

Nordic Summer Days at Finland, Kuopio



31st of July – 4th of
August
2024

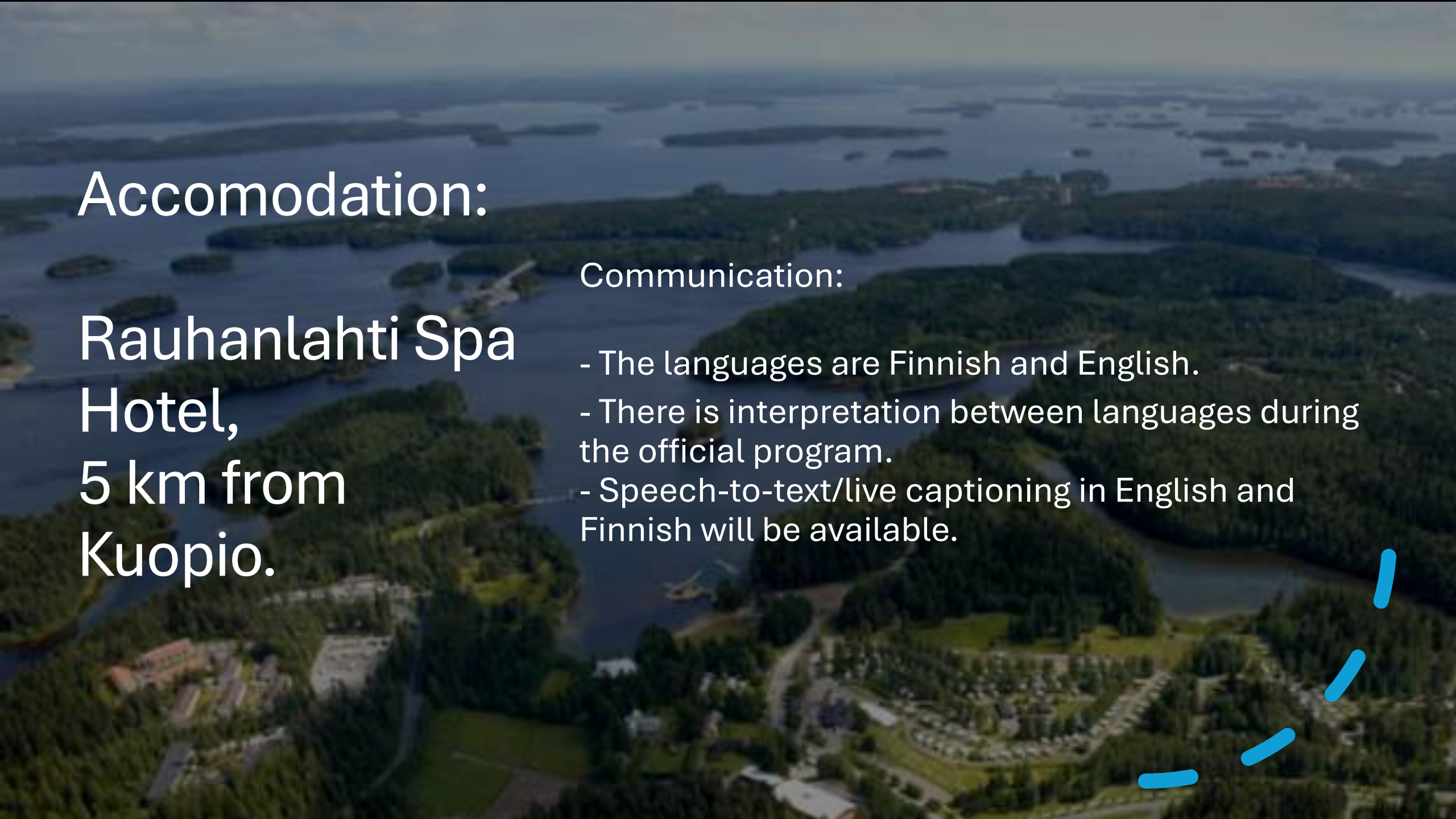


Finnish Hearing Association (Kuuloliitto) organises the Nordic Summer Days for CI users and deafened persons

KUOPIO

- Travel by buss or train from Helsinki to Kuopio takes 5-6 hours.
- By flight it is 1 hour
- Town of 125 000 inhabitants
- It situates at the area of thousands lakes
- Area consists of $\frac{1}{4}$ water and $\frac{2}{4}$ forests





Accommodation:

Rauhanlahti Spa
Hotel,
5 km from
Kuopio.

