



【Finnish Wellness Forest Sports Experience and Finnish Education Children Camp – A Colorful Week in Finland】

World has always been curious and longing for Finnish education, and children in Finland really learn in happiness. Such an educational system is very different from other countries. We offer you a Finnish education and tourism summer camp that integrates healthy sports experience and opens up an international perspective for Children. Himos will lead children to classes with local Finnish students, and experience the uniqueness of Finnish education to inspire children's learning interests. We will also go to famous vocational school to let children understand the content of future careers in advance and expand their horizons.

In addition to school courses, we also lead children to hike in the forest, learn about the changes in the formation of nature, and experience many activities such as canoeing and boating, wild paintball competitions, etc. The itinerary is very exciting and rich. Finnish sauna is warming up for Children to make children's rare vacations have the best memories.



Lakeland Finland



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 Excursion in Isojärvi National Park	15:30-17:30 Canoeing and Rowing –Listen to the Sound of River	18:00-20:00 Dinner
Day 3	9:00-12:00 Paintball in the Wild	13:30-16:30 Fishing in the Lake & Outdoor Cooking with Wilderness Guide	18:00-20:00 Dinner
Day 4	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	18:00-20:00 Dinner
Day 5	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	18:00-20:00 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	11:30-15:30 Gradia vocational school 16:30-18:30 Traditional Sauna Night	18:30-20:00 Final Dinner and End Ceremony
Day 7	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.

On the first day we will start to know the nature of Finland. We arranged outdoor activities in the "Isojärvi National Park". Guided by professional coach. Lead the children to understand the mystery of nature formation and the natural environment of Finland. After that, we will carry out various exciting and interesting activities in the forest, such as canoeing and boating, field paintball competition and other interesting activities.

Besides forests, in Finland, there are lakes and animals. We arranged summer fishing in the afternoon to let the children know about Finnish fish species, learn to fish, and experience the fun of cooking in the camp. We will also take children to see the Moose Manor now protected by law to learn about the forest animals in Finland.

In addition to children's summer 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. The traditional Finnish sauna will also be warmly waiting to relieve children tight muscles.

We also arranged a delicious buffet in a Chinese restaurant in Jämsä. One of the lunches, will be in a very characteristic old mill restaurant that is from an old mill factory in the early age.

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 – 13:30 13:30 – 15:00 15:30 – 17:30 18:00 – 20:00 20:00	Breakfast –Himos restaurant with a variety of choices Excursion in Isojärvi National Park Lunch – Jämsänkosken Vanha Mylly Restaurant Canoeing and Rowing –Listen to the Sound of River 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 Paintball in the Wild Lunch - Himos restaurant with Scandinavia nutrition Fishing in the Lake &Outdoor Cooking with Wilderness Guide Dinner – Himos restaurant with energy supplement Rest in Nordic style cottage	
Day 4	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 19:00	Breakfast –Himos restaurant with a variety of choices Introducing to the local school Break School Lesson School Lunch and Break 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 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 choice School Lesson Break School Lesson School Lunch and 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 6	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 and Break
	11:00 – 15:30	Gradia vocational school
	16:30 – 18:30	Traditional Sauna Night
	18:30 – 20:00	Final Dinner and End Ceremony
	20:00	Rest in Nordic style cottage

Day 7	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices
	12:00	Departure

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 course is 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.



Introduction to the Arranged Activities

◆ 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.



◆ 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.

◆ Fishing in the Lake – A Lazy Summer Afternoon

The Finnish summer life is often connected to the lake. Summer fishing is one of them. We will walk to the clean Himos Lake. The beautiful nature is surrounding, the breeze is blowing, the birds are singing, you are wait for the fish. There is no more relaxing time than this. If we catch any fish, we will prepare them directly from the lake by an open fire. We will also prepare the salmons, nail those on a wooden board, and barbecue along the campfire to let you experience the Finnish tradition way of enjoying the salmon.

