

A MAGAZINE FOR ESPOO RESIDENTS

ESPOO ESBO ² 2018

FOR A GREENER
ENVIRONMENT

CITY OF DOZENS
OF LAKES

FUTURO - UFO OF
ITS OWN ERA

LIFE UNDER CONTROL

Max Grönholm overhauled his life. The entrepreneur now also has time for the family.

PAGES 8-11



CULTURE AND COMPANIONS

Arja Nikkinen and **Kirsti Kettunen** meet each other at cultural events. They have experienced the ballets *Giselle* and *Don Quixote* together, and on 2 May they went to see *Les Nuits - The Nights*.

Kirsti acts as Arja's culture companion. A culture companion arranged by the City of Espoo comes along to a cultural event similarly to how the city provides exercise and

swimming buddies for those needing special support.

"We exchange opinions about the performances with Kirsti during the intermissions. And Kirsti fetches our coats through the crowd as I walk with crutches", Arja says.

About ten volunteers work in Espoo annually as culture companions to roughly 300 customers.

Helena Sarjakoski, Specialist at the city's Cultural Unit, finds suitable culture companions for the customers and books the tickets. The culture companion's ticket is free of charge.

"With a culture companion, you can access the City of Espoo's cultural institutions and main rehearsals of the National Opera", Sarjakoski says.

"The service has also led to longer cooperation relationships. Those could even be called friendships."

PIRITTA PORTHAN



Culture companions at EMMA. Kirsti Kettunen has been a culture companion already for five years. With Arja Nikkinen, she will also attend the Organ Night & Aria Festival in June. "Culture is a wonderful thing", Kirsti says.

REQUEST A CULTURE COMPANION:

tel. +358 50 381 4033
(Mon-Fri 10 a.m.-3 p.m.)
or via e-mail:
kulttuurikaveri@espoo.fi
Read more: www.espoo.fi/kulttuurikaveri

Let's
create
THE ESPOO
STORY
together

A MAGAZINE FOR ESPOO RESIDENTS

ESPOO ESBO 2 2018

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The central focus of the Healthy Espoo programme is people's role as promoters of their own well-being.



”

Who can influence my lifestyle and relationships the most? I myself, of course.



THE WATERFRONT WALKWAY OFFERS THE SETTING FOR A PERFECT SUMMER DAY.



7



14



23

Health and well-being from exercise

THIS WEEK, ESPOO COUNCIL members discussed the regional, social welfare and health care reform with regional colleagues. The reform has been addressed by Espoo's elected bodies many times over the years at various stages of the preparations. The main message of the statements has been clear: we want to secure the good services of Espoo residents and the vitality of Espoo also in the future.

Being resident-driven and customer-oriented is the first priority in Espoo. We succeed well with projects in which we manage to involve the people of Espoo. Maybe this should be a lesson also for the regional, social welfare and health care reform.

The Parliament strongly believes in old-fashioned, administrative social welfare, health care and municipal reforms even though the increasingly digitalised world has already turned its gaze to residential and customer interfaces and network-based operating methods. Finnish cities are concentrations of growth and innovations as well as builders of the country's well-being.

This should be strengthened, not weakened.

Espoo magazine now features many stories about well-being and about how everyone can improve it through their own choices.

Summer is a great time to take care of yourself and those closest to you.

I personally estimate that one hour of exercise a day promotes our well-being better than any regional, social welfare and health care reform. Espoo exercises – on the Waterfront Walkway, in Nuuksio, on fields and in local nature.

Have a good summer, people of Espoo!

Jukka Mäkelä, mayor



Facebook
Espoo – Esbo
Updates from different parts of the city and pages dedicated to various operators.



This video challenge is changing the world. Participate and make a #munteko video. Choose your favourite and make your own. munteko.fi/videot #smartclean



Twitter
@EspooEsbo
Always up to date. Information, answers and discussion.



@DigiEspoo "It really mattered what we said", said the astonished second graders of @MariaMuuri #KYKYtyö #MakewithEspoo



Instagram
espoonkaupunki
Great moments, events and landscapes through the eyes of Espoo residents.



Our sustainable development work is based on global goals. #sustainableespoo #Agenda2030 #Espoo #sustainabledevelopment #SDG

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4 600

SOME 4 600 PEOPLE MOVE TO ESPOO EACH YEAR. AT THE END OF 2017 ESPOO WAS HOME TO 279 284 INHABITANTS. THE POPULATION OF ESPOO IS ESTIMATED TO REACH 320 900 BY YEAR 2027.

SOURCE: EETVARTTI 1/2018

FREEDOM OF CHOICE IN HOME CARE PUT TO THE TEST

HOME CARE CUSTOMERS living in southern and central Tapiola, Niitykumpu, Westend and Haukilahdenranta will have the opportunity to exercise freedom of choice. Between May 2018 and September 2019, they can choose whether they want to continue as customers of the city's home care or whether they prefer to have the same home care services provided by a private company or organisation. The choice does not affect home care fees.

THE CHOICE DOES NOT AFFECT HOME CARE FEES.

Consulting and service reference for seniors Nestori helps customers with making the choice. The pilot collects information on what kinds of choices home care customers make and how the service providers operate.

The City of Espoo's home care is developing. The new home care unit ensures that the elderly return safely from hospital and that any rehabilitation started at the hospital continues at home. You can become a home care customer without delay if you cannot cope at home alone, assisted care living has a waiting period of 30 days.

In Espoo, the average durations of home visits by a practical nurse and a registered nurse are 24 and 25 minutes respectively, among the best in a municipal comparison conducted in autumn 2017.

The aim is to reduce the use of alternating substitutes.

LEPPÄVAARA'S SERVICES SET FOR FURTHER IMPROVEMENT

A HOTEL, new shopping and sports centre, offices and housing are being planned in Perkkää, next to Leppävaara. The services in the area, which has been named Hatsinanpuisto, will complement the current commercial services available in Leppävaara and offer local services to residents of Perkkää and Vermonniitty. The total permitted building area is about 100,000 floor square metres.

Located in the area demarcated by Perkkääntie, the railway, Ring I and Perkkäänpuronkuja, Hatsinanpuisto has excellent traffic connections. It is only 300 metres away from the Leppävaara station, and the connections will be further improved by the Raide-Jokeri light rail line upon its completion.

"We aim to make Hatsinanpuisto a strong architectural whole in terms of cityscape while still giving the buildings different appearances based on their use. Between the central quarter and the higher office and residential buildings, there will be a lower shopping centre whose top floors will be used for sports and exercise. The hotel will be a landmark by Perkkääntie. Near the Vermo residential area, homes have been planned for three hundred residents," says **Tiina Piironen**, Leppävaara's regional architect.



