SERVICES
CITY OF ESPOO 2020

Information and on-call services
Work and Entrepreneurship
Health services
Social services
For senior citizens
For families with children
Education
For young people
Culture
Exercise and outdoor recreation
Environment and nature
Housing
Urban planning and construction
Espoo has five urban centres that are being developed as equal but unique locations, according to their own strengths. These urban centres are surrounded by areas mostly comprising small family homes and the local nature that is very important to the residents of Espoo. The most successful way of developing a city is to do it together - the city, the residents, businesses, communities and the educational institutes. Our goal is to provide all Espoo residents with the best possible services.”

- Jukka Mäkelä, Mayor
INFORMATION AND ON-CALL SERVICES

The City’s telephone switchboard, 09 816 21, is open from Monday to Friday, 8:00–16:00. The customer service points have more detailed brochures and guides. Additional information about the City’s services is available online at www.espoo.fi

Feedback service
Give us feedback, ask something or make a suggestion via our online feedback service.
> www.espoo.fi/feedback

Espoo map services
The map service features a wide range of information from local detailed plans to real estate data and from post code areas to building permits and exemptions on address, guide, outdoor recreation, terrain and aerial image maps.
> maps.espoo.fi

Service map
Contact information of all the locations and services in the capital city region on one map.
> servicemap.hel.fi

Cycling and walking trip planner
> pk.reittiopas.fi/en

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Emergency numbers
In life-threatening situations, call ..........112
Naval rescue (call subject
to a charge) ................................. 0294 1000
Poison Information Center ............ 09 471 977
Information about all on-call services is
available online:
> www.espoo.fi/emergencies

First aid and on-call
centre services
**MON-FRI 7:00-18:00**
In the event of sudden illness or
accident, book an on-call appointment at
espoo.terveytesi.fi or call your heath centre.
Health centres of the City of Espoo
.................................................. 09 816 34500

**Espoonlahti Health Centre**
Merikansantie 4
(closed for renovation at least until the end
of October 2020)

**Iso Omena Health Centre**
Suomenlahdentie 1, 3rd floor, service centre
(Mon-Fri 7:00-20:00)

**Kalajärvi Health Centre**
Ruskaniitty 4, Service Centre

**Kilo and Viherlaakso Health Centres**
Trillakatu 5

**Kivenlahti Health Centre**
Meriusva 3

Leppävaara Health Centre
Konstaapelinkatu 2

Samaria Health Centre
Terveyskuja 2

Tapiola Health Centre
Ahertajantie 2

Oma Lääkärisi Matinkylä
Piispanportti 10 A.................. 09 855 4100

Other times
Emergency help .............................. 116117
Mon-Fri 16:00-8:00, 24/7 at weekends and
on public holidays. Emergency help is there
for you when your health centre is closed.
Always call the emergency help before
you go to evening or weekend emergency
services. They will guide you to the correct
treatment centre. Emergency help also
advises in cases of sudden health problems.

On-call dentist services
**MON-FRI 7:00-15:00**
Emergency care appointments
.................................................. 09 816 35900
Children under 18 and adults with mobility
issues will receive emergency care at their
own dental clinic. For others, emergency
care is provided at Kilo dental clinic, at
Trillakatu 5.

**MON-FRI 14:00-21:00, AT WEEKENDS AND
ON PUBLIC HOLIDAYS 8:00-21:00**
Appointments .............................. 09 471 71110
Always call first. Emergency services in
the evening and at nights are available at
Haartmanni Hospital: Haartmaninkatu 4,
building 12, Helsinki.

AT NIGHT 21:00-8:00
Appointments ....................... 040 621 5699
Always call before coming in. The night
emergency services of the Töölö Hospital
Emergency Department treat patients
in need of immediate dental care, whose
management would have to be postponed
until the next day after 8:00.

Social and Crisis
Emergency Services
24 h ........................................... 09 816 42439
Contact the services if you have an acute
need for help in matters related to mental
health or substance use, child welfare
or other social work, development or
transitional crises, family or relationship
crises, life management or housing, a
traumatic crisis, an accident or other
traumatic incident.
Sobering-up station
open 24/7 at Vitikka 1 E............. 046 877 3678.
The sobering-up station helps people who require medical supervision due to their state of intoxication. The centre also offers detoxification treatment and advisory services.

On-call veterinarian services
Mon–Fri 8:00-16:00
Espoo region environmental health
........................................................09 816 84458

Other times
Mon-Fri 16–08 and 24 h emergency services on the weekends provided by the Veterinary Teaching Hospital.
small animal hospital’s emergency services ............... 0600 97411
(call charge EUR 2.03 per min + local network charge)
equine hospital’s emergency services ............... 0600 97412
(call charge EUR 1.53 per min + local network charge, at 22:00-8:00: (EUR 3.56 per min + local network charge)
farm animal hospital ............... 0600 97413
(call charge EUR 1.53 per min + local network charge, at 22:00–8:00: (EUR 3.56 per min + local network charge)

Health inspector
on-call phone services
Mon–Fri 9:00-11:00 ............... 09 816 23900

Public transport
HRT Customer Service
Mon-Fri 7:00-19:00, Sat-Sun 9:00-17:00
........................................................09 4766 4000
Public transport routes, timetables and prices. Travel card guidance, lost travel cards. On-demand transport booking (P80) Questions about public transport planning
> www.hsl.fi
> www.reittiopas.fi
Mobile services: m.hsl.fi, m.reittiopas.fi

Kela
Call the Kela customer service number responsible for the matters you are interested in. You can also submit a callback request to the phone service or book a phone or office appointment.
Conscription allowances........... 020 692 200
Housing benefits..................... 020 692 201
Pensions............................... 020 692 202
Kela card and European Health Insurance
Card................................. 020 692 203
Rehabilitation........................ 020 692 205
Allowances for families............. 020 692 206
Emigration and immigration 020 634 0200
When a loved one dies............. 020 692 208
Sickness ................................... 020 692 204
Unemployment benefits.......... 020 692 210
Disability benefits ............... 020 692 211
Benefit payment dates
Mon–Fri 8:00-18:00 ............... 020 634 0210
> www.kela.fi

Local tax office
Aleksanterinkatu 9, Helsinki... 020 512 000
> www.vero.fi

Blood donation
Iso Omena shopping centre, Service centre
Mon, Wed 12:00-19:00, Tue, Thu, Fri
11:00-18:00................................. 0800 05801
Public service info
Information on all public services. Public service info guides you to the correct service, helps you with using e-services and answers general questions about public services. Mon–Fri, 8:00-21:00, Sat 9:00-15:00............................029 5000 palveluneuvoja@kansalaisneuvonta.fi
> www.kansalaisneuvonta.fi

CITY OF ESPOO

Telephone switchboard (electronic services)
Mon–Fri 8:00-16:00............................09 816 21 > www.espoo.fi

Service points
Travel cards, event tickets retailed by the ticket service Lippupiste, tourist information and advice on using the City of Espoo's and Kela's electronic services. We also offer gym cards, +68 sports cards, fishing permits (Matinkylä service point) and food tickets.
Kela assistance service point.
info@espoo.fi
> www.espoo.fi/servicepoints

Service point number
Mon-Tue, Thu-Fri 8:00-17:00,
Wed 8:00-18:00............................09 816 57070

Espoon keskus (Espoo centre) service point
Espoon center shopping centre, Kamreerintie 3
Mon–Tue, Thu–Fri 10:00-17:00,
Wed 12:00-18:00

Espoonlahti service point
Pikkulaiva shopping centre, Ulappakatu 2
Mon–Tue, Thu–Fri 10:00-17:00,
Wed 12:00-18:00

Kalajärvi service point
Kalajärvi Service Centre, Ruskanitityt 4
Mon, Tue and Thu 9:30-16:00,
Wed 13:00-18:00, Fri 9:00-14:00

Leppävaara service point
Sello shopping centre (Sello Library), Leppävaarankatu 9
Mon-Tue, Thu–Fri 10:00-17:00,
Wed 12:00-18:00

Matinkylä service point
Iso Omena shopping centre, Service centre,
Suomenlahdentie 1
Mon–Tue, Thu–Fri 10:00-17:00,
Wed 12:00-18:00

Tapiola service point
Shopping centre Ainoa, Tapionaukio 4
Mon–Tue, Thu–Fri 10:00-17:00,
Wed 12:00-18:00

Customer service desk of technical and environmental services
Ask for advice or give feedback about the streets, parks, parking, land use planning, city survey and map services, building control, plot divisions or permit matters.
Mon, Wed–Fri 8:00-15:30 and
Tue 10:00-15:30............................09 816 25000

Environmental and nature conservation matters
Mon–Fri 10:00-15:00............................09 816 24832
................................................09 816 24842

Information and on-call services
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Other guidance numbers

**Accessibility guidance**
Tue-Thu 8:00-15:30....................046 877 3036

**Exercise counselling and appointments for personal counselling**
Mon-Fri 12:00-13:00....................09 816 60800

**Information services for immigrants**
> www.espoo.fi/immigrants

**Useful checklist before and after moving to Espoo**
New in town? The Hello Espoo website will help you settle in Espoo faster. It’s a collection of useful information and links to services the City of Espoo offers, all in one place.
> www.helloespoo.fi

**Tourist information**
Tourist information is available from the service points of Espoo. The service points provide free-of-charge information about the city, its attractions and sights, events and services. In addition to brochures and maps, the service point workers have tips and ideas for recreational and holiday activities. Visit Espoo,
Mon–Fri 9:00-16:00.....................043 824 6866
> www.visitespoo.fi

**Youth counselling**
> www.espoo.fi/youth

**Guidance for elderly residents**
> www.espoo.fi/nestori (in Finnish)

**Health advice**
Mon–Fri 7:00-18:00 from the phone services of health centres, ....................09 816 34500
Emergency help,
Mon–Fri 16:00-8:00, 24/7 at weekends and on public holidays..............................116117
> www.espoo.fi/health_advice

**Advisory services for supplementary and preventive social assistance**
Adult social work office, Komentajankatu 5 C (entrance from Upseerinkatu), Leppävaara
The lobby is open on weekdays 9:00-15:00.
Urgent matters on weekdays 9:00-10:00..............09 816 45000.
In non-urgent matters, please contact your social care worker.

**Registry Office**
The Registry Office records matters concerning the City’s decision-making and the documents to which a municipal official responds. The Registry Office provides you with information about the handling process of pending cases and decisions.

