

## Welcome to camp!

Lasten Kesä – *The best weeks since 1952!*

You will find additional information about the camp in this camp letter.

The most important information can be found summarized on the first page of this letter.

### Camp letter summary:

- The camp is held at Hauhon Lomakeskus in Hämeenlinna.
- Mobile phones and other devices are collected and stored in the camp counselors' room, daily phone time is after dinner.
- Both prescribed and non-prescribed medicine of campers ought to be clearly marked as well as include instructions regarding the application and usage. Due to safety reasons qualified adults are responsible for the administration of medicine to campers.
- The camp begins at 15:00 and ends on the last day of the camp at 10:00. The bus leaves from Oulunkylä in Helsinki (**Oulunkylä railway station**) at 13:00 and arrives in Helsinki at 12:10. More details regarding the bus schedule can be found later on in this letter.
- Beds and bedclothes are found at the camp center, you only need to bring your own clothes, personal belongings and a towel.
- Be sure to nametag all clothing and belongings you take with you to the camp!
- Lost and found items can be found from e-omistaja-palvelut after the camp.
- The campers are insured for accidents during the camp. Be sure to pack the camper's own Kela card with them.



#### Hauho resort, camp counselors

Akkijärventie 221, 14770 Eteläinen  
(mark Hämeenlinna as destination town in GPS)

hauhon.lomakeskus@lastenkesa.fi (only during camps)  
045 6576 780

#### Lasten Kesä office

Pasilankatu 2, 00240 Helsinki

toimisto(at)lastenkesa.fi  
050 400 1992 (weekdays  
9:00–15:00)

## Communication During the Camp

Mobile phones of the campers are collected at the beginning of the camp and stored in the camp counselor's room. This is done to avoid any breakage of expensive devices as well as to ensure that each camper has the opportunity to participate in diverse camp activities without the distractions of devices. During the camp there is a daily 30 min phone time after dinner between around 16:30 to 17:30. In the case that the camper does not call home, worry not. Usually this is a sign that everything is fine and your child is just enjoying camp life to the fullest!

With urgent matters the camp leaders can be reached around the clock at 045 657 6780. If you simply want to know how your child is doing or want to send them your regards, we request you try to contact our camp leaders during their on-call times of 10:00 to 11:00 and 17:00 to 18:00. You can also contact us via email, conventional letters, Facebook and Instagram. Contact information can be found at the beginning of the letter.

We are active on Facebook and Instagram and post pictures and videos during the camp, so follow us there! Only campers whose guardians have in the camp application given us the permission to photograph their children will be posted on our social media platforms.

There are no visitor's days during the camp and thus any such visit during the camp must be agreed upon with camp leaders ahead of time.

We recommend you do not pack valuable devices such as tablet computers or speakers. Bear in mind as well that the camp grounds does not have an open WiFi network.

## Allergies, Health care and Hygiene during the Camp

Be sure to inform us about the camper's possible **dietary restrictions, allergies, medication and other necessary information** in the camp application or directly to our camp leaders or office before the camp starts. When we have comprehensive knowledge regarding the campers' allergies, medication and medical conditions we can ensure a better and safer camp experience for them. Lasten Kesä does not give out information to third parties and during the camps the camp counselors are only informed of what is considered to be necessary for them to know.

Meals are provided by an experienced hostess with the support of other kitchen employees. Dietary restrictions and allergies are taken into account when planning meals. When necessary the hostess may get in contact with a camper's guardians for additional information concerning a camper's diet.

The camper's Kela card is needed during the camp in sudden cases of illness. The Kela card should be given to a camp counselor before coming onboard the bus or to a camp counselor at the camp grounds. At the end of the camp, the Kela cards are packed in the luggage of the camper.

# Summer camps at Lasten Kesä 2024

Taking care of campers' hygiene is important and we do our best to do so, but the camp surroundings and housing arrangements cause different viruses to spread easily. Be sure to not arrive at the camp sick or if there are contagious illnesses in your immediate family/friends. In the case of illnesses occurring before the camp starts we will refund you the camp to its entirety when shown a doctor's note.