ILLUSTRATION: ARTTO PALO ROSSI TIKKA

Tulan Vainio started using the city bike service last summer.



City bike service expanding this summer

THE CITY CYCLING SEASON has started in Espoo. At the same time, the city bike service is expanding by 35 bike stations and 350 city bikes in the summer. With the expansion, Espoo will have a total of 105 city bike stations.

The expansion stations are mostly located in the Leppävaara area and will become available a little later, in July at the latest. Espoo's other 70 city bike stations are located along the metro track.

The introduction of the expansion was originally prepared at the earliest for the 2019 cycling season. However, Espoo's Technical Services Committee decided to bring the expansion forward.

"Expanding the station network to Leppävaara is the wish of the citizens. In a map survey opened to residents, Leppävaara clearly stood out as an area where the bikes are in great demand", says Head of Transport Management **Johanna Nyberg**.

The city bike service of Helsinki and Espoo functions as a single entity.

If desired, the bikes can be used to travel between the cities, and the bike can be returned to a city bike station in either city.

➤ View city bike stations on a map, look up the nearest station and find a bike available for use at kaupunkipyorat.hsl.fi/stations



SHARE YOUR MEMORIES

WHAT PLACE or building in Espoo is particularly important or significant to you? The “Espoo of All Times” survey collects the cultural environment memories of residents, entrepreneurs, people working in Espoo and other fans of Espoo from May to September. The survey utilises Maptionnaire software which allows you to mark a place significant to you on a map while sharing a memory for others to see. Memories can be stored in writing or as a photograph. Additionally, you can add buildings, new or old, to the map, including ones that no longer exist. The purpose of the survey is to collect information from people that can be used in Espoo’s cultural environment programme. The “Espoo of All Times” survey is open until 9 September 2018. Tell about the cultural environment memories that are significant to you and view the memories stored by other respondents at:

app.maptionnaire.com/fi/4167



ENTER YOUR EVENT FOR ESPOO DAY

ESPOO DAY is the largest annual city event in Espoo that is celebrated every year in late August. All programme that is free of charge and open to all organised on Espoo Day on 24-25 August 2018 is welcome to Espoo Day.

Suitable programme for Espoo Day includes experience-rich events that are not religious, political or commercial.

Enter your event by 1 June 2018 at espoopäivä.fi and it will be featured both on the brochure for Espoo Day and on the website. Events entered from 2 June will be included on the website’s programme.

What kind of air do you breathe?

A NEW REAL TIME MAP that tells you what the air quality is where you are has been developed for the Helsinki metropolitan area. The map also predicts how the air quality will change over the next 12 hours. You can check what the air quality of the next few hours looks like at hsy.fi/ilmanlaatu-kartta and use the forecast, for example, when choosing a route.

The air quality map visualises the results

and measurements of a model developed by the Finnish Meteorological Institute, taking into account, among other things, weather, topography, traffic volumes, long-range transport of air pollution and emission estimates for wood burning. The air quality map is still being developed as especially the street dust season is challenging for modelling. User experiences are requested from residents to develop the map.



ESPOON KAUPUNKI | KULTTUURIESPOO.FI | CUPORE
ESPOOCULT

Espoo cultural services and the city’s cultural profile are being studied in a two-year research project launched at the beginning of 2018. The research is being conducted by the Center for Cultural Policy Research (Cupore).
cupore.fi/tutkimus & espo.fi/espoocult

PUBLIC ARTWORK:
 LOCATION:
 ON THE MAP:
 ARTISTS:
 YEAR OF PUBLICATION: 1968

KÄPY (CONE)
 IN FRONT OF DIPOLI, OTAKAARI 24, OTANIEMI
 60.1849°N, 24.8321°E
 REIJO PERKKO AND HEIKKI KOIVIKKO

GREEN RECREATION

Green Production Manager Anne Mannermaa is responsible for the green area maintenance of the City of Espoo. She outlines the measures through which residents are provided with green recreation both in built environments and natural areas.

TEXT Minna Saano PHOTO Timo Porthan

"Our job at green area maintenance is to produce good greenness equally to citizens. Summer flowers, lawns, playgrounds, forests, meadows, parks – these are all maintained and partly produced by us so that citizens can be outdoors, go hiking, attend park exercise classes and enjoy nature and recreational areas.

My job is to manage green area maintenance. I work in co-operation with, for example, zoning and green planning, consider new operating methods and envisage what our long-term work is aimed at, what the areas will look like in 20 or 50 years. My hope is that we could, together with the residents, create the kind of environment where they feel comfortable. My field is my passion and my job is wonderful: here, we are encouraged to learn and maintain our professional skills.

Spring and summer are a busy time for us. After the snow has melted, the gravel and litter are cleaned up, forest work is completed and summer workers selected. Now, in May, it is time to trim the bushes, fertilise, renovate playgrounds and prepare for the coming summer. Before Midsummer, when there is no longer a risk of freezing nights, summer flowers are planted.

If I had to choose where in Espoo I would go for a summer picnic, I would probably pick the garden of Alberga Mansion, which has been restored in the style of the 18th century. There, in the midst of flower fields, I would think about the history of the place and imagine how, in times past, women have walked the paths and park passages with their skirt hems swishing while gardeners tended to the plants in the shadows."

Green Production Manager Anne Mannermaa works largely on the computer at a desk, but she enjoys visits to the greenhouse and green areas.



GREEN AREA MAINTENANCE WORKERS

85

SUMMER FLOWERS

10 000

SUMMER WORKERS (AGES 16-23)

80

DAFFODILS

4 500

CHILDREN'S PLAY-GROUNDS

190

PARK BENCHES

3 344



**EVERYDAY
LIFE IS A
QUESTION OF
ATTITUDE.**
(A SENIOR'S REPLY
ON SOURCES OF JOY
IN THE WELL-BEING
SURVEY)



Finns have proven to be the happiest nation in the world. And Espoo is home to the healthiest people in Finland, at least when comparing large cities.

“Especially in international comparison, the starting point is at a very high level.”

Juha Metso, Head of Social and Health Services in Espoo, likes to talk about health, well-being and happiness as things that are possible even in dreary everyday life.

“Well-being is not something extraordinary, but just normal daily life. The most important thing is that

we learn to look at the landscape of everyday life with new eyes.”