> www.espoo.fi/registry

Recorded documents include, for example, initiatives submitted to municipal authorities by residents, complaints, appeals, requests for comment, comments, requests for a statement or report, decisions, petitions, open municipal official positions and their applications, and response letters.
Mon–Fri 8:00-15:45....................09 816 56000
P.O. Box 1, 02070 CITY OF ESPOO, Siltakatu 11 (Entresse shopping centre, 3rd floor), Espoon keskus (Espoo centre)
kirjaamo@espoo.fi

**Invoices**
If there is an issue with your invoice, please contact first the telephone number stated on the invoice or our customer service number. Mon–Fri 9:00-15:00....................09 816 29500
> www.espoo.fi/invoices

**Grants**
Repairs and energy grants .............050 413 4675
School transport ......................09 816 52058
Culture grants..........................050 301 9426
Sports services........................046 877 3884
Youth grants............................043 825 5240
Social services and health care
..............................................040 589 2243
Volunteer project grants.............09 816 25100
Private road cooperatives.........09 816 25100
> www.espoo.fi/grants

**City Archives**
The City Archives store the City of Espoo’s archives as well as private archives You can view the public documents in the City...
Archives facilities or request a paid copy of them. The City Archives also accept archives from private persons and communities, if archiving the materials is significant for the region's history.

Siltakatu 11 (Entresse shopping centre, 3rd floor), Espoon keskus (Espoo centre), P.O. Box 1, 02070 CITY OF ESPOO
Mon–Fri 8:00–15:45 .................... 09 816 53000

Communications
The City of Espoo's resident magazine, Espoo magazine, is delivered to every household in Espoo four times a year.

Contact information for the communication department:
> www.espoo.fi/communications

Information for immigrants in 12 languages.
> www.infofinland.fi

Shared services of the Helsinki region, simple language and sign language included.
> www.helsinginseutu.fi

Helsinki Region Infoshare - open data available for utilisation
> www.hri.fi

Follow the City of Espoo and its various operators on Facebook, Twitter, Instagram and other channels.
> www.espoo.fi/social_media
> www.facebook.com/espoonkaupunki
> twitter.com/EspooEsbo

Decision-making and group administration
Send any post intended for the council, City Board and its different subcommittees via the city's Registry Office: P.O. Box 1, 02070 CITY OF ESPOO
The Espoo Council meets at the City Council House at Espoonkatu 5, Espoon keskus (Espoo centre). You can reach the city administration and the Mayor at Virastopiha 2 C, Espoo centre.

Council
Lobby services......................... 09 816 22000
> www.espoo.fi > City of Espoo > Decision-making > City Council

City Board and its subcommittees
> www.espoo.fi > City of Espoo > Decision-making > City Board

Committees and boards
> www.espoo.fi > City of Espoo > Decision-making > Committees and boards

Audit operations
Virastopiha 2 C............................... 09 816 21

External audit unit
City auditor............................. 046 877 2801
Internal audit unit
Auditing director....................... 050 301 9491
Audit
Virastopiha 2 C............................... 09 816 21
A safe environment is a prerequisite for good urban life. Different sectors within the City of Espoo work to ensure safety in the city. Safety is also promoted together with an extensive collaboration network. A pleasant, well-maintained urban environment sends out a message that it is valued and under surveillance. Safety is created through our joint actions, small everyday acts. We can take care of our own safety and that of our loved ones and at the same time promote the safety of everyone. Safety is about feeling safe and secure both physically and mentally. Safety is created together.

SAFE ESPOO

Safety is about small everyday acts!

IDENTIFY risks at home, at work, in leisure activities and in traffic.

PREVENT accidents. Consider what you could do to prevent accidents.

BE PREPARED and make sure you have the necessary knowledge, skills and equipment to handle incidents.

ACT CORRECTLY in case of an accident or incident. Warn others, extinguish fire, rescue people, prevent further damage, call for help and guide first responders to the scene.
Is there a functioning smoke detector and a fire blanket in your home?

Western Uusimaa Police Department

Police department switchboard:
0295 430 281
Postal address: Nihtisillankuja 4, P.O. Box 20, 02631 Espoo
Nationwide Police Customer Service:
0295 419 800

Permit advisory calls
Mon–Fri 8:00–16:15

Lost and found office
Mon–Fri 9:00–12:00

Further information:
www.polisi.fi/en/westernuusimaa
www.facebook.com/LUPolitsi
www.instagram.com/lupolitsi/
www.twitter.com/lupolitsi
#LUPolitsi

Emergency number 112

In an urgent situation when a person's life, health or property is in danger, call the emergency number 112.

112 Suomi app

Download the 112 Suomi app on your smartphone. When you call the emergency number through the app, it will automatically inform the emergency response centre of your location and the emergency services personnel will be able to find you more quickly. The app also shows emergency announcements on your phone.

CALL THE EMERGENCY NUMBER 112 if the accident or incident is too much for you to handle.

Home emergency supply kit

Would you be able to survive for 72 hours without electricity or access to a grocery store? A home emergency supply kit is a way of preparing for an unexpected situation by assembling a collection of food, medications, hygiene products and other items to last for several days or even a week. Have you ever considered how you could keep your home warm or charge your phone during a long power outage? Do you have a battery-powered radio that you can listen to in case of an emergency? For more information, check
www.lup.fi/en
72tuntia.fi/en
WORK AND ENTREPRENEURSHIP
Employment Services
Komentajankatu 5 C
Switchboard .................................09 816 21
> www.espoo.fi/employmentservices
> www.facebook.com/tyollisyysespo

Register as a jobseeker through TE services
> www.te-palvelut.fi

Employment Corner
Advice on job-seeking and education.
Recruitment events, information sessions on education, expert lectures.
Iso Omena, Suomenlahdentie 1, Service Centre, 3rd floor of the shopping centre
Open Mon–Thu 10:00–15:00
tyollisyundenpalvelutori@espoo.fi
> www.espoo.fi/employmentcorner

Services for jobseekers
Practical help in job-hunting and finding business contacts.
tyonhakupalvelut@espoo.fi
> www.espoo.fi/työnhakupalvelut (in Finnish)

Korko – Value of Academics
Peer mentoring and support for marketing your skills and contacting businesses.
korkoinfo@espoo.fi
> www.korkoa.fi

Omnia Skills Centre for Immigrants
Training and support for job-seeking and finding business contacts.
Kirkkokatu 16 B
oske@omnia.fi
Mon–Wed 12:00–14:00....................040 126 2962
> www.omnia.fi/osaamiskeskus (in Finnish)

Pay-subsidised and obligation-based employment
tyonhakupalvelut@espoo.fi

Multisectoral joint services
promoting employment (TYP)
Personalised employment, guidance counselling, training and rehabilitation services to support employment.
> www.espoo.fi/typ (in Finnish)

Rehabilitative work experience
kuntouttavatytotoiminta@espoo.fi
> www.espoo.fi/kuntouttavatyotoiminta (in Finnish)

Work Centres
Leppävaara Work Centre
Armas Launiksen katu 9
Service Supervisor .....................046 877 1371
Kitchen workshop ....................040 507 7405
Tietix computer workshop..........040 546 6177
Packing workshop ....................050 570 5835

Soukka Work Centre
Soukantie 13
Service Supervisor.....................040 505 7072
Wood and surface treatment workshop
...........................................040 554 3735
Renovation workshop ..........046 877 3826

Suomenoja Work Centre
Niittyrinne 5
Service Supervisor .....................040 505 7072
Laundry workshop ..................043 826 6560
Bike workshop .........................046 877 3046
Kitchen and lobby workshops
............................................040 507 3716
Crafts workshop ......................046 877 2366
Cleaning workshop ................040 485 4678

Care and laundry environments
Instructor in charge ....................043 827 1787
Laundry of Leppävaara Life and Living Centre for Senior Citizens ......040 562 6486
Laundry of Kauklahti Life and Living Centre for Senior Citizens ..................040 186 0667
Laundry of Viherlaakso Memory Service Centre ......................040 186 0667

Youth workshops
> omnia.fi/nuortentyöpajat (in Finnish)

Recruitment events
> www.espoo.fi/employmentcorner
> www.espoo.fi/duunifestarit (in Finnish)
Services for companies and entrepreneurs, Business Espoo

Otakaari 5A ........................................... 050 513 0321
info@businessespoo.fi
> www.businessespoo.com

The following organisations serve entrepreneurs and companies in the Business Espoo network:
City of Espoo, Economic and Urban Development
Espoo Marketing Oy
Federation of Espoo Enterprises (Espoon Yrittäjät)
Helsinki Region Chamber of Commerce
Omnia
Uusimaa Employment and Economic Development Office (TE Office)
EnterpriseEspoo

Recruitment service
Assessment of the need for new talents and help with recruitment in Finland and internationally.

> www.espoo.fi/työnhakupalvelut (in Finnish)
työnhakupalvelut@espoo.fi
Business Coordinator .......................... 040 552 4650
Business Coordinator .......................... 040 550 9334
Business Coordinator .......................... 040 508 3489
Business Cooperation Coordinator
........................................................................ 046 877 2362

Employment through apprenticeship
> omnia.fi > Yrityksille ja yhteisöille > Työelämässä oppiminen > Oppisopimus työnantajille (in Finnish)

Espoo benefit for employers
Financial support for recruitment and assignments when an employer hires an unemployed Espoo-based jobseeker.
palkkatuki@espoo.fi
> www.espoo.fi/työllistämisenespoolisä (in Finnish)

Summer job voucher for young people
The Summer Job Voucher is a form of support paid by the City of Espoo to employers who hire a young Espoo resident as a summer worker.
> www.espoo.fi/kesaseteli

Events
Recruitment events, development of skills, networking.
> www.espoo.fi/employmentcorner
> www.espoo.fi/duunifestarit (in Finnish)
> www.businessespoo.com > Events
Health services are available online, by phone and at the receptions. If you need urgent care or assistance, you will be provided with it on the same day, every day of the year. Online, you can use the services whenever suits you best and you can also reach us easily by phone. You are an active agent in the matters concerning your own health and treatment. Your loved ones can also be involved with your care, if you so decide.

