



Word & Song
— S A B B A T I C A L —

Participant Handbook 2026

Program Information

Welcome to *Sabbatical*. For 6 years the Word and Song Ministry has sought to promote rest in Jesus through weekly Sabbath Singalongs, Bible Study series and Scripture Songs. We are delighted to be able to offer this next level experience to our viewers. This June 8-18 we have an opportunity to be together in person and rest.

The idea of a 'Sabbatical' hails back to the book of Leviticus. In chapter 25 we learn that the Sabbatical year was a year where people, animals and the land rested together. It was a year where captives were released and families were united together. God knew everyone needed rest and a reset.

We also have the privilege as Christians to rest every seven days to remember who God is, and who we are.

If you're anything like us, you are in need of rest now more than ever. Life has a way of wringing us dry and leaving us with very little time to soak in the beauty of God's character.

Thank you for choosing this program. We are looking forward to meeting you, growing together, and experiencing rest in Jesus.

This short handbook will provide you with all the key information you need to be prepared for this 10 days away.

Kind regards,

A handwritten signature in cursive script that reads "Sandra".

Our Team

This Sabbatical Event will be hosted by our *Word and Song* team in partnership with Koivikko Lifestyle Centre. We are a group of people with a passion for the gospel and bringing community together.

Our music every day will be led by:



Sandra Entermann



Sanja Kitevski

We are so delighted that Sanja can join us as our guest musician.

Our Bible Study / programming every day will be led by:



Levi Johnson



Braedan Entermann

But wait, there's more!

In addition to our core team, we will be blessed with other guest contributors and an amazing group of supporting staff.



Daily Schedule

We have put together a schedule that has *Rest* in mind. Our hope is that at the end of each day you will truly feel refreshed - body, mind and soul.

Our schedule combines good food, beautiful nature, engaging Bible study, helpful treatments, and uplifting music.

7:30	Morning Worship
8:00	Breakfast
9:00	Morning Walk
10:00	Interactive Bible Study
13:00	Lunch
15:00	Time in Nature
17:30	Massage / Treatment
18:30	Light Supper
19:30	Singalong & Prayer
20:30	Sauna



Location & Travel Details

The Sabbatical Program is hosted at Koivikko Lifestyle Centre in Mikkeli, Finland. You will be able to experience Finland's beautiful lake district in the glory of summer.



