote town Mänttä. He succeeded in convincing the government to build a railway line connecting Mänttä to Helsinki. He built the community service school and church needed for Mänttä employees. He had created an epoch-making but continuing employee health care system that allows employees to work without worry. He believes that the future of Finland is education and culture. So he established a library and dedicated to promoting Finnish and Finnish culture. He was born with madness and love for art. In the 18th century, he traveled around the countries and collected various artworks to enrich his collection. He bought a large number of the most outstanding works of art in contemporary Finland to support the cultural development of the Finland. We will visit the paper mill headquarters where he worked and had now changed to a museum. The story of the museum begins with an irritable businessman who pursues the success of his career and also influences the development of a town. Mänttä is now known as the "Town of Culture". The paper industry continues to run in Mänttä and affects the lives of local people. The white smoke rising from the factory's chimney is just like a hundred years ago, but the entire scenario has completely different stories because of one's dreams.



### ◆ **Gösta's Pavilion**

Just as we often hear that the rich second generation did not have enough ability to inherit of family business, Gustaf also faced such a crisis. Eventually he handed his business to his brother's son, Gösta Serlachius. Gösta not only expanded the original business, just like Gustav, both of them were passionate and mission in art. In 1901 Gustaf passed away, at the age of 71. In 1933, Gösta established the Gösta Serlachius Fine Arts Foundation. Unfortunately, he passed away in 1942, Gösta 's son R. Erik Serlachius took over the chairmanship of the Fine Arts Foundation and completed the museum's planning. Gösta's Pavilion was completed in 2014. The pavilion's basic structure consists of more than 100 laminated-timber columns and beams, which support the building and give its distinctive appearance. The alternation of wood and glass surfaces imparts a rhythm to the building and connects it to the surrounding park. The modern and sensitive architecture of Gösta's Pavilion has been widely praised. Eventually Gösta and his son realized the dream of their three generations: establishing museums to support Gustaf's belief that Finland's future is education and culture. In today's trip, we will hear more about the story of legends and then we will visit the collections of the museum.



**◆ Lithography with Cola – To experience as an artist and Museum Restaurant**

Have you ever thought about forming their paintings with cola? We will introduce you to the lithography method, and finally print out their special works of art as a souvenir and experience part of the work of professional painters. At noon we will dine at the prestigious restaurant in Europe in museum. The famous chef Henry Tikkanen runs modern but airy restaurant of the Gösta's Pavilion. The menu is based on local and seasonal ingredient and combing Finnish nature. To taste stylish, delicate Finnish cuisine in the legendary museum, this trip will definitely make you unforgettable.

**Expense Description****◆ Fee included**

All arranged trip fees and tools, accommodation and meals (7 nights for accommodation, 7 times for breakfast, 6 times for lunch, 7 times for dinner), entrance tickets for the trips, necessary transportation costs for the round-trip from sites to Himos, cleaning service fee after check out and all the administrative arrangements, etc..

**◆ Fee does not include:**

1. Round-trip fly tickets, airport pick-up fee, transportation fee to the airport after leaving Himos, visa fees, insurance fees, all private expenses: such as internet, phone bills, laundry, warm clothing and other private expenses.
2. Airport pick-up and transportation to the airport after leaving Himos can be provided on request but need to pay and must be agreed upon before signing the contract.

**◆ How to pay**

1. Please contact the contact person first to confirm whether there are still have any vacancy and exact time schedules of the camp, as well as the items need to be adjusted and the final price.
2. After all the discussion and reach the agreement, we will provide relevant remittance information and sign the contract.

## Reminding

1. Please bring kid's comfortable clothes for outdoor activities.
2. If children have special physical health conditions or need to pay attention to food, especially children who are allergic to animals, please inform in advance.
3. The accommodation arrangement during the trip is to live in a Nordic style wooden cottage with the partners of the camp. If need a single room or other special requirements, need to agree before the trip, and the price will be adjusted according to the needs.
4. The first day can be checked in at 16:00 PM. and the last day before 12:00 PM. needs to leave the cottage.
5. Towel and bath towel are available in the cottage. Please bring your own bath gel, shampoo, toothbrush and toothpaste.
6. Dishwasher, coffee machine, electric stove, refrigerator, sauna etc. are available in the cottage. Please follow the instructions. Not all cottages have Wi-fi. If need, please let us know in advance and the price may be adjusted.
7. The camp date is for reference only. The specific time of the trip may be adjusted according to the situation. If there is any adjustment, it will be notified in advance.
8. The daily schedule may be adjusted optimally according to factors such as weather; the adjustment will not harm your interests and adjusts with the same level of planning.
9. To attend primary and secondary schools or vocational schools, need to participate in the curriculum in line with the school's teaching progress. Therefore, if have need for special courses, need to be inform for arrangements beforehand.
10. After the contract, any expenses incurred due to personal factors will be charged.

## Contact and Appointment Staff

**Katja Minkkinen** Tel. +358 20 711 9230

[katja.minkkinen@himosloimat.fi](mailto:katja.minkkinen@himosloimat.fi)

