SAFETY IS A FEELING

FIND OUT WHAT IS GOING ON IN THE AUTUMN

ART AS PART OF THE CITYSCAPE

GET INVOLVED TOGETHER!

ESPOO DAY WILL BRING CITIZENS TOGETHER TO ARRANGE AND PARTICIPATE IN EVENTS.
THE MEMORY services centre in Viherlaakso is holding a pancake party. The batter has been mixed by young students who are working at the centre for the summer. They have used eggs from the small hen house in the centre’s garden. The young summer workers are also tasked with looking after Marenki, Marilyn, Klaara and Tuhkimo.

“When our new service centre building was completed five years ago, we wanted some animals here to cheer up our clients. Many of them had hen houses when they were growing up. They get people outside – it is good that there is something in the garden to look at and stir up conversations and old memories,” says Sirpa Kotsalo, the Service Manager.

The hen house was built at the nearby Omnia youth workshop, and the chickens moved in in summer 2018. The chickens spend the winter on a family farm in Karjalohja.

“The chickens returned to our garden at the beginning of June, and they will stay until the end of August. People have only had good things to say about them,” says Sirpa Kotsalo.

The Viherlaakso memory service centre serves clients requiring daytime, short-term and day-round care.

TIINA PARIKKA

THERE’S A CLUCK, CLUCK, CLUCK IN THE GARDEN

SUMMER CHICKENS LIVEN UP THE SERVICE CENTRE’S GARDEN AND DELIGHT THE CLIENTS IN THE BUILDING.
On the last weekend of August, Espoo will once again come alive with celebrations. You can follow the trail from any point.
Espoo reaches the finals of the race to become the European Capital of Innovation

ESPOO HAS been ranked among the 12 best finalists for the European Commission's competition to identify the European Capital of Innovation (iCapital). Espoo is the only Finnish and Nordic city to reach the final.

We are facing tough competition, as the other finalists in 2019 are Antwerp (Belgium), Bilbao (Spain), Bologna (Italy), Bristol (UK), Dortmund (Germany), Glasgow (UK), Hamburg (Germany), London (UK), Lyon (France), Nantes (France) and Rotterdam (Netherlands).

The winner and five runners up will receive a substantial financial development contribution. The results will be announced on 25 September 2019. Among other things, the cities must demonstrate how they involve citizens in their activities and how they harness innovation work to improve everyday life.

Espoo Day, which will be celebrated on the last weekend of August, is a good example of a citizen-oriented activity. More than 70,000 visitors participate in events held by Espoo residents around the city. For the first time, the City and its partners will also put on an outdoor concert for Espoo Day in Tapiola. The concert will be held in Tapionaukio from 2 pm on Friday 31 August.

I would like to warmly welcome you to Espoo, for business or pleasure. See you at the Espoo Day festivities!

JUKKA MÄKELÄ
Mayor
The City of Espoo employed more than 800 summer workers this summer. Most of the jobs were for one month. Work was available in elderly care, sport and youth work, early childhood education, town planning, construction supervision, the environmental centre, real estate management, financial management and city survey positions.

NEW CULTURAL SERVICE FOR CHILDREN

IN SEPTEMBER, the City of Espoo will introduce a new children’s cultural service known as Culture Call, which will bring art and culture directly into day-care centres. Culture Call will involve professionals from the field of culture visiting day-care centres to perform and lead workshops. In its first year, Culture Call will cover all of the 175 municipal day-care centres in Espoo.

Twenty-four artists and cultural professionals are creating content for Culture Call. Over the course of the academic year, at least one cultural professional will visit every day-care centre. In addition, at least one Culture Call event will be held for the educators in every day-care centre, where the cultural professionals will teach the early childhood education personnel how to use cultural and artistic techniques with children.

The aim of Culture Call is to ensure systematic, coherent collaboration between early childhood education and cultural professionals, increase the amount of mutual learning, and enhance inclusion and the non-discriminatory right for children to experience and engage in art and culture.

THE SERVICE CENTRE FOR SENIOR CITIZENS IN ESPOON KESKUS IS MOVING

THE SERVICE centre for senior citizens in Espoon keskus is moving to new premises in the Espoontori shopping centre (Kamreerintie 3, floor 3).

The new service centre will celebrate its opening at 1.30 pm on Monday 9 September. Come and see the new premises and find out about the service centre's activities!

The service centre is an open living room for senior citizens in the area - a place where they can enjoy a meal, spend time, engage in hobbies and participate in various events.

The service centre’s premises are available for reservation, primarily by associations of senior citizens and pensioners, for their own non-profit activities. Other users may rent the premises by agreement.

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**Espoo is Finland’s most vibrant city**

**ACCORDING TO** a study commissioned by the Foundation for Municipal Development, Espoo is Finland’s most dynamic city. In the top ten municipalities for growth potential, Espoo was joined by seven other municipalities from Uusimaa.

The study examined the development and status of municipalities from the perspective of regional business dynamics. The analysis was based on four components: the regional economy, attractiveness, changes to the demographic structure and housing. Alongside Espoo in the top ten were Sipoo, Tuusula, Lempäälä, Pirkkala, Vantaa, Helsinki, Nurmiäjä, Järvensää and Kirkkonummi. The top five municipalities are mainly large and medium-sized urban areas and the municipalities bordering them. The regions are concentrated near or around the rail line between Helsinki and Oulu.