**Electronic health services**

Appointments, medical history forms and patient information:
> [www.espoo.fi/ehealth](http://www.espoo.fi/ehealth)

**Terveyskirjasto and Terveyskylä** provide you with reliable and up-to-date information in Finnish about health and illnesses. eOmahoitokirjasto supports the treatment of long-term illnesses. Online health check-up and coaching encourages you towards a more active life.
> [www.espoo.fi/health_advice](http://www.espoo.fi/health_advice)
Veterinarian
Appointment booking
Mon-Fri 9:00-10:00 .................. 09 816 84458
In urgent matters, services are available at
Pihatörmä 1 A, Mon-Fri 8:00-16:00

On-call veterinarian services Mon-Fri 16:00-8:00, on weekends and public
holidays around the clock at the
Veterinary Teaching Hospital. See page 6.

Dental clinics
Appointment booking and advice
Mon-Fri 7:45-16:00 .................. 09 816 30300

Espoonlahti dental clinic
Merikansantie 4, 2nd floor

Espoo Hospital’s dental clinic
Karvasmäentie 6

Haukilahdi dental clinic
Haukilahdenkatu 19

Kalajärvi dental clinic
Ruskaniitty 4

Kilo dental clinic
Trillakatu 5

Kivenlahti dental clinic
Meriusva 3

Leppävaara dental clinic
Konstaapelinkatu 2

Nöykkiö dental clinic
Oxfotintie 8

Ruusulinna dental clinic
Huvilinnantie 4

Samaria dental clinic
Terveyskuja 2

Tapiola dental clinic
Ahertajantie 2

Emergency dentist services
In evenings and at weekends, see the section
Information and on-call services at the
beginning of this brochure

Rehabilitation and aid equipment
Aid equipment services
HUS Aid equipment centre
Karvasmäentie 6, Espoo hospital
Mon-Fri 9:00-11:00 .................. 09 471 74200

Rehabilitation services
Physiotherapy, speech therapy for
adults, occupational therapy for adults,
rehabilitation planning, rehabilitation for the
disabled
Appointment booking
Mon-Fri 8:30-13:00 .................. 09 816 36000

Podiatry
Tapiola Health Centre
Mon-Fri 8:00-14:00 .................. 09 816 27770
Ahertajantie 2

Nutritional therapy
Tapiola Health Centre
on weekdays 7:00-18:00 ........... 09 816 34500
Ahertajantie 2

Mental health and substance
abuse services
Clinic for mental health and substance
abuse at the Iso Omena Service Centre helps
adults and young people aged 13-22 without
appointment Mon-Thu at 8:00-18:00 and Fri
at 8:00-16:00.

Appointment booking and advice
Mon-Fri 8:00-16:00 .................... 09 816 31300

Espoo mental health and substance abuse
service centre
Kalaonnentie 8, 2nd floor
Samaria Health Centre
Terveyskuja 1
Espoonlahti Health Centre
Merikansantie 4
Leppävaara Health Centre
Trillakatu 5
Tapiola Health Centre
Ahertajantie 2

Espoon Linkki health advice and
support centre for drug users
The City of Espoo’s Linkki services are
intended for persons who use drugs
intravenously. At Linkki, you can meet social
and health care professionals anonymously
without booking an appointment.
Kannusillankatu 8, Espoon keskus
Mon, Tue, Thu, Fri 10:00-15:00
Wed 10:00-17:00

The doctor is available on Wednesdays at 15:00-16:00.

Sobering-up station
Vitikka 1 E 1
24 h ...........................................046 877 3678

Detoxification treatment
Service centre Emppu, Kalaonnentie 8
Appointment booking and assessment of need for care
Mon-Fri 8:30-11:30 am
..............................................046 877 3708

Social and crisis emergency services
24 h ...........................................09 816 42439

Maternity and child health clinic services
> www.espoo.fi/clinics
Appointment booking and advice
Mon-Fri 8:30-14:30 .....................09 816 22800

Youth services
School health care
> www.espoo.fi/school_health_care

Student health care
> www.espoo.fi/student_health_care

Pre-conscription health checks
> www.espoo.fi/kutsuntatarkastus

Youth clinic Nupoli, mental health and substance abuse services for 13-22-year-olds
> www.espoo.fi/nupoli (in Finnish)

Hospitals
Emergency, first aid and on-call services have been listed at the beginning of the brochure.

Espoo Hospital
Karvasmäentie 6
Telephone switchboard..................09 471 1100
> www.espoo.fi/espoo_hospital
Patient enquiries, parking and access instructions, no enquiries concerning treatment.................................09 471 59439
Emergency department.............09 471 82890
Ward 1: Wound care and psychogeriatrics..................09 471 59426
Ward 2: Orthopaedic rehabilitation..........................09 471 59428
Ward 3: Neurological rehabilitation..........................09 471 59430
Ward 4: Infections..........................09 471 59432
Villa Glims – palliative care and terminal care...............09 471 59436
Hospital at home..........................050 526 1398

Espoonlahti Health Centre
Merikansantie 4
(closed for renovation at least until the end of October 2020)

Iso Omena Health Centre
Suomenlahdentie 1, 3rd floor, service centre

Kaalajärvi Health Centre
Ruskaniitty 4

Kilo and Viherlaakso Health Centres
Trillakatu 5

Kivenlahti Health Centre
Meriusva 3

Leppävaara Health Centre
Terveyskuja 2

Tapiola Health Centre
Ahertajantie 2

Health centres
> Electronic services
www.espoo.fi/e-healthcentre
> Health centre information:
www.espoo.fi/health_centres

Coronavirus Helpline Mon-Fri at 7:00-18:00
.....................................................09 186 34600
Other services Mon-Fri 7:00-18:00
.....................................................09 816 34500
You can choose the services of certain private health centres in Espoon keskus. Read instructions:
> espoo.fi/servicevoucher

**Diabetes centre**
Karvasmäentie 10
Espoo Diabetes Centre is in charge of care for type 1 (juvenile) diabetics. Type 2 (adult-onset) diabetics receive care at the health centres.

Appointment booking and advice for adults and over 16-year-olds
Mon–Thu 8:00-15:00, Fri 8:00-12:00
..........................09 816 23870
Appointment booking and advice for children under 16 years
Mon–Fri 8:00-15:00.................09 471 82461

**Ordering care equipment**
Free-of-charge care equipment
Mon–Fri 8:00-12:00...............09 816 42458
maksuttomat.hoitotarvikkeet@espoo.fi

**Screening tests**
Women of certain age groups will be invited for cervical cancer and breast cancer screening tests. They will be sent a letter to their home address, detailing how to book an appointment and change a booked appointment. These invitations will be posted based on date of birth, meaning that those born early in the year will receive the letter at the beginning of the year and those born later will receive it towards the end of the year.

**X-ray and ultrasound examinations**
HUS Medical Imaging Centre, appointment booking and advice
Mon-Fri 8:00-15:30...............09 471 80900
Choosing your examination place and contact information:
> www.hus-kuvantaminen.fi
Examination results in My Kanta:
> www.kanta.fi
or from your health centre.

**Health centre fees**
You can call the customer service number of Espoo financial services to make enquiries about an invoice you have received or the maximum annual client fees.
Mon-Fri 8:00-15:00...............09 816 29500
> www.espoo.fi/asiakasmaksut (in Finnish)

**Statistics: access to treatment and waiting times**
> www.espoo.fi/hoitotakuu (in Finnish)
SOCIAL SERVICES
Social services office
Komentajankatu 5 C
Office hours Mon-Fri 9:00-15:00
Telephone service Mon-Fri 9:00-10:00
...........................................................09 816 45000

Apply for basic income support
> kela.fi/social-assistance

Apply for supplementary or preventive income support
> www.espoo.fi/en-US > Social and health services > Social work and income

Social and Crisis Emergency Services
24 h ...........................................09 816 42439

Client fees
(social services and health care)
Maximum annual client fees
Mon-Fri 9:00-15:00 .......................09 816 29500
Home care and residential care homes
..........................................................043 825 5033
..........................................................043 825 5034
Work with families with children
..........................................................043 825 5034
..........................................................043 825 5033
Long-term institutional care and the City’s housing service .................043 825 5032
General payment matters ...............046 877 1993

Public guardianship
Public guardianship office
Itätuulentie 1.........................010 365 2300

Omatila, help with violence in intimate relationships
Kamreerintie 6 A, 4th floor
weekdays 8:00-16:00,
weekends 9:00-16:00 ..........043 825 0535
Outside these hours, please call the social and crisis emergency service....09 816 42439
omatila@espoo.fi
> www.espoo.fi/omatila

Social and patient ombudsman
Telephone services
Mon-Thu 11:00-13:00...............09 816 51032
HUS patient ombudsman ..........09 4711

Trustee
Public guardian .......................071 873 0201

Immigrant services
Pyyntietie 3
Service counselling open Mon
and Thu 9-11 am and noon-15 pm,
Tue and Wed noon-15 pm, Fri 10-noon.
> www.espoo.fi/immigrants

Kivenkolo
Merisaapas 1 A .......................046 877 2551
..........................................................050 300 6093
Volunteer work’s coordination point,
Kaveri-Kammari (Chamber of Friends)
(Kivenlahti- Stensvik ry) ...........0400 388 832

Disability Services
Counselling: Mon-Fri at 9-11 and 12-14,
...........................................................09 816 45285
Kamreerintie 2 A, 4th floor, Espoo keskus
P.O. Box 2513, 02070 City of Espoo
vammaispalvelut@espoo.fi
> www.espoo.fi/disabilityservices

Aid equipment services
HUS Aid equipment centre
Karvasmäentie 6, Espoo hospital
Mon-Fri 9:00-11:00 .........................09 471 74200

Transportation services
Transportation services in accordance with the Services and Assistance for the Disabled Act
Mon-Fri 9:00-11:00 ......................09 816 45285
> www.espoo.fi/disabilityservices > Services that support mobility

Transportation services in accordance with the Social Welfare Act
Mon-Fri 9:00-15:00 ......................09 816 33333
> www.espoo.fi/nestori > Asiointi ja kulkeminen (in Finnish)

Online services (in Finnish)
> www.espoo.fi/e-kuljetuspalvelut

Disability ombudsman and Disability council
Disability ombudsman ..........050 344 5190
Disability ombudsman is also the secretary of the Disability council
Activities for the elderly! Join an exercise group. Find yourself a culture companion or become a volunteer worker, for example for taking others on walks outside. Learn how to use the Internet, have a go at choir singing or take part in a shopping centre walk.  
> www.espoo.fi/elderly

Where and how can you exercise?  
Exercise counselling  
tel. 09 816 60800 Mon–Fri 12:00–13:00  
> www.espoo.fi/senioriliikunta

Out together?  
Culture companion operations  
tel. 050 381 4033 Mon–Fri 10:00–15:00

The Nestori service offers advice and guidance for elderly residents  
• Would you like to find new hobbies and friends?  
• Are you worried about your memory?  
• Are you concerned whether you will be able to cope at home?  
• Do you need help with getting around or managing your affairs?  
• Do you need information about services and housing for the elderly?  
Guidance for elderly residents (Nestori service)  
tel. 09 816 33 333 Mon–Fri 9:00–15:00  
nestori@espoo.fi  
> www.espoo.fi/nestori (in Finnish)
Meal allowance for pensioners
Pensioners living in Espoo can eat meals at the City’s service centres. A meal allowance of €2.50 per meal can be granted for lunch. This meal allowance will be granted on the basis of a means test for low-income clients receiving an old-age pension or disability pension. Furthermore, pensioners with nutritional issues or social issues related to functional abilities may apply for the meal allowance. The meal allowance should be applied for using a form available at service centres and the Nestori service.

