

Dear Camper,

Welcome to the sports day camp!

Read this camp invitation and the weekly program carefully to get a good picture of the camp activities.

The weekly program acts as a frame for the camp activities. It tells you what will happen on the camp days and what gear you will possibly need to take with you. For example, you can bring your own stick when playing floorball (remember to mark your name on the stick). The frame is the same on a weekly basis, but the weekly program is not set; the purpose of the frame is to inform about the camp activities. The contents will develop weekly; for example, the outdoor sports vary from one week to another. The children can also make their own suggestions for the program. The camp counselors will supplement the contents of the program at the beginning of the camp week and inform homes about what additional gear could be needed during the week. The weather dictates the camp's outdoor activities; nevertheless, a small rain will not scare us away: we will do just fine when dressed appropriately.

The camps begin on Monday at 8:30 at the unit for which you have been chosen!

The day camp's operating hours are from 8:30 to 15:30. Sports Services' physical education instructors and summer workers act as camp counselors. The camp day always begins and ends on the camp's own premises or in their immediate surroundings. If you leave the camp earlier, we hope that your guardians will account for the activities and their nature, stated in the program. The campers will not spend the entire day in the same place, which means that arriving and exiting at hours different from those in the program may make it difficult to carry out the planned program. The camp counselors must always be notified of deviant arrivals and departures in advance.

You will eat your own take-away lunch at the day camp. Therefore, you such have an abundant breakfast before coming to the camp. The campers will eat their own take-away lunches on the day camp's premises during the lunch break. Your lunch should consist of such products that do not need to be kept in a fridge. No candy, soft drinks or chips. We cannot promise a fridge or a microwave oven to heat up the lunches. Account for the extent of physical exercise during the day: your lunch such be energy-rich, containing, for example, rye bread, fruits, vegetables, nuts, snack bars. You may also need to bring a change of clothes with you.

Please read THL's (The National Institute for Health and Welfare) instructions to prevent coronavirus infections.

- * If you have any symptoms, you may not participate in the camp.
- * You must observe the general recommendations for good hand hygiene and cough etiquette.
- * You may not bring your own toys to the camp.

The fee for the camp week is €32.00 / child/ week, charged after the camp week. If you cannot participate in the camp, please immediately inform us about it by calling the phone number below or by sending us email, so that we can admit another participant to the camp.

If, during the camp week, you have any questions or other considerations related to the day camp, contact the sports coordinator or sports services coordinator. We will answer all questions about the day camp and relay feedback and messages to the camp counselors in question.

Each camp has its own phone number; call the number to inform about absences or if a camper will arrive later / leave earlier.

Guardians should answer the inquiry below and return it to the camp counselor at the beginning of the day camp.
If you cannot print the inquiry, make a corresponding one yourself.

print letter and cut

Child's name / children's names _____

Camp weeks in which the child participates (circle) 23 24 25 26
31

Child's arrival and departure from the day camp (check the options)

accompanied fetched comes alone may
leave alone

What the camp counselor should know about the child/children (allergies, chronic diseases, need for special support, etc.):

Guardian's signature and print name _____

IN A NUTSHELL

- camp hours 8:30-15:30
- camp begins and ends on its own camp premises
- children should have an abundant breakfast before coming to the camp
- bring your own abundant take-away lunch that does not require a fridge or microwave oven. A food thermos is a good option, if you want your child to bring a warm lunch. For example,



(photo: www.tervekoululainen.fi)



(photo: <https://sigg-shop.fi/>)

- bring weather-appropriate outdoor clothes and a change of clothes
- fee €32/child/week, to be charged after the camp week
- print the inquiry on the bottom of the page and bring it with you on the first camp day
- if you have any questions, contact

Best regards,

Ville Vahtola
sports coordinator
ville.vahtola@vantaa.fi
tel. 040 511 6274

Sanna Partio
sports services coordinator
sanna.partio@vantaa.fi
tel. 050 303 1305

Summer camp phone numbers

Hakunila Swimming Hall: 043 827 2478

Myyrmäki Swimming Hall: 043 827 2519

Tikkurila Swimming Hall: 043 824 9810

Seutulan koulu: 043 827 2477

Simonkallion koulu: 043 827 2476

Kartanonkosken koulu: 043 827 2522

Kuusikon koulu: 043 827 2480

Mårtensdals skola 043827 2479

Päiväkummun koulu: 043 827 2481

Rajakylän koulu: 043 827 2520

Uomarinteen koulu: 040 670 5437

Veromäen koulu: 043827 2523

Viertolan koulu: 043827 2521

Vierumäen koulu: 043827 2517