“The study showed that Espoo offers the best opportunities for companies to grow. Espoo is a sustainable and innovative city, and we aim to provide entrepreneurs with everything they need to make their dreams a reality and create future growth and jobs,” says **Harri Paananen**, the City of Espoo’s Manager of Economic and Business Development.

**BECOME A CANDIDATE IN THE YOUTH ELECTIONS**

**THE ESPOO** Youth Council election will take place this autumn. Candidates can put their names forward from 9 September to 27 September by submitting a candidacy form to the Youth Council office, their own school, a youth centre or a service point. Every Espoo resident aged from 13 to 18 in the year of the election is entitled to stand as a candidate and vote in the election.

Voting will take place on an electronic voting platform in week 46 (from 11 November to 17 November) at educational institutes and at the Iso Omena Service Centre or the Leppävaara Service Point.

The results of the election will be announced on 26 November 2019. The new Youth Council will take office on 1 January 2020.

Candidates will be able to use the candidate selection engine at espoo.fi/nuva. The candidate selection engine will be opened in week 43.

@espoonnuorisovaltuusto

**GRANTS PAID BY THE SOCIAL AND HEALTH SERVICES IN 2020**

Associations and communities doing significant societal work can apply for targeted grants from 1 September to 30 September. The application period for association grants begins on 1 October and ends at 3 pm on 31 October. An information event will be held concerning association grants from 5.30 pm to 7 pm on Thursday 26 September in the café at the Council Hall, Espoonkatu 5.

Further information: espoo.fi/soteavustukset

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Career advisors accompany their clients on an amazing journey and quickly build up a strong interpersonal relationship with them. I put my heart and soul into this, and I feel that I have a lot to give.

I moved to this country 28 years ago, so it is easier for me to understand the process that clients are going through. I got myself an education in Finland; I completed a master’s degree in sociology at Diak and also became a qualified teacher and guidance counsellor.

I began in March and, in just a couple of months, I have had nearly a hundred clients. Some have already entered employment or education. Clients are referred to us by the TE Office or by social workers. We hold an opening interview to assess the client’s educational background and work experience. After that, we take a two-week analysis period and take steps along the pathway toward education or working life, depending on the client’s individual needs.

After the analysis phase, clients on the education pathway begin learning vocational competences and strengthening the Finnish skills they will need in working life. The work pathway offers support in applying for jobs. Overall, the whole process can take up to six months, but we may stay in touch even after this period.

Many of my clients have lived in Finland for a long time. Despite this, their language skills may still be weak, particularly if they have been working in their native language. Everyone wants to work, but finding your own path can be a challenge. That’s why we have a very diverse team here to help.

Doinita Negruti is a career advisor at the Competence Centre where the City of Espoo works with Omnia and the TE Office to help immigrants find employment.
Statistics show that Espoo is an exceptionally safe city. For example, safety is always incorporated into traffic solutions.
Statistics show that Espoo is an exceptionally safe city. For example, safety is always incorporated into traffic solutions. Safety and nature. Surveys name these two factors as Espoo’s key draws. And with good reason. Espoo is by far the safest of Finland’s major cities, whether we are considering street safety, traffic, property crime, assault or the number of domestic calls to the police. The statistics have not significantly changed, even over the longer term.

“We have had a safety strategy management group for more than 20 years. Our long-term preventive work has upheld a good standard of safety, despite the city’s rapid growth in this period,” says Petri Häkkinen, Safety Manager. Safety is the cornerstone of a welfare society. If the feeling of safety is shaken, people will no longer enjoy a good standard of well-being. However, safety means different things to different people. It is generally considered most important in people’s local surroundings.

“Above all, safety is the feeling that everyday chores and daily travel can be handled without disruptions, the basic services work and help is available when it is needed,” Häkkinen says. The safety strategy is built in collaboration between the authorities, the city and various associations. However, the most valuable experts are individual people. “Residents know the hazards in their local environments better than anyone else. We arrange safety walks and invite local residents to share their experiences with us. In addition, the city’s feedback channels are always open,” Häkkinen says, encouraging people to get involved.

Safe with Espoo – safety knowledge for young people

The authorities and volunteer organisations present their work at the Safe with Espoo event for young people. The event will be organised at the same time as the conscription call-up of the Uusimaa Regional Office.

Safe with Espoo in the Kannusilta civil defence shelter on 9–10 September.

Above all, safety is the feeling that everyday chores and daily travel can be handled without disruptions.
NO MAJOR CONCENTRATIONS OF PROBLEM According to Häkkinen, the structure of the city with its five urban centres contributes to safety. Espoo has not seen the emergence of problematic areas in the same way as some suburban areas in Sweden. Evening and night-time activities have also not caused any significant disturbances.

"Wherever there are a lot of people, there are more side-effects. So far, Espoo residents have generally enjoyed the nightlife and leisure activities available in neighbouring cities. As services develop and the entertainment and restaurant culture expands, this may introduce new safety challenges," Häkkinen considers.

At present, there are fewer incidents of property crime, violence and domestic police calls in Espoo than in any other large city in Finland. The socio-economic structure of Espoo plays a part in ensuring safety. In Petri Häkkinen’s view, an increased number of immigrants will have no negative impact on this.

"We do a lot of work to integrate immigrants with the aim of avoiding the problems arising when people have difficulty adapting to a new society. Preventing young people from becoming excluded from society is also a significant aspect of safety work."

