

**table tennis**

**PARA  
FINLAND  
OPEN**



**Pajulahti**

## **Pajulahti and Finland are calling you again**

The third Para Finland Open will be played familiarly and safely at the Pajulahti Sports Institute. After the national and international feedback we have received, we dare to estimate that, at least in terms of accessibility, it is almost in the best conditions in the world.

Even last year we got a bit of the corona pandemic, or at least its aftermath. However, the competition itself went great, as did our first trial in 2019. Is that the reason that Para Finland Open 2023 filled up at a record pace and we even had to limit the number of participants. It was a surprise, at least for us, because the predictions were different.

One explanation for the competition's popularity, in addition to the circumstances, can be the fact that our own para players are doing a good job in the world. Aino Tapola and Timo Natunen are successful in their respective classes at or near the top, and young Aaro Mäkelä is making strong progress in class M6. Aino's runner up position in World Championships W1 class was a fierce demonstration of determined effort.

We gather about 300 people in Pajulahti in autumn. They are players, coaches, assistants, judges, classifiers and the people running the competition. The amount is large and places considerable demands on the personnel responsible for the arrangements as well. However, I dare to trust that we will be able to organize this event better and better every time.

The Finnish para players have practiced a lot in Pajulahti, which is one of the best partners of Finnish Table Tennis Association. It's no wonder that Pajulahti is also known as the National Paralympic Training Center. We warmly thank both Pajulahti and the Ministry of Education and Culture, which is the financial guarantor of the competition.

Dear lovers of para table tennis, you are very welcome to Para Finland Open 2023 and Pajulahti.

Esko Heikkinen  
president  
Finnish Table Tennis Association



# CONTACT INFORMATION

## LOC PRESIDENT

Esko Heikkinen

## LOC TOURNAMENT DIRECTOR

Sonja Grefberg p. +358 40 556 6179

## EVENT MANAGER

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## ACCOMMODATION AND MEALS

Sari Eloranta

## TRANSPORTATION MANAGER

Antti Mäkinen p. +358 40 364 7143

## PAJULAHTI 24H SERVICE

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## ITTF COMPETITION MANAGER

Maria Tsipou (GRE)

## REFEREE TEAM

Asko Rasinen (FIN), Rauno Poru (EST), Andrea Abascia (ITA)

## CLASSIFIERS

Aleksander Wieteska (POL) Dr. James Lam (HKG)

## FIELD MANAGER

Taneli Keinonen

## COMPETITION PHYSICIAN

Mia Rinta-Jaskari, Contacts through competition management.

Please notice:

These numbers will be available from September 25th - October 3rd 2023, daily between 07:00 - 23:00. Outside these hours these numbers will be available for emergency only. Pajulahti 24h service number is available all time.





## MEAL SERVICE

All meals are served in the dining room.

Breakfast	7.00–9.30
Lunch	11.00–15.00
Dinner on Monday - Wednesday	16.30–19.00
on Thursday	16.30–21.00
on Friday	19.00–22.30
on Saturday	19.00–21.30
on Sunday (closing ceremony)	19.00–00.00

### **Cafe/Bar:**

Monday - Thursday	9.00–23.00
Friday - Sunday	9.00–24.00

In Finland we have the world's best drinking water! Bring your own water bottle with you and fill it with fresh tap water.

We kindly ask that each person only takes one meal during each of the meal times, to ensure there is enough food for everyone taking part in the tournament. Remember to keep your accreditation card with you.



# TRANSPORTATION

Transportation to and from the airport will be organised by buses. A member of the organising committee is waiting for your team at the airport. Please look for volunteers who will be holding a sign showing the logo for the competition. If no volunteer is present, please go to our meeting point, which is in front of the restaurant area in the arrival hall. The volunteers will guide you to right buses.

In Pajulahti you don't need any transportation. Venues and all other facilities are in the same area.

Transportation schedule to the airport after the tournament will be published during the tournament. You will find it in the sportity app and competition office.

NOTE! The LOC will provide the transportation only for team members.

# SPORTITY

Before and during the event we will share all information in Sportity app. Please follow the instruction below and download the app.



