

 HYVÄRILÄ

GAMES ARE NOT JUST A GAME
HYVÄRILÄ YOUTH CENTRE
NURMES, FINLAND
27 November – 2 December 2023
travel days 26.11 & 3.12

Info pack
For participants



**Co-funded by
the European Union**

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If you still have questions after reading this very helpful info pack, please contact us:

Ekaterina Sysoeva, ekaterina.sysoeva@nurmes.fi

See you soon!

WHAT IS THIS TRAINING COURSE ABOUT?

Games are not just a game course is designed to **introduce game-based activities** and dive deeper in to the world of games in **educational purposes**.

Youth workers will gain **practical tools** and experiences on how these tools can be adapted to their working life.

Game-based tools and methods will help youth workers develop their own competences, skills and talents that are useful in their **professional mission**.

Within the training we will create an **intercultural exchange** opportunity to discuss topics such as mental health, personal development and the use of educational games

The training helps **discover Erasmus+** program as a tool of addressing important issues and opportunities in society.

HOW TO TRAVEL TO NURMES

Pro Tip: avoid upstairs seats in car #4 on Helsinki-Joensuu train, it is a children car with play area and it gets LOUD.

Decide if you want to opt for Green Travel, which is using environmentally friendly transport (bus, train, shared car ride). It will take longer time, but also travel reimbursement is a bit bigger.

You can fly through Helsinki Airport (HEL) or Lappeenranta airport (LPP). From there take a train to Nurmes. There are only two trains a day to Nurmes, check the timetables. You may have to arrive a day early and spend the night to catch the right train.

If you come to the Helsinki airport and go straight to Nurmes, buy tickets from **Helsinki airport** train station (located right underneath the airport). If you arrive to Helsinki earlier and spend some time in the centre, take tickets from **Helsinki Central Station** (located in the centre of the city).

If you come to **Lappeenranta airport**, check [this page](#) for transfer options.

Buy train tickets from **VR.FI** as soon as you buy plane tickets. They get more expensive by the hour.

Train ride from Helsinki takes 7 hours, from Lappeenranta 5 hours. Take snacks for the road. There is wi-fi and electric outlets on the train.

Arrival to Nurmes: November, 26th 20:06

Departure from Nurmes: December, 3rd 06:35

We will pick you up in Nurmes train station with a transfer bus if you arrive according to the timetable above. In other cases, book your taxi ride at your own expense from meneva.fi/fi

Make sure that your arrival time to Nurmes is 20:06 / departure time from Nurmes is 06:35

Just in case: find bus timetables at www.matkahuolto.fi/en

TRAVEL REIMBURSEMENTS AND MONEY

We will reimburse the travel costs to Nurmes train/bus station and back in your home country according to the maximum amounts set by the Erasmus travel distance limits. For reference you can use [Distance Calculator | Erasmus+ \(europa.eu\)](#)

Between:

0 and 99KM: 23€;

100 and 499 KM: 180€ (210€ “Green travel”);

500 and 1 999 KM: 275€ (320€ “Green travel”);

2 000 and 2 999 KM: 360€ (410€ “Green travel”);

3 000 and 3 999 KM: 530€ (610€ “Green travel”);

4 000 and 7 999: 820€ per participant.

Please keep the tickets, boarding passes and receipts for the reimbursement after the project. Submit your tickets and travel reimbursement form to ekaterina.sysoeva@nurmes.fi in a single email. Reimbursement is processed after the training, within 21 working days upon receipt of all the documents required.

Participants are encouraged to use the most economical means of transportation.

We organize free transfer from and to the Nurmes train/bus station if you arrive 26.11.23 at 20:06 and depart 3.12.23 at 06:35.

WHERE WE STAY AND WHAT WE EAT

Participants stay in youth hostel Rantatupa located in Hyvärilä Youth Centre. Accommodation is divided by gender in double rooms. Showers and toilets are shared, there will be a sauna evening with a hot tub outdoors. Wi-Fi in all areas of the youth centre for free. Meals are served at the restaurant of Hyvärilä youth centre (buffet style). Vegan and vegetarian options are always available. Inform us in advance about your diet and allergies.



WHAT IS HYVÄRILÄ?

Hyvärilä Youth Centre is operating within **network of 9 Finnish youth Centres** under the auspices of the Finnish Ministry of Education and Culture.



The Centre operates year-round in Hyvärilä camp base and in social youth work centre in Nurmes. Regular activities include school camps, international camps, outreach youth work, social youth work, Nurmes youth services and youth workshop activities. Annually Hyvärilä provides services for over 9000 young people and youth leaders.

Most of our programs include environmental education and activities in the nature. We share our knowledge with other youth workers, spreading the values of learning outdoors. We work with young people (age 13-30) and youth workers.

FREE TIME

Hyvärilä is located in a REMOTE RURAL area, so prepare to spend your free time outdoors hiking or doing sports rather than going to bars and coffee shops, movies and shopping. Connect with nature and explore the North Karelian way of living.

What you can do free of charge:

Saunas are available at least once a week in the main building of the youth centre.

Participants can book Pielis Areena sports hall for playing volleyball, football, badminton, basketball etc. from reception.

Bicycles can be booked from the reception, when available.

Freesbie golf, ball games, board games, hiking equipment can be borrowed from the reception, when available.

Other services:

Laundry time should be booked from the reception, 3 EUR.

