

APPLY FOR A SOCIAL HOLIDAY

Social holidays are full board holidays, which are granted to people with low income and those most in need. Holidays includes accommodation, full-board meals and holiday activities.

HOLIDAY FEE

The holiday fee is €125 for adults and young people older than 17. In addition, participants need to arrange travel to and from the holiday destination.

HOLIDAY APPLICATION

You must apply for a social holiday at least three months before the scheduled start of the holiday. You must justify your need for a holiday in your application. You can apply by yourself, with a friend or with your family.

FOR WHOM?

You can apply for a holiday if you live in Finland permanently, you have a Finnish personal identity code and you have no other means of going on a holiday. We offer holidays for families, working-age adults and elderly people. Holiday support is granted based on economic, health and social grounds.



Get to know our holiday selection!

www.mtlh.fi

CUSTOMER SERVICE
010 2193 460 (on weekdays from 9am to 1pm)
lommat@mtlh.fi

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HOLIDAYS FOR FAMILIES WITH CHILDREN

The holidays have been designed to provide families with an equal opportunity for going on a holiday. The holiday aims to support the family bond and offer activities for the family to enjoy together. During the holiday, it is possible to spend time together with other families. We also offer peer holidays for families that share the same illness, disability or family situation, for example. We also organise holidays for entrepreneurs and their families.

HOLIDAYS FOR WORKING-AGED PEOPLE

Holidays are designed to increase the resources and well-being of working-aged holidaymakers, to offer peer support and activities and help them maintain their well-being. We also offer peer holidays for adults where the participants share the same life situation, for example an illness or disability. We also organise holidays for entrepreneurs.

HOLIDAYS FOR ELDERLY PEOPLE

The objective of the holidays is to offer the elderly an opportunity to take a break from their daily lives, increase their social interaction and engage in recreational holiday activities. Holidays for the elderly are organised for different age groups. We also organise holiday together with Finnish Pensioners' Federation districts. Elderly people may also apply for peer holidays for adults where the participants share the same life situation such as an illness or disability.

HOLIDAY DESTINATIONS

- Hotelli Nuuksio, Espoo
- Härmän kylpylä, Ylihärmä
- Imatran kylpylä, Imatra
- Ikifit Oy Kuntoutuskeskus Apila, Kangasala
- Kruunupuisto, Punkaharju
- Kunnonlähde Kankaanpää, Kankaanpää
- Kuortaneen urheiluopisto, Kuortane
- Kylpylähotelli Kunnonpaikka, Sillinjärvi
- Kylpylähotelli Peurunka, Laukaa
- Kylpylähotelli Rauhalahdi, Kuopio
- Kyyhkylä, Mikkeli
- Lehmirannan lomakeskus, Salo
- Liikuntakeskus Pajulahti, Nastola
- Lohja Spa & Resort, Karjalohja
- Nuorisokeskus Piispala, Kannonkoski
- Rokua Helath & Spa, Rokua
- Spa Hotel Casino, Savonlinna
- Sport & Spa Hotel Vesileppis, Leppävirta
- Tanhuvaaran Urheiluopisto, Savonlinna
- Urheiluopisto Kisakeskus, Pohjankuru
- Vuokatin Urheiluopisto, Vuokatti
- Yyterin Kylpylähotelli, Pori