

# Swedish Sauna Academy Newsletter

Volume 1

NO.4/2018

APRIL-MAY 2018



## The XVII International Sauna Congress June 7-10, 2018 – Midnight Sun and Sauna

Dear Sauna friends

The congress is getting closer, and this is the last newsletter published before the meeting, updated information will be provided on the website until the last day of the meeting.

We are proud to present an outstanding programme. The congress will start on Thursday evening with a welcome reception (get-together) at Lappari and the presentations on Friday and Saturday will be held at the **Park Hotel**, both locations in Torno.

Professor Jari Laukkanen (Fin), the world known sauna researcher, will present interesting data on sauna and health, Mikkel Aaland (USA) will present his exciting project on "the perfect sweat", a seven-part documentary series, and many others will present their research on Friday. Twelve interesting topics will be discussed during the Saturday workshop sessions.

Registration for the meeting is still open and will close on May 15. Please visit the website or use this link for registration: <https://goo.gl/forms/K45oFdfHkLo49iFK2>

As of today, delegates from 18 countries have been registered. One-third are women, the age range is 17-79 years and more than half of the participants use the sauna 1-2 times per week.

On Friday evening, the Swedish Sauna Academy is celebrating its 30th anniversary, and on Saturday evening the International Sauna Association is celebrating its 60th anniversary and our main sponsor, Tylö-Helo, is celebrating its Centennial Year, 2018. Sweden and Finland also invite you to celebrate both countries' National Sauna Day on Saturday, 9 June.

Jack Tsonis (Australia) will present the important first business meeting of the International Journal of Sauna Studies (IJSS) on Saturday at 13.45-15.30 pm. All participants are welcome to participate, and the preliminary agenda is available on the website. Please register for this on <https://goo.gl/forms/2nv19uV0J7JGI9HH3>

There is also a mobile sauna event in Kukkolaforseen. Bring your mobile sauna and register on <http://www.bastuakademien.se/nationalbastudag/mobile-sauna-meet-38396422>

Cont. page 2

The webpages <http://www.bastuakademien.se/> and <https://saunainternational.net/> will be continually updated with information.  
For questions, email to [info@bastuakademien.se](mailto:info@bastuakademien.se)



On behalf of The Swedish Sauna Academy  
Hans Häggglund

# Swedish Sauna Academy Newsletter

Volume 1

NO.4/2018

APRIL-MAY 2018



During the meeting, 8-9 June, all the saunas in Kukkolaforseen will be open for the participants and Sunday 10 June will be an "open sauna day" for all interested.

On Friday evening and on Saturday between 13.00 and 18.00, in Kukkolaforseen there is an opportunity to attend a presentation of the Russian Banya with Egor and his team, and the Lithuanian Whisking Programme with Rimas and his group.

There are still rooms available at the listed hotels. It is of importance to contact the hotel directly by (mail or phone), since the Swedish Sauna Academy has pre-booked all the rooms, therefore you will be informed that it is fully booked if you use booking sites.

The excursions and activities are listed on <http://www.bastuakademien.se/nationalbastudag/activities-and-excursions-39488630>. You will find information on registration alongside the individual excursion.

David Granditsky with the "Sauna Talk Pod" (Bastusnack) will give live interviews with a number of interesting artists during the meeting.

Local transportation is arranged by the Swedish Sauna Academy. There will be buses between Kukkolaforseen, Haparanda and Tornio, covered by the registration fee.

We are looking forward to meeting you in Kukkolaforseen, Haparanda and Tornio.

The webpages <http://www.bastuakademien.se/> and <https://saunainternational.net/> will be continually updated with information.  
For questions, email to [info@bastuakademien.se](mailto:info@bastuakademien.se)



## Kukkolaforseen



On behalf of The Swedish Sauna Academy  
Hans Hägglund