Hobby activities
Libraries
Home library Taika for elderly clients who cannot visit the library in person ............................................. 046 877 2986 ............................................. 046 877 2988

Weaving stations with looms
> www.omnia.fi/tyovaenopisto (in Finnish)

Exercise counselling
Mon–Fri 12:00–13:00 .................... 09 816 60800 +68 Sports wristband: free-of-charge sports services for Espoo residents over the age of 68. Contact exercise counselling for more information.

Group activities for senior citizens
Do you need new energy and activities in your life? Group activities provide you with energy, meaningful activities and joy. The groups are free-of-charge.

Further information.....................040 505 2907
> www.espo.fi/senioriryhm (in Finnish)
ryhmatoininta.nestori@espoo.fi

Liberal adult education
> www.omnia.fi/tyovaenopisto

Community centres
Kylämaja Community Centre
Matinkatu 7, street level ........ 045 7732 4744

Kivenkolo Community Center
Merisaapas 1 A .........................046 877 2551
Volunteer coordination point
Kaveri-Kammari (Chamber of Friends)
.......................................... 0400 388 832

Home care
Guidance for elderly residents (Nestori service)
Mon–Fri 9:00–15:00 ...................09 816 33 333 nestori@espoo.fi
> www.espo.fi/nestori

Memory-related disorders
If you suspect that your memory or the memory of your loved one has become worse, bring this up at your health centre. If necessary, the doctor will refer you or your loved one for further examinations at Espoo Hospital’s outpatient clinic for memory-related disorders, where the memory functions of Espoo residents over 70 years old are examined. Clients under the age of 70 will be directed to the neurological outpatient clinic of Jorvi Hospital.

Memory counsellors support persons with memory disorders and their loved ones at different stages of the disorder.
> www.espo.fi/muisti (in Finnish)

Informal care allowance
Support for informal care for persons over 65 years of age and the transport benefit defined in the Social Welfare Act: Nestori - Guidance and Service Counselling for Senior Citizens, Mon–Fri 9-15, ...................... 09 816 33333 omaishoidontuki.nestori@espoo.fi

Support for informal care for persons younger than 65: Disability Services, Mon–Fri 9:00–11:00 and 12:00–14:00 ....................................................... 09 816 45285 vammaispalvelut@espoo.fi

Guides for senior citizens
Senior citizen’s service guide:
> www.espo.fi/senioriopas (in Finnish)
Housing for the elderly in Espoo guide:
> www.espo.fi/asumisopas (in Finnish)
The printed guides are available at locations such as service points and service centres.

Service centres
Service centres are meeting places for older residents. Service centres provide opportunities to do exercise and crafts, meet peers and participate in recreational or cultural events or the operations of various organisations. The service centres also serve lunch from Monday to Friday, 11:00-13:00.
Espoon keskus service centre  
Kamreerintie 3, 3. krs................046 877 3166

Haukilahti service centre  
Haukilahdenkatu 19.............046 638 9599

Kauklahti service centre  
Hansakartano 4....................040 506 7719

Leppävaara service centre  
Säterinkatu 3............................043 826 7994

Soukka service centre  
Soukankaari 7.................046 877 2889

Tapiola service centre  
Länsituuli 1, 3rd floor .................046 877 1886

Guidance for elderly residents  
Guidance for elderly residents (Nestori service)  
Mon–Fri 9:00–15:00 ..................09 816 33 333
nestori@espoo.fi  
> www.espoo.fi/nestori

Housing services for the elderly  
Home care supports elderly people in living independent lives in their own homes and encourages them to use their own resources. Home care offers support for everyday matters with which the elderly person or their loved ones can no longer cope. Sheltered housing is intended for elderly people who can no longer live at home. The need for care will be assessed on a case-by-case basis. Contact the Nestori service.

Volunteer activities  
The City of Espoo’s volunteer activities  
.................................................................................046 877 1917
vapaaehtoistoiminta.nestori@espoo.fi  
> www.espoo.fi/nestori

Kaveri-Kammari  
(Chamber of Friends)  
Merisaapas 1A.........................0400 388 832

Short-term help  
One-time short term assistance for elderly people living at home. For clients of home care and diaconal work.  
Mon–Fri 9:00–11:00 ...............050 381 0999
keikka@ejy.fi

Culture companion operations  
A culture companion is a volunteer worker you can ask to accompany you as your support person to a culture event. You can book a culture companion for yourself, your friend or a small group.  
Mon–Fri 10:00–15:00 ...............050 381 4033

Gym and outdoor companion operations  
The training for becoming a gym and outdoor companion for the elderly provides you with the capabilities for taking elderly residents to the gym and on outdoor excursions. After the training, you can become a volunteer worker at Espoo’s senior centres or elsewhere, working with senior citizens. Contact exercise counselling for more information.  
Mon–Fri 12:00–13:00 ...............09 816 60800

Swimming companion  
A swimming companion, i.e. an adult who accompanies an Espoo resident with a +68 or special group swimming pool wrist band to a swimming hall, will be admitted into the swimming hall free of charge. Your swimming companion could be your own child, other relative or a friend. The swimming companion can also accompany the card-holder even if they are accompanied by an official personal care assistant.

Veteran services  
Mon–Fri 9:00–15:00 ...............09 816 42380

Find out more about our operations!  
Manuals, brochures and activities are available at service centres, service points, sports facilities and libraries.  
> www.espoo.fi/elderly

Information and on-call services  
Work and Entrepreneurship  
Health services  
Social services  
For senior citizens  
For families with children  
For young people  
Culture  
Exercise and outdoor recreation  
Environment and nature  
Housing  
Urban planning and construction
Welcome to the maternity and child health clinics and other services for families. You will receive advice and support for managing your day-to-day life and challenging life situations.

FOR FAMILIES WITH CHILDREN
Family work and home service

Family work for families with children is an early support method for families living in Espoo. Family work and home service help families with children in challenging life situations. Family work is short-term work with the purpose of supporting a family's ability to cope with day-to-day life and preventing the family's situation from becoming more difficult. Family work and home services are mostly carried out in the family's home. The family work for families with children and home services can be applied for through the maternity and child health clinic, day care, child welfare services, disability services or specialised medical care, for example.

Phone service Mon-Fri 8:30–15:00
..........................................................09 816 23600
Meetings without an appointment: You can see a social care worker at a maternity and child health clinic, day care, child welfare services, disability services or specialised medical care, for example.

> www.espoo.fi/gethelp

Family counselling centres

Please contact us if you are concerned about your child's development, behaviour or mental well-being, there is grief or worry in your family, your life situation has changed and you have become a single parent or a parent of a reconstituted or foster family, for example, you are considering filing for a divorce or your family requires help coping with a divorce.

> www.espoo.fi/gethelp

Psychologist services for children

Telephone service Wed 12:00-13:00. Other times, please leave a call-back request on the answering machine.

> www.espoo.fi/clinics

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Espoonlahti
Pihatörmä 1 C, 4th floor .......... 043 824 7274

Psychologist services for children in Swedish
Pihatörmä 1 C, 4th floor .......... 043 825 3147

Speech therapy for children

Those under 18 years old
Telephone service Wed 12:00-13:00. Other times, please leave a call-back request on the answering machine.

Espoon keskus (Espoo centre)
Kamreerintie 2 A......................... 046 877 1553

Leppävaara
Lintuvaarantie 2 A, 3rd floor...... 043 825 3193

Tapiola, Matinkylä, Olari
Pihatörmä 1 C, 4th floor .......... 046 877 1413

Espoonlahti
Pihatörmä 1 C, 4th floor .......... 043 824 7413

Telephone service in Swedish
Pihatörmä 1 C, 4th floor
Wed 12:00-13:00............................. 050 370 6523
**Occupational therapy for children**

Telephone service Wed 12:00-13:00. Other times, please leave a call-back request on the answering machine.

**Espoon keskus (Espoo centre)**
Kamreerintie 2, 3rd floor .......... 043 825 3178

**Leppävaara**
Lintuvaarantie 2 A, 3rd floor..... 043 825 3178

**Tapiola, Matinkylä, Olari and Espoonlahti**
Pihatörmä 1 C, 4th floor .......... 043 825 3308

**Telephone service in Swedish**
Pihatörmä 1 C, 4th floor .......... 046 877 3542

**Child welfare services**

The child welfare services are intended for children under the age of 18 and their families. Receiving these services requires an assessment of child welfare needs.

Telephone switchboard......................... 09 81621
You can find the contact information for regional child welfare offices and other child welfare units and services online at
> www.espoo.fi/child_welfare

**Early childhood education**

**Early childhood education in Finnish**

The City of Espoo organises early childhood education at day care centres, family group day care centres and family day care. There are both municipal and private day care centres in Espoo.

**Service guidance for early childhood education**

P.O. Box 3125, 02070 CITY OF ESPOO
Mon 9:00-11:00 and 12:00-14:00
Tue 9:00-11:00 and 12:00-14:00
Wed 9:00-11:00 and 12:00-14:00
Thu 13:00-17:00
Fri 9:00-11:00 and 12:00-14:00

varhaiskasvatuksen.palveluohjaus@espoo.fi

> www.espoo.fi/earlychildhoodeducation

**Småbarnspedagogik på svenska**

Den mångsidiga verksamheten främjar barnets växande, lärande och utveckling.
PB 32, 02070 ESBO STAD
Mån kl. 9-11, tis, ons, fre kl. 9-11.30

dagis@esbo.fi

Närmare information om den svenskspråkiga småbarnspedagogiken och våra kontaktuppgifter hittar du på

> www.esbo.fi/smabarnspedagogik

**Open playgronds with staff and open day-care centres**

Open early childhood education is available through clubs, open playgrounds with staff and open day-care centres. At the open playgrounds with staff and open day-care centres, the child can take part in guided activities or play with other children together with their parent or other adult that is caring for them. Participating in these activities does not affect the child home care allowance. The operations are open and free of charge and no advance registration is needed.