It has been known for a long time that health, well-being and happiness are associated with lifestyle: smoking, nutrition, exercise, substance abuse and, in general, things about which information is readily available. But new research suggests that close relationships, affection and love are even more important than lifestyle.

“Who can influence my lifestyle and relationships the most? I myself, of course. Well-being starts from taking the driver’s seat in your own

life. And that is why a new kind of attitude is needed in addition to traditional health education and instruction”, Metso says.

FIVE WAYS TO LIVE BETTER AND LONGER. Espoo wants to be the most sustainable city in Europe economically, ecologically, socially and culturally.

“Social and cultural sustainability are based on health, well-being and happiness”, says the Head of Social and Health Services.

The aim is to also strengthen the opportunities of Espoo residents to >

Are you in the driver’s seat in your own life? In a healthy Espoo, everyone has this opportunity. The focus of the Healthy Espoo programme is mental well-being.

DRIVER OF YOUR OWN LIFE

Text **Juha Peltonen**
Illustration **Susanna Tuononen**
Photos **Timo Porthan**



**HEALTHY ESPOO
IS ONE OF THE CITY'S
FOUR DEVELOPMENT
PROGRAMMES
IN 2017-2021.**

Read more about the programme
and plans for well-being:
www.espoo.fi/hyvinvointi

participate and belong to a community.

"We try to help people to take responsibility of promoting their own health", Programme Manager **Riikka Puusniekka** says.

How can you climb on the driver's seat of your own life, then? There are five simple ways to do this, as described in the adjacent graphic.

"When you make these things part of your daily life, you can add seven and a half good extra years to your life."

This is research-based information. First of all, the aim is to raise the awareness of Espoo residents of the many opportunities that Espoo has. A related campaign called "Onni löytyy arjen harmaudesta" (Happiness is found in everyday life) has just started.

"We want to emphasise the significance of one's own thinking. The best moment of the day can be hidden in the drabness of daily life and only be discovered when you look at things from different perspectives", Puusniekka says.

"Therefore, you should do things that feel good and put you in a pleasant mood. They do not have to be major things. Even everyday ac-

tions can change your life in a positive direction."

The campaign was preceded by a survey in which Espoo residents were able to describe where they find joy in everyday life and how the city could promote happiness.

"We received hundreds of replies", Puusniekka says happily.

The sources of joy were often mundane for people of all ages: "Today, my 17-year-old daughter sat and talked with me when I came home from work at 8 p.m." (working age). And "Many things bring joy every day, for example, other people's dogs that I can pet when I am on a walk" (senior).

Young people often mentioned the joy of helping others: "Today, I had the opportunity to help a man who did not have money for a bus ticket. The feeling of being able to help and the man's friendliness made the day better and brought variety to everyday life."

Next, the intention is to challenge the city's operators and partners to reflect on how we can together promote the mental well-being of Espoo residents now and in the future.

"Promoting well-being and health will remain key tasks of the city also

EXERCISE AS A SOURCE OF WELL-BEING

JUHANI MÄÄTTÄLÄ, 72, attends exercise groups for seniors six times a week.

"My activity has increased in recent years. When I retired, I was training only two or three times per week. Everything is close by in Leppävaara, and you do not need to enrol in advance for group exercise organised by the city."

Juhani Määttälä moved from Lippajärvi to Leppävaara seven years ago. It is important for him that his son and his family live nearby, and his home next the Sello is only a hundred metres from the Leppävaara station.

Juhani had a season ticket for HJK games already back when he had a day job as an administrative planner. He travels to watch matches of the Finnish Football League by train, and football is the number one sport also at home.

"I watched all the matches of the Brazil World Cup, and the recording service is also on during the Russian games", Juhani says.

AN EVEN MORE IMPORTANT SOURCE of well-being than spectator sports is his own exercise. "I feel that it is essential. It is important to be able to move

on your own feet. It is worth cherishing. Exercise is also a mental prerequisite for me coping from day to day. The resulting good feeling carries further than just for the duration of the activity", Juhani says.

His week starts with a shopping centre walk.

Every Monday at 9.30 a.m., there are about twenty, sometimes almost fifty, seniors at the new section of Sello.

"It is not just walking, but includes easy gymnastic exercises, muscle-building exercises, balance training and stretching. I get sweaty in an hour."

Especially when it is slippery outside, it is good to train inside the shopping centre.

"Other customers look and wonder a bit, but that does not stop us."

There is a sports club at the swimming pool gym on Tuesdays and body maintenance at the Warrior Areena gym on Wednesdays. There are two exercise groups on Thursdays and, on the interview day, these included the first exercise morning this spring that was held outside.

On Fridays, there is a sports club at the new "Elä ja asu" senior centre.



The good feeling from exercise carries further than just for the duration of the activity", Juhani Määttälä says.

GROUPS ARE ALWAYS LED by an instructor from the city's sports services. Participation is free of charge when you are at least 68 years of age in the same year.

"Being in a group is also important. Conversations always ensue when you run into people you know from the group", Juhani says.

He also likes the fact that no advance

enrolment is required for participation.

"Now that I have received guidance, I am also equipped to go on my own when groups are on a Christmas or summer break. I am aware of what I need to do."

Juhani has prepared his own gym programme that he "tweaks" based on body composition measurements and discussions with instructors.

going forward even if the social welfare and health care reform transfers the associated services under regional responsibility”, Puusniekka says.

WELL-BEING IS PROMOTED IN CO-OPERATION. The well-being of Espoo residents and its progress are monitored annually. Plans for the well-being of children and young people as well as the elderly have already been made in Espoo before, and the first well-being plan for working-age people has now also been completed.

“The plans help manage the work done for well-being and better connect it to the planning of the city’s finances and operations”, Puusniekka says.

A package for the independent health promotion of municipal residents will be created on the city’s website with, for example, online applications for quitting smoking and digital possibilities for nutritional guidance. It is also important to integrate partners, such as organisations, more closely.

“Organisations accumulate a lot of information that would benefit the city. We want to make better use of this information and share experiences on what kinds of things are the best help in making Espoo residents feel better.”



Entrepreneurs also need time for themselves

MAXIN KALA has been riding high from its opening. The fish shop run by **Max Grönholm** now employs three people, but he managed the shop alone for the first four months.

“I did not have time to eat myself. Hiring the first employee was a wake-up call with regard to my own well-being.”

“I felt that something had happened. The burnout was not quite complete be-

cause I could still interpret my body.”

It was time for a lifestyle overhaul. In the well-being of an entrepreneur living daily life with a family with children, the entrepreneur’s own coping is the central focus.

