Horses make good therapists

Spend the summer on the water - hire a boat

Let's explore nature together

The foundation for everything

Early childhood education prepares children for further studies and working life.
HORSES ACCEPT EVERYONE JUST AS THEY ARE

LET YOUR horse carry your burdens – he is strong enough. The old saying has a grain of truth. Horses mirror people’s emotions. They can sense sorrow and joy, they do not accept angry people but they also do not bear grudges. This incredible characteristic has also been put to use with children who have difficulties with social situations, managing their emotions or self-esteem.

“The intensive course in social pedagogical equestrian activities will be arranged by the Sports and Exercise Services for the seventh time this year. Working with Child Welfare, we select a group of six to eight children aged between eight and 12,” says Jetta Laajarinne. Saara Huhtanen works with Laajarinne as an instructor on the social pedagogical equestrian activities, and physical education instructor Tia Tikkanen is involved in implementing the sporting elements of the course.

The course is deliberately scheduled on either side of the end of the school year in May and June. “For many special needs children, these transitional times are challenging. For this reason, the course will experiment with the practice of meeting again in August when the schools restart this year,” Laajarinne says.

The children selected for inclusion in the group have no prior riding or horse-handling experience. The course involves looking after horses together. Any willing participants can also jump on the back of a horse.

“The children will do things together. The horse and horse-care are important to some, while others enjoy the sense of community in the stables. It is incredible to see how sensitive, withdrawn children become emboldened and the most lively children calm down when they are near a large animal.”

“At the stables, many of them have the courage to talk about difficult topics.”

TIINA PARIKKA
Espoo Library received an international award.

As new teaching practices take sway, day-care centres are adapting and using smaller spaces.
Sustainability is created by learning new things

ESPOO IS a city of growth. Every year, more than 3,000 new citizens are born in Espoo. The net inflow of citizens moving to Espoo is about the same and includes a large number of families with children from other parts of Finland and abroad. For this reason, Espoo is very much a city for children and their families. The city’s mission is to offer opportunities for people to learn, engage in hobbies and live safely so that a good life is within everybody’s reach.

Last year, Espoo joined the UN’s group of pioneering cities. This means that we are committed to working with citizens and communities to build replicable and scalable solutions to reach the Agenda 2030 Sustainable Development Goals approved by the organisation’s member states. Espoo’s activities focus on learning, education and innovation.

Our growing and internationalising city will have more urbanity, diversity, life and culture. Urbanisation shapes the appearance and substance of people’s home neighbourhoods. It challenges us to think seriously about what we do, both on a national scale and on a global scale.

As a child, I played in the wild areas near Tapiola. According to surveys, one of the more important sources of wellbeing for us Espoo residents is nature: nearby, at sea, in parks and in forests. Children continue to have good, safe places to play here. But building a sustainable future entails much more. In this magazine, we explain what Espoo’s early childhood education units are doing to give Espoo children a good start to a lifelong learning pathway.

JUKKA MÄKELÄ
Mayor
More than 13,000 kg of Fairtrade bananas are eaten for snacks and desserts in Espoo every year. Espoo has been a Fairtrade city for over ten years.

**Register your event for Espoo Day**

**ESPOO DAY** - the largest annual city event in Espoo - is celebrated in late August every year. All activities that are free of charge and open to everyone are welcomed as part of Espoo Day on 30 and 31 August 2019. Suitable activities for Espoo Day include experience-rich events that are not religious, political or commercial.

Register your event by 2 June at espoopäivä.fi and it will be included in the Espoo Day brochure and on the website. Events registered from 3 June onwards will be included on the website’s programme.

**TAKING OVER MATH**

**THE OLARIN KOULU** comprehensive school pupils won the Finnish finals of the Nordic MatCup mathematics competition and will represent Finland at the Nordic Math Class Competition, the NMCC finals, in Trondheim in the beginning of June. Unlike in many other mathematics contests, in the MatCup competition, the class solves tasks together. This time, the topic was mathematical constellations. Other schools in Espoo were very successful in the competition, too. The Mankkaan koulu secondary school got silver and among the top ten were also the secondary schools Saarnilaakson koulu and Järvenperän koulu.

**Have a party in a dairy or a museum**

**IN ESPOO**, you can arrange parties in a 150-year-old dairy, in a museum surrounded by modern art or amidst stunning archipelago scenery.

Meijeri, the newly renovated dairy at Children’s Cultural Centre Aurora, is also available for adult parties and meetings. The building is located in historical surroundings and has the capacity to welcome up to 75 visitors. The ballroom can accommodate 60 seated guests, and the sheltered yard also enables outdoor activities. You can order a catering service for the wheelchair-accessible premises or bring your own party food.

“The premises have been carefully decorated to support the appearance of the protected site. You have to see it to believe it. I previously worked in the catering sector for many years and I never saw an environment as unique and diverse as this,” says Tuija Lustig, a customer service advisor at Aurora.

A different setting for a celebration is Aitio, a seminar and function room at EMMA, where guests can also look around the museum: the room is separated from the exhibitions by a curtain. The room can accommodate 70 people for dinner or 150 people for a cocktail event, and you can choose to kick off the event with a talk about art from an EMMA representative.

The City has many other banquet facilities. Trap Factory in Otaniemi enables visitors to combine an escape room game with a large celebration. For smaller events, you can book a banquette room at the Fat Lizard restaurant, which serves beer from its own brewery a stone’s throw away. For a richer experience in the wilderness, head for Yli-Takkula farm in Nuuksio or the Pentala archipelago restaurant, Paven.