*Sportity*

For direct event information please download  
the Sportity app and insert this password:

**parafo23**

[www.sportity.com](http://www.sportity.com)

Sportity app is available in



# TOURNAMENT ABC

## A

### **Arrival**

LOC will provide transportation services to teams from the airport to Pajulahti Olympic and Paralympic Training Center.

### **ATM**

The closest ATM is 4km from Pajulahti. The currency is Euro. In Pajulahti you can pay all services by cash, debit or credit card.

## B

### **Bikes**

You can rent a bike from Pajulahti reception.

## D

### **Distance**

For your convenience all accommodation, main services and sport venues are located within walking distance. Longest distance between the accommodation and Pajulahti main building is approx 500meters.

## E

### **Electricity**

In Finland we use normal European 220 volt plugs (Type F - Schuko plug)

## F

### **Food**

Generous breakfast, lunch and dinner buffets are served daily in our spacious scenery restaurant.

## H

### **Hei**

Hei, Moi, Terve, Hyvää Päivää are all Finnish words for Hi & hello. Finnish is one of the most difficult languages in the world. In Finland we pronounce the words just like we write it. First learn these and then we will teach you more.

I

### **Insurance**

Each team must ensure that all the team members of their delegations are appropriately insured, including coverage for travel, liability and accidents.

L

### **Laundry service**

Washer and dryer available at the accommodation building no 3. Free of charge. No washing powder will be provided.

M

### **Medical support**

The LOC will provide a team of medical personnel that will be present at the venues during the competition days. In case of severe injury the emergency ambulance service will accompany you to the nearest hospital, not more than 10min away.

S

### **Sauna & swimming**

Be sure to pack your swimsuit with you as Pajulahti is located by the lake. So go to the sauna and dip into the water like we all do in Finland.

Our lakeside saunas are open for everyone on Friday 29th September at 19:00-22:00 and Saturday 30th September at 18:00-22:00

### **Social media**

We love social media. So please post pictures and feelings from Finland open. #parafinlandopen

W

### **Water**

In Finland we have the world's best drinking water! Please bring your own bottle and refill it with a fresh, clean tap water

### **Wi-Fi**

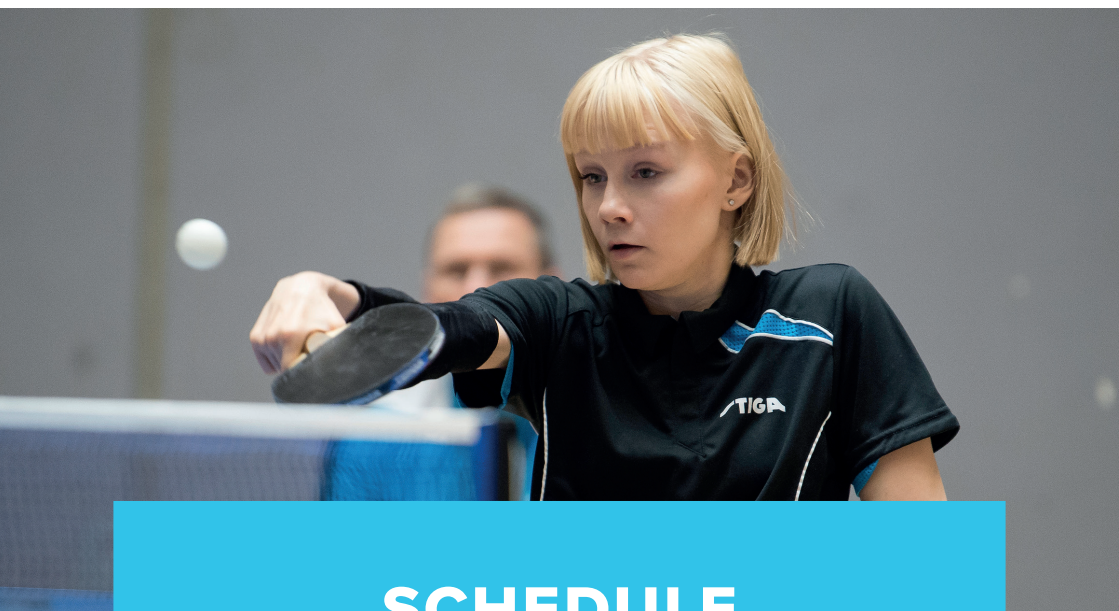
We love Wi-Fi just like you. And the good news is, it's for free!  
Wi-Fi Pajulahti, password: Pajulahti!