**Clubs**

Clubs are an option for part-time or full-time early childhood education. A child in home care, between the ages of two and five, can go to a club to participate in guided activities as part of a group of children. Two professional instructors work at the club. Participating in the club activities does not affect the child home care allowance paid by Kela. If private day care allowance is paid to the family, a place in the club cannot be granted for the child.
EDUCATION

‘A learning, creative and competent person can cope with an unknown future.’

Schools in numbers
89 comprehensive schools
• 76 Finnish-language comprehensive schools
• 11 Swedish-language comprehensive schools
• 2 private comprehensive schools
• more than 30,000 pupils
• more than 3,000 teachers

• 11 upper secondary schools
• 10 Finnish-language upper secondary schools
• 1 Swedish-language upper secondary school.

Other education
Omnia, the Joint Authority of Education in Espoo Region
• a vocational college
• an adult education institute
• an upper secondary school for adults
• a community college
• apprenticeship training
• youth workshops
2 universities of applied sciences
Aalto University

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**Education in Finnish**

Education in Espoo provides children and young people with high-quality, diverse and regionally equal development and schooling opportunities. The basis of operations is educational equality, which takes into account the pupils’ and students’ individual characteristics.

**Contact information**

Karaportti 1  
P.O. Box 31, 02070 CITY OF ESPOO  
Telephone switchboard: 09 816 21

> www.espoo.fi/comprehensive_education  
> www.espoo.fi/general_upper_secondary_education

**School admissions**

A child starts their comprehensive education by enrolling in the first grade. For the upper stage of comprehensive school, the pupil applies for the 7th grade. In total, Espoo has 91 high-quality comprehensive schools. Furthermore, different schools may provide teaching focused on certain subjects.

> www.espoo.fi/school_admissions

**Joint application period**

Students apply for vocational education and upper secondary schools during the national joint application period in the spring/autumn.

> www.opintopolku.fi  
> www.espoo.fi/joint_application

**Afternoon activities**

Afternoon activities in basic education are recreational activities intended for school pupils. Pupils in the first and second grades may apply for afternoon activities, as may pupils of special needs education groups.

> www.espoo.fi/afternoon_activities

**Basic art education**

Basic art education is goal-oriented education in the fields of music, dance, fine arts, crafts and other arts. Basic art education gives pupils the abilities to express themselves by means of art and continue their studies in vocational education in their chosen field of art.

> www.espoo.fi > Childcare and education > Basic art education

**Education of language and cultural groups**

The objective of the education of language and cultural groups is to provide the pupils and students of these groups with the knowledge and skills of basic education, active multilingualism and an equal basis for further education, as well as supporting the pupil’s linguistic and cultural identity.

> www.espoo.fi/comprehensive_education  
> Studying in a comprehensive school  
> Education of language and cultural groups.

**Education in English**

Basic education in English is intended for children and young people who speak English as their native tongue or who otherwise have sufficient language skills to participate in English-language schooling. The education is provided by Espoo International School comprehensive school. International IB diploma studies are available at Etelä-Tapiola lukio and Mattildens gymnasium upper secondary schools.

> www.espoo.fi/eis  
> www.esbo.fi/mattildensgymnasium  
> www.espoo.fi/lukiot > Etelä-Tapiola upper secondary school

**Utbildning på svenska**

Esbo erbjuder möjligheter för kommunborna att lära sig och utvecklas genom hela livet. En högklassig utbildning ger Esboborna beredskap för att möta framtid.

**Kontaktuppgifter**

Karaporten 1  
PB 32, 02070 ESBO STAD  
Växel: 09 816 21

> www.esbo.fi/skola

**Eftermiddagsverksamheterna**

> www.esbo.fi/eftis

**Gemensam ansökan**

> www.studieinfo.fi

**Arbetarinstitutet**

> www.esbo.fi/arbis
FOR YOUNG PEOPLE

Nuori Espoo (Young Espoo) provides recreational places and activities for young people.

Gräsa
Gräsa is a crafting space for children and young people of all ages, where they can develop their handcrafts and skills of expression with the help of great instructors.
09 816 30495
Luomanportti 2
> www.espoo.fi/nuoriespoo > Fun activities

Channel for feedback from young people
Do you have an excellent suggestion that you would like to see come to life? Would you like to send us thanks or complaints? You can give quick feedback or put forward a more extensive initiative through young Espoo residents’ feedback channel.
> nuortenpalaute.espoo.fi

Camps and hobby opportunities
> www.espoo.fi/nuoriespoo > Fun activities

Information and help from Ohjaamotalo One-Stop Guidance Centre
Ohjaamotalo One-Stop Guidance Centre in Leppävaara, Espoo, is a service centre for young adults under 30 years of age and living in Espoo. Ohjaamotalo provides information about and help with:
• study opportunities
• working life, seeking employment, and making a living
• housing, managing your everyday life, well-being
• recreational opportunities.
> www.espoo.fi/ohjaamotalo

Culture from young people to young people
Cultural youth work includes, for example, music, theatre, arts and crafts and many kinds of events. The events and other activities are designed and implemented together with young people. Come along!
> www.espoo.fi/nuoriespoo > Fun activities
Youth centres

Youth centres are fun and safe environments where young people can meet with their friends, hang out and carry out various projects. The organised activities are mainly intended for 9–17-year-olds and include open youth evenings, hobby clubs and courses, for example.

Espoon keskus area (Espoo centre)

Juvanpuisto youth centre
Juvanpuisto 2 .......................... 046 877 2982

Järvenperä youth centre
Kulloonmäentie 20 ..................... 043 827 2677

Kalajärvi youth center
Hiirisuontie 1 ............................. 050 303 1957

Kauklahti youth centre
Hansakallio 2 .......................... 046 877 1356

Kirkkojärvi youth centre
Kylätorintie 5 ............................. 043 825 1378

Suvela youth centre
Kirstintie 11 ............................. 046 877 1355

Espoonlahti area

Kivenlahti youth centre
Merivalkamäki 2 ......................... 046 877 2375

Nöykkö youth centre
Oxfotintie 4 ............................. 050 302 8133

Saunaluoto youth centre
Brinkinmäentie 1 ......................... 043 824 9353

Soukka youth centre
Soukantie 13 ............................. 046 877 1708

Sökö ungdomslokal
Yläkartanontie 28 ....................... 046 877 1361

Leppävaara area

Karakallio youth centre
Kotkatie 4 ................................. 046 877 3653

Leppävaara youth centre
Veräjäpellonkatu 6 ...................... 046 877 2204

Pointti (Sello library)
Leppävaarankatu 24 ..................... 046 877 2205

Matinkylä–Olari-Tapiola area

Matinkylä activity centre
Matinranta 17 ........................... 050 345 4159

Gräsä
Luomanportti 2 .......................... 09 816 30495

Haukilahti activity centre
Toppelundintie 13 ....................... 046 877 3035

Tapiola youth centre
Tapiontori 3 A ........................... 050 395 2229

Mankkaan makasiini youth centre
Vanhan-Mankkaankuja 2 C

Ohjaamotalo
Leppävaara Starttipiste .................. 040 126 7513

Iso Omena Starttipiste .................. 043 825 7607

Ungdomsverksamhet på svenska
ordnas i Sökö ungdomslokal och i skolorna.
> www.espoo.fi/ungdom
CULTURE
Event and culture services

Espoo Cultural Centre
Espoo Cultural Centre is the main scene for performing arts and cultural life in Espoo.
Kulttuuriaukio 2, Tapiola
Mon–Fri 8:00–21:00, Sat 9:00–18:00,
Sun 9:00–15:00..............................09 816 5051
espoo.kulttuurikeskus@espoo.fi
> www.espoo.fi/cultural_centre

WeeGee Exhibition Centre
WeeGee Exhibition Centre is a versatile museum, exhibition and event hub.
Ahertajantie 5, Tapiola
Tue 11:00–17:00, Wed–Fri 11:00–19:00, first Friday of every month 11:00–21:00 (Fri free entry after 17:00), Sat–Sun 11:00–17:00, closed on Mondays
Info........................................09 816 31818
weegee.info@espoo.fi
> www.weegee.fi
> www.emma.museum
> www.espoonkaupunginmuseo.fi
> www.lelumuseohevosenkenka.fi
> www.kellomuseo.fi

Sello Hall
Sello Hall in Leppävaara is acoustically one of the most high-quality music halls in the Helsinki Metropolitan Area.
Soittoniekanaukio 1 A, Leppävaara
Open during events.
Telephone switchboard.....................09 816 21
sellosali@espoo.fi
> www.sellosali.fi

Kannusali
A versatile performance venue in Espoon keskus
Kannusillankatu 4
Inquiries.................................043 825 9307
kannusali@espoo.fi
> www.kannusali.fi

Karatalo and Children's Cultural Centre Aurora
Karatalo is a versatile venue for culture, art and recreational activities. Children's Cultural Centre Aurora is a happy meeting place for children and adults in Järvenpää.