› All of the banqueting facilities in Espoo are listed on visitespoo.fi.

**The home championships are one way of promoting the status of women’s and girls’ ice hockey, boosting the number of players, raising awareness and lifting interest.**

HARRI NUMMELA, PRESIDENT OF THE FINNISH ICE HOCKEY ASSOCIATION, ON THE WORLD CHAMPIONSHIPS BEING HELD IN ESPOO.
**ESPOO IS COMMITTED TO PROTECTING THE BALTIC SEA**

**ESPOO UPDATED** Its programme of actions for the Baltic Sea for the coming years. The city has been involved in the Baltic Sea challenge network for 12 years. The challenge entered its third term of operation at the turn of the year and, in this term, Espoo will endeavour to reduce nutrient loading, emissions of hazardous substances and littering in its sea area. A total of 77 actions have been listed for the coming years based on the successes in the previous term. The actions include connecting large recreational and sports places to the water supply and sewer network and examining the expansion of the nature conservation network in the archipelago and sea area.

Many of the sites in Espoo’s sea area are important recreational areas for local citizens. Laajalahi and the northern tip of Espoonlahi are nationally valuable Natura wetlands for birds. The coastal waters are also the habitat for an endangered species of beetle, *Macroplea pubipennis*. Espoo is calling on all residents to contribute to protecting the Baltic Sea.

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**ESPOO IS TEACHING UNEMPLOYED PEOPLE TO CODE**

**THE CITY** of Espoo has ordered a training programme from Soprano Oyj, which will teach unemployed people aged over 25 to become programmers. The trainees have a background in companies in the ICT sector, and the training involves updating competences for modern needs. The first three-month course started at the beginning of April.

The training periods are individually tailored for each student and, when the course is finished, the students will be able to start a three-month training period. After this, employment options will be reviewed with them. These may include acquiring additional competences or even considering entrepreneurship,” says **Pauliina Lautanen-Nissi**, Soprano’s Business Director of ICT Training Programmes.

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**RUG-WASHING SITES OPEN - NEW SITE OPENED IN KIRKKOJÄRVENPUISTO**

**RESIDENTS OF** central Espoo will have access to a new rug-washing site in the southern part of the Kirkkojarvenpuisto recreational area at the address Kaivomestarinlinnitty 6. The rug-washing sites are free for all citizens to use until 29 September. The washing basins have running water and the sites have drying racks and a rug spinner.

The other rug-washing sites have been in place for years. They are located in Finnoonniitty (Finnoonniitty 6), Kilo (Kuninkaistenportti 22), Olarinluoma (Luomanportti 2) and Niipperi (Niipperinkuja). The Espoonlahi rug-washing site (Suukanlahdentie 1) is being renovated in May and June and will open later.

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**NOWADAYS YOU CAN WATCH MOVIES ALMOST ANYWHERE. BUT GOING TO A MOVIE THEATRE, NOW THAT IS SOMETHING!**


**...SO MANY THINGS THAT MAKE UP A GREAT NIGHT AT THE MOVIES!**

**ESPOO RESIDENTS ARE FREQUENT MOVIE-GOERS. UP TO THREE IN FOUR PEOPLE IN ESPOO WENT TO THE MOVIES WITHIN THE PAST YEAR. THE RESIDENTS OF THE GREATER MATINKYLÄ AND GREATER TAPIOLA AREAS WERE THE MOST ACTIVE IN THIS REGARD. ARE YOU ALREADY FAMILIAR WITH ESPOO’S MOVIE VENUES AND ESPOO CINE INTERNATIONAL FILM FESTIVAL?**


LEHTIKUVA/SARI GUSTAFSSON
HOW CAN I HELP?

For Lotta Lönnqvist, solving customer’s problems is a matter of pride. Every day, the service advisor answers an enormous number of questions of all kinds.

Text Tiina Parikka
Photo Timo Porthan

“Customer service is what I do. I started working at a service point in Tapiola four years ago, and I have been working in electronic customer service for a couple of years now. We handle the City’s switchboard, questions from service points, advising on electronic health care appointments and matters to do with transport services. We are constantly taking on new duties.

Nowadays, we are increasingly serving customers via electronic channels. We get a lot of questions via email and the City’s feedback channel, and we also monitor our Facebook profiles, where people ask questions about topical issues. Soon we will also have a chat service.

The days alternate between advising customers on the telephone and doing written work. The quickest way to get help is on the phone.

The best thing about working as a customer advisor is solving problems and calming customers who are worked up or in a bad mood. Sometimes, it is necessary to contact several different parties to sort out a problem. This was the case recently with a problem concerning transporting a child to school. The child’s mother was naturally upset at the lack of clarity with the situation. After numerous discussions with various parties, it felt really good to tell the mother that everything had been sorted out.

We provide service in Finnish, Swedish and English. Sometimes, communication can be challenging, but we have always succeeded in finding a common language.

I have worked for the City since 2005; my first job back then was as a special needs assistant.

IN ESPOO’S E-SERVICES, THERE ARE:

- 10 employees and they answer over
- 7 000 phone calls, almost
- 1 000 emails and nearly
- 50 questions on the feedback channel every month.
EARLY CHILDHOOD EDUCATION SUPPORTS THE NEW CURRICULUM.
Early childhood education lays the foundation for studying and working. The common theme of the new plan is sustainable development.