◆ Cooking on open Fire with Wilderness Guide

Food always tastes better outdoors and when prepared by live fire! Finns like campfire barbecues very much, especially throughout the summer, whether it's grilled traditional sausages or BBQ, Finns enjoy it a lot. We will set up a campfire in Himos own camp to show you Finnish barbecue. The campfire is lit by wood, and the thick iron grill is served with a prepared salmon or chicken set to taste the delicious from the flames. The Finns' diet is inseparable from pancakes and coffee. When it comes to baking pancakes by flames, the unique taste is even more expected. Add a cup of coffee brew on a campfire, so that a leisurely Finnish summer afternoon can be felt here. After open fire barbecue, kids will enjoy the traditional Finnish sauna and let the Finnish sauna wash away the tiredness of your travels.

◆ Paintball in the Wild

We will go to Finland's largest paintball shooting site. The company has been working in the past 20 years. There are more than 10 paintball competition areas in front of it. It attaches great importance to safety protection and often holds cross-national competitions. It is a very professional company. Although the paint used in the paintball competition is easy to clean, it may be stained because of the different materials of the clothes and shoes. Therefore, it is recommended that bring the older clothes to



participate in the paintball competition. This is a very exciting activity to experience the rain of bullets. The action-minded one can act as pioneers, and the calm one can be acted as cover hands, winning the final victory by team cooperation and mutual trust and mutual assistance.

◆ Visit Numolandia 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.

◆ Finnish Smoke Sauna

When you come to Finland, you must not miss the experience of the world-famous Finnish smoke sauna. A sauna that is rich in history has been smoked into brown and black, which is built on the shores of Himos Lake. When temperature is right, you can experience the expansion and contraction of the blood vessels by the stimulation of the hot steam in the sauna. The waste is discharged by a large amount of perspiration. And during the sauna break, you can swim in the cold lake, through the cold and hot stimulation; strengthen your cardiovascular function to increase blood circulation. Light snacks will be available in the fireplace room



to replenish water and energy. When you experience the sauna, you need to keep swimsuit on all the time. We will provide bathrobes. In the Finnish way, men, women and children are all together at the same time in the sauna.

(It is not recommended for people who have cardiovascular disease or cold to have sauna.)

◆ Visit Moose Manor Animal Park

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 kids learn about the common animals in Finnish forests. There are animals such as reindeer, roe deer and moose in the manor. Children cannot only see the animals what kids read only in the storybook, but also feed and pet them, and even take a cute selfie with them! 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.

◆ Vanha Mylly Restaurant

The Vanha Mylly (old mill) restaurant is in the small town of Jämsänkoski next to Jämsä. Jämsänkoski had been famous for watermills since the 16th century, because -koski in its name means turbulent river water. The paper industry flourished in 1887. There were dozens of water mill factories in Jämsänkoski. Vanha Mylly restaurant was one of the early water mills, but it was closed in 1952. Time changed, after 1960, it was gradually transformed into kiosks and cafes. It was renovated again in 1969, and it has officially become a restaurant and is still in operation. In 1982, the restaurant building was included in the list of old buildings in industrial monuments. Vanha Mylly restaurant is not open all year round, and the opening hours are changed with the seasons. Due to the long history of the restaurant and the meals are very Finnish style, it is often reserved for groups around Finland to serve alone and have a meeting here. To feel the different restaurant is in the Vanha Mylly, and its history is telling its uniqueness. You are welcome to experience it with us.

◆ 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. Children 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! We will also issue a Himos experience certificate to the children, to keep permanent memories. So warm arrangement, let this trip draw a beautiful ending, and look forward to see you again!



Expense Description

◆ Fee included

All arranged trip fees and tools, accommodation and meals (6 nights for accommodation, 6 times for breakfast, 5 times for lunch, 6 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.



Lakeland Finland

Reminding

1. Please bring kid's swimming suit for sauna, and older clothing to participate in the paintball.
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

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