Karatalo
Kotkatie 4, Karakallio
Mon–Fri 09:00–17:00 and during events
........................................09 816 82708
karatalo@espoo.fi
> www.karatalo.fi

Children's Cultural Centre Aurora
Järvenperäntie 1–3, Järvenperä
Enquiries.................................046 877 3253
aurora.info@espoo.fi
> www.lastenkulttuurikeskusaurora.fi

City events Espoo
City events Espoo produces and coordinates city events and projects of various sizes all over Espoo. City events Espoo helps event producers to organise their own events.
> www.espoo.fi/kaupunkitapahtumat (in Finnish)

Major events
Major events bring all the residents together to enjoy diverse programmes and experiences.
Espoo Day is celebrated on the last Saturday of August all around the city. The Independence Day Gala Concert will be held at Espoo Metro Areena on 6 December.
> www.espoo.fi/espooday
> www.espoo.fi/independenceday

City orchestra Tapiola Sinfonietta
The Espoo city orchestra is a high-quality chamber orchestra with several annual guest performers, including leading Finnish and foreign conductors and soloists.
Espoo Cultural Centre, Kulttuuriaukio 2
Telephone switchboard.....................09 816 21
tapiola.sinfonietta@espoo.fi
> www.tapiolasinfonietta.fi

Espoo City Museum
History comes alive in the five different locations of the Espoo City Museum. Come and explore KAMU, the Glims Farmstead Museum, the Pentala Archipelago Museum, the Lagstad School Museum, and the Villa Museum Villa Rulludd.
> www.espoonkaupunginmuseo.fi
kaupunginmuseo@espoo.fi
KAMU
WeeGee Exhibition Centre, Ahertajantie 5
Tue 11:00–17:00, Wed–Fri 11:00–19:00, first Friday of every month 11:00–21:00 (Fri free entry after 17:00), Sat–Sun 11:00–17:00, closed on Mondays .................09 816 57052

Glims Farmstead Museum
Glimsintie 1, next to Jorvi Hospital
1 September – 30 April Tue–Fri 10:00–16:00, Sun 11:00–16:00 .................. 09 816 27337
2 May – 31 August Tue–Fri 10:00–17:00, Sat–Sun 11:00–17:00

Lagstad School Museum
Vanha Lagstadintie 4
Tue 14:00–18:00, open for groups upon request.
Enquiries: Esbo hembygdsförening r.f ......... 040 843 4903
kaupunginmuseo@espoo.fi

Villa Museum Villa Rulludd
Rullaniementi 15
Open on first Sunday of every month 11:00–15:00
Enquiries and reservations 
Tue–Thu 13:00–15:00..................043 8267 893
and kaupunginmuseo@espoo.fi

Pentala Archipelago Museum
Pentala 44, 00238 Espoo
Open during the summer from June to August Tue–Sun 10:00–17:00
Enquiries and reservations during opening hours..........................043 8252 641
kaupunginmuseo@espoo.fi
kirjastoautot@espoo.fi

Other culture operations
Cultural Unit
Karaportti 1, 02610 Espoo
Telephone switchboard..................09 816 21
kulttuuriespoo@espoo.fi
> www.espoo.fi/culture
> www.kulttuuriespoo.fi
> www.facebook.com/KulttuuriEspoo
Twitter and Instagram @KulttuuriEspoo
#Kulttuuriespoo

Support for culture and arts
The project, development and annual grants by the culture council support culture and art operations in Espoo. Espoo-based professional artists may apply for art grants to support their work.
> www.espoo.fi/kulttuurivastuksen
kulttuurivastuksen@espoo.fi

Culture Call
Culture Call makes art and culture part of early childhood education in Espoo.
> www.espoo.fi > Culture and sport > Culture
> For teachers and educators > Culture Call
service coordinator Kaisa Koskela
kaisa.k.koskela@espoo.fi
..................................................040 190 8254

Kulturverksamhet
Esbo erbjuder ett brett utbud av kulturverksamhet också på svenska.
> www.esbo.fi/kultur

Espoo City Library
Find yourself at a library! The centre for knowledge, skills, learning and participation serves residents at 16 different locations as well as online.
> www.helmet.fi
> www.helmet.fi/elibrary

Libraries
Entresse Library
Siltakatu 11 ..............................09 816 53776
kirjasto. interesse@espoo.fi

Haukilahdi Library
Toppelundintie 11 ......................09 816 57717
kirjasto.haukilahdi@espoo.fi

Iso Omena Library
Suomenlahdentie 1 ....................09 816 57723
kirjasto.omena@espoo.fi

Culture companion to accompany you to culture events
A culture companion is a volunteer worker you can ask to accompany you as your support person to a culture event.
> www.espoo.fi/kulttuurikaveri

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kirjasto. interesse@espoo.fi

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Toppelundintie 11 ......................09 816 57717
kirjasto.haukilahdi@espoo.fi

Iso Omena Library
Suomenlahdentie 1 ....................09 816 57723
kirjasto.omena@espoo.fi

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service coordinator Kaisa Koskela
kaisa.k.koskela@espoo.fi
..................................................040 190 8254

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> www.helmet.fi/elibrary

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Entresse Library
Siltakatu 11 ..............................09 816 53776
kirjasto. interesse@espoo.fi

Haukilahdi Library
Toppelundintie 11 ......................09 816 57717
kirjasto.haukilahdi@espoo.fi

Iso Omena Library
Suomenlahdentie 1 ....................09 816 57723
kirjasto.omena@espoo.fi

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> www.espoo.fi/kulttuurivastuksen
kulttuurivastuksen@espoo.fi

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> www.espoo.fi > Culture and sport > Culture
> For teachers and educators > Culture Call
service coordinator Kaisa Koskela
kaisa.k.koskela@espoo.fi
..................................................040 190 8254

Kulturverksamhet
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> www.esbo.fi/kultur

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Find yourself at a library! The centre for knowledge, skills, learning and participation serves residents at 16 different locations as well as online.
> www.helmet.fi
> www.helmet.fi/elibrary

Libraries
Entresse Library
Siltakatu 11 ..............................09 816 53776
kirjasto. interesse@espoo.fi

Haukilahdi Library
Toppelundintie 11 ......................09 816 57717
kirjasto.haukilahdi@espoo.fi

Iso Omena Library
Suomenlahdentie 1 ....................09 816 57723
kirjasto.omena@espoo.fi
Kalajärvi Library
Ruskaniitty 4............................09 816 53400
kirjasto.kalajarvi@espoo.fi

Karhusuo Library
Karhuniitynkujia 3........................09 816 53781
kirjasto.karhusuo@espoo.fi

Kauklahti Library
Hansakallio 2..............................09 816 53778
kirjasto.kauklahti@espoo.fi

Laajalahti Library
Kurkijoentie 24............................09 816 57714
kirjasto.laajalahti@espoo.fi

Laaksolahti Library
Veininkatu 24..............................09 816 57773
kirjasto.laaksolahti@espoo.fi

Nöykkiö Library
Oxfotintie 4.................................09 816 57734
kirjasto.noykkio@espoo.fi

Otaniemi Library
Tietotie 6....................................040 507 8204
kirjasto.otaniemi@espoo.fi

Pikkulaiva Library
Ulappakatu 2...............................09 816 57732
kirjasto.pikkulaiva@espoo.fi

Saunalahti Library
Brinkinmäentie 1............................09 816 84645
kirjasto.saunalahti@espoo.fi

Sello Library
Leppävaarankatu 9..........................09 816 57603
sellenkirjasto@espoo.fi

Soukka Library
Soukantie 4.................................09 816 57736
kirjasto.soukka@espoo.fi

Suurpelto Library
Lillhemntintie 1.............................043 826 6734
kirjasto.suurpelto@espoo.fi

Tapiola Library
Kulttuuriaukio 2............................09 816 57300
kirjasto.tapiola@espoo.fi

Russian Library
(part of the Sello Library)
Leppävaarankatu 9
sellenkirjasto@espoo.fi

Viherlaaksos Library
Viherlaaksontori............................09 816 57771
kirjasto.viherlaaksos@espoo.fi

Mobile library
Two mobile libraries tour Espoo:
Helmi and Välkky
Mon–Fri 9:00–15:00 .........................09 816 57619
Did you know that Espoo offers you more than 500 exercise and sports facilities, ranging from swimming halls and walking paths to gyms, cross-country skiing tracks, sports halls and sport parks? We want the whole of Espoo to be active - join us!

Espoo is like a miniature Finland: the rugged north, the fertile farming area in the middle, the urban residential areas and a port at the coast and the beautiful archipelago in the south. It offers versatile outdoor recreation and sports opportunities, as Espoo features more than 3,000 hectares of recreational outdoor areas and nearly 200 kilometres of built outdoor routes and tracks. The Ylös, ulos ja Espooseen (Get up, go out and go to Espoo) brochure is available online in Finnish:

> www.espoo.fi/sports
Guided exercise for people of all ages
Espoo has plenty of different guided sports and exercise activities for people of all ages and fitness levels, from family-oriented Töpinät activity to the shopping centre walks for senior citizens.

Adults and Senior Citizens
> www.espoo.fi/ohjattuliikunta
Children, young people and families
> www.espoo.fi/lastenjanuortenliikunta

Leppävaara lido
The Leppävaara lido includes a children's pool and a multi-function pool as well as a 10-track racing pool. The area also features separate outdoor shower facilities and a three-track water slide. The lido is open from mid-May to mid-September.

Exercise counselling
How should I start exercising? What sport would suit me? What sports could I take up as a hobby? Exercise instructors offer free-of-charge exercise counselling for people of all ages, especially those taking up exercise for the first time. You will receive extra support for establishing a more active way of life. The instructors will compile a personal exercise plan for you, and your progress will be supported and monitored for a year. Book a free-of-charge appointment with an exercise instructor: 09 816 60800 Mon–Fri 12:00–13:00

Tapiolan Jääpuutarha ice rink
Tapiola artificial ice rink, i.e. Tapiolan Jääpuutarha (‘Ice Garden’) comprises two parts: a 1,700 square metre ice rink and a 330-metre-long skating track surrounding the central area. The ice garden also includes a café, dressing rooms and skate rentals.