Early childhood education has many purposes: promoting the child’s growth, development, learning capabilities, equality and non-discrimination, and preventing social exclusion.

“The knowledge and skills learned during early childhood education reinforce the child’s role as an active member of society. In addition, early childhood education supports parents and guardians with education work and enables them to study and work,” says Virpi Mattila, Director of Early Childhood Education, and Raija Laine, Development Manager at the City of Espoo.

One of the overarching themes of the reformed Early Childhood Education Act will be sustainable development. This means more for early childhood education than simply recycling goods, sorting waste or providing instructions on saving electricity and water: it means taking care of each other and good social relations. For the first time, the prevention of bullying was also included in the text of a law.

“The instrumental importance of an ecologically, socially, culturally and economically sustainable lifestyle is taken into account in all of the operations of day-care centres. A responsible attitude to nature is expressed through everyday choices,” Laine says.

“The changes in the early childhood education curriculum are echoed in the new curriculum for basic education and the vocational education reform.

“Early childhood education is a part of the child’s learning pathway. It creates the capabilities for subsequent study and inclusion in working life,” Mattila says.

AT POHJOIS-TAPIOLA day-care centre, children spend much of their days in small groups. The building was taken into use one year ago, and the adaptable premises were designed...
from the very beginning to support early childhood education goals. “The small group activities are planned together with the children. Play is important and the personnel are keen to hear the children’s wishes. Wishes may expand into information-gathering projects, as they did on the day when the children saw a fox through the window,” says Pia Arvonen, the manager of the day-care centre.

Pohjois-Tapiola day-care centre has bright open spaces spread over two floors and divided into home areas for two groups, containing the basic rooms as well as various small group areas that are jointly used, including an atelier, climbing room and water play area. Children can safely practice their social interaction skills in small groups; even quiet children can make their voices heard, and the educator is better able to facilitate the inclusion and enrichment of play, and make their own observations.

Pohjois-Tapiola day-care centre which has 150 children, but it avoids a feeling of disorder and disturbing noise thanks to the efficient layout, good acoustics and the staggered organisation of the groups’ activities, daily rhythms and the use of space. This solution has proven beneficial in helping the children and also the personnel to cope with everyday life at the day-care centre.

In August, Espoo will begin a trial to provide five-year-olds with 20 hours of early childhood education free of charge every week. The trial is expected to bring an estimated 300 new children into early childhood education.

“Of course, it is up to the family to decide whether the child is involved in early childhood education. It is already obligatory for six-year-olds to receive preschool education, but it is not mandatory for them to attend a preschool. The law only states that parents or guardians are responsible for ensuring that the child is involved in preschool education or other activities that meet the same targets. In other regards, early childhood education is entirely voluntary,” Mattila notes.

According to her, society is aiming towards increasing the number of children in early childhood education. Early childhood education fees have been reduced several times in recent years.

The rate of involvement in early childhood education in the Finnish language was 76.4 per cent at the end of 2018. The rate of involvement of children under the age of three
was around 30 per cent, while the figure for six-year-olds was over 95 per cent.

MULTICULTURALISM has increased in Espoo’s day-care centres. Pia Arvonen says that Pohjois-Tapiola day-care centre has children from several different linguistic and cultural backgrounds. In many parts of Espoo, the proportion of multicultural children is significantly higher.

“Small group activities also support language learning among all children. Children find it easiest to learn by playing. In normal situations at day-care centres, children hear everyday vocabulary, and they quickly pick up the words they need. At the same time, Finnish children learn that there are other groups of people, religions and habits in the world. Incorporating ethics into education is the modern way, and it teaches children to accept diversity,” Arvonen says.

The problem is that multiculturalism is not evenly distributed in every area. In Espoo, there are already some units where the majority of the children have an immigrant background. It is not possible to learn the language from the other children.

“It is an everyday issue at day-care centres that the adults and children do not share a common language. It takes time to find an understanding. We use interpreters, simple language and pictures to help the children and parents to understand. For many families, early childhood education is a gateway into Finnish society, and the day-care centre personnel are the first point of contact here,” Mattila says.

AT MANY DAY-CARE CENTRES, the daily rhythm has remained unchanged for decades: porridge for breakfast, play and outdoor activities, lunch, rest time, snack time and then more play and outdoor activities.

Staggering the activities has led to some changes in the day-to-day timetable at Pohjois-Tapiola day-care centre, but the principle is still the same. However, the daytime nap is nowadays called rest time. At preschool, it is a half-hour relaxation period where the children listen to a story or music, while in other groups, the children’s needs and families’ wishes are taken into consideration more extensively.

Digitalisation is also a part of everyday life at day-care centres. Groups have access to tablets, which they use to teach subjects such as image editing, the basics of coding, searching for information and using the internet safely.

“However, it is better to learn certain things by getting out into the forest and collecting pine cones and twigs rather than using teaching software. We make frequent use of the local forest. Early childhood education provides experiences, observations, research, stories and adventures in natural surroundings. Positive experiences of nature teach children to respect and value nature,” Arvonen says.

Sorting waste is an important part of early childhood education in sustainable development. The activities highlight taking responsibility for the local environment by keeping it tidy, enjoyable and safe. The activities integrate the principles of sustainable development into the everyday lives of children and get them to think about things for themselves.

“Last year, preschoolers made 15 bird boxes, which were put up in nearby trees so that we could see the birds nesting from our windows. This year, the preschoolers will take care of maintaining the bird boxes. At the beginning of April, the children emptied the bird boxes ready for new arrivals,” Arvonen says.