HONOURABLE MENTION FOR TRANSPORT SOLUTIONS. Last year, there were fewer than 600 traffic offences per 10,000 residents, while the corresponding figures for Vantaa and Helsinki were around 1,000. In Turku, the figure stands close to 800, while Oulu has a rate of approximately 700. Efficient transport solutions are rooted in more than 50 years of work.

"Espoo is a comparatively young city. When construction really took off in the 1960s, traffic planning was an integral part of urban planning from the outset. For example, we have an unusually high number of underpasses and bridges for non-motorised traffic, and these are built as soon as a new area goes up instead of incurring the additional expense of renovating the area once traffic volumes pick up," says Tuomo Saarinen, Researcher at the Public Works Department.

Espoo has been able to create large-scale solutions that have considerably improved traffic flows, such as Ring II, which was opened in 2000 and significantly reduced the amount of traffic driving through areas such as Mankkaa.

"At the end of the 1980s and the start of the 1990s, the situation reached a nadir when 1,130 traffic accidents occurred," Saarinen says in his historical account of traffic safety in Espoo, published in August. Ring III was also converted from a dual carriageway road to motorway standards (1990), and the Leppävaara tunnel was added to Ring I along with a new stretch of road between Turuntie and the border of Helsinki between 2008 and 2011. The most recent tunnel project – the Keilaniemi tunnel – will be completed by the end of this year.

"The number of traffic accidents began to fall in 1992, partly due to the recession at the time, which reduced daily traffic volumes," Saarinen notes. So far, Espoo has had enough space to build new transport routes, but this rate of growth cannot continue forever. Saarinen points out that the cities in the capital region have made a joint agreement to expand residential areas around rail routes. In Espoo, infill development, in particular, is concentrated around the new metro stations and the forthcoming Jokeri Light Rail line.

"There is still plenty of space on the ring roads, except during the morning and evening rush hours."
These roads have the capacity to handle increased traffic volumes,” Saarinen says.

Pedestrians and cyclists receive special attention. There are a lot of underpass bridges and grade-separated junctions. When new schools and day-care centres are planned, the availability of safe routes to the site is always a factor.

“People in Espoo may even be a little too concerned with non-motorised traffic. They give way to cyclists when they do not need to. There are drawbacks to this, as cyclists begin to believe that they can zip over zebra crossings everywhere, even when the traffic rules require cyclists to dismount,” Saarinen says in concern.

Saarinen points out a new challenge for transport: electric bicycles that can reach speeds of up to 25 kilometres per hour.

“It can be difficult for motorists to gauge the speed of a bicycle, and this may give rise to hazards, particularly around junctions where cyclists are entitled to cross in front of cars that are turning, as motorists may think they have more time to turn before the cyclist reaches the crossing,” Saarinen says.

Saarinen has been working for the City of Espoo since 1987. He belongs to the traffic safety team, which reviews relevant feedback from residents every month.

“Whenever we receive feedback, we go out to the site and review the situation. In some cases, the issue may have already resolved itself, and it may not require any further action, but we consider every piece of feedback we receive,” Saarinen promises.

SAFETY IS THE SUM OF SMALL PARTS. In the end, individuals have the greatest influence over the comfort and safety of their local environments.

“Taking the traffic conditions into consideration, following traffic rules and respecting other road users are the best ways to avoid hazards,” Petri Hakkinen says.

The first step toward improving the comfort and safety of residential areas is tidiness, and everyone plays a part in ensuring this.

“By behaving appropriately and taking care of others, we can create a safe and pleasant living environment around us,” Hakkinen says.

And, as we know, the most common place for accidents to happen is in the home.

“Safety in the home is a combination of fire safety, awareness of hazards and being prepared to deal with accidents,” he says.

Lea, 63

I travel in familiar areas where help is always at hand if I need it. I wouldn’t want to go near the station very late at night, as I’d be worried about being robbed.

Anneli, 67

I live in an area with lots of row houses, close to nature. The residents there don’t cause a disturbance. On occasions, I’ve been frightened by disorderly people on the metro, but otherwise, I can’t recall feeling scared about anything.

Wang Bai, 53

It’s safe – at least I think it is. Finnish people are nice. Espoo and Finland as a whole feel safe.
LÄHIÖFEST HIGHLIGHTS CITIZENS’ OWN EVENTS

LÄHIÖFEST, which will take place in the last week of September, is being held for the third time. The intention of the festival is to highlight the challenges of sustainable development in the places where people live.

Lähiöfest will be held in several locations around the city. Events will be arranged in locations such as metro trains, libraries and schools in Espoo. A Dome of Visions pavilion will be open all week on the Aalto University campus in Otaniemi, inviting visitors to discuss topics such as sustainable development.

Lähiöfest’s largest event will be the Lähiöfest Market, which will be implemented in the pop-up style and opened to everyone on Saturday 28 September at the Tiistilän koulu School in Matinkylä. The event will also mark the 50th birthday of Matinkylä.

On Sunday 29 September, Espoo will serve as the venue for citizens’ own events. The City of Espoo is offering ten public locations for citizens to arrange events with a more relaxed permit procedure.

This year, the festival will be held in four cities throughout the year. Events were arranged in Riihimäki and Kauniainen in the spring, and it will be the turn of Espoo and Helsinki in the autumn.