“Now I am able to thrive again. I do not feel like I will fall asleep on the job anymore, and my consumption of energy drinks has declined sharply”, Max says.

This spring, he has started a course to get fit for the summer with a gym in Kivenlahti.

“Even with a short lifestyle change I have noticed that I no longer fall behind a 3-year-old at home.”

ACCORDING TO MAX, the city also plays a role in well-being.

“There are playgrounds and day care works, but at the latest when children become school age, diet becomes important. School food ruins the eating habits of many for a lifetime, the ready meal culture starts from there.

However, a small change is already apparent; even roach products have been included on school menus. It may be that the little ones will soon start teaching their parents, starting with the state of the Baltic Sea”, Max thinks.

He has also visited schools to talk about eating fish and protecting the Baltic Sea.

“The city should give this more steam. Healthy eating is also a hot topic at the fish shop counter. Some customers emphasise fish in their diet at the expense of red meat for ethical reasons, but also for their own well-being.”

“Many people say as a joke that eating

fish and vegetables should be Kela-compensated. But really, money could be used at state level in a different way than now. We are such a medication-oriented people that nothing is to be done before there is a pill ready for it, even though we should be thinking about preventing diseases before they get too far. You can have an impact with your own diet, lifestyle and exercise.”

MAX, WHO WAS BORN IN OLARI, spent his youth in Saunalahti and moved to Kauklahti in

2010. Last autumn, he was voted Kauklahti resident of the year.

“It is a big honour from this town. Few places have the same kind of community spirit. In December, the fishmonger was also selected as the most positive person in Espoo.



Now I am able to thrive again. I do not feel like I will fall asleep on the job anymore.



Managing his own life is central to the coping of an entrepreneur and father to a family. A lifestyle overhaul helps Max Grönholm thrive in both roles.

> ISKELMÄKESÄ ARRIVES IN ESPOO

THE ISKELMÄKESÄ festival will be arranged in Espoo this year for the first time. The stars of the festival, to be held on the Kulttuurialue Square in Tapiola, include a great number of the top popular music artists in Finland: among them are Ostrobothnian musician **Lauri Tähkä**, **Laura Voutilainen**, who enchanted people last year in the Vain Elämää television series, **Juha Tapio**, who was rewarded as entertainer of the year for the second year in a row at Iskelmä Gaala, and **Anna Eriksson**, who is returning to festival stages. "It is great to be involved in bringing life to Espoo's summer. Culture has always had a strong foothold in Tapiola and I believe that this is just the beginning in expanding the operations of the Cultural Centre also outside its walls", says **Mika Nikula**, Production Manager of the Cultural Centre. The IskelmäKesä festival tours Finnish cities all summer and has garnered great popularity at all the event locations.

> IskelmäKesä festival in Tapiola Fri-Sat 27-28 July. The concerts begin at 5 p.m. on both days. Age limit 18 years. Tickets Ticketmaster, one day EUR 39.90, two days EUR 69.90.

> OPEN DAY AT MEIJERI

WELCOME TO visit in advance the Meijeri building of the Children's Arts Centre Pikku-Aurora to be opened in the autumn. Treats are available from a pop-up café with cash payment. The café is organised by work activity for disabled adults and the Kuninkaantie activity centre. The event is part of the "Yhdessä tehty" (Made together) events that are designed and implemented by citizens.

> Mon 21 May 10 a.m.-12.30 p.m., Children's Arts Centre Pikku-Aurora, Taidetalo. Free entrance.

ESPOO FROM DAY TO DAY

Pick the most interesting tips and hints on what to do and where to go this summer.

MORE EVENTS:

[espoo.fi](http:// espoo.fi) > City of Espoo > What's on? > Events in Espoo



Pentala Archipelago Museum opens

ESPOO WILL GAIN a great new museum as the Pentala Archipelago Museum opens in June. The museum is located on Pentala Island and presents archipelago and fisherman life in a multi-sensory way. The fisherman's and villa buildings of Arvid and Gurli Nyholm's estate have been renovated for visitors, and guided tours offer stories on the life of archipelago residents by the sea. During the summer, work demonstrations with an old time atmosphere will be held on, for example, rug making, tanning fish hide and leather work. Families with children are attracted by workshops in the spirit of the archipelago and an independent adventure tour. While visiting the museum, you can also explore the island's nature trail, sandy beach and native breed sheep. The museum area and events are free to enter, only the nostalgic Gurli's house has a separate entrance fee. Visitors are served by Cafe Lillstugan in the museum area and the archipelago restaurant Paven in the yacht club pavilion. A mobile guide is available for independent explorers of the island. The museum is open every day from 16 June to 2 September at 10 a.m.-5 p.m. (closed on Midsummer Eve and Day). From Tuesday to Sunday, the museum route boat takes the route Suomenoja-Suinonsalmi-Pentala-Soukka, departures from both Suomenoja and Soukka. Access by private boat on Mondays.

> Tickets to Gurli's house EUR 7/EUR 5 (persons entitled to a discount), free for persons under 18 years of age. More information [www.espoonkaupungin-museo.fi](http:// www.espoonkaupungin-museo.fi) > Pentala Archipelago Museum or Facebook: Saaristomuseo Pentala.



> MAY I HAVE THIS DANCE?

CITY DANCES ARE free partner dance sessions that can be joined without prior expertise, prior enrolment or a partner. Teaching is done by trained dance teachers and the organiser is Tsuumi Dance Theatre.

> City dance on Tuesdays at 7-7.45 p.m. at the outdoor stage Amfi of the Espoo Cultural Centre, by the Central Basin of Tapiola: 29 May single swing / 5 June waltz / 12 June samba / 19 June tango / 7 August humppa / 14 August schottische / 21 August foxtrot / 28 August cha-cha

> RIDING A DRAGON

THE "SYDÄN EKSYSKISSÄ" (Lost heart) performance is about the poetic flying journey of a girl called Anniina and a dragon. A dragon appears in Anniina's garden and manages to persuade the little girl on a flying journey. The journey ends in a fateful manner as the heart, head and feet go their separate ways. Even Rosalii seems to have abandoned her friend. Only after life seems to have turned on its head does Rosalii succeed to find common ground together with Anniina so that the heart, head and feet agree to work together again. The production highlights interdisciplinary art: clownery, puppet theatre, music, poetical language and physical expression.

> Sydän eksyksissä 24 May at 9 a.m. and 10.15 a.m., Children's Arts Centre Pikku-Aurora. Ages 3-6, duration 30 min. Tickets EUR 4, advance booking pikku-aurora@ espoo.fi / +358 9 8168 3364.