AHOY!
archipelago boat services operate from June to September. Schedules are available from customer service points.
> www.espoo.fi/scheduledboats

For senior citizens
www.espoo.fi/for_kansanliikunta
For families with children
www.espoo.fi/for_perheenliikunta
For young people
www.espoo.fi/for_junioriliikunta
Education
www.espoo.fi/education
Culture
www.espoo.fi/culture
Exercise and outdoor recreation
www.espoo.fi/exercise
Environment and nature
www.espoo.fi/environment
Housing
www.espoo.fi/housing
Urban planning and construction
www.espoo.fi/urbanplanning
Work and Entrepreneurship
www.espoo.fi/entrepreneurship
Health services
www.espoo.fi/health
Social services
www.espoo.fi/social
Information and on-call services
www.espoo.fi/information
Contact information
Kamreerintie 3 B, 02770 Espoo
Telephone switchboard..........................09 816 21
> www.espoo.fi/liikunta
> www.facebook.com/espooliikkuu
#espooliikkuu

Swimming halls
Espoonlahti swimming hall
Espoonlahdenkuja 4......................09 816 57562
Keski-Espoo swimming hall
Kaivomestarinniitty 2.................09 816 43469
Leppävaara swimming hall and lido
Veräjäpellonkatu 15......................09 816 57570
Olari swimming hall
Yläportti 4 A-B .........................09 816 82734

Gyms
See free gym hours intended for independent gym training:
> resurssivaraus.espoo.fi/liikunnantilavaraus/haku
Gyms at Espoonlahdenkuja 4
Gyms at Keski-Espoo swimming hall
Kaivomestarinkatu 2
Gym at Laaksolahti sports park
Lähdepuuronkatu 1
Gym at Leppävaara swimming hall
Veräjäpellonkatu 15
Gym at Leppävaara sports hall
Veräjäpellonkatu 6
Gym at Leppävaara sports park
Veräjäpellonkatu 17
Gym at Olari swimming hall
Yläportti 4 A-B
Gym at Tapiola sports hall
Urheilupuistonkatu 2
Gym at Tuulimäki sports hall
(civil defence shelter)
Itätuulenkuja 9

Sports halls
Espoonlahti sports hall
Rehtorintie 11
Mon-Fri 16:00-22:00, Sat-Sun 9:00-21:00
Keski-Espoo sports hall
Kaivomestarinkatu 2
Mon-Fri 17:00-22:00, Sat-Sun 9:00-21:00
...............................................09 816 26360
Keski-Espoo swimming hall
Kaivomestarinkatu 2
Mon-Fri 17:00-22:00, Sat-Sun 9:00-21:00
...............................................09 816 43466
Doorman (reservations)..............09 816 43464
Leppävaara sports hall
Veräjäpellonkatu 6
Mon-Fri 16:00-22:00, Sat-Sun 9:00-21:00
...............................................09 816 57568
Tapiola sports hall
Urheilupuistonkatu 2
Mon-Fri 7:00-22:00, Sat-Sun 9:00-21:00
...............................................09 816 53507
Tuulimäki sports hall
(civil defence shelter)
Itätuulenkuja 9
Mon-Fri 8:00-22:00, Sat-Sun 9:00-21:00
...............................................050 563 1518
Sports parks

Espoonlahti sports park
Espoonlahdentie 2–4.............. 046 877 2010

Keski-Espoo sports park
Kylävainiontie 18 ................ 050 414 0861

Laaksolahti sports park
Lähdepuurontie 1................. 050 336 4937

Leppävaara sports park
Veräjäpellonkatu 17.............. 09 816 57572

Matinkylä sports park
Matinkartanontie 9–11........... 046 877 2981

Otaniemi sports park
Otaranta.......................... 046 877 1354

Tapiola sports park
Urheilupuistontie 2.............. 046 877 1352

Exercise counselling
Mon–Fri 12:00–13:00 ............. 09 816 60800

Guided exercise
For courses and groups, visit
> www.espoo.fi/ohjattuliikunta
Virpi Mikama ....................... 050 354 9813

Exercise for special groups
Elina Räsänen ...................... 046 877 1293

Exercise for seniors
> www.espoo.fi/senior_citizens
Esa Yletyinen ...................... 050 540 6329

Exercise for children, young people and families and free-of-charge sports for school pupils:
> www.espoo.fi/children_young_people_and_families
TÖPINÄT, WAU and JUMPPI
Helena Pennanen .................. 046 877 3548

Outdoor exercise
> www.ulkoliikunta.fi

Beaches
Espoo has 58 kilometres of shoreline and 95 lakes. The city maintains 11 beaches by the sea and 10 beaches by lakes. There are life guards at seven beaches during the summer. The online service shows the water temperature of the city’s beaches as well as their blue-green algae situation and information about whether the beach has lifeguards, dressing rooms, toilets or kiosk services.

Skiing tracks
The city maintains about 200 kilometres of cross-country skiing tracks. The online service shows the condition of and maintenance information about the tracks as well as the skiing styles allowed, the length of the track and whether it is lit or not.

Ice rinks
Espoo has more than 90 ice rinks as well as three artificial ice rinks. The online service reveals the condition and maintenance information about the rinks as well as whether the rink has a dressing room and a separate ice hockey rink.
For such a large city, Espoo has an exceptional amount of nature areas. Nearly 60% of Espoo’s land area, equalling 18,700 hectares, is covered by forests, occasionally interspersed with rocky terrain and swamps. There are about 3,200 hectares of conserved forest and swamp areas, including Nuuksio National Park. In total, there are 82 nature conservation areas. The southern part Espoo is characterised by the sea with its diverse coastal areas and archipelagos. The inland water areas are also diverse, ranging from lakes and rivers to streams and water springs. There are 26 different nature trails, with seven bird-watching towers along them. Go outside and learn more about your local nature!

**Nuuksio National Park and Haltia**

Nuuksio has several hiking and cross-country skiing routes, both for day trips and longer journeys. At Haltia - The Finnish Nature Centre, you can learn more about Finnish nature through permanent and changing exhibitions.

> www.luontoon.fi/nuuksio
> www.haltia.com

**Nature House Villa Elfvik**

The Nature House offers experiences in nature and information about the environment for visitors of all ages. Welcome to see our exhibitions and enjoy our nature trails and excursions!

> www.espoo.fi/villaelfvik
> www.espoo.fi/nature_excursions

**Problems with air quality or noise?**

The Environment Centre supervises, instructs, monitors and promotes noise reduction and air quality. Are you bothered by dust, smoke or construction or event noises? If yes, contact us:

ymparisto@espoo.fi
Siberian flying squirrel – Espoo’s signature animal

Siberian flying squirrels are fairly common in northern Espoo, but they can also be spotted in the densely-built south of Espoo. Did you find squirrel droppings? Did you spot a flying squirrel? Report your findings to ymparisto@espoo.fi

Streaming waters enrich Espoo nature

Streams and rivers increase the biodiversity of the city and act as ecological connections. Take part in the City’s stream cleaning community effort and improve the living conditions of the endangered sea trout in urban streams.
> www.espoo.fi/community_efforts

Islets in the outer border of the archipelago

Espoo features harsh islets in the outer borders of the archipelago as well as idyllic islands closer to the coast and lush coastal inlets. You can explore these rugged islets with your own boat or embark on the archipelago boat that operates in the summer. Sit down by the firepit, cook yourself a sausage and enjoy the sea view. You can also bring a tent to some of the islands. Take a mini holiday in the Espoo archipelago!
> www.espoo.fi/archipelago

Espoo Environment Department

Tekniikantie 15
P.O. Box 44, 02070 CITY OF ESPOO
ymparisto@espoo.fi
Customer service
Mon-Fri 10:00-15:00.................09 816 24832
..........................................................09 816 24842

• noise notifications for worksites and events
• exemption applications for joining a water, drainage and/or rainwater system
• notifications of the removal of oil tanks and applicable supervision
• air quality control: smoke and dust issues
• notifications of unauthorised landfill sites and littering
• maintenance of nature conservation areas and nature trails owned by the City of Espoo
• sharing environmental information with the City’s other departments, businesses and residents
• rehabilitation and protection of water areas
• coordination of the City’s climate work
• excavation of soil matter and its supervision.

> www.espoo.fi/environment
> www.espoo.fi/nature_trails
> www.espoo.fi/climate
> www.espoo.fi/permits

The Espoo environmental health department will help you in matters concerning swimming waters, indoor noise and animal protection.
> www.espoo.fi > Sosiaali- ja terveyspalvelut > Terveyspalvelut > Ympäristöterveydenhuolto (in Finnish)

In the event of oil or chemical spills, call the emergency number 112.

Nature House Villa Elfvik

Elfvikintie 4, Laajalahti.............09 816 54400
villaelfvik@espoo.fi

Opening hours
During the summer season 1 April-30 September Mon-Fri 9:00-16:00, Sat-Sun 10:00-16:00
During the winter season 1 October-31 March Mon-Fri 9:00-15:00, Sun 10:00-16:00

• nature school
• Long Live Espoo exhibition and changing exhibitions
• nature tours
• celebration and meeting facility
• promotion of sustainable development education
• nature trails and a bird-watching tower near the villa
• Café Elfvik at the weekends.

> www.espoo.fi/villaelfvik
> www.espoo.fi/nature_excursions

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Environment and nature
HOUSING

The City of Espoo comprises five regional urban centres and two local centres. Housing in Espoo is typically spacious and located close to nature. Most of the housing stock of Espoo consists of owner-occupied houses, while rental houses make up one third. The goal of the City is to build around 2,500 new residential locations every year.
Rental housing
The City of Espoo owns more than 15,500 rental apartments. Majority of these are government supported ARA apartments. This means that the rental process, determination of rent and tenant selection are regulated by the legislation on Arava and interest-subsidy loans.

Customer service
Espoon Asunnot Oy
Iso Omena Service Centre
Suomenlahdentie 1, FI-02230 Espoo

For the time being, our customer service point only serves customers by appointment.

Customer service opening hours
Tue-Fri 10 am–3 pm
Phone service: Mon–Fri 9 am–3 pm
+358 9 3544 5000 asiakaspalvelu@espoonasunnot.fi
www.espoonasunnot.fi

Right-of-occupancy housing
Right-of-occupancy housing is a form of housing that give the tenants certain rights similar to those of ownership. Right-of-occupancy housing is state-subsidised housing, for which the residents pay a right-of-occupancy fee amounting to 15% of the purchase price of the accommodation. Additionally, the residents pay a monthly occupancy fee.

Enquiries
Mon-Tue 9:00-11:00, Wed-Thu 13:00-15:00
043 825 5151 asumisoikeus@espoo.fi

Housing for senior citizens
Guidance for elderly residents (Nestori service)
Mon-Fri 9:00-15:00 09 816 33 333
nestori@espoo.fi
www.espoo.fi/nestori

Plots for detached houses
The City of Espoo sells and leases plots for detached houses built by the owners via plot applications.
Real Estate Department 050 395 2151

The City’s locations and lease agreements
Premises Department 050 358 3145

Accessibility in construction
Accessibility counselor Tue-Thu 046 877 3036

Repair and lift subsidies
State-funded repair and energy subsidies can be applied for the repair of apartments or residential buildings in year-round use and located in Espoo.
Repair counselor 050 413 4675 www.espoo.fi Asuminen ja ympäristö Asuminen Energia- ja korjausavustukset (in Finnish)

Waste
Waste management in Espoo is provided by HSY, Helsinki Region Environmental Services Authority. It arranges the collection of waste as well as landfill maintenance and the collection points for hazardous waste.