The City Learning – Kaupunkioppi project will begin at the same time as Lähiöfest with the aim of developing phenomenon-based learning together with schools.

THE SEA, MOTION AND ART COLLIDE

There is still time to experience Relax on the Beach at the Exhibition Centre WeeGee. The relaxation event is held once a month and is based on easy body exercises and breathing exercises in a maritime atmosphere in the exhibition space.

The relaxation events are part of the wide-ranging Eyes on the Horizon exhibition, which will continue until the beginning of February 2020 at the Espoo City Museum.

RELAX on the Beach, Friday 4 October 5.30 pm–6.30 pm and 6.30 pm–7.30 pm, Exhibition Centre WeeGee. Free of charge.

THE CULTURAL CENTRE IS AWASH WITH COLOUR

The colourful Kutitus festival will once again take over the Espoo Cultural Centre at the beginning of October. The week of activities will begin on Wednesday with a performance by dance group Four Go Wild in Wellies, which invites children on an action-packed camping trip. Thursday will see the release of Muskarisoppa’s latest record under the spellbinding northern lights, as well as a morning workout in the Caribbean sun. The Tapiola Sinfonietta is travelling on a circus tour to the four corners of the world. The Kertomuksia 1-2-3-4 show will take you to the moon and back. The week’s festivities will culminate in the Kutitus disco, which always has some surprises in store – via the Moomins’ Song Trip at the Tapiolasali.

In addition to all these performances, there will be a huge number of art workshops, lobby events and the Kutsa experience trail, which visitors can follow at their own pace.

Kutitus festival, 2 October – 6 October, Espoo Cultural Centre

LITTLE THINGS CAN SAVE LIVES

Giving blood helps one in three patients and can save someone’s life. You can give blood if you are healthy, aged between 18 and 70, and weigh at least 50 kg. New blood donors must be under the age of 60. Bring your official ID.

Blood donors are invited to Sello Hall on Tuesday 2 September between 2 pm and 7 pm.

SEARCHING FOR POWER STRUCTURES

Babylon, a hilarious, partly autobiographical play by the Red Nose Company, examines the use of power from a woman’s perspective. Actors Minna Puolanto and Hanna Seppä bring to the stage a wide range of people who wield power, ranging from Catherine the Great to Ronaldo, and from Madonna to Trump. The production is directed by Marielle Eklund-Vasama, and it questions why we form power structures with each other. The performance also examines the power structures between genders.

BABYLON, Friday 20 September, 6 pm, Espoo Cultural Centre, Louhi Hall. For ages 13 and over. Tickets from Lippupiste.

IT MUST BE ORGANIC

Villa Elfvik will start selling organic products again in September. On the third Sunday of every month, it will be possible to buy products such as root vegetables, dried nettles, biscuits and spelt products directly from farmers.

DIRECT sales of organic products, Sunday 15 September, 10 am–3 pm, Villa Elfvik Nature House (also 20 October, 17 November and 1 December)
ELEGANT ARGENTINA

A Taste of Culture is continuing. The second Film of the Month showing in the autumn will be part of the Taste of Culture series of events when elegant Argentina will take over the Espoo Cultural Centre. The event will begin with some delicacies from Argentine cuisine accompanied by music from Tango del Norte. The evening will culminate in the film, the Last Tango (Germany, Argentina, 2015). The music of Tango del Norte combines Argentine tango, South American folk music, jazz and classical music. The band consists of bandoneon player Sami Pirttilaihdi and pianist Ville Westergård.

› Last Tango (Un tango más). Friday 11 October, 6 pm, Espoo Cultural Centre, Louhi Hall, including food tastings. Tickets: lippu.fi

PULSE OF AUTUMN FOR SENIORS

The traditional Pulse of Autumn celebration will be held on Sunday 13 October in Tapiolasaari in the Espoo Cultural Centre. Local seniors’ associations will take care of the day’s song and dance performances. The city and other partners will also be on hand to present their activities at the event. The Espoo pensioner of the year 2019 will be announced at the celebration. The celebration will also be streamed live online.

› Pulse of Autumn, Sunday 13 October, 1 pm–5 pm, Espoo Cultural Centre, Tapiola Hall. Free entry. There will be free bus transport to the event.

VISIT THE CINEMA DURING THE AUTUMN

Films will be shown at Sello Hall during the autumn holiday week. On Tuesday 15 October, Onneli ja Anneli ja kukkutuskelo will begin at 9 am. Rayhà-Ralf will take over the internet at 11 am. Two Friday film showings will take place in Karatala at the end of the autumn holiday. At 10 am, there will be a showing of Viru ja Pesonen (Pettson and Findus) – Viiru muuttaa, in which Findus, who has his own bouncy castle in the outhouse at the end of the yard, decides to move out to his house for good. And Pettson is not happy about that, of course.

The afternoon performance will be a film related to Jack London’s beloved 1906 novel, White Fang, which describes the life of a wolf pup in the Yukon wilderness.

NOVEMBER

THE MUSIC OF COME BACK THE DOORS

November will begin at Sello Hall with a production of Love Her Madly, which showcases the music of The Doors. This band last played together 35 years ago. The current lineup is Seppo “Kala” Ala-joki (guitar), Jyrki Honkonen (organ), Tapio Linoja (vocals), Juuso Nordlund (bass) and Raimo Raappana (drums).