Other equipment can be borrowed from the reception according to the price list.

Some places to visit in Nurmes:

- Bomba Talo
- Library (*art expositions and museum*)
- Old town (*keskusta*)
- Porokylä (*small commercial area*)
- Joukonpolku (*bird tower*)
- Ellunkallio and Kotilanvaara (*hiking path*)



SAFETY INFORMATION

- ❖ The Youth Centre area is substance free (no alcohol, drugs, mushrooms or other intoxicating substances for anyone, Adults or Minors) and for the minors the camp is a smoke free.
- ❖ We do not give the participants' privacy information to third parties.
- ❖ Participants are required to have their health insurance in order, also travel insurance.
- ❖ Quiet time from 22:00 till 07:00

GOOD TO KNOW

WHAT TO PACK?

Snacks to share with other participants when you tell about your country.

Warm and comfortable clothes for long hikes in the forest (check weather forecast!): hiking boots, sports pants, rain and wind-proof jacket. Jeans and sneakers are not good for hiking!

Swimsuit (we are going to sauna).

Pajamas (you are sharing a room with others).

Hygiene products and medications if you need it.

Head lamp because it gets dark early.

Bed linens and towels will be provided for you.

USEFUL WEBSITES

Our Facebook: <https://www.facebook.com/hyvarilanuorisokeskus>

Town of Nurmes: http://www.nurmes.fi/en/web/nurmes_en

The official guide of Finland <https://www.visitfinland.com>

Border crossing rules: <https://raja.fi/>

Our Instagram @hyvarilainternational and @volunteers_eastfinland

WHAT TO PACK TO SURVIVE WINTER IN FINLAND



Headlamp (it gets dark very early)

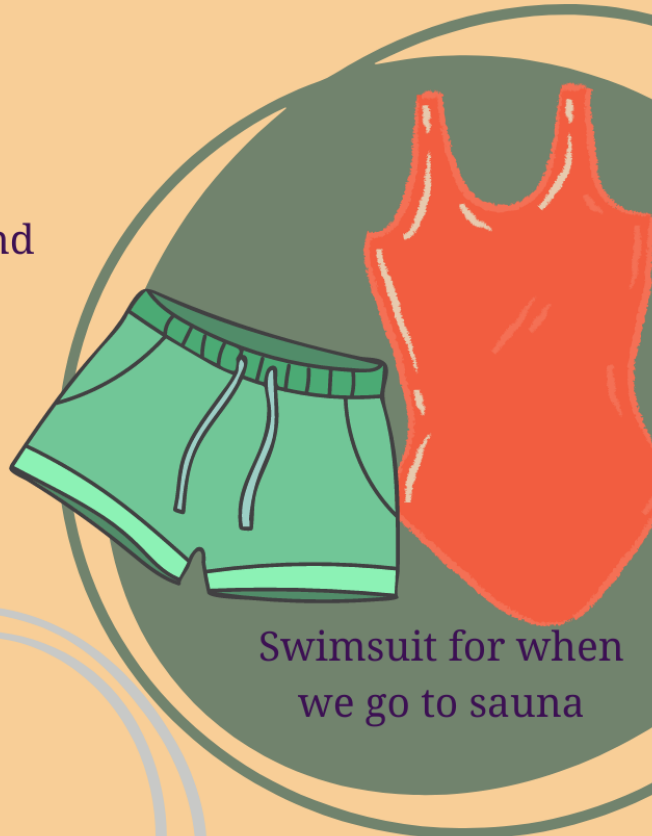
Hat, gloves and scarf



Check weather forecast always, weather can be unpredictable. Expect grey days with cold wind and below zero temperatures



Padded jacket and warm pants, underlayer



Swimsuit for when we go to sauna

Hiking boots or similar, and warm socks



If you do not have warm clothes, please contact us before buying them. We have some in Hyvärilä you can borrow

- 1 Kartanohotelli Reception
- 2 Piellis-Golf Caddie master, Pro Shop
- 3 Navetta/Talliravintola
- 4 Lomahuoneistot Holiday Apartments
- 5 Pehtoori Finnhostel
- 6 Rantatupa Youth hostel
- 7 Riihikota Fireplace for rent
- 8 Rantasauna Beach sauna
- 9 Leirintämökkit Cabins
- 10 PiellisAreena Sport arena
- 11 Huolto rakennus Service building
- 12 Kanoottivarasto Storage of canoes
- 13 Leikkikenttä Play ground
- 14 Golfkenttä Golf course
- 15 Harjoitusrange Range
- 16 Kartanokierros 2,6 km Exercising path
- 17 Uimaranta Beach
- 18 Monitoimikenttä Multi-function ground
- 19 Rantalentopallokentät Beach volley
- 20 Korikiipeilyteline
- 21 Miniramppi Skateboarding
- 22 Freestylevesihyppyri Freestyle jump
- 23 Frisbeegolf



An advertisement featuring a man in a black shirt adjusting his collar in a store. Behind him, a woman in a blue dress covers her mouth and another man looks unwell. Large, swirling orange and brown smoke-like shapes float above them. A blue box in the top right corner contains the text 'ALLERGY SKIN ASTHMA'.

ALLERGY
SKIN
ASTHMA

Too strong a scent?

Fragrances cause headache and nausea to many people.
Please, use fragrances moderately. One in three Finns is sensitive to scents.

www.allergia.fi