> A WALK AMIDST ART

EVERYDAY ROUTES to work and to run other errands gain new perspective as the OBJEKTI outdoor exhibition takes over the Espoo city centre. The high-quality exhibition presents contemporary sculpture, installations and environmental art. Surprising parallels, experimental materials and shapes in a suburban landscape evoke positive emotions. OBJEKTI has been produced by Espoo Kunsthalle, or artists Andy Best and Merja Puustinen. The outdoor exhibition opens on 14 June and continues until the beginning of September.



> THE OLIVE TREE AT LOUHISALI

IN MAY, THE ESPOO Cultural Centre's film of the month is the Spanish-German "The Olive Tree". The film is a warm-hearted story of a sick Spanish grandfather who hopes that an ancient olive tree beloved by the family would be reclaimed from abroad. His grandchild Alma seeks to make the wish come true, and this results in a colourful journey.

> Tue 22 May at 7 p.m. Espoo Cultural Centre, Louhisali. The event is covered by Kaikukortti. Age limit 7. Tickets EUR 7,50 + delivery fee, Lippupiste.



Announce your own event at rantakesa.fi/ilmoita-rantakesa-tapahtuma

JUSSI HELLSTEN

> LET'S ENJOY OURSELVES BY THE WATER

SUMMER WATERFRONT invites event makers to the beaches. With Summer Waterfront, anyone can organise a public event in a surprising place on the beaches of Espoo and Helsinki - following the event etiquette.

> More information [espoo.fi/kaupunkitapahtumat](http:// espoo.fi/kaupunkitapahtumat)

> MUSIC IN THE BRIGHT EVENINGS

THE ORGAN NIGHT AND ARIA festival once again offers high-quality music experiences in late summer evenings. The event, which has been organised for more than 30 years, is one of the longest summer events in Finland: music lovers are pampered from early June to the end of August. The programme is extensive, covering vocal, organ, chamber as well as orchestral music.

> urkuyofestival.fi, tickets: lippu.fi

> MEMORY SAFEGUARDS LIFE

WELCOME TO UUDENMAAN Muistiluotsi's memory café to hear about and discuss memory issues. There will be a memory instructor from Uudenmaan Muistiluotsi present. The topic of the café is safe everyday life. Free entrance.

> 24 May at 11.30 a.m.-1 p.m. Leppävaara Life and Living Centre for Senior Citizens, Säterinkatu 3. More information: +358 400 364 453, toimisto@espoonmuisti.fi

> STAR ELIAS TAKES OVER THE STAGE

ONE OF Finland's most promising singer-songwriters, Elias Kaskinen, released his debut album with his band in 2015. Elias, who has gathered a solid fanbase with his catchy pop tunes and heated energy on the stage, was very popular when he took part in the Tähdet, tähdet programme and won the competition in December 2017.

> Elias Kaskinen & Päivän Sankarit Fri 25 May at 7 p.m. at Sello-sali. Duration 1 h, no intermission. Tickets from EUR 16 + delivery fee, Lippupiste.

> MUSIC MEETS SPORTS

IN THE winter, Saimaa released their latest album Urheilu-Suomi which takes its audience to the historical moments in Finnish sports while combining different music styles. Now, the entire album will be heard in concert at Sello-sali. What do songs such as "Kuningas", inspired by Jari Litmanen, "Mäkikotka", recounting the life of Matti Nykänen,

or "Saksa on paska maa", based on a quip by Seppo Rätty, sound like? The sound landscape mixes nuances from the 1960s, 1970s and 1990s as well as folk, jazz and prog. Saimaa is fronted by Matti Mikkola, who became known as the producer and composer of the band Tehosekoitin. The band achieved fame in 2014 with the album Pepe & Saimaa released together with Pepe Willberg.

> Saimaa Thu 24 May at 7 p.m. at Sello-sali Duration 2 h 30 min, incl. intermission. Tickets from EUR 19.50 + delivery fee, Lippupiste.

> CHOIRS SING OUT

IN CONCERT Aat Sello-sali, the Murto-sointu choir celebrates their 15th operating year with the theme "Spring breeze", including both Finnish and German music, while the Tapiola Chamber Choir gathers music by, among others, Madetoja, Kuula and Poulenc under the theme "Human life". The concert is part of the Choral Spring concert series of VocalEspoo.

> Murtosointu & Tapiola Chamber Choir Tue 29 May at 7 p.m. at Sello-sali. Duration 2 h, intermission. Tickets from EUR 14/10 + delivery fee, Lippupiste.

> TRAIN MENTAL SKILLS

HOW IS your mind doing right now? Mental skills play a decisive role in our quality of life. They help us build a good life and good relationships. Training mental skills helps you feel better and discover how the most important ingredients for happiness are often found in ordinary everyday life. Come and listen to the "Voi hyvin" (Be well) public lecture by psychotherapist and non-fiction author Maaret Kallio.

> "Mielen valtava voima" (Enormous power of the mind) lecture Wed 23 May 2018 at 5-7 p.m. at Sello-sali. Free entrance.



> CONTAINER FULL OF CULTURE

THE KULTTUURIKONTTI CULTURAL SPACE is starting its summer tour in Espoo for the second time. The aim is to bring culture and art to the people so that anyone would have a low threshold for experiences.

The programme includes workshops related to, among other things, design, architecture and performing arts. All events are free and open to everyone. Kulttuurikontti sweetens the summer of citizens in June, July and August and tours in the areas of the Espoo city centre, Matinkylä and Kauklahti.



JUSSI HELLSTEN

Kulttuurikontti started its operations in the summer of 2017 and attracted a lot of people to cultural events and workshops.

OLLIHÄKÄMIES



Virpi Palmén instructs Espoo residents in the secrets of orienteering.

MIND AND BODY ARE REFRESHED IN THE WOODS

Adults have found the joy and benefits of orienteering. Spring nature attracts people to exercise and relax in our beautiful forests.

THE POPULARITY of orienteering seems to be on the rise in the metropolitan area.

“One of the best aspects of the sport is the changing of landscapes and terrains with different training sessions and races. You do not have to look at the same tiles and go around the same sawdust track. Running on a soft surface develops endurance and agility in a versatile way. It is a gentler option for the feet than jogging on asphalt. At the same time, it is a great form of brain exercise”, says **Virpi Palmén**, physiotherapist and orienteering instructor from Espoon Suunta, while listing the benefits of the sport.

You can set your own pace. If you like, you can walk and enjoy the birds singing, or challenge yourself

to the extreme and run as beads of sweat run down your body.