› Love Her Madly, 1 November, 7 pm, Sello Hall. Tickets: lippu.fi

MY ADORABLE, INFURIATING BODY

Body Positive! is a music-driven drama-comedy in which the performers’ own compositions bring the story together. The show also includes well-known songs approached in a new light. The performance examines the pressures, myths and prejudices of society, as well as the oppressive and tyrannical demands made of women’s bodies.

› Body Positive! Thursday 28 November, 7 pm, Espoo Cultural Centre, Louhi Hall. Tickets: lippu.fi

GET THE WEEKEND OFF TO A DANCING START

A show full of the magic and glamour of dance, bringing together Ansku Bergström, Marko Keränen, Kia Lehmuskoski, Jurijs Trosenko, Jutta Helenius, Sami Helenius, Saana Akiola, Katri Mäkinen, Mikko Ahti and Jani Rasimus. The show premiered in spring 2019, and it was so popular that additional performances have been booked.

› Tanssien tähtiin (Dancing to the stars) Friday 29 November 6 pm, Sello Hall. Tickets: lippu.fi

Finnish entertainers in the televised Miss Finland 1966 competition in February 1966, Johnny Liebling, Erkki “Eki” Lilkanen (with Pekka Loukiola behind him) and Pirko Mannola.

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I LOVE YOU, GABRIEL

Pirko Mannola’s singing career began by chance. Olavi Sääksjärvi, a journalist for the Seura magazine, was coming up with an idea for a story and contacted Kullervo Linna, the conductor for the Levytukku company, and arranged an audition for Mannola, who had recently been named Miss Finland. Sääksjärvi had no idea whether Mannola could sing. She performed the song Diana at her audition and was immediately invited to record a Finnish version, which was named Minä rakastan sinua, Gabriel (I love you, Gabriel).

This year, Mannola is celebrating her 80th birthday with a concert tour together with Tessa Virta’s orchestra. The concert will include Pirko Mannola’s best-known hits and plenty of surprises. She will also recount stories from her life between songs.

› Pirko Mannola jubilee concert, Wednesday 27 November, 7 pm, Sello Hall. Tickets: lippu.fi
GET AROUND BY BIKE

Cycling is an increasingly popular way of keeping fit and getting around all year round. Espoo has taken note of this, and new plans have been made to support cycling long into the future.

Martti Merra, the City’s Sports and Youth Director, believes that people can easily get around Espoo without a car: it takes less than half an hour to cycle from one urban centre to another, and cyclists can cover even longer distances if they take their bikes on the metro or the train.

Electric bikes are making a breakthrough as a new form of year-round transport. Merra thinks that now is the time for Espoo to profile itself as a genuine cycling city.

“With electric bikes, the city is within reach of everyone. You can get from one urban centre to another in just a few minutes.”

In the summer, Martti Merra gets around by bicycle, both for work and in his spare time.

Martti Merra
City’s Sports and Youth Director

“Swapping the car for a bike is attractive and safe.”

Merra knows what he is talking about. He cycled 2,600 kilometres of cycling last year. “I mostly cycle in my spare time, but in the summer, I also try to travel longer distances if they take their bikes on the metro or the train. It takes less than half an hour to get from one urban centre to another, and cyclists can cover even longer distances if they take their bikes on the metro or the train.

Electric bikes are making a breakthrough as a new form of year-round transport. Merra thinks that now is the time for Espoo to profile itself as a genuine cycling city.

“We should accept everyone, whether they are travelling on foot, by bike or by car. We should slow down a little, have a bit more patience and understanding, then everything will be fine.”

Hanna Ojanpää

EXERCISE AND WEIGHT CONTROL COURSES

The course is intended for all overweight people of working age (women with a waist measurement over 90 cm, men with a waist measurement over 100 cm, or people with a BMI of at least 30). People who have not exercised for a long time are particularly welcome. The meetings include a 30-minute briefing/discussion, after which the group will try out some basic forms of exercise, such as Nordic stick walking, gym exercises and water sports. The short course costs EUR 20 for 7 sessions.

• Leppävaara swimming hall, Mondays 6.15 pm–7.45 pm
• Keski-Espoo swimming hall, Tuesdays 5 pm–6.30 pm
• Olari swimming hall, Tuesdays 7 pm–8.30 pm
• Tapiola service centre, Tuesdays 6.30 pm–8 pm
• Espoonlahdi swimming hall, Thursdays 6.15 pm–7.45 pm

Registration and additional information Tel: +358 9 8166 0800 Mon–Fri
midday–1 pm or espoo.fi/ohjattuliikunta

GYM STARTER – SHORT COURSE

The gym starter course is intended for beginners. Each session will cover various muscle groups with gym equipment and other exercises. After completing the gym starter course, customers will have an understanding of gym training and be able to exercise without an instructor. The course includes 7 sessions.

• Espoonlahdi swimming hall, Thursdays 5 pm–5.55 pm
• Tuulimäki sports hall, Tuesdays 6 pm–6.55 pm

Registration and additional information Tel: +358 9 8166 0800 Mon–Fri
midday–1 pm or espoo.fi/ohjattuliikunta

EXERCISE EVENING

FOR PEOPLE OF WORKING AGE

The exercise evening provides an opportunity to try out different forms of exercise and receive some useful training tips. The exercise evening is intended for beginners and anyone who has not exercised for a long time. At swimming halls, the entrance fee must be paid.