OPEN PLAYGROUNDS WITH STAFF MOVE TO YARD AREAS FOR THE SUMMER

ESPOO HAS 16 open playgrounds with staff intended for families with children. They offer the opportunity to meet other families and for children to play together.

Supervised club activities are arranged at open playgrounds with staff for children who are in home care and aged two to five. The clubs meet two or three times a week and the activities last a couple of hours.

The clubs are led by skilled instructors. They do not affect the parents’ entitlement to home care allowances.

Many open playgrounds with staff also offer supervised activities for young school children in the morning and late afternoon.

In the summer months between May and September, the activities provided by open playgrounds with staff are usually at nearby parks.

Further information: espoo.fi/familycentre

WHEN THE RELATIONSHIP IS ON TRACK, THE WHOLE FAMILY BENEFITS

ESPOO HAS a comprehensive family centre service entity, which offers quick and easy help to support families with children in different life circumstances.

In the area of family wellbeing, attention has now shifted to relationships. This spring saw the launch of relationship Saturday events, where various experts talked about the ingredients of a successful relationship and the services available to support relationships.

The Parisuhteen Pelastusrengas relationship advice service, which is open every second Tuesday, can be the first step toward seeking help. The service operates at the maternity and child health clinics (neuvola) in Iso Omena, and it is open to everyone. People are welcome to attend alone or with their partners to discuss whatever is weighing on their minds and receive information about the bodies that can provide help.

No appointment is required. The Parisuhteen Pelastusrengas relationship advice service will be open one more time this spring, on Tuesday 6 June from 4 pm to 7 pm in the Kaiiola group space.

Help and advice is available on topics such as separation, sexuality and domestic violence. Maternity and child health clinics (neuvolat), church congregations and various associations offer an extensive safety net around families with children.

For details of open playgrounds with staff in your area and further information, see espoo.fi/kerhot

FOR THE SUMMER

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WHAT’S ON IN JUNE-AUGUST

ART TAKES OVER THE AURORA SUMMER GARDEN

CHILDREN’S CULTURAL CENTRE AURORA will hold an opening ceremony its revamped summer garden on Thursday 6 June, 6 pm – 7:30 pm. The opening ceremony will feature catchy melodies, witty lyrics and an energetic stage show by Rosa-Maria, the singer and guitarist from Sitku, and rapper Tiia Karoliina. There will also be a pop-up café and dream workshop, where visitors will be able to make a dream map for summer 2019 for the whole family.

The summer garden takeover will take place in June and July. Between 10 am and 1 pm on Mondays, Tuesdays, Wednesdays and Thursdays, an artist will be present to surprise and entertain families. Events will include activities by the Seikailutadoukou school of adventure art, the Jäänsärkijä community theatre group and Hupansaa ry.

Other activities in the summer garden:
Thursday 13 June and 11 July, 6 pm – 7:30 pm, Korttelit stage.
Tuesday 4 June, 11 June, 18 June and 2 July, 6 pm – 6:45 pm, garden colour baths for children aged 4-12 months and their parents. One-off fee: EUR 8.
Additional guided morning and evening sessions. Free entry for all activities unless otherwise stated. For more details on the activities, see lastenkulttuurikeskusaurora.fi.

ARCHITECTURE STUDENTS CREATED A VISION FOR THE FUTURE OF GLIMS

CHANGE IS the only permanent thing in an environment of cultural-historical significance. The Glims Farmstead Museum is exhibiting a dream of a modern visitor centre. The cultural committee has given the green light to the plan, so the dream will become a reality.

The visitor centre will modernise the museum’s services and free up old buildings for new uses. It will offer spaces for exhibitions, courses, events, celebrations and school pupils who - in the spirit of the modern curriculum - will be able to get out of the classroom.

The exhibition consists of posters and small-scale models made by Aalto University students on a construction design course. Visitors will be able to give feedback on individual works and on the development of the museum more generally.

“We would like to receive as much information as possible about the wishes of museum visitors and Espoo citizens,” says museum lecturer Aino Osola, describing the aim of the exhibition.

In summer, guided tours on the theme of “guest house to visitor centre” will be arranged in the surroundings in Glims, which took centuries to build into its present form.

JUNE

VINTAGE AND RHYTHMS

THE EVENT for fans of old items, vintage and collecting will happen again this year.

The event will feature sets by DJ Fiona Timanti as well as Hi-Five Quintet, a group playing traditional rhythm and blues and soul, including favourites from Ruth Brown, Etta James, Marvin Gaye and Wilson Pickett.

Wilhelmina Af Fera will also be there, creating vintage and pin-up hairstyles. Make an appointment in advance: wilhelminaaferaofficial@gmail.com. Price: EUR 40 per hairstyle.

GATECRASHERS’ FOLK SONGS

KUOKKAVIERAAT (“THE GATECRASHERS”) will sing folk songs at the Glims Farmstead Museum in honour of the day of spring and verse. Kuokkavieraat have been together for more than 40 years, singing an eclectic range of Finno-Ugric folk music.

Saturday 6 July 2019, 2 pm – 2:30 pm

LEPUISKI RETRO & VINTAGE, Saturday 8 June, 10 am – 3 pm, foyer at Sellosali. Free entry.

JULY

GATECRASHERS’ FOLK SONGS

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GEOLGY FOR BEGINNERS

THE CITY of Espoo’s Environment Department is arranging a geology trip for beginners. The trip starts and ends at Espoon keskus. There is plenty of interest to see along the way, and the route includes steep ascents and descents, so the trip is not suitable for people who have trouble walking. Robust shoes are required.