Communication:

- The languages are Finnish and English.
 - There is interpretation between languages during the official program.
 - Speech-to-text/live captioning in English and Finnish will be available.
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Program

- Lunch cruise on the lake Kallavesi





A full day excursion to Koli, National Park

- When you take in the marvelous view over Lake Pielinen from the top of Ukko-Koli hill, it's easy to see why this spot has attracted so many Finnish artists, photographers and nature-lovers over the centuries.
- There are approximately 80 km of marked routes for walking and hiking.
- Many of the old farms in Koli were abandoned in the 20th century. Nowadays the clearings of the farms are important natural habitats. The areas remain open and provide living space for flowers, butterflies and other insects. This helps to ensure the diversity of species and the diversity of landscapes.

Walking tour at Centre of Kuopio



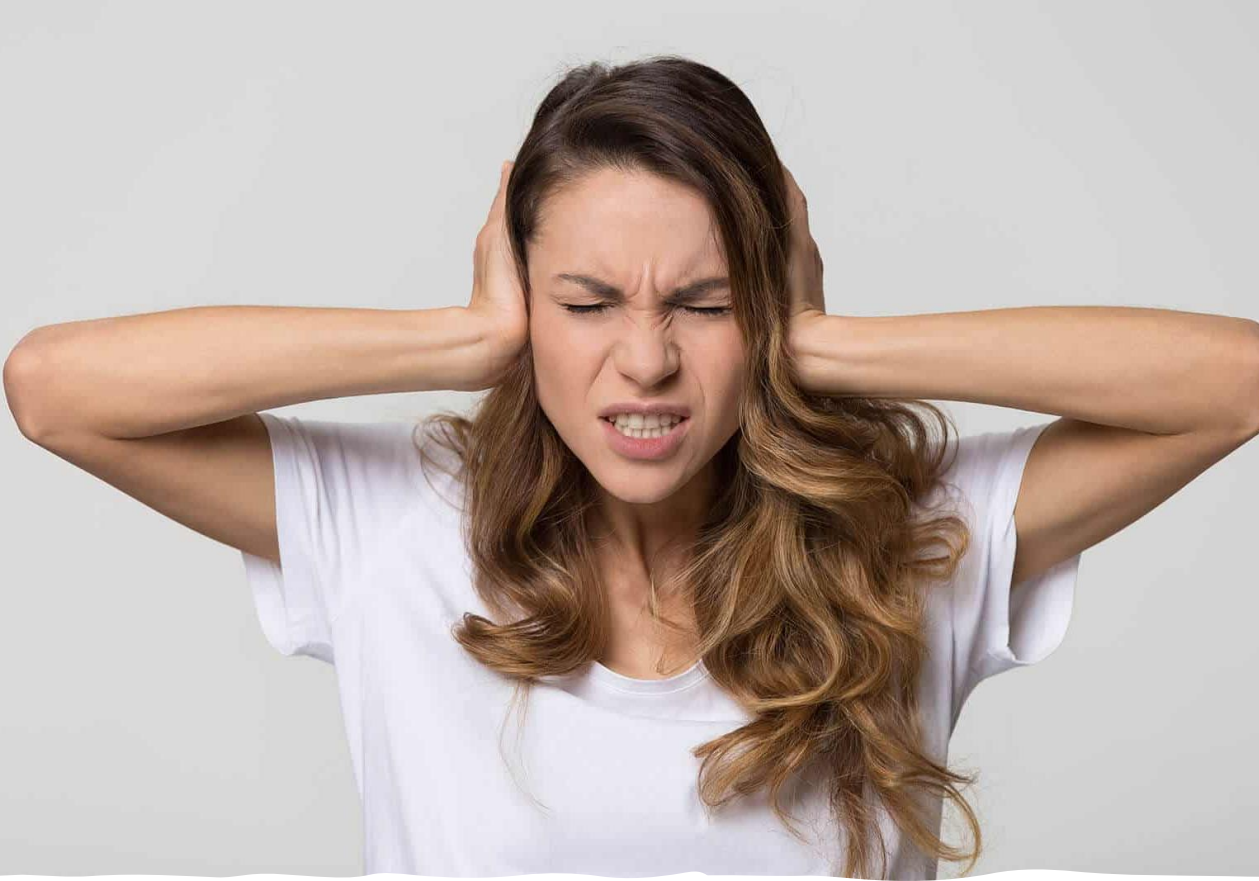


To get acquainted to the culture of eastern part of Finland – traditions of province Savo

- Come and take a Finnish smoke sauna!

Taste:

- homebaked bread with fish called “kalakukko”
- baked wall-based pancakes



Presentations:

- A presentation of updates on CI surgery
- Evidence-based specialised rehabilitation programme based on cognitive behavioural therapy (CBT) for management of disturbing tinnitus.



More questions and register
to Tarja Kaikkonen
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Kuopio Puijo Tower at winter and summer time

PRICES

Double room 350 euro /person

Single room 450 euro

Prices include accommodation and full board from dinner on Wednesday to breakfast on Sunday (excluding lunch on Saturday) and excursions.



Welcome - Tervetuloa!

The 31st of July 2024:

sunrise 04:35

sunset 22:09