• Keski-Espoo swimming hall, Mondays 5.30 pm–6.30 pm
• Olari sports centre, Tuesdays 5.45 pm–6.45 pm
• Espoonlahdi swimming hall, Wednesdays 6.30 pm–7.30 pm

Additional information Tel: +358 9 8166 0800 Mon–Fri
midday–1 pm or espoo.fi/ohjattuliikunta

HANNA OJANPÄÄ

MORE ABOUT CYCLING ROUTES:
• visitespoo.fi
• fillaristit.fi
• reittiopas.fi
• espoo.fi

WHAT’S ON IN SEPTEMBER–NOVEMBER

WHAT IS BEING PLANNED?

› Fast, safe cycling routes with unobstructed access between the urban centres
› Cycling to become part of public transport
› Themed routes, including a cultural route, a countryside route and a manor house route in cooperation with nearby municipalities
› Developing bicycle tourism
› Better regional availability of city bikes
Art is a hallmark

1. TAPIOLA BICYCLE PARKING PLACE

The latest work of public art is in Tapiola, where the walls of the bicycle parking facility at the Tapiola metro station are adorned with graphics by artist Seela Petra.

“A lot of murals are being painted at the moment, but we took it one step further. We are presenting graphical expression in public spaces. The elements of the work have also been created in a way that makes them easy to replace if necessary,” says Henna Paunu from EMMA.

The work includes natural and animal characters, which Seela Petra had previously drawn.

“I wanted to display things that harmonise with Tapiola - cheerful and warm-spirited elements. The common theme permeating this work is encountering other people.”

The art also makes it easier to understand the space. It is easier for users to find their bicycles when they are returning from a day’s work if they remember details such as which bear they parked near.

2. THE WORK, “EMMA LEAVES A TRACE,” AT THE TAPIOLA METRO STATION

There is also another work of public art in Tapiola. “Emma leaves a trace,” by Kim Simonssen, is more than just an individual sculpture on the station platform: there are also echoes of the work at EMMA and online.

3. THE ART TRAIL AT ESPOO HOSPITAL

Art creates an atmosphere of comfort and well-being at Espoo Hospital. An art trail guides visitors to the art on display at the hospital, and the art may also be used as part of the treatment provided. Every patient room contains a piece of art.

4. TUNNEL OF LOVE AT ALBERGANPORTTI

A new work of public art was completed in Leppävaara in the summer. Akseli Leinonen’s work, “Love Love,” brings joy, light and colour to the underpass at Alberganportti.

5. SCULPTURE IN ESPOON KESKUS

The next work, a sculpture named Vuo by Vesa-Pekka Rannikko, will appear next spring in Vakuunatorin when Espoon keskus is modernised.
NATURE TRAILS TO GET IN SHAPE

GETTING OUT and about in natural surroundings is proven to have health benefits. In Olari, it is easy to step onto a forest trail in the middle of the city.

The health nature trail, opened in June in the Keskuspuisto park and Kokkinmetsä area, is an example of cooperation. The trail was the brainchild of the Olari Association.

“This was already a nature trail going through the area, but it was fairly overgrown. We came up with the initiative for a new trail that would become a health-oriented nature trail,” says Heikki Lenkkeri, the chairman of the Olari Association.

The City’s well-being group took care of the implementation. The old paths were renovated in cooperation between the City and various organisations.

“For example, the paintings that can be found along the trail were made by the EMY art group,” says Lenkkeri.

The trail, which stretches a total of 2.4 km, can be joined at any point, and users can head in either direction. Along the trail, there are eight stopping points where users can learn about the health benefits of nature.

The City of Espoo’s environmental design team was responsible for designing and implementing the trail. The Healthy Espoo development programme financed the health nature trail and was involved in the design and implementation.

The stopping points on the trail are marked with blue hearts. ➤ espoo.fi/luontopolut
VISITORS TO OTANIEMI HAVE THE OPPORTUNITY TO LEARN ABOUT THE DEVELOPMENT OF URBAN LIFE

FRIDAY 12.30 PM–3 PM, AND SATURDAY 10 AM–2 PM
Urban Mill, participating in Espoo Day for the sixth time, is a community and a service that helps to create a better urban life with the help of innovations.

“The ‘Learn about Otaniemi – Otaniemi today and tomorrow’ event provides information about what is happening in Otaniemi at the university and as part of innovation and construction activities. It also indicates the directions in which the city will develop,” says Kari Mikkelä, who is responsible for the Urban Mill partnership.

The event will include presentations from the Aalto community and the City of Espoo, as well as companies, residents’ associations and the union of Academic Engineers and Architects in Finland. Visitors will be able to learn about the diversity of development work undertaken by the scientific community through the achievements of startups.

“On Saturday, the events arranged along Innovation Lane will offer the opportunity to participate in workshops, competitions, exhibitions and debates. Children can experiment with their own prototypes and design new things for Otaniemi,” Mikkelä explains.

Urban Mill is a collaboration organisation, and it is making preparations for the event in close cooperation with parties in the area. Hopefully, the event will attract new people with an interest in Otaniemi, and they will notice what is happening there. Perhaps someone will take an interest in attending upper-secondary school, studying at Aalto University or working in collaboration with the research institutes.