TO GET STARTED, you can take a basic course in the sport, for example. The orienteering club Espoon Suunta organises family courses and three-session courses for adults teaching the basics from map markers to using a compass.

Trainers are enough for easy tracks, but for even a little more demanding terrains, Palmén recommends buying shoes with studs on the soles as roots and tree trunks can be slippery. In addition to this, basic equipment includes a map and a compass.

AFTER THE COURSE, you can start orienteering with fitness and races in mind. Several local low-threshold

events called Kuntorastit (“Fitness controls”) are organised in Espoo on a weekly basis. The tracks range from easy few kilometre routes to more challenging tracks of nearly ten kilometres. You can take part in the race alone, with friends or even with the whole family.

if you want to train in peace, looking for fixed controls is a good option. Maps of fixed controls are available on the website of the City of Espoo’s sports services. If you long for a change from a paper map, the solution is MOBO: it is a mobile application that opens a map that can be followed to find controls.

SARI ALHAVA

TOUR OF NEIGHBOURHOOD SPORTS AREAS

GUIDED BY A SPORTS INSTRUCTOR, easy exercises and exploring the exercise opportunities of the area. Includes warm-up, muscle-building exercises, mobility and balance training and stretching. Free of charge, no enrolment. Subject to weather conditions.

Espoonlahti

- 22 May at 10.30 a.m.-12 noon, Mon 18 June at 5-6 p.m., Thu 28 June at 6.30-7.30 p.m. Espoonlahti Sports Park, Gym Container (Espoonlahdentie 2-4)
- TUE 5 June at 2-3 p.m., Wed 20 June at 5.30-7 p.m. Kivenlahti beach, outdoor gym (Merivalkama 11)
- TUE 26 June at 11 a.m.-12.30 p.m. Espoonlahti Sports Park (Espoonlahdentie 2-4, meeting at the Gym Container)
- WED 27 June at 5.30-6.30 p.m. Saunalahti School (Brinkinmäentie 1, meeting at the school’s main entrance)

Espoo City Centre and Northern Espoo

- MON 18 June at 10 a.m.-12 noon and 8 August at 10-11.30 a.m. Hiriso Residential Park (Pohjoisentie 1)
- TUE 19 June at 7-8 p.m. Vanttila School (Nissintie 2, meeting at the school’s main entrance)
- TUE 26 June at 5-6 p.m. Kirstin School (Kirstintie 11, meeting at the school’s main entrance)

Leppävaara

- TUE 26 June at 1-2 p.m., Mon 6 August at 5-6 p.m. Leppävaara Sports Park, Gym Container (Veräjäpellonkatu 17)
- WED 23 May at 6-7 p.m., Mon 4 June at 5.30-7 p.m., Wed 27 June at 10-11 a.m. Laaksolahti Sports Park (Lähdepuurontie 1, meeting at the outdoor gym)
- MON 25 June at 4.45-5.45 p.m. Säterinniitty Neighbourhood Sports Area (Säterinpuistontie 5, meeting next to the outdoor gym equipment)
- THU 28 June at 10-11 a.m. Leppävaara Sports Park, outdoor gym (Veräjäpellonkatu 17)

Matinkylä and Olari

- TUE 29 May at 2-3.30 p.m., continues through the summer until 7 August, getting to know the Waterfront Walkway, a joint walk suitable for all, length about 3 km. Departure and return location: Matinkylä beach (Matinlahdenranta 1), in front of Café Merenneito
- TUE 7 August at 5-6 p.m. Päivänkehrä School (Päivänkehräntie 2, meeting at the school’s main entrance)

Tapiola

- FRI 25 May 9.30-11 a.m., Tue 26 June at 5.30-7 p.m. Tapiola Sports Park, Gym Container (Urheilupuistontie 2)
- TUE 31 May at 2-3.30 p.m., continues through the summer until 2 August, getting to know the Waterfront Walkway, a joint walk suitable for all, length about 3 km. Departure from Otsolahti Marina (Saateenkaari 9)
- TUE 3 July at 5.30-7 p.m. Westend stairs (Westend fort)
- TUE 7 August at 5-6 p.m. Otaniem Sports Park, outdoor gym (Otaranta)

READ MORE ABOUT OUR SPORTS SELECTION

ESPOO.FI/ EN-US/ CULTURE_AND_SPORT

ANNOUNCE AN EVENT!
 ESPOO.FI/ESPOOSHANGHAI20
 PARTICIPATE IN THE JUBILEE
 YEAR ON SOCIAL MEDIA!
 #ESPOOSHANGHAI20

上海

Espos's sister city Shanghai is the largest city in the world by population.

Espos- Shanghai friendship 20 years

20 years ago, Espoo became a sister city to the largest city in the world, Shanghai. All citizens are now invited to celebrate the jubilee. Did you know that Espoo is the most Chinese city in Finland - one third, or 3,000, of the Chinese citizens living in Finland live here.

TEXT **Veera Saloheimo**

1 Finns have vast business opportunities in Shanghai. Chinese people are especially interested in Finnish entrepreneurship, innovations and clean technology. The role of the authorities at the start of co-operation is significant - the job of the city is to open the door for Finnish operators in Shanghai and to introduce operators from Shanghai to partners in Espoo.

2 Milestones along the journey have included, for example, the establishment of the start-up event Slush in Shanghai and the close co-operation of Aalto University with Tong University in Shanghai. Last year, Espoo was invited as a guest city to the most important technology fair in China. The City of Espoo promotes the meeting of Chinese professionals living in Finland and companies aiming for the Chinese market with the association Sino-Talent Finland.

3 The Chinese also want to learn from the Finnish education systems, which differs greatly from their own. They are interested in increasing the joy of learning, among other things. In Espoo, the co-operation is reflected, for example, in the fact that Espoo's upper secondary schools have gained twin schools from Shanghai.

ORGANISE AN EVENT

ALL ESPOO RESIDENTS are invited to organise events to celebrate the jubilee year. Let's make China and Chinese culture visible! The event can even be organised for a limited group of participants. You can apply for funding from the city for organising the event.

A TRIP TO THE WATERFRONT WALKWAY

GLIDING INTO THE SEA are kayaks and SUP boards. People sit on the pier fishing, sunbathers take a dip. Some are busy on the decks of boats, and it is nice to stop and have a cup of coffee while taking a walk. Espoo's Waterfront Walkway offers the perfect summer day.