The guides are Stefan Eppu Blomqvist and Jari-Pekka Mäkiaho. The Environment Department will offer free coffee at the Bemböle café.

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"Come and enjoy leisurely summer days alone or together. A cultural oasis in the middle of Espoo!"

– MIA SALMINEN
PRODUCTION ASSISTANT, AURORA

CENTURIES MEET. The oldest buildings in Glims are from the 18th century.


MIDSUMMER POP

THE ISKELMÄKESÄ tour will arrive in Espoo during the hottest part of the summer. On the Friday, the festival will feature Antti Ketonen, who released last year’s most popular radio song, “Olisitpa sylissäni”, Matti and Teppo, who will be performing less regularly after the summer, and Raskasta Iskelmää, a festival party band.

On the Saturday, the weekend will culminate in performances by Eppu Normaali, with sets by Laura Voutilainen, Jonne Aaron, who has launched a solo career after performing with Negative, and Jannika B, who released her second album in the spring.

ISKELMÄKESÄ festival in Tapiola, Friday 26 July and Saturday 27 July, 5 pm onwards on both days. Tickets available at lippu.fi and Tiketti. One day: EUR 39.90. Both days: EUR 69.90.

INTERNATIONAL CHAMPIONSHIPS

IN THE summer, more than 200 teams from nearly 40 countries will come to Espoo to compete in the World Maxibasketball Championships. The tournament was arranged in collaboration between the City of Espoo and Tapiolan Honka, and the games will be played in 12 locations in the Tapiola sports park area and near metro stations from 25 July to 4 August.

Further information: espoofimba2019.fi

AUGUST

A DIFFERENT TYPE OF CARNIVAL AT SELLOSALI

PEKKA KUUSISTO and other prominent soloists will interpret the beloved fantasia series composed by Camille Saint-Saëns in the 19th century in a new context. The music forms an enlightening dialogue with the visual and textual material depicting the destruction wrought by humans.

Animal carnival, 25 August, 6 pm at Sellosali. Tickets at Ticketmaster, from EUR 22.50. Recommended minimum age: 13.

ALL SUMMER

NATURE EXPERIENCES FOR PEOPLE OF ALL AGES

THE LAAJALAHTE nature reserve and Nature House Villa Elfvik, with its varying exhibitions, display the valuable Espoo nature and promote a sustainable lifestyle. Villa Elfvik’s upper floor contains the Badger’s Forest, a play area intended for children where visitors can dress up as a forest animal or a fairytale character, play with animal hand puppets or crawl into the badger’s sett.

At Villa Elfvik from June to September, Sundays, 10:30 am – 12:30 pm. Nature trip for the whole family. A guide will read stories in the Badger’s Forest at 11 am on the first Saturday of every month.

SUMMER EVENINGS LISTENING TO HIT SINGERS AND TOP MUSICIANS

NEXT SUMMER, Espoo will host numerous top international artists at concerts included in the Organ Night & Aria festival from 6 June to 29 August at Tapiola Church and Espoo Cathedral.

The performers will include the singers, Camilla Nylund, Topi Lehtipuu, Tuomas Katajala, Jorma Hynninen, Arttu Kataja, Pia Freund, Tuuli Takala and Aarne Pelkonen, pianist Ralf Gothóni, concert organists Kalevi Kvinniemi and Petur Sakari, guitarist Marzi Nyman, actor Seela Sella and Austrian cellist Stephan Koncz from the Berlin Philharmonic Orchestra.

The opening concert of the Organ Night & Aria festival, Rossini’s Petite Messe Solennelle, will take place at Tapiola Church at 7 pm on 6 June. Atmospheric summer evening concerts on Thursdays from 13 June to 29 August, 9 pm at Espoo Cathedral. Tickets priced between EUR 14 and EUR 39. More information: urku-yoefestival.fi. Tickets: lippu.fi.

TAKE A BOAT TO THE ARCHIPELAGO MUSEUM

THIS YEAR, the Espoo archipelago boat routes will cover the entire coast, from Otaniemki to Kivenlahti, and the islands in between, such as the Pentala Archipelago Museum. The city has 58 km of coastline and 165 islands served by all routes from 8 June until the beginning of September. When the archipelago routes begin operating, the Pentala Archipelago Museum will be opened, welcoming groups until mid-September. Pentala shows off Espoo at its best. The museum route to Pentala will operate from Tuesday to Sunday until 11 August, after which it will operate at weekends. Once you reach the island, you can enjoy the natural sandy beach and take guided tours to learn about the history of fishermen.

The Archipelago ferry M/S Vallisaari serves the route Suomenoja-Suonen-salmi-Pentala-Soukka in both directions four times per day.

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WHAT’S ON IN JUNE-AUGUST

IF YOU GO DOWN TO THE WOODS TODAY...

A HEALTH nature trail will be opened in Kokinmetsä forest in Olari. Come and enjoy the health benefits that nature provides.

The trail is 2.4 km in length, and it includes eight stops with tasks designed for three main target audiences - school pupils and children day-care, people who are not familiar with forests in general, and people seeking the beneficial health effects of the forest.

The trail was set up following an initiative from the Olari association, and it offers children goal-oriented learning experiences and an easy, guided way for people to get to know the forest and discover their relationship with nature.