Find out more about Urban Mill: bit.ly/2IF8dHs

Betonimiehenkuja 3 E
TRAPESA CATWALK – A MUSICAL FASHION SHOW
FRIDAY 5 PM-8 PM
Trapesa is an international meeting place. It is the product of more than 20 years’ work by Filoksenia ry to promote cooperation involving well-being and culture. Trapesa’s Catwalk musical fashion show will bring Finnish and European dancers and musicians to the station bridge in Espoo on Friday.

Trapesa international living room, Espoo station, station bridge, floor 2, Kirkkojärventie 1.

MUSICAL FILM ON AN AUGUST EVENING
FRIDAY 9.15 PM-11.30 PM
In the evening of Espoo Day, visitors can enjoy a cinema atmosphere near the central basin in Tapiola, where there will be a showing of the popular, Oscar-winning film, A Star Is Born. The romantic musical is about a country musician who falls in love with a young singer. The leading roles are played by Lady Gaga and Bradley Cooper. The film is in English with Finnish and Swedish subtitles. The recommended minimum age is 12.

Sun deck at the Tapiola central basin.

ESPOO DAY WILL CULMINATE IN AN OUTDOOR CONCERT
SATURDAY 2 PM-8 PM
Popular entertainers will take to the stage in Tapionaukio square. The huge outdoor concert will feature artists Reino Nordin, Kasmir, Papeni T, Töölön Ketärä and Espoo Big Band, which is conducted by Marzi Nyman and features Maria Ylipää. The free concert will be hosted by Jenni Haapala and Jani Jääteläinen from Radio Kiss.

Tapionaukio, Tapiola

JAZZ AT EMMA
FRIDAY 6 PM-6.30 PM
The Espoo Museum of Modern Art will offer music for jazz-lovers. April Jazz Goes EMMA; The Sid Hille concert will feature jazz compositions by musicians Sid Hille and Jarmo Saari, demonstrating influences from the art of ceramicist Rut Bryk and designer and sculptor Tapio Wirkkala.

Espoo Museum of Modern Art (EMMA), Exhibition Centre WeeGee, Ahertajantie 5.

THE PLEASURE OF OUTDOOR KARAOKE AND DANCEOKE
SATURDAY 3 PM-7 PM
Sello Hall has been involved in Espoo Day every year. This year, there is something a little different on the agenda. The Singa Open Air Karaoke and Danceoke picnic and singing event will bring families to Soittoniekanaukio.

“The event will be arranged at Sello Hall, Kaupunkitahtumat Espoo and the Sello shopping centre. The venue will have a verdant artificial lawn and furniture, which will provide citizens with a pleasant place to hang out,” says Laura Nordlund, a cultural producer.

When open-air karaoke is performed, visitors will be able to follow the song lyrics on a screen and request songs using the Singa mobile app. You can download the app using the app store on your device, and it offers more than 60,000 songs.

“Come and get involved! If you do not want to perform straight away, you could start by singing along,” Nordlund says.

It will also be possible to try out danceoke. This involves members of the public requesting music videos and dancing to the beat. The dancers from the DCA dance school will also be on hand to get everyone in the mood.

Sello Hall, Espoo

COUNTRY MUSIC AT ESPOO HOSPITAL
SATURDAY 2.15 PM-2.45 PM
A small group from Tapiola Sinfonietta will perform country music at Espoo Hospital on Espoo Day.

“We have trained hospital musicians, and now there is the opportunity to come to the Suolaheinä restaurant in the hospital lobby to see the public work that the orchestra does there. In the hospital lobby, visitors will also be able to look at the art that Espoo Hospital has purchased together with the EMMA museum,” says Milina Sivula, a producer from the Tapiola Sinfonietta.

Sivula says that the musicians themselves decided upon country music, as it is more suitable for a hospital environment than a brass band performance.

“Public work is an important part of the activities as we aim to be an orchestra for the entire city and offer experiences to people who cannot make it to our concerts.”

Public work is done every week at Espoo Hospital. The number of people attending the concert is not the key issue – the members of the orchestra are keen for their music to reach out and activate people.

Espoo Hospital lobby, Suolaheinä restaurant, Karvasmäentie 6

ON SATURDAY, THE EVENTS ARRANGED ALONG INNOVATION LANE WILL OFFER THE OPPORTUNITY TO PARTICIPATE IN WORKSHOPS, COMPETITIONS, EXHIBITIONS AND DEBATES.
The Atmospheric Espoo Day

Eva Monthén is a cultural producer at the City of Espoo and is responsible for the event in Vindängen. She tells us that it is the first time that Espoo Day is being celebrated in Vindängen.

“We are celebrating in Vindängen this year because the building is having its 10-year anniversary next year. We really wanted to celebrate this, so we are getting an early start on the celebration on Espoo Day by organising a joint programme where everyone in the building can participate,” says Monthén.

The artists performing in Vindängen include Musikinstitutet Kungsvägen, Espoon Pelimannit, who are part of Esbo Arbis, and Sås & Kopp, who will be giving a bilingual concert for children. FolkhälSAN’s restaurant will be open all evening, and when darkness falls, the programme will end with a circus of light by Spektri.

“Spektri is putting on a fantastic outdoor light show. The event will be held in the evening so that there’s time for it to get as dark as possible. The show involves loads of shining light phenomena in different colours with accompanying music,” explains Monthén.

When talking about the expected crowd size, Monthén is optimistic.

“This is the first time that Espoo Day is being celebrated here in the building, so it’s difficult to estimate how many people will show up. It’s of course a little exciting to see if people find their way here, but I’m hopeful.