The camp offers the possibility of swimming (when there is no blue-green alga) and sauna. We have separate dressing rooms at the sauna, and in addition to the mixed saunas where everyone wears their swimsuit in the showers and sauna, we also provide separate turns at the sauna for washing and personal hygiene. When necessary washing can also be done at the showers at the housing complex. Camp counselors help campers with overall hygiene and with daily tasks ranging from making sure everyone is dressed up weather appropriately to making sure everyone brushes their teeth. If you've forgotten to pack something with you, the campgrounds can provide e.g. backup toothbrushes and clothes. If a camper's clothes get dirty, we have the facilities to wash them during the camp. The housing complex also has a drying room to dry campers' towels or in case the campers' clothes get wet.

## Medication

If a child has prescription medication or medication to be taken when necessary:

The medication ought to be packed in the original container and prescribed medication need to have the prescription tag.

- You ought to give instructions regarding when and how much medicine is to be administered.
- If needed, we will contact parents/ caregivers to specify the instructions. Medication can be handed to a camp counselor by the bus, or remind the counselor by the bus that a child has medication with them.
- Medication will be collected in the beginning of the camp and will be kept safe in a locked cabinet. Camp counselors will take care of distributing medication, hygiene and sensitivity regarding taking medication.
- Camper(s) will not be in charge of their own medication, adults will handle situations regarding medication. Campers can and should however talk about their well-being and needs in cases of headache, asthma, etc.

Children may not be capable of taking care of their medication, or remember to tell about them. It is important that the camp staff has enough information about a child's medication. Counselors, who will be distributing medication have concluded a separate training regarding medication. All distributed medication will be logged accordingly. Medication that needs to be kept cool will be kept in a fridge in counselors' room.

# Summer camps at Lasten Kesä 2024

Most common off-the-counter medications, e.g. Panadol, Heinix (allergy medication), Ampikyy (first aid for snake bite or other reaction caused by bug bite) as well as other first aid, and wound care equipment can be found at Hauho resort. Let the camp staff know, if your child can not receive off-the-counter medications. Please also remember to inform the staff about possible medicinal substance allergies.

## Hauhon Lomakeskus

The Hauho resort (Hauhon lomakeskus) is located in Eteläinen village in Hämeenlinna, by the Akkijärvi lake surrounded by nature. There is approximately 30 kilometers from the center of Hämeenlinna to the resort. Campers will sleep in rooms of four, usually according to their age, boys and girls will sleep in separate rooms. There are four houses of accommodation (red, green, blue, yellow), each of which is equipped with toilets and showers. Lakeside sauna will also be available daily. Indoor activities can be arranged in Huvari and in a sports hall Säläri. Outdoor activities will take place daily. Pictures and additional information about the resort can be found on the Lasten Kesä website.

## Camp equipment

Each camper will have their own bed, bedclothes, duvet and pillow. Candy, sweets and other snacks will not be needed during the camp. For the bus rides it is allowed to have some snacks, which will be stored in a camp counselors' locked cabinet.

It is not desirable to take with you belongings that are not necessary during the camp. If intoxicants are found among camper's belongings, parents/ caregivers will be contacted, and potential discontinuation of camp will be considered regarding the said camper. Prohibited substances consider e.g. cigarettes, including vape and e-cigarettes, alcohol and narcotic substances.

## What to pack

- Pyjamas and sleep toy
- Spare underwear
- Clothes for heat and hot weather
- Long-sleeved shirts/ hoodie
- Longlegged pants
- Clothes for the camp disco
- Towel and a swimming suit
- Soap and shampoo
- Toothbrush and toothpaste
- Hairbrush and other personal belongings regarding hygiene
- Rain clothes and rubber boots Coat, outdoor pants, beanie, gloves
- Trainers/ appropriate sandals for outdoor activities, cap or a sun hat

**Note: Medication in their packaging and Kela card will be handed to camp counselors among arrival to the bus or the resort.**

**Please nametag all belongings and clothes!** This makes lost and found items more likely to be handed back to the right campers. It is advised to pack all belongings to one or two larger backpacks/ bags, smaller bags tend to get lost more easily.



