

*This page provides the latest info!*

**Dream Group Forum in Finland** [Suomen uniryhmäforum, Surf]

invites you to

**Surf XIV Dream Seminar Sept. 7-9, 2018**

[\*\(Short history of Surf\)\*](#)

### ***About the seminar***

The backbone structure of this seminar is the three dream group sessions. All dream groups are based on Montague Ullman's method. No earlier experience is required nor any other special training.

Seminar's organization is informal and self-organizing. Participants have very different backgrounds both in their education and training as well their experience in working with the Ullman method. With such a mix, the newcomers can feel safe and supported in their quest to learn about this method as we cooperatively help each other in formation of the groups, choosing the leaders for the groups etc.

### ***Language***

Bulk of the participants are Finns, and therefore main language is Finnish, but languages can be changed very spontaneously and without effort. We have had during previous seminars **participants from different countries** and the language has not caused any problems. The language of the dream groups will be determined by the participants.

### ***Cost***

The fee is **117 euros**, room and full board included. The seminar itself is free. It is easiest to pay in cash at the venue to Markku Siivola. For shorter (or longer) stay, negotiate with Friendship Inn's staff.

[info@ystavvydenmajatalo.fi](mailto:info@ystavvydenmajatalo.fi).

### ***Weather***

Finland is a Nordic country with very changeable weather. Medium temperature at the venue is +10, but anything between +20 and +5 Celsius are possible. Therefore, please prepare yourself with due clothing, and check the 5-day weather (temperature and rain forecast) in advance [in this link](#).

### ***Venue***

See [Friendship Inn](#) - Arrival info [at the end of this document](#).

Friendship Inn is a commune with a social awareness agenda. It is located by a lake in Southern Finland. It is not in any way fancy, but cozy and inspirational. The staff are mainly volunteers.

The food served is simple home cooking. Please inform us of any **dietary restrictions**. Simple restrictions due to dietary allergies (gluten, lactose) can be noted. Vegetarian diets are available.

### ***Lodging***

Rooms are for 1-6 people. Most of the rooms come with a toilet but showers are in shared areas. Lodgings are decided by the staff on arrival, special needs are taken into consideration. Bed linen and towels cost 5€ if you do not have your own with you.

Since this is Finland, one big attraction is possibility for **sauna** bathing every night by the lake, even with a dip into the quite cool waters. Sauna has been one of the great attractions for our foreign guests! The view is quite fantastic.

**Sign up** to [surf@siivola.org](mailto:surf@siivola.org).

# PROGRAM

Fri Sept 7	Sat Sept 8	Sun Sept 9
	<p><b>8.30 – 9.30</b> breakfast</p>	<p><b>8.30 – 9.30</b> breakfast</p>
	<p><b>9.30 – 13</b> DREAM GROUPS, followed by feedback discussions inside groups.</p>	<p><b>9.30 – 12.30</b> DREAM GROUPS</p>
		<p><b>12.30-13</b> All groups: feedback discussion and planning the date of forthcoming autumn seminar.</p>
	<p><b>13-14</b> lunch</p>	<p><b>13</b> lunch &amp; goodbye coffee</p>
	<p><b>14-15</b> free time</p>	
	<p><b>15-16</b> All groups together sharing our thoughts about our personal group experiences and about the dream group method itself.</p> <p><b>16-16.30</b> coffee break</p>	
<p><b>17-18</b> Coffee &amp; light dinner. Lodging arrangements &amp; forming/gathering up the dream groups. <i>Please arrive in good time</i> in order not to miss the beginning of the groups!</p>	<p><b>16.30-18.30</b> Markku Siivola presents two videos (19 &amp; 28 min.) complemented with Powerpoint presentation. Presentations are related to dreams and functions of our brain hemispheres &amp; to our Western culture.  You are free to organize also your own alternative programs during this time, as exploring the surrounding nature, have an extra dream group, etc.</p>	
<p><b>18-21</b> DREAM GROUPS, after them cold supper and sauna (with own drinks)</p>	<p><b>19.00-</b> Social get-together with sauna by the lake, and dinner &amp; free program. Please provide your own drinks and goodies!</p>	

# ARRIVAL INFO

The easiest way to arrive in Friendship Inn is by bus of [Vainion Liikenne](#) bus company. Online sale of tickets for travels below to Kruusila start Aug 6, from Kruusila Aug 8

**Sept 7, 2018:** [from Helsinki-Vantaa Airport, Terminal 2 to Kruusila](#)  
[from Turku bus station to Kruusila](#)

**Sept 9, 2018:** [from Kruusila to Helsinki-Vantaa Airport, Terminal 2](#)  
[from Kruusila to Turku bus station](#)

If you need help, we can fetch you from Kruusila bus stop,  
call Friendship Inn's info +358 (0)10 328 3350  
or Markku Siivola +358 (0)400-666996

