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Dream Group Forum in Finland [Suomen uniryhmäforum, Surf]

invites you to

Surf 15th Annual Dream Seminar Sept. 13-15, 2019

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

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 cost is **130 euros**, room, bed linen and full board included (with your own linen **125 €**, but if you lodge nights somewhere else, the cost is **50 €**). The seminar itself is free. It is easiest to pay with cash or credit card at the venue to Inn's personnel.

Sign up

at <https://docs.google.com/forms/d/e/1FAIpQLSfgBbBLIIs4ZK-TnakKyYgx6bsyvWRwUSQIi6FcXWEkCJ9RoA/viewform> -- If you have problems in filling the form, please contact Friendship Inn's staff via email: info@ystavyydenmajatalo.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. 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.

PROGRAM

Fri Sept 13	Sat Sept 14	Sun Sept 15
	8.30 – 9.30 breakfast	8.30 – 9.30 breakfast
	9.30 – 13 DREAM GROUPS, followed by feedback discussions inside groups.	9.30 – 12.30 DREAM GROUPS
		12.30-13 All groups: feedback discussion and planning the date of forthcoming autumn seminar.
	13-14 lunch	13 lunch & goodbye coffee
	14-15 free time	
	15-16 All groups together sharing our thoughts about our personal group experiences and about the dream group method itself. 16-16.30 coffee break 16.30-18.00 Markku Siivola: dreams and their relation to functions of our brain hemispheres & Western culture. Contains a 19 min. video.	
17-18 Coffee & light dinner. Lodging arrangements & forming/gathering up the dream groups. <i>Please arrive in good time</i> in order not to miss the beginning of the groups!	You are free to organize also your own alternative programs during this time, as exploring the surrounding nature, have an extra dream group, etc.	
18-21 DREAM GROUPS, after them cold supper and sauna (with own drinks)	19.00- Social get-together with sauna by the lake, and dinner & free program. Please provide your own additional drinks and goodies etc. at your own expenses!	

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 12, from Kruusila Aug 14

Sept 13, 2019: [from Helsinki-Vantaa Airport, Terminal 2 to Kruusila](#)

Sept 15, 2019: [from Kruusila to Helsinki-Vantaa Airport, Terminal 2](#)

If you need help, we can fetch you from Kruusila bus stop,
call Friendship Inn's info +358 (0)50 362 3710
or Markku Siivola +358 (0)400-666996

