



Email sent 18.10.2022

Dear receiver,
first of all, please forward this email to all your LEN Clinic participants.

Vantaan Pyörre and Finnish Swimming Federation are so happy to host the Clinic in Vantaa, 28.-30.10.2022.

We would like to give you some information about the upcoming Clinic.

Participants

We have almost **150** participants from **30** countries! What a mix of cultures and synchro friends! That being said, please keep in mind all the COVID-19 restrictions and respect the safe distance. It is also totally acceptable to wear a mask, but we in Finland do not expect that.

Accreditations

All participants can pick up their accreditations from the INFO desk (right outside the conference room) earliest on Friday 28.10.2022 at **11:00 EET**. With the accreditation you are entitled to participate in the clinic, enjoy the conference servings and the lunch. All accommodating participants can also join the dinner on Friday and Saturday, you can find the red mark "Scandic Dinner" on your accreditation card.

You have to wear the accreditation at all times during 28.-30.10.2022.

Scandic Helsinki AviaCongress

Our conference hotel is familiar from the Clinics in 2017 and 2019. It is a friendly hotel with a short distance from [Shopping Center Jumbo](#) :) We have reserved a huge conference room, where you are able to keep some distance with other participants, if you want. For all accommodating participants, the dinner on Friday will be at the hotel, but on Saturday it will be elsewhere. We have arranged the bus transportation, so you don't have to worry about that. The first bus will leave on Saturday at **18:45 EET** and the second at **19:30 EET** (please bring your swimming suit with you, we are having a great dinner on Saturday evening, and it is partly outside). If you do not wish to join us for this nice experiment, you can of course e.g. stay at the hotel, **but** in that case the dinner is at your own expense.

Arrival flights

If not yet done, please send us your flight information, so that we are able to meet you at the airport. The hotel is very near the airport, and there is a [shuttle bus](#) to the hotel. The platform is **42** and your hotel is Scandic Helsinki Aviacongress. Bus will stop at a couple of hotels so please pay attention. If we have a private car for you, you will see a person holding a sign with your name on it in the arrival hall.



The Event Website

We are updating our [website](#) quite frequently, so please keep yourself up to date. There will be photos taken during the event and they will be published also in our site, but with no names. In case you do not want to be seen in any picture, please let us know at the INFO desk outside the conference room.

Weather in Finland

It is typical autumn in Finland now, almost all the leaves of the trees have fallen :(. There is a link to the Foreca weather forecast on the website, so please take warm clothes with you.

Departure flights

As all the fun comes to an end at some point :(, the transportation from the hotel to the airport for everyone is with the shuttle bus.

See the shuttle [timetable](#). It is recommended to be on time at the airport, at least 2 hours before the departure.

Contacts

We have the INFO desk just outside the conference room. Please feel free to contact us in any issues:

The Hostess

Maiju Ojala, +358 40 084 0816, maijuojala@yahoo.com

Technical contact

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Warmly welcome to Finland!

Best Regards,

Anne Tuuli
Vantaan Pyörre ry