There is more than 40 kilometres of walk and cycle path along the Waterfront Walkway, and this year the stairs at Villa Kolikari are also exchanged for a beach route. Summer novelties also include an archipelago boat connection to Pentala and city bikes that can be used to visit, for example, the Gallen-Kallela Museum.

The Waterfront Walkway has almost a hundred locations relating to Espoo's coastal life and cultural history, among other things, and these can be searched using the Citynomadi application down-

loaded on a smartphone. Older people have free access to archipelago boats with the 68+ Sports Card and, for example, guided sea water running and beach asahi are open to all.

"In June, the sailing event Espoo-Suursaari Race will attract spectators especially to the shores of Haukilahti", says **Lennart Petterson**, the host of the Waterfront Walkway.

"The Waterfront Walkway has some good hustle and bustle."

PIRITTA PORTHAN

Download the Citynomadi application:
app.citynomadi.com

Follow events on the Waterfront Walkway:
 > visitespoo.fi
 > "Espoon Rantaraitti" on Facebook.

The scenery along the Waterfront Walkway varies from urban milieu to rugged cliffs and idyllic countryside.





CITY OF DOZENS OF BEACHES

Espoo has 58 kilometres of shoreline and 95 lakes. There are 11 beaches by the sea and 10 beaches by a lake that are maintained by the city.

Seven of the 21 city-maintained beaches are supervised, so there are trained lifeguards at those beaches during school summer holidays from 8 a.m. to 8 p.m. The lifeguards are trained in first aid and life-saving as well as, of course, have excellent swimming skills. In addition to safety surveillance, they clean the beaches.

Unsupervised beaches are also cleaned daily but have no continuous supervision.



PHOTOS LEHTIKUVA

DOGS CAN SWIM AT THE LAAJALAHTI BEACH AS WELL AS THE MARKED SWIMMING AREA BETWEEN TOPPELUND AND HAUKILAHTI.

The Oittaa beach is popular with families with children.



SEASIDE BEACHES



Haukilahti/Mellsten

> Supervised beach, showers, changing rooms, beach volleyball court, kiosk services and a summer terrace

Kallvik (Kauklahti)

> Changing rooms

Karhusaari

> Changing rooms

Kivenlahti

> Supervised beach, showers, changing rooms, beach volleyball court, kiosk services and a summer terrace

Klobben (Soukka)

> Supervised beach, showers, changing rooms, kiosk services and a summer terrace

Laajalahti

> Dog swimming area

Matinkylä

> Supervised beach, showers, changing rooms, beach volleyball court, kiosk services and a summer terrace

Suinonsalmi (Hanikka)

> Supervised beach, changing rooms, kiosk services

Suvisaaristo Svinö

> Changing rooms, beach volleyball court

Toppelund

> Changing rooms, shower, kiosk services and a summer terrace, dog swimming area

Tyrskyvuori (Laurinlahti)

> Changing room

Westend

> Changing rooms, showers



Kattilajärvi

Siikajärvi

Sorvalampi

Myllyjärvi

Odilampi

Ruispelto

Oittaa

Laaksolahti

Lippajärvi

Westend

Otsolahti

Karhusaari

Kallvik

Kivenlahti

Laurinlahti

Matinkylä

Haukilahti

Toppelund

Soukka

Suinonsalmi

BEACH WEEK

Beach week makes Espoo's beaches known with ball games, play and other fun activities. No enrolment, free of charge. In Haukilahti, the beach week also includes the sports event "Seniorit liikkeelle" for senior citizens at 12 noon-2 p.m.

Oittaa > Mon 30 July, programme at 10 a.m.-3 p.m.

Haukilahti > Tue 31 July, programme at 12 noon-5 p.m.

Kivenlahti > Wed 1 August, programme at 10 a.m.-3 p.m.

Matinkylä > Thu 2 August, programme at 2-7 p.m.

At the Klobben beach, you can swim sheltered from other hustle and bustle.

The Westend beach was renovated for summer 2017.

LAKESIDE BEACHES

Kattilajärvi

> Changing rooms

Laaksolahti

> Supervised beach

Lippajärvi

> Changing rooms

Myllyjärvi, south

> Changing rooms

Myllyjärvi, north

> Changing rooms

Odilampi

> Changing rooms

Oittaa

> Supervised beach, accessible swimming dock, showers, changing rooms, beach volleyball court
> The recreation centre has a café-restaurant and a sauna.
> Swimming water classification: Excellent

Ruispelto (Pitkäjärvi)

> Changing rooms

Siikajärvi

> Changing rooms

Sorvalampi

> Changing rooms



TEMPERATURES AND ALGAE SITUATION: WWW.ULKOLIIKUNTA.FI

The temperature of public beaches is updated every day on the beach map at www.ulkoliikunta.fi.

The algae situation of beaches is monitored regularly during the swimming season from 15 June to 31 August. A health inspector takes swimming water samples every two weeks. The test results may take up to a week, but clear algae findings are announced immediately on the beach map and, after the test results have arrived, on the notice board at the beach.

The renewed outdoor exercise service will become available at the latest after the start of the monitoring season.



IN ESPOO, CULTURE IN THE SWEDISH LANGUAGE IS THRIVING

The city of Espoo is actively involved in efforts to provide their Swedish-speaking citizens with high-class culture in Swedish. The city is investing in high quality and a wide range of cultural events. Among the most popular events this spring was “En kulturdag kring ån” (A cultural festival on the riverbanks), which attracted around 1,000 visitors, most of them children.

Cultural producer **Eva Monthén** explains how the city is planning to provide a wide range of events.

“Our target group is culture enthusiasts of all ages, from 0 up to 100 years. The art forms vary from musical events to film, visits by authors, workshops, sing-alongs and exhibitions. It is evident that cultural events are highly appreciated in Espoo, and there is demand for even more events,” confirms Eva Monthén.

She has worked with culture in Espoo for more than 20 years. Over the years, having a network has become increasingly important. She is delighted that network building has become a natural part of her job.

“Nowadays, cross-border cooperation is, of course, a natural thing. The city has significant coopera-

tion with, for example, the third sector. There is less funding available now but, to counter this, everyone contributes with their individual strengths and it is great to see how we can join forces.

Having cultural events also in Swedish is important for the citizens of Espoo, but of even more importance than language is the quality of the events.

“It is of absolute importance for the citizens to enjoy a cultural programme in their own language. At the same time, I also feel it is important to develop a programme that will attract people with different languages. Language cannot be the only determining factor, quality must also play a part. Quite simply, high-class culture in a local setting,” states Eva Monthén.