Olari health nature trail, opening ceremony on Wednesday 12 June, 3 pm. There are signposts to the trail from the car park next to Ylimäentie at the curve where Ylimäentie meets Olarinkatu. The trail does not offer unobstructed access for wheelchair users, but it is suitable for people who have trouble walking.

At one of the stops, visitors can learn about the important role that aspen trees play in the forest ecosystem, as well as the characteristic rustling sound that they make.
GET MORE OUT OF YOUR SWIMMING EXERCISES

Swimming is an enjoyable and healthy form of exercise for many people. Tips for a more efficient technique are available throughout the summer.

WATER OFFERS GOOD RESISTANCE. However, for many people who do not swim competitively, the last time their technique was assessed was when they were at school – if even then.

The City of Espoo offers the opportunity to receive tips on more efficient swimming techniques. Swimming advice has been offered since the winter season, and it will continue throughout the summer at the swimming pools in Espoonlahdi, Keski-Espoo and Leppävaara.

“At predetermined times, our group of swimming instructors will be available to advise you on more efficient kicking and breathing techniques, and anything else you might need help with,” says Elina Pennanen.

THE GUIDANCE IS FREE. Lessons will be held in the lanes for hobbyist swimmers. There is no need to register in advance – every willing swimmer can come and ask the instructors questions. The instructor will advise and, if desired, monitor your independent exercises throughout the lesson alongside other people receiving guidance.

“There are no specific themes for each day – every swimmer will receive advice individually. This is a new service, and only a few citizens used it in the winter. Naturally, this enabled us to provide very individualised instruction,” says Pennanen.

The instruction times will be communicated in notifications from the City’s sports department, as well as on the notice boards and public address systems at swimming pools.

SOME SWIMMING SKILLS ARE REQUIRED. This is not a beginner’s course in swimming: swimmers are expected to be able to swim at least 50 metres. On the other hand, the service is not geared towards competitive swimmers; swimmers are expected to keep a fairly slow pace – “Sunday swimmers”.

“We will cater to a wide range of ages. Everyone, young and old, can improve their swimming skills. If necessary, the personnel at the swimming pool can guide customers to the right place,” Pennanen says. TIINA PARIKKA

SWIMMING TECHNIQUE LESSONS FOR ADULTS:

• Espoonlahdi swimming hall, Tuesday 4 June – 18 June, 4:30 pm – 5:30 pm
• Keski-Espoo swimming hall, Wednesday 3 July – 31 July, 2 pm – 3 pm
• Outdoor pool (!) at Leppävaara lido, Tuesday 4 June – 30 July (except 25 June), 2 pm – 3 pm

GET FIT THIS SUMMER

Stair training on Tuesdays

Stair training is an easy form of exercise that is suitable for everyone and provides a pleasant diversion on a jogging route. Adding stairs to a training routine provides for greater variety in terms of terrain and efficiency. Free of charge, no enrolment.

• Tyrsryvuo stairs, Espoonlahdentunturi 17, (75 steps) Tuesday 4 June – 18 June, 6:15 pm – 7:15 pm

Grab a bucket and get exercising

A bucket workout is a muscle-conditioning exercise, which involves filling a bucket with water so that it provides suitable resistance during fitness exercises. Bucket workouts are done standing up, and they are suitable for everyone who can keep hold of a bucket. The only cost is the entry fee for the swimming pool.

• Leppävaara lido, Monday 17 June – 8 July, 6:30 pm – 7:15 pm

Discover kettlebells

The workout will take place on the lawn outside Olari swimming hall unless it is raining, in which case we will be in the gym inside the swimming hall. If you have your own kettlebell, bring it along, as there is a limited number of kettlebells available to borrow. Free of charge, no enrolment.

• Olari swimming hall, Tuesday 4 June – 18 June, 5:30 pm – 6:15 pm

Nordic walking: suitable for all

Nordic walking can help you to develop your endurance and reduce pain in areas such as the neck and shoulders. In this lesson, we will go through the basic Nordic walking technique and do various exercises. If you have your own Nordic walking sticks, bring them along, as there is a limited number of sticks available to borrow. No enrolment, free of charge.

• Tapiola sports park, meet at the gym container, Tuesday 4 June – 18 June, 5 pm – 6 pm
• Keski-Espoo swimming hall, meet at the main entrance, Tuesday 14 May – 18 June, 5 pm – 6 pm

Discover the gym container

The gym container is an outdoor gym. A gym instructor will provide tips on what you can do in the gym container and how to do exercises. Advice is available on how you can use the gym container for independent exercise. Free of charge, no enrolment.

• Espoonlahdi sports park, Thursday 6 June – 13 June, 5:30 pm – 6:15 pm
• Leppävaara sports park, Monday 17 June and 1 July, 5 pm – 6 pm
• Matinkylä sports park, Monday 3 June, 10 June, 17 June, 11 am – midday
• Tapiola sports park, Tuesday 4 June – 18 June, 4 pm – 5 pm and Thursday 6 June – 20 June, 9 am – 10 am
Health services going online

1. **BY VIDEO.** Espoo’s health care centres now also offer video appointments. These are suitable for emergencies such as stomach bugs, colds and other infectious diseases. A mobile phone or computer with a camera and microphone are required for video appointments.
   
   Appointments can be made for the same day at espoo.fi/e-healthcentre. Video appointments are available during the opening hours of health care centres, Monday to Friday, 8 am – 4 pm.
   