## Program during camp

Program during camp will form according to campers wishes. Mealtimes structure the days: time slots between breakfast, lunch, snacktime, dinner and supper are filled with hearty activities both indoors and outdoors.

There are loads of different games, toys, instruments and costumes available at the resort. Climbing, sauna, crêpe making, arts and crafts, football, sausage grilling, baking and camp disco among others are popular activities among campers. Varying activities will be arranged among accommodation groups, as well as with all the campers together. There is also time for leisure and relaxation.

## Camp staff

Camp leaders and counselors are working with the children during camp. Camp counselors are students and professionals of physical exercise, care and education. All staff are adults and have experience in working with children. Among the staff there is expertise in music, theater, physical exercise as well as arts and crafts.

In addition to the camp leaders and counselors there is kitchen staff with hostess and a real estate manager working at the resort. Employees of the Lasten Kesä office may visit the resort occasionally as well.



## Social media during and after camp

Ground rules of appropriate behavior on social media apply to both staff and campers. Upon agreeing on communal rules the camp counselors remind campers of the rules of social media. Campers are responsible for pictures taken and posted on social media during camp. It is forbidden to post pictures of other campers or the staff on social media without their consent.

It can be fun to stay in touch with friends made during camp afterwards. Campers can give their own phone number to others, if they wish so. Lasten Kesä does not provide information about campers to others.

## Transportation

Camp transportation is subject to a charge and can be found in the bill if parents/ caregivers have opted for the transportation when signing up for the camp. Please contact the Lasten Kesä office if the given information regarding transportation changes at any point. Parent or caregiver of the child must be there to pick up the child after camp. If your child can leave independently upon arrival, please inform the Lasten Kesä office or the resort beforehand.

Camp will start on the first day at 15:00. The ones arriving with their own transportation, we kindly ask you to schedule your arrival as close to the start time as possible, 14:30 at earliest. The camp ends on the last day at 10:00. It is expected that campers take part in the camp program until 10:00AM. Schedule of the joint transportation, stops along the way and prices can be found in the following table:

### Helsinki - Hauho resort - Helsinki

Stopping point	Departure	Arrival	Price two-way
<b>Helsinki, Oulunkylä railway station, Oulunkylän tori 2</b>	13.00	12.10	30€
Vantaa, Keimola gas station	13.20 <small>Neste K East (towards Tampere)</small>	11.50 <small>Neste Express West (towards Helsinki)</small>	26€
Hyvinkää, Teboil Sveitsinhovi, bus parking stop Makikumolantie 1	14.00	11.10	24€
Riihimäki, bus stops at highway	14.10 <small>(Eastern side towards Tampere)</small>	11.00 <small>(Western side towards Helsinki)</small>	21€
Hämeenlinna bus station, Wetterhoffinkatu 2	14.40	10.30	20€
Hauho resort, Akkijärventie 221, Hämeenlinna	15.10	10.00	-

# Summer camps at Lasten Kesä 2024

## Tampere - Hauho resort - Tampere - CAMPS 4 & 9 ONLY

Stopping point	Departure	Arrival	Price two-way
<b>Tampere bus station, Hatanpään Valtatie 5-7</b>	12.45	12.00	28€
Kangasala bus station, Myllystenpohjantie 1	13.15	11.30	24€
Valkeakoski bus station, Apiankatu 4	13.55	10.50	22€
Pälkäne, Harhala school, Valkeakoskentie 5	14.15	10.30	20€
Hauho bus station, Hauhontie 13	14.30	10.15	18€
Hauho resort, Akkijärventie 221	14.45	10.00	-