“EVEN MORE IMPORTANCE THAN LANGUAGE IS THE QUALITY OF THE EVENTS.”



ESPOO ORGANISES AROUND 160 CULTURAL EVENTS IN SWEDISH EACH YEAR. One important target group is children. Firm favourites among the children are Mumin, Arne Alligator and Sås och Kopp. In Eva Monthén’s experience, children are the most honest audience.

“Children as an audience are the most critical but also the most rewarding. Children say what they think and what’s on their minds, quite frequently in the middle of a performance. It’s good for children to be exposed to culture from an early age. If they are allowed to grow up surrounded by culture, they are more likely to visit cultural events and the like as adults,” states Eva Monthén.

Among the absolute highlights of the spring was “En kulturdag kring ån” held in May by the city of Espoo



“WE HAD A LUXURY PROBLEM. ONLY 20 MINUTES AFTER WE HAD OPENED REGISTRATION FOR THE CONCERTS, WE WERE FULLY BOOKED, AND HAD AROUND 1,000 PEOPLE REGISTERED.”

and the Espoo youth association. This cultural festival on the riverbanks targeted children of kindergarten age and primary 1 and 2, and parents who are at home to care for their children.

This year, the event was partly based on the wishes and preferences of children. The programme comprised a concert with favourites such as Mumin, Arne Alligator and Robin Hund. These popular characters once again attracted a large audience.

“We had a luxury problem. Only 20 minutes after we had opened registration for the concerts, we were fully booked, and had around 1,000 people registered,” says Eva Monthén.

THE SUBJECT FOR THE CULTURAL FESTIVAL THIS YEAR WAS FAIR TRADE AND

SUSTAINABLE DEVELOPMENT. Admission to the event, for example, was organised in collaboration with Hope.

“Admission to the event was free of charge, but all visitors had to bring with them a second-hand piece of clothing or toy that the children chose and used as a ticket. We received a lot of positive feedback from the participants. It provided numerous parents with the perfect opportunity to discuss recycling and sustainable development with their children,” says Eva Monthén.

The event not only comprised musical performances, but also workshops. At one of the workshops, the children were shown how to design and paint their own bath duck. The result was around 1,500 bath ducks painted and decorated by the children. At the end of the work-

shop, the ducks were lined up along the riverbanks.

“The plan is to have the ducks on exhibit along the riverbanks for as long as possible this summer. But of course, we are aware that one or two ducks may disappear,” says Eva Monthén with a smile.

The spring season for cultural events ends with a sing-along in June. There will be no events in July, and the cultural programme starts up again in the autumn with the Espoo Day Festival and the Ancient Lights (Forneldarnas natt), when bonfires are lit according to ancient traditions. During this period, the city of Espoo offers a programme of events on the beach, comprising workshops and music.

**TEXT JENNI VON FRENCKELL
PHOTOS ESBO STAD/EVA MONTHÉN**

FUTURO

UFO OF ITS OWN ERA

The Futuro House, which has become one of the landmarks of Espoo, is celebrating its 50th anniversary this year. Many of the factors that affected the era and emergence of Futuro are still topical today.

A BRIGHT YELLOW UFO peeks from the windows facing the backyard of the WeeGee Exhibition Centre. Futuro 001 has once again opened its doors to the public.

Architect Matti Suuronen (1933–2013) from Espoo designed Futuro to order. Its premise was to function as a skiing lodge that would be quick and easy to set up even in rough terrain. Futuro was born as the result of three years of design, and the product was expected to gain international success after its breakthrough in London in August 1968.

That never happened. Following the oil crisis in 1973, Futuro with its plastic structure turned out to be too expensive for mass production. As far as is known, there are 65 Futuro houses left in the world.

ON ITS 50TH ANNIVERSARY, Futuro raises a number of ideas that are examined at WeeGee in various exhibitions and events throughout the summer and autumn.

“Futuro represented an entirely new way of thinking in Finland and is one of the most significant manifestations of the 1960s space-age architecture even by international standards”, says art historian **Marko Home**.

What also makes Futuro current is its material.

“Plastic, which today is mostly seen as an environmental problem, was considered the material for the future in the 1960s. It was believed that mass-produced, durable plastic houses that are easy to transport and erect would be the future in housing”, Home says.

THE EMMA EXHIBITION Futuromania presents the visions of architects and designers from the 1950s and 1960s with regard to future housing.

“Futuro was completed at a time when prospects for the future were full of hope and technology was believed to revolutionise people’s lifestyles”, says curator **Laura Kokkonen** from EMMA.

Even though the development optimism of the 1960s has turned into concerns about the environment, the plans of the modernist era, like Futuro, challenge us to reflect on what today’s utopia for housing in the future would be like.

“A building placed in rough terrain that can be transported on land – or even on water – assumes a whole new meaning from the perspective of the refugee crisis, for example”, Kokkonen envisions. **TIINA PARIKKA**

Student Hedi Lindholm at the door of Futuro in the summer of 1968.



FUTURO 50 YEARS - EVENTS IN ESPOO

- WeeGee’s Futuro House is open to the public until 16 September
- Futuro World 50 Years exhibition at Studio Suuronen in the entrance hall is open until 31 December 2018
- Futuromania - Designing Future Living exhibition opens at EMMA on 6 June
- The main piece of the jubilee year, the sound installation Plastic Heart designed by Mika Taanila, can be experienced at Futuro from 17 August to 16 September How Plastic Heart was born: interview with Mika Taanila
- WeeGee Design Day on 15 September offers abundant programme content with Futuro, design themes and architecture
- Historian and curator Marko Home lectures on the theme Futuro World 50 Years on 15 September

Floppon!

ARCHIPELAGO BOAT TIMETABLE

Tuesday-Sunday 9 June-12 August, Saturday-Sunday
18-19 August, 25-26 August and 1-2 September

Route-specific timetables:

espoo.fi > Culture and sport > Outdoor
recreation > Scheduled boats

Prices of scheduled archipelago boats:

- adults EUR 5, return EUR 10
- under 18 years, pensioners and
special groups EUR 2.5, return EUR 5
- children under 7 years travel free
with a paying adult

- From Suomenoja, Nokkala and
Haukilahti to Vasikkasaari the price for
a return trip is EUR 2.5 for children
and EUR 5 for adults.
- Free with the 68+ Sports Card

Note!

- Only cash is accepted as payment.
- Passenger volumes and weather
conditions may affect the timetable.
- The Pentala Archipelago Museum can
only be accessed from 16 June onwards.



**NORMAL
TIMETABLE
ON THE
MIDSUMMER-
EVE.**