Y

### **You**

No one is more important to us than YOU. If there is anything we can do to help you please just ask.





# SCHEDULE

**Arrivals:** Tuesday 26th- Thursday 28th September

**Classification:** Wednesday 27th - Thursday 28th September

**Draw and Technical meeting:** Thursday 28th September at 19:00

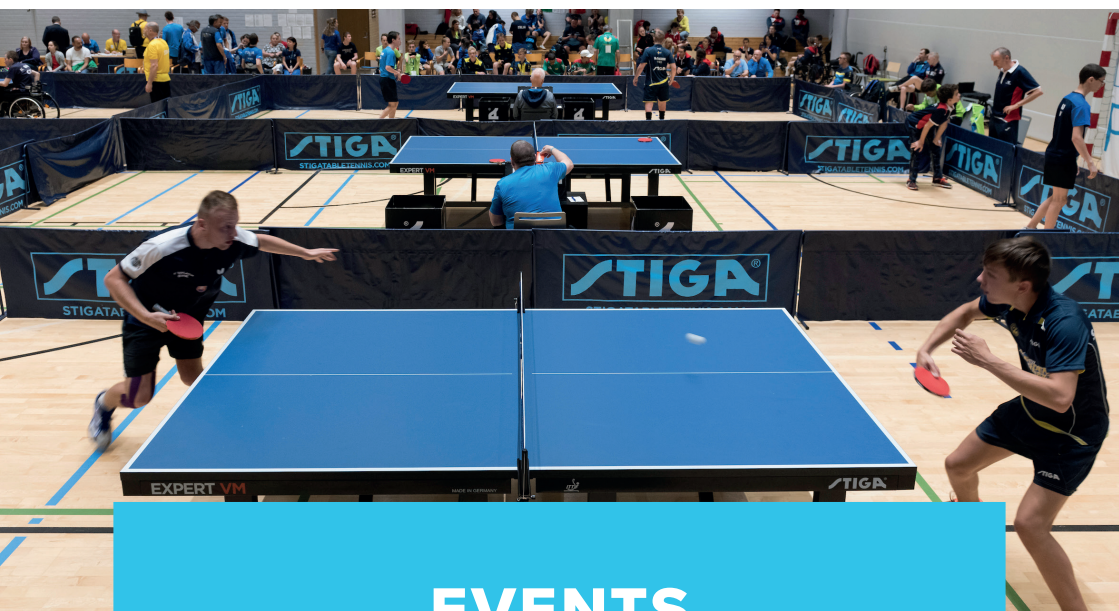
**Singles :** Friday 29th - Saturday 30th September

**Doubles and Mixed doubles:** Saturday 30th September - Sunday - 1st October

**Medal ceremony:** Singles event on Saturday 30th of September, Doubles on Sunday 1st of October right after the last matches in the evening.

**Farewell dinner:** on Sunday 1st of October at 19:00 at Restaurant

**Departure:** Monday 2nd October



# EVENTS

## THE FOLLOWING EVENTS WILL BE PLAYED:

- Men's singles (classes 1 to 11)
- Women's singles (classes 1 to 11)
- Men's doubles (classes MD4, MD8, MD14, MD18, MD22)
- Women's doubles (classes WD5, WD10, WD14, WD20, WD22)
- Mixed doubles (classes XD4, XD7, XD10, XD14, XD17, XD20, XD22)

Note 1: Depending on the entries, the Competition Manager reserve the rights cancel classes and combine classes as may be necessary.

Note 2: The medal ceremonies for singles event will take place after the final matches on Saturday 30 September and for doubles and mixed doubles after final matches on 1 October. Medal ceremonies will take place in the sports hall.



# FIVE FACTS OF FINLAND

## **1. We have less people than London!**

Finland is Europe's fifth largest country, but our population is still only 5.5 million.