   ➤ espoo.fi/e-healthcentre

2. **ASK QUESTIONS ON THE HEALTH CARE CENTRE’S CHAT SERVICE.** Do you want to quickly ask the health care centre personnel for some general advice? Health care centres now offer service via chat on weekdays from 9 am to 3 pm. The health care centre personnel can rapidly give general advice, but chat is not used to make diagnoses or handle patient details.
   
   ➤ espoo.fi/terveysasemat (in finnish), espoo.fi/healthcentres

3. **SELF-CARE INSTRUCTIONS AVAILABLE AT THE HEALTH VILLAGE.** The Health Village is an online specialist medical service with virtual houses where patients can receive advice for various life circumstances and symptoms. The Emergency House provides advice about the most common ailments that can be treated at home, such as allergic symptoms, sunburn, colds, wounds, insect bites and stings, nosebleeds, ticks and diarrhoea. These services are only available in Finnish.
   
   ➤ paiystystalo.fi tai terveyskyla.fi

4. **CANCEL AN APPOINTMENT - MAKE SPACE FOR YOUR FRIENDS.** At health care stations, mental health services, dental care services and social services, there are always people who do not turn up to the appointments they have made. If you cannot attend your appointment or you no longer need it, please cancel it. This will free up time for the next person who needs it.
   
   Cancellations are easy to make by phone or online.
   
   ➤ espoo.fi/e-healthcentre

Advice and self-care instructions are available online. Patients can also attend virtual appointments by video link.
Libraries have become centres of activity where you can find much more than just books.

THE WORLD’S BEST LIBRARY

THE INNOVATIVE approach of Espoo City Library has turned heads around the world. Espoo City Library was awarded the title of Library of the Year 2019 at the London Book Fair. The jury said the decision was based on the library’s area open to everyone and the reading challenges offered for people of all age groups.

Espoo City Library was among the first to introduce a self-service library that customers can use when the personnel are not present. The self-service library has doubled the opening hours of small libraries in Espoo.

This pioneering approach has also garnered national attention. Espoo was elected the Library Municipality of the Year in autumn 2018. In the first such competition arranged by the Association of Finnish Local and Regional Authorities and the Finnish Library Association, Espoo won plaudits for the diversity of its activities and its special investments in services for immigrants.

Awards were given at the Book Fair to the City of Espoo as well as Espoo library pedagogue Riikka Utirainen who invented the reading challenge, which has spread throughout Finland on social media. The idea was created on an impulse, and it was first launched at Helmet libraries in Greater Helsinki.
Busy waters

This summer, boat traffic in Espoo will be reinvigorated by a multitude of new services. The range of services includes archipelago routes, boat ride-sharing, marina berth rentals and an expanded city boat service.

THE UBER FOR BOATS OFFERS NEW RECREATIONAL OPPORTUNITIES

Bout has created a platform that enables boat owners to offer rides to destinations such as the nearby archipelago. For boaters, this adds a new dimension to their beloved hobby, while passengers gain the opportunity to access places that are not covered by scheduled routes. Boaters and passengers can download the Bout app to their phones and use it to offer and order rides. Passengers enter their departure and arrival points, as well as the number of passengers. The app then looks for the closest boats of a suitable size. The driver enters the boat details during the registration phase and indicates whether they are active using an online/offline button. Drivers of boats with an engine power of more than 20 horsepower must have a rental boat driver’s permit, which can be obtained from Traficom. Permits can be granted to people aged 18 or over who hold a driving licence and have completed a first aid course. The applicant must also be deemed to have enough boating experience.

NOW YOU CAN TAKE TO THE WATERS BY MOTORBOAT

Skipperi offers city boat rental for a seasonal or monthly fee. This summer, Skipperi will be expanding to include motorboats. Six to eight motorboats are moored at Keilaranta and are available for hire for a whole day at a time. Skipperi also provides training for first-time boaters. Rowing boats are still a part of the range of city boats. You can take a rowing boat out from Keilaranta, Nokkala, Haukilahdi and Otsolahti.

Skipperi also enables you to hire a private boat or rent out your own boat. Private boat owners can specify their own criteria for rentals, such as who can rent the boat, when and at what price.
FREE UP YOUR BERTH FOR RENT

Satamapaikka.com offers the opportunity to reserve a berth in advance. You can also rent out your berth at your home marina when your boat is on the water and the berth is free. The aim of this trial is to use a digital solution to increase the number of berths available for rent.

Visit satamapaikka.com

YOU CAN NOW VISIT PENTALA IN THE EVENINGS

This summer, it will be possible to get to the Pentala archipelago in the evenings. The water bus will sail between the shared pier in Soukka and the island of Pentala on Thursdays, Fridays and Saturdays until 9:30 pm.

See the back cover of this magazine for detailed timetables.

EVEN MORE CITY BIKE STATIONS

The city bike season started at the beginning of April. Two new city bike stations were opened in Espoo – they are located in Otaniemi. This summer, Espoo will have 107 stations with a total of 1,070 city bikes on offer. Two stations have also been moved to new locations. The station in Leiritori was transferred to Ruukinranta, and the station on Adjutantinkatu in Leppävaara was moved to the upper level of Itätuulenkuja in Tapiola.

You can register as a user at kaupunkipyorat.hsl.fi

“BETTER BOAT SERVICES ALONG THE WATERFRONT WALKWAY ARE A PART OF THE “ALL THE WAY THERE” PROJECT.”
Early childhood education and care with a focus on the best for the child

Faces concentrating, expressive hands. The “Sunflowers” are sitting round the table learning about the media. In this class, the children are working on a task in which they find out about different types of media. The five year-olds at Storängen day-care and preschool are familiar with computers, television, iPads and radio and know exactly how to use them and what for.