**See you at camp!**



**Best  
regards,**

**Lasten Kesä staff**

**Follow us on  
social media**



**@lastenkesa**

**Yhteystiedot**

**[hauhon.lomakeskus\(at\)lastenkesa.fi](mailto:hauhon.lomakeskus(at)lastenkesa.fi)**  
(only during camps)

**045 657 6780**  
(camp counselors)

**Akkijärventie 221,  
14770 Eteläinen**



## Our cancellation policy

The due date to any camp invoice is set to three weeks before the starting day of the camp. We send the invoices well before the start of the camp attached with a camp letter. All possible transportation fees are added to the camp fee in the invoice. It is possible to move the due date of the invoice if it is essential due to the family's financial situation. The camp fee can also be paid in installments, but to do so the guardian of the camper needs to contact our office. If the camp application is submitted to Lasten Kesä less than three weeks before the start of the camp, the invoice needs to be paid before the camp starts if any other agreements haven't been made.

Unpaid invoices result in two reminders to either the guardian's email or as a postage to the provided address. After the two reminders we transfer the still unpaid invoices to a third party collection agency. The child can attend the next camp, when the latest camp's fees have been fully paid.

If the cancellation happens in less than 7 days before the camp starts we will charge the full camp fee, unless the camper has a medical certificate for the illness/injury causing the cancellation. If the camp has to be discontinued and the camper is sent home due to an illness, we will not return the camp fee, but it is possible to apply for a refund from your own insurance company.

If the camp is discontinued due to an issue with the child's behaviour, we are not obligated to return the camp fee. In these cases the guardian is responsible for transporting the camper back home. In the case that the whole camp needs to be discontinued for all participants, we will refund the camp fees in full or in accordance to the camp days and the agreed installments.



## Our quality manual

### The Hauho Resort

- The campsite is designed for versatile activities for children and it can be used year-round.
- The centre is located in the peaceful lakeside nature of Akkijärvi.
- There is a cafeteria building and versatile spaces for both outdoor and indoor activities located in the area.
- A sauna and a pier are located by the lake.
- We can accommodate up to 80 children in four different houses.
- There are five rooms of four and a room for a counsellor in each of the houses.

### Versatile skills

- The campsite is a natural environment to learn and practice social skills.
- All campers are treated as equals.
- We take different beliefs and special needs into account.
- The campers will be encouraged to be independent and to take responsibility according to their age.
- The rules are made together in order to create a sense of safety and to prevent bullying.
- Bullying is not acceptable and conflicts will be resolved with an adult.
- Possible difficulties in school won't prevent a successful camp experience.
- The camp activities will be done in age groups or with the entire camp.

### Professional employees

- Our professional and motivated counsellors guarantee quality camp activities.
- The camp leaders and counsellors are adults and employed by us.
- The counsellors are mostly students in education and social studies, or work in the field.
- The counsellors have experience of working with children.
- We train all our employees.
- Our professional and experienced hostess and her team is in charge of food and cleaning.
- The same counsellors work with the children for the whole duration of the camp.
- All the employees are bound to secrecy.

## Our quality manual

### Taking care

- A regular day rhythm is the base of the entire camp.
- The campers will eat five meals per day. Special dietary requirements are taken into account appropriately.
- During the activities, the campers will exercise on a daily basis, each according to their abilities.
- You can always get in contact with the camp.
- Basic hygiene and the correct clothing / gear will be taken care of.
- The campers are guaranteed to get sufficient and uninterrupted sleep.
- In cases of illness, we will always contact the guardians and if necessary, health care.

### Safety

- The activities are always supervised and guided.
- We follow safety regulations and pre-established operating models.
- The campers' medicines will be taken care of.
- The campers are insured in case of accidents.
- All the information we have of the campers is confidential.
- The campers follow our social media rules.

### Quality time

- The camp offers the campers a refreshing change from everyday life.
- The camp has a daily phone time, during other times phones are not available.
- The camp has a variety of both guided and independent activities indoors and outdoors.
- The camp program is constructed according to the wishes from the campers.
- Campers can also plan activities for each other.
- Even the youth have the right to be children.
- The camp also gives a break to the adults staying at home.