## **2. The land of thousands of lakes and forests.**

Finland is known for its nature and wilderness. We have 168 000 lakes and 78% of Finland's area is forest.

## **3. Finns drink the most coffee in the world.**

Our winters are so dark and cold, we have to stay awake somehow. Average Finn drinks 160 liters of coffee per year.

## **4. S.S.S**

If you have to mention three of the most traditional Finnish things, they must be: sauna, salmiakki and sisu.

Everybody knows sauna. Sauna is heated between 70-100 Celsius degrees and Finns usually go in naked, but you can use towel if you are more comfortable with that.

Salmiakki is a traditional black candy. You might not like it when you try it for the first time.

Translation for Sisu, however, is not that simple. It means resilience, tenacity and perseverance, which translate into never giving up. Every Finn has some sisu and we think that it helps us over the hard times.

If you are not a Finn, you might need some sisu to eat salmiakki in a sauna.

## **5. We are the world's happiest country!**

According to the World Happiness Report of the United Nations, Finland is the happiest country in the world every year since 2019. Welcome to share the happiness.

# Pajulahti



## A PÄÄRAKENNUS

- A1 vastaanotto
- voimistelusalin lasten maailma
- starttirata
- auditorio

- kokous- ja luokkatilat
- hallinto
- pallotilaisall
- kuntosali
- tanssistudio
- hierontapoli
- urheilijatestausta 1 krs
- kuntoliikkeitä 2 krs
- kirjasto

## MAIN BUILDING

- reception
- restaurant-café
- gym
- children's playroom
- start lobby
- auditory
- meeting rooms
- administration
- ball hall
- fitness room
- dance studio
- massage
- sports testing center 1st floor
- fitness testing center 2nd floor
- library

- B NIKULA-HALLI (kamppeilialajit)
- C1 TENNIS-HALLI, kentät 1 & 2
- C2 TENNIS-HALLI, kentät 3 & 4
- D LIUKUTAHALLI
- E JÄÄHALLI
- F UIMAHALLI
- G RANTASAUNAT, TAKAKAHDON
- H PAJULAHTI-HALLI
- I PAJUNPESÄ-PARILAUVU
- J LOUE-KOTI
- K PAAHTIMO

- NIUKKIKENTTÄ
- KEINONUUKKIKENTTÄ
- YLEISURHEILUKENTTÄ
- TENNISKENTTÄ
- NUOTOPAIKKA
- MELONTARANTA
- MINIGOLF
- RANTALENTIS
- LEIKKIKENTTÄ
- FRISBEEGOLF
- SEIKKALUUPUSTON SISÄÄNKÄYNTI
- ULKOAKTIVOITAMINEN

- FOOTBALL FIELD
- ARTIFICIAL TURF
- TRACK & FIELD
- TENNIS COURTS
- CAMP FIRE
- CANOEING
- MINIGOLF
- BEACH VOLLEY
- PLAYGROUND
- DISC GOLF
- ADVENTURE PARK
- OUTDOOR GYM

## MAJOITUS / ACCOMMODATION

- 1 SILMU 1: 1201 - 1217, 1301 - 1318, 1401 - 1407
- 2 SILMU 2: 501 - 511, 550 - 565, 512 - 513
- 3 SILMU 3: 10 - 18, 20 - 32, 40 - 52
- 4 SILMU 4: 60 - 68, 70 - 79, 80 - 88, 89 - 92
- 5 HOTELLI RANTAPAJU / HOTEL RANTAPAJU: 101 - 114
- 6 HOTELLI HOPEAPAJU / HOTEL HOPEAPAJU: 601 - 620
- 7 HOTELLI KANGASPAJU / HOTEL KANGASPAJU: A 71-76 E 751-756
- 8 HOTELLI KALLOPÄJÄ / HOTEL KALLOPÄJÄ: 8101 - 8106, 8201 - 8206, 8301 - 8312, 8401 - 8412
- 9 HOTELLI PUUSTOPAJU / HOTEL PUUSTOPAJU: A 9A101 - 9A106, 9A201 - 9A208 B 9B101 - 9B108, 9B201 - 9B208 C 9C101 - 9C108, 9C201 - 9C208 D 9D101 - 9D108, 9D201 - 9D208