HSY customer service
Mon–Fri 8:30–15:30 09 1561 2110
www.hsy.fi

Rug washing places
Rug washing places are open to all Espoo residents during the summer. You can wash your rugs in a basin with a running cold water. The place also features drying racks and a rug spin dryer.

Espoonlahti: Soukanlahdentie 1
Finnoo: Finnooniitty 6, behind the industrial area
Kilo: Kuninkaistenportti 22; behind the Kilo sports field
Olarinluoma: Luomanportti 2; at the junction of Olarinluoma and Luomanportti, behind the church
North Espoo: Niipperinkuja; at the junction of Niipperinkuja and Niipperinpoltu, next to Niipperinkenttä

Customer service
Mon, Wed–Fri 8:00–15:30, Tue 10:00–15:30 09 816 25000
www.espoo.fi Asuminen ja ympäristö Asuminen Energia- ja korjausavustukset (in Finnish)
Allotments
Espoo offers its residents many allotments for urban gardening. These allotments are located all over Espoo, and residents can rent them from the City.
Enquiries: 043 826 7060 (on weekdays 9:30–11:00)
vipa@espoo.fi

Meeting and banquet facilities
The facilities managed by the Premises Department are available to be rented for meetings and celebrations. The Premises Department does not manage the booking and presentation services itself, but has instead made service agreements with different communities.

ALBERGA MANOR
A manor in Leppävaara
Sokerilinnantie 7,
02600 Espoo
alberga.kartano@espoo.fi

KARHUSAARI ART CENTRE
The Karhuaasari Art Centre is located along Länsiväylä, at the mouth of Keilaniemi.
Karhuaasariarenpia 5 A,
02100 Espoo
karhuaasari.taidekeskus@espoo.fi

LAAKSOLAHTI COMMUNITY CENTRE
The community centre, modified from an old stone barn, is located next to Laaksolahti sports centre.
Lähdepurontie 2, 02720 Espoo
phone service hours Tue and Thu 16:00-19:30........ 046 877 1842
laaksolahti.monoitoimitalo@espoo.fi

PARKVILLA
A local heritage house in Leppävaara
Parkvillanpolku 4, 02600 Espoo
Phone service hours Tue and Wed 9:30-12:00, Thu 15:00–17:00
.........................................................045 121 5581
Outside these hours, please leave a message to the answering machine.
parkvilla@espoo.fi

NATURE HOUSE VILLA ELFVIK
An Art Nouveau villa in Laajalahti
Elfvikintie 4, 02600 Espoo
........................................09 816 54400
villaelfvik@espoo.fi

LAGSTAD HEMBYGDSGÅRD
A renovated old school building and local heritage house located near Espoo Cathedral
Vanhala Lagstadintie 4, 02770 Espoo
solveig.forsberg(at)elisanet.fi

NUUKSIONMAJA
An old manor building along Nuuksiontie
Nuuksionkuja 2, 02820 Espoo
..........................................050 569 0001

OITAA MANOR AND RECREATION AREA
A manor building, with an outdoor recreation centre renovated from an old stone barn on the shore of Lake Bodom
Kunnarantie 33-39, 02740 Espoo
................................................020 734 2440
myynti@oittaankartano.fi

Other facilities for rent
> www.espoo.fi/facilities_for_rent

Kylämäa Community Centre ..045 7733 0302
Kannusali and Nekka.............050 594 2755
Karasali............................050 566 6485
Tuulimäki music practice facilities
........................................050 594 2755
Children’s Cultural Centre Aurora
........................................09 816 83364
Aurora hall and multipurpose facility
at Aurorakoti (for day-time use only)
........................................050 423 860
The canteen and two meetings rooms at
Puolarmetsä Hospital (for evening use only)
........................................09 816 47401
Iso Omena Library ...............09 816 57723
Sello Library .......................09 816 57603
School classrooms can be reserved directly by contacting the school’s principal.
Espoon keskus service centre...043 877 3166
Haukilaiti service centre........09 816 38426
Kauklahti service centre........050 338 2512
Leppävaaran service centre....09 816 38549
Soutka service centre.........09 816 44253
Tapiola service centre..........09 816 38361
Viherlaakso service centre.....046 877 2985

Other meeting and banquet facilities in Espoo
Espoo offers meeting and seminar facilities for both small and large events.
For additional information on the facilities, please contact Visit Espoo......043 824 6866
The City is preparing for the milestone of 400,000 residents by 2050. Urban planning creates the prerequisites for a balanced, functional and healthy living environment. The City of Espoo develops and builds streets, parks and business locations for its own service production. Public construction creates and maintains the basic prerequisites for urban life. Public construction projects are often the result of cooperation between many different parties.
Streets, parks, parking and land use planning

You can find more information about excavation permits, street construction, planning and maintenance, street height, street addresses, street lighting and fault reports, the maintenance of City properties, matters related to municipal utilities, traffic signs and lights, forests, parks and other green areas, parking, abandoned vehicles and vehicles requiring moving, and matters related to instances of damage on our website:
>
www.espoo.fi

If you have any questions or would like to give us some feedback, the Give feedback function on our website is the easiest way to do so.

Phone service Mon, Wed–Fri 8:00–15:30, Tue 10:00–15:30.........................09 816 25000

Exhibition space at Tekniikantie 15, F wing, 2nd floor
kaivulupa@espoo.fi
katukorkeusilmoitus@espoo.fi
liikennevalot@espoo.fi
kaupunkimittaus@espoo.fi

Cabling information service Mon, Wed–Fri 8:00–15:30 .........................09 816 25000
City Surveying Mon–Fri 8:00–15:30
.................................................................09 816 25500

Land use planning projects
A master plan is a general land use plan that indicates the principles of the desired development. A local detailed plan shows what kinds of buildings and how many of them can be built in the area in question. The local detailed plan can cover an entire residential area with employment and recreational areas included, or just one plot of land.

Land use planning projects can be found at
>
www.espoo.fi/city_planning

You can also make enquiries about land use planning by contacting the customer service desk of Technical and Environmental Services, Mon, Wed–Fri 8:00–15:30, Tue 10:00–15:30.........................09 816 25000.

Place names
Place names are designed and confirmed as a part of drafting the local detailed plan. Name planning .........................043 825 5415
Name research .........................043 825 1952
>
www.espoo.fi/place_names

Permits and instructions
Mon–Fri 8:00–15:30 .........................09 816 25000
The permits and instructions of the technical department have been comprehensively collected on the City of Espoo’s website.
>
www.espoo.fi/permits

Land use permits
Exemption from the local detailed plan, development area solutions, and deviation
Call-back requests to the permit’s draftsperson.................................09 816 25000

City districts
Address enquiries, address numbering of properties and buildings ..........043 827 2920

Pre-emption matters
Plot unit.................................046 877 3149

Geotechnology unit
Soil information, radon, groundwater, geotechnical planning, terrain surveys and measurements.................................09 816 21

Land use plans and maps
Land use plan register ..........043 825 7086
Map and land use plan extracts .........................................................09 816 25500

Trade confirmation
.................................................................040 653 0232
.................................................................040 681 7896
.................................................................040 681 7896

Cadastral register
.................................................................043 827 3486
.................................................................043 825 7087
Splitting a land parcel
In an unplanned area ..................... 043 8255 417
In an area with a local detailed plan
.......................................................... 09 8162 5500

Leasing of land areas, Real Estate Department
Kiosk spaces............................. 043 824 6801
Storage areas and similar ........ 043 824 6801
Land acquisition, Real Estate Department
.......................................................... 050 304 7628
.......................................................... 050 428 9304

Land use contracts
Real Estate Department ............. 043 8246 480

Rural ombudsman
Länsi-Uudenmaan maataloushallinto (West Uusimaa agricultural board)
Asemantie 30, P.O. Box 13, 03101 Nummela,
.......................................................... 09 2951 5345

Address enquiries
addresses and numbering of properties and buildings............. 043 827 2920

Building control centre
Kirkkojärventie 4 (Espoon keskus)
P.O. Box 45, 02070 CITY OF ESPOO
Mon–Fri 8:00-15:30 ......................... 09 816 21
Customer service ....................... 09 816 25000
Archive service ......................... 09 816 25000
> www.espoo.fi/building_control

Control of the built environment
jatkuvalvonta@espoo.fi

Building control surveying, city surveying
Orders Mon–Fri 8:00-15:30 ...... 09 816 25500

Plot allocation
Commercial plots ..................... 046 877 1881
.................................................... 046 877 2956
Plots for detached houses ....... 050 395 2151
Other residential plots.......... 040 536 1739

Forming plots
Land parcel splitting, easement proceedings, other real estate transactions and plot divisions
Mon–Fri 8:00-15:30 .................. 09 816 25500

Energy counselling
Unbiased energy counselling for developers and repairers of small family homes.
Visa Koivu .............................. 043 8249 350
> www.espoo.fi > Asioi verkossa > Rakentaminen > Energiatietopalvelu (in Finnish)

Soil masses
Reception of soil mass; soil matter stocking area
Kulmakorventie 11, 02820 Espoo
Mon–Thu 7:30-11:30 and 12:00-16:00,
Fri 7:30-11:30 and 12:00-14:15
.......................................................... 050 516 5206
.......................................................... 050 413 1454
Service points
> www.espoo.fi/servicepoints

Service point number
Mon–Tue, Thu–Fri 8:00–17:00, Wed 8:00–18:00
09 816 57070

Espoon keskus (Espoo centre) service point
Espoontori shopping centre, Kamreerintie 3
Mon–Tue, Thu–Fri 10:00–17:00, Wed 12:00–18:00

Espoonlahti service point
Pikkulaiva shopping centre, Ulappakatu 2
Mon–Tue, Thu–Fri 10:00–17:00, Wed 12:00–18:00

Kalajärvi service point
Kalajärvi Service Centre, Ruskaniitty 4
Mon, Tue and Thu 9:30–16:00, Wed 13:00–18:00,
Fri 9:00–14:00

Leppävaara service point
Sello shopping centre (Sello Library),
Leppävaarankatu 9
Mon–Tue, Thu–Fri 10:00–17:00, Wed 12:00–18:00

Matinkylä service point
Iso Omena shopping centre, Service centre,
Suomenlahdentie 1
Mon–Tue, Thu–Fri 10:00–17:00, Wed 12:00–18:00

Tapiola service point
Shopping centre Ainoa, Tapionaukio 4
Mon–Tue, Thu–Fri 10:00–17:00, Wed 12:00–18:00

09 816 21
www.espoo.fi