



FSKF Hämeenlinna Gasshuku 2009 (Training camp)

City of Hämeenlinna (Hämeenkaari Sport hall), May 16th and 17th 2009

Helsinki 2009-02-02

Gassho!

We are happy to inform you that the FSKF Hämeenlinnan Gasshuku 2009 will take a place in Finland, in the city of Hämeenlinna, on 16th and 17th May 2009.

Sensei Aosaka Hiroshi 8th Dan, General Secretary of the WSKO in Europe will be present at this event. Therefore the FSKF Hämeenlinna Gasshuku 2009 will be officially recognized by the WSKO, and it will be a WSKO recognized study session / training camp.

Program:

Starting on Saturday May 16th 2009 at 8.30 by registration per branch and finishing Sunday May 17th 2009 at 16.30.

Fees and registration:

Training fee is 50 EUR.

Following accommodation alternatives are available:

- Hotel Cumulus with the following prices:
 - 1 person/room: 90 EUR/night*
 - 2 persons/room: 60 EUR/person/night*
 - 3 persons/room: 40 EUR/person/night*
 - 4 persons/room: 30 EUR/person/night*
- Sleeping at training hall: 10 EUR/person/night (you will need your own mattress and sleeping bag)

Following lunch and dinner alternatives are available:

- Saturday lunch at Fazer Amica Kasamica; buffet 10 EUR/person
- Saturday dinner at restaurant "Huviretki" (in hotel Cumulus premises) 21 EUR/person. Three choices available: Fish, meat and vegetarian meal
- Sunday snack/ lunch will be served at practise place.; Subway filled baguette or salad: 7 EUR /person

Registration form and payment

The registration and payment for this event must be sent to Seppo Ruusukivi before April 9th 2009. No refund if cancellation later than one week before the event.

Address:

Seppo Ruusukivi

Teljäntie 9 B 21

00350 Helsinki, Finland

hameenlinna@shorinjikempo.fi



SHORINJIKEMPO
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+358 50 3840310

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info@shorinjikempo.fi



Bank account details:

Account holder: Hämeenlinna Shorinji Kempo ry.
IBAN code: FI18 4260 1320 0686 17
BIC code: HELSFIHH

Additional information:

Travelling from **Helsinki-Vantaa** Airport to Hämeenlinna (95 km)
Buss leaves in front on **International Terminal** you can search timetables from
<http://www.matkahuolto.info/lippu/en/expressbus/>

Travelling from **Turku Harbour** – Hämeenlinna (172 km)
<http://www.matkahuolto.info/lippu/en/expressbus/>

Travelling from **Tampere-Pirkkala** Airport to Hämeenlinna (82km)
<http://www.matkahuolto.info/lippu/en/expressbus/>

Hotel address

Hotel Cumulus Hämeenlinna
Raatihuoneenkatu 16-18
13100 Hämeenlinna, Finland
Tel. +358 3 64 881
Fax. +358 3 648 8229



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