

Dear Sports Friends,

Olympic and Paralympic Training Center Pajulahti and Finnish Paralympic Committee are very pleased to invite you to the 12th Pajulahti Games that will take place in Nastola, Finland, from the 19th of January to the 22th of January 2023.

Dates	19th – 22nd of January 2023 18-19 th arrival day 20 th -22 nd competition days 22 nd departure (flight times after 5 pm.) 23 rd departure
Sports	Goalball – men and women, international tournament Judo & Taekwondo– men and women, national and international competition, special needs judo & Taekwondo / athletes with intellectual disability Sitting volleyball – women, international tournament Showdown – men and women, international tournament Athletics – men and women, open national indoor championships Powerlifting – men and women, open national para powerlifting championships Boccia – mixed international competition
Training camp	On 17 th to 20 th of January, 2023 we will offer you the possibility to train before the competition. On the training camp there will be playing venues available free of charge in every sport.
Competition venue	Pajulahti Paralympic Training Center, City of Lahti (www.pajulahti.com)
Accommodation	Pajulahti Paralympic Training Center, City of Lahti. All accommodation is in two or three person rooms, situated nearby, only 2–7 minutes walking from the competition venues.
Covid-19	Please check all the requirements to entering to Finland www.raja.fi/en/covid19-info Please note that each country is responsible for possible costs of Covid-19 requirements (tests, quaranteens etc). If teams have any questions regarding this matter the LOC will be happy to help.
Entry fees	120 euros/person/night. Single room 30 euros/person/night addition to the entry fee (max 1 single room/team). Extra nights possible for the same daily rate (before/after). Team entry 300 euros in the following sports: goalball, sitting volleyball Entry fee includes: - transportation from and to the airport Helsinki-Vantaa (1,5 hours from/to Pajulahti) - accommodation with full board (starting on arrival day dinner and ending on departure day lunch) - competition fees in sports: indoor athletics, judo, powerlifting and showdown - training camp opportunity
	LOC will send invoices regarding the entry fees as follows:

after the first entry (30% of the total amount) and 5th of January 2023 (70%).

WELCOME TO FINLAND!

Kind regards,

Local Organizing Committee (LOC)

Event Manager, Ms. Laura Kittelä

email: laura.kittela@pajulahti.com,

tel. +358 44 775 5212

and Finnish Paralympic Committee

Mr. Timo Pelkonen

email: timo.pelkonen@vammaisurheilu.fi,

tel. +358 50 596 5015

Web site: www.pajulahtigames.fi (We are building new website and it will be launched in September 2022)

NOTE! The entry form will be released on August 2022

Deadline of the first entry is 31.10.2022

Deadline of the second entry (entry by name) and flight details 19.12.2022