

## **Elämys Ämmi's environmental sustainability**

Elämys Ämmi is a small company located in the countryside of South Western Finland. We offer local food, accommodation, memorable experiences and well-being in idyllic country surroundings. As a Green-Care service we tailor theme weekends, organic meetings and courses, wellness days for businesses and visits to local farms.

Our surroundings will delight you with the small fairy-tale like cottages in the near by forest. There, at the edge of the forest we have built a cabin based on the traditional Finnish style. At one end of the building you can enjoy a totally new experience in the Sauna. At the other end of the building there is a meeting room for 10 people. Even big secrets can not be carried out from there to the world. Behind the Sauna you can find a tent suspended between trees, where you can enjoy the fresh clean forest aromas, listen to the nightingale's song and enjoy the sunset.

Our aim and objective at Elämys Ämmi is to be a pioneer of Sustainable Tourism. We are the first business in our locality to combine sustainable values with a well functioning business. For example we support local- and wild food growers, locally produced meat, game, and vegetable growers. We recycle everything that are recyclable and do not use disposable products. We use renewable electricity and for heating we use wood and sun energy. All our fairy-tale cottages are made of wood and thus collect the carbon from the air and they are strong to last for a hundred years.

We, Sanna and Timo, live and enjoy the changing seasons. The surrounding nature is the joy and source of our own wellbeing. We are professionals and know the local features and aim in all our activities to develop and inspire both the clients and co-workers to minimize the strain on the environment.

Our Elämys Ämmi buildings, nature trail and well cared for surroundings are enhanced by the beautiful, natural Finnish landscape at its best. In the yard the traditional Finnish building style is also part of our sustainability features. You can and enjoy the natural clean wood aroma both in the indoor air as well as in the outdoor atmosphere.

We want to spread the knowledge of our culture, history and nature and to tell stories of old and the current times. Stories and traditions are an essential part of our services, such as meals, sauna, courses, wandering in the nature and everything that we can link with the surrounding nature.

Our food ideology is to use the local ingredients. Favouring seasonal raw-materials, local- and wild food, berries, mushrooms, wild herbs, fish, root- and all available vegetables. The local farmers produce grains which we grind into flour in our own kitchen and then use the new-ground flour to make our bread. The local milk is used for making cheese and "viilit", which are a bit similar to yogurts. The daily food is cooked with a loving touch, bringing you new experiences and enjoyment of local tastes and specialities. Each day Sanna prepares freshly cooked meals and if something is left over it will be given to the summer hens

We ensure that we do not waste the nature's most precious resources by wasting the water. We also ensure that all possible non-recyclable waste will be taken to the recycling plant. As our business develops and grows we will still take constant care of our sustainability ideology. We will encourage our local co-workers to uphold the same ideology, supporting and protect the unique South Western corner of Finland.

Last but not least we want to be part of helping the whole Earth to stay clean and healthy for the future generations. At Elämys Ämmi we have decided to ensure that in our every day life we do our best to support and uphold the wellbeing of the surrounding nature.