Sabbatical FAQ's

1. Where do I fly to? If you are coming from abroad, you will need to book flights to Helsinki-Vantaa Airport.

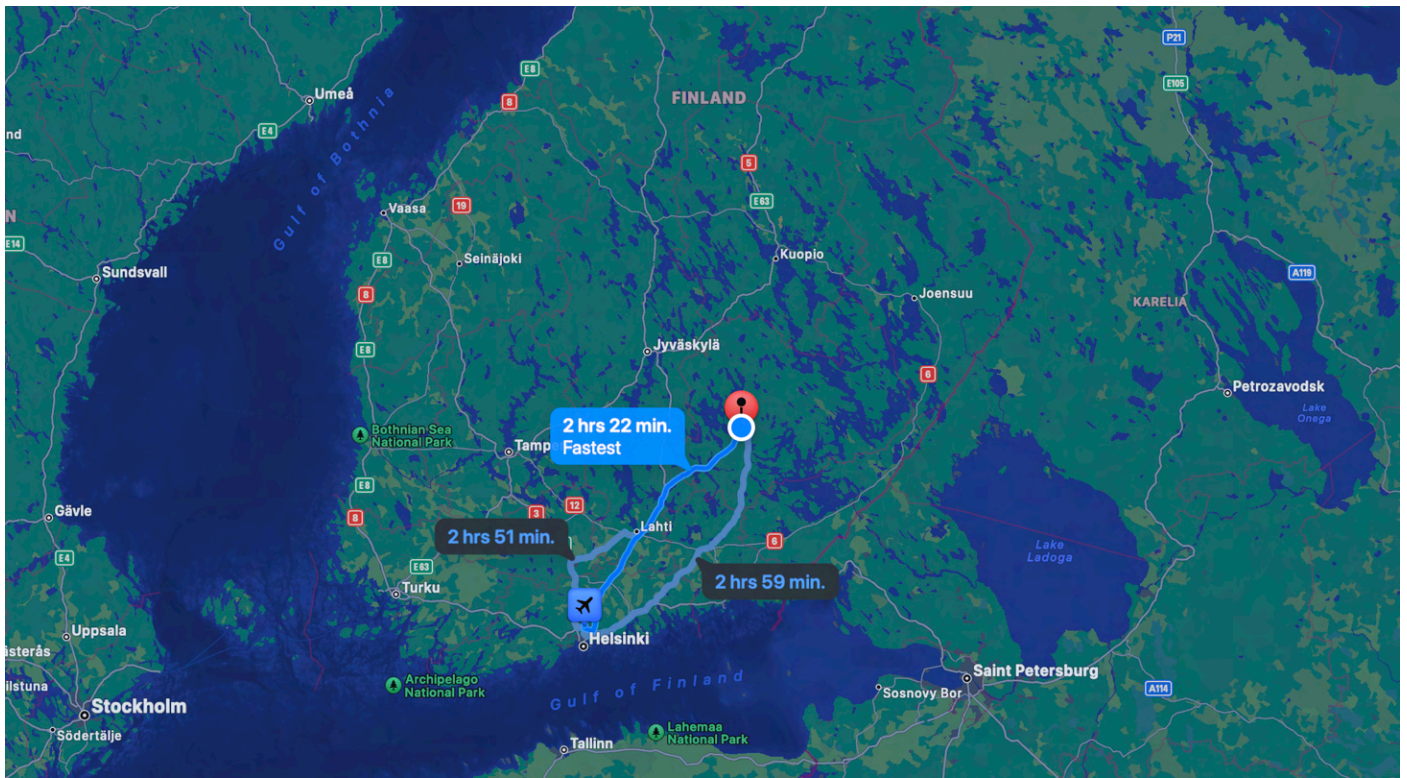
2. Program Start and End Times

The program begins 15:00 Monday 8th June

The program concludes after lunch 14:00 Thursday 18th June.

3. How do I get to Mikkeli (Koivikko)? From the airport there is a very easy train service that will bring you within 10 minutes of our property. We will pick you up from the station. Please see appendix to this document for information on how to use the train. Once you have your tickets, please notify our team.

It will be very helpful for our team if you are able to use the train service to get to Mikkeli. If however, you are not a confident traveler or have mobility challenges, please reach out to us as we may be able to arrange a pick up for you.



4. What will the weather be like? This is perhaps one of the nicest times to be coming to Finland. Nature is in full bloom. Based on the 10-year average forecast for Mikkeli, Finland, temperatures from June 8 to June 18 typically range from a low of 9°C (48°F) to a high of 20°C (68°F).

5. What should I pack?

Bible, note pad/laptop

Walking shoes

Clothing suitable for being in nature

Swimmers/bathing suit - (for sauna and water) *Optional*

Beach towel

Indoor shoes (something to wear inside for comfort)

Mosquito Repellant

European power adapter

Water bottle

Optional

Binoculars etc.

6. What about bedding? All bedding and linen will be provided by Koivikko Lifestyle Centre.

Program Payment

We offer several different options. These prices are all inclusive - (food, programming, accomodation and treatments.)

Shared Room (with shared Bathroom)	990 euros
Private Room (with own bathroom)	1300 euros
Couples Room (with own Bathroom)	990 euros / pp

Option 1: Bank Transfer

When you are ready to make your payment one easy way to to complete this is to make a bank transfer to the following details:

Account name: Terveyskoulukoti Oy

Bank: Osuuspankki (OP), Finland

IBAN: FI97 5271 0420 4008 56

BIC/SWIFT: OKOYFIHH

Payment reference: Participant name

Option 2: Credit Card Payment

If you would prefer to pay via credit card, here is the link to pay via Stripe.

<https://buy.stripe.com/14AbJ14lceBE7nq9MlcAo02>



Booking Train Tickets

Here's a step by step guide on how to book train tickets:

1. Go to the VR Train website or use the following link: <https://www.vr.fi/en>
2. For From: Search Helsinki Airport - be careful to select Helsinki Airport not Helsinki
3. For To: Search Mikkeli
4. Select your departure date (and the return date, if available)
5. Select a suitable time
6. Select your seat and select confirm journey
7. Finalise Payment

Here are some things to keep in mind when booking train tickets:

1. The earlier you book the cheaper the tickets will be - tickets are significantly more the closer you book to departure.
2. We recommend at least 2 hrs to pass through immigration, gather your luggage and walk to the station.
3. Before finalising paying, review that the information is correct - I have made this mistake before.

Again, if you anticipate any issues with using the train, please contact us. We will do our best to help with arrangements.

Travel Insurance

We strongly encourage all participants to purchase travel insurance to cover the duration of their stay in Finland.

We recommend that the policy includes at least basic emergency medical coverage, along with medical evacuation and repatriation. Everything else - like trip cancellation or lost baggage - is optional and depends on your personal preference.

Appendix Items

Travelling from Helsinki Airport to Mikkeli via Train

1. Once you've collected your luggage, follow the signs to the train station underneath the airport - it's just outside the terminal and doesn't require additional transportation.
2. Look for and hop on the train which goes towards Tikkurila/Dickursby - This is where you will interchange. Please note: This journey is only 8-10 minutes long.
3. Get off at Tikkurila with all your bags, head up the escalators and look for which track your next train leaves from.
4. Head down to your platform 5 minutes before departure so you can find where your carriage will stop.
5. Get off at Mikkeli where you will be welcomed with a greeting party of Koivikko staff who will shuttle you to the campus.

Here are some tips for when you are traveling:

1. Take a screenshot of your ticket - They will check your ticket especially from Tikkurila to Mikkeli and there could be poor signal on the train.
2. For a less stressful interchange, head to Tikkurila early (If you check your ticket, the ticket to Tikkurila is flexible and allows earlier departure). There are shops and restaurants joining the station where you can relax.

Collecting Travel Information

We will send out an email closer to the start of Sabbatical to collect the following details:

A copy of your travel insurance policy

Travel details to Finland

Train details to and from Mikkeli



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If you have any more questions, please contact Braedan
braedanentermann@gmail.com

We look forward to seeing you soon!