THE SWEDISH and bilingual programme in Vindängen will get underway on Saturday at 16:00 and continues on until 21:30. The organisers hope that the event will attract Espoo residents and transcend the language boundaries.

“We try to have a low language barrier. The children’s concert with Sås & Kopp switches smoothly between Finnish and Swedish, and music works fine in all languages,” says Eva Monthén.

The target group is wide. Children, families, adults, and the elderly are welcome, and the doors are open to all Espoo residents throughout the evening. Monthén tells us that Espoon Pelimannit still have their own specific audience.

PRODUCING a big event is a long process. The programme structure is planned well in advance, and gradually the artists get booked and the details are hammered out. One week before Espoo Day, the last pieces are starting to fall into place.

“The week before, the biggest cause for concern is the weather. We hope of course that it won’t be pouring rain; that would cause problems for the light show which is performed outdoors on the football field. The final days before the event are when we try to create a nice and fun atmosphere,” says Monthén.

Espoo Day is a two-day festival that is being held this year on 30–31 August 2019.

More information on the programme in Vindängen: esbo.fi/vindangen

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More information on the programme in Vindängen: esbo.fi/vindangen

Text: Jenni von Frenckell

MATH HELP FOR KIDS
Friday, 12:00–15:00, library in Iso Omena, Suomenlahdentie 1
Mattelandet in Espoo has created videos for those who want to practice doing math with their child. The staff at Mattelandet will be on hand to inspire you. Children who are accompanied by an adult can try their luck on the math wheel of fortune.

esbo.fi/mattelandet

OUTDOOR CINEMA: A STAR IS BORN
Friday, 21:15–23:30, the terrace by the swimming pool in the centre of Tapiola, between Kirkkopolku and Kulttuuriaukio
Experience the magical atmosphere of the outdoor cinema on an August evening. As part of Espoo Day’s programme, you will be treated to the popular Oscar-winning film A Star Is Born. The film is in English with subtitles in Swedish and Finnish. Recommended age limit: 12 years old.

espoo.fi/kaupunktitahtumat

THE FLAVOURS OF TAPIOLA
Friday and Saturday, Tapionaukio, Tuulikinsilta 5
Street food and microbreweries bring the joy of food to Tapiola. Food tents and fast food trucks fill the streets with culinary delights. Great atmosphere, tasty food and drink, and a fun-packed programme is what’s on the menu.

tapiolankeskus.fi/makujentapiola
Hilma Koskinen (Pippi), Elsi Rapeli (Annika) and Niko Teperi (Tommy) are already experienced amateur actors.

Erika Rehmonen and Jere Hartikainen, students of Hyökyvuori, have been instructing groups of hobbyists together for six years now. At the child and youth theatre, children perform for children.

The Hyökyvuori child and youth theatre has been operating in Kivenlahti since 1985. In the winter, the theatre hosts groups of hobbyists, split into various age groups, who come up with their own ideas for entire theatre productions. Conversely, a ready-made play is selected for the summer theatre, and members of all of the groups are invited to join the working group.

The Hyökyvuori theatre welcomes all children and young people who want to get involved in theatre or simply test the waters to find out whether it is the right hobby for them.

“We do not expect children to come fully prepared – we practise and rehearse together. Here, you can be whoever you want to be, and you will also make new friends,” says Erika Rehmonen.

Leading three groups of children and directing a summer theatre production sounds like a lot of work and a seriously time-consuming hobby, but the directors seem calm.

“I have learnt to schedule everything I do, and I have plenty of time left over for studying and summer jobs,” says Jere Hartikainen, who has been involved in the theatre since he was at primary school.

This summer’s performance, Pippi Longstocking, is the second summer theatre production directed by Hartikainen and Rehmonen. The first was Ricky Rapper, staged in Pakkasmäki two years ago. Preparations for summer theatre productions also require children and their families to commit to a joint rehearsal and performance timetable.

“The children and youths selected for the Pippi Longstocking working group are all active, enthusiastic and willing to dedicate themselves to the theatre,” the directors say.

The directors had no trouble casting the three main characters – Pippi, Annika and Tommy.

“We have known them for several years now, and we have seen how they have grown from children into teenagers. They are already working professionally,” Rehmonen says.

Hyökyvuori Theatre’s Pippi Longstocking is a colourful production with lots of music and dance. Although there is a large age range among the performers, everyone has their own memories of Pippi Longstocking and, therefore, their own views on what Pippi was like.

“The show contains a lot of the children’s own ideas and, as directors, we trust in their vision of what works and what makes children laugh,” Rehmonen says.

There is still time to catch a performance:

Pippi Longstocking last shows:

- Sunday 25 August, 1 pm
- Thursday 29 August, 6.30 pm
- Saturday 31 August, 1 pm
- Sunday 1 September, 1 pm

The stage lets you be whoever you want to be

Erika Rehmonen and Jere Hartikainen, students of Hyökyvuori, have been instructing groups of hobbyists together for six years now. At the child and youth theatre, children perform for children.
Espoo Day concert
Saturday August 31st 2019
2pm-8pm
Tapionaukio Square,
Tapiola, Espoo

Reino Nordin
Paperi T
Kasmir
Töölön Ketterä
Espoo Big Band
feat. Marzi Nyman
& Maria Ylipää

The main organiser of the concert is City Events Espoo.

Free event