Media education is an example of the cross-group activities that are a focus at the Storängen daycare and preschool in Espoo. Cross-group activities mean that children carry out activities in small groups, across year and group boundaries. Camilla Laitinen, a teacher in early childhood education and care (ECEC) aims to combine media education with the children’s strengths and interests.

“Multi-literacy, for example, now requires understanding things other than language and punctuation. Symbols and the digital world have become part of the children’s literacy skills. We try to teach the children to think for themselves and also to take a critical approach to things that they see and hear,” Camilla Laitinen explains.

Text: Jenni von Frenckell  Photos: Timo Porthan
One concrete example that Camilla Laitinen has worked on is the children’s news broadcast “Ödlenytt”. The children themselves planned the content and helped to film and edit the programme. The end result was a broadcast nine minutes long, including domestic and international news, environmental news, sport and weather.

“The background looked like a real news studio. There were pictures of the Parliament building too and naturally we had a weather map for the weather report. Ödlenytt was a project that managed to incorporate a large number of the learning areas in the ECEC plan,” says Camilla Laitinen.

ALL THE ACTIVITIES in nurseries are based on the ECEC plan. The fundamentals underlying the ECEC plan were updated last year. Changes involved bringing the concepts in line with legislation and affording much more weight than before to evaluating activities. Anti-bullying work is to be more systematic too, explains head of education Outi Saloranta-Eriksson. “It is extremely important to emphasise anti-bullying work in early years settings too. We must put greater focus on prevention. Early childhood education and care is all about children being able to practise their social skills together,” says Saloranta-Eriksson.

The ECEC plan is based on what is best for the child. The plan is a coherent entity that highlights upbringing, teaching and care. As well as following the general principles of the ECEC plan, all municipalities now also have to draw up a local plan which will be adopted in August.

“The fact that all local service providers have to have a steering document as well, strengthens the consistent thread running through the entire education system. Provision becomes more goal-oriented and there is greater continuity. At the same time, the local actors still have the freedom to listen to the children and are able to adopt a wide range of solutions,” Outi Saloranta-Eriksson points out.

STAFF AT STORÅNGEN put a great deal of effort into continuity and a joined-up learning pathway. A working partnership between ECEC, preschool and school makes for smooth transitions. Leading nursery manager Susanne Nordling is committed to deepening cooperation between the five year-olds in neighbouring municipal and private nurseries. “This means that the five year-olds will carry out planned educational activities with the preschool groups. It’s important that the children share common values. At Storängen we have a nursery, a preschool and a school in the same facility. Naturally, that makes collaboration easier,” Susanne Nordling explains.

As she sees it, the new underlying principles of the ECEC plan are not just about developing provision but also about a new approach. “We adults have to listen to the children more. And that means we have to let go a bit and venture into the unknown, even if we don’t always know what the end result will be. At Storängen the culture allows staff to try out new ideas,” Susanne Nordling concludes.
BIRDWATCHING TOGETHER

Do you know which bird titters like a jolly Finland-Swede? And what is a “Finnish-style minor singer”?

ON AN EARLY APRIL Saturday, dozens of people are gathered outside the Villa Elfvik nature house ready for a birdwatching trip. Eppu Blomqvist and Mika Aronen, guides from the City of Espoo’s Environment Department, are laughing as people describe the characteristics of different bird species and teaching them how to identify species based on their birdsong. The people with the keenest ears can distinguish more than 20 species before the group has even set off and, as they make their way through a small forest to the Laajalahti reed field, they rack up dozens more species.

The group includes first-timers as well as committed birdwatchers. Some want to learn to identify a few species that visit their yards and gardens, while others dream of spotting a hundred different species before the year is out. They are all happy to be greeted by a sunny spring morning.

“Nice to begin the spring with music,” laughs Pirjo Lindman, who has joined the trip with her friend.

THE THREE-HOUR TRIP covers a short nature trail, which offers plenty to see and hear along the way. During the first hour, the group only covers a few hundred metres as Blomqvist and Aronen introduce everyone to birdwatching as a hobby. The group often stops to pull out the guidebook and look up the characteristics of the species that flutter by. Occasionally, someone plays a digital birdsong to compare with the genuine song so the group can learn to spot the bird.

Many of the participants are carrying binoculars, but the professional equipment is taken out when the group reaches the shores of Laajalahti. The guides set up telescopes so the group can examine the distinguishing marks of a teal or smew swimming in the distance.

“DID YOU REMEMBER to look at the nail on the rear toe?” Aronen jokes when a member of the group wonders how similar species can be distinguished from each other.

THE CITY OF ESPOO’S Environment Department has arranged guided nature trips for several years now. Throughout the summer, dozens of trips to nature sites in Greater Helsinki are organised for adults and children. Blomqvist, who has been leading guided tours for 16 years, says that the trips normally have about 50 participants, but bat-spotting trips in the autumn can attract up to a hundred curious nature-watchers.

One of the participants in the Laajalahti birdwatching trip recalls how impressed her children were when they saw bats on a guided tour a few years back.

“I’ve been interested in nature and birdwatching for decades. My children aren’t so keen, but they still remember the bat and owl trips they went on.”

KATRI TANSKANEN

The guide Eppu Blomqvist (in the middle) is looking for information on the mobile phone with the hikers.

Bird observed. Now everyone is trying to see it and observe the characteristics.