

# Invitation

## **UBC Inclusive and Healthy Cities Commission 26 - 28 October 2016 Espoo, Finland**

Espoo, the second largest city in Finland, is all about inspiration and fun, right next to the capital city Helsinki in coastal Finland and half an hour from the international airport and harbors. The city's nature is an astonishing experience offering beauty and tranquility. Here you'll find 58 kilometers of seashore, 165 islands and 95 lakes to enjoy, alongside the beautiful National Park Nuuksio. The city has a vibrant cultural and sports life, top-quality educational institutions and an innovative and international business and research hub. We look forward to seeing you in Espoo to tell you more!



# Registration

Please register for the meeting before **October 7<sup>th</sup> 2016** through [this link](#).

# Program

## Wednesday October 26<sup>th</sup>: Get-together evening

- 17.00      Gathering at Sokos Hotel Tapiola Garden  
Visit to Espoo Cultural Centre, photography exhibition “22 cases of homelessness”,  
and WeeGee Exhibition Centre, “A thousand stories about Espoo”.
- 19.00      Dinner
- 21.30      Back to the hotel

## Thursday October 27<sup>th</sup>

- 8.45      Gathering at Sokos Hotel Tapiola Garden
- 9.30      **Study visit to Iso Omena Service Centre**  
Iso Omena Service Centre is a new concept aiming at making it easier for residents to use everyday services. The centre includes a library, youth services, a wide range of social and health services, a citizen service office as well as a meeting place for art and culture.
- The study visit also includes presentations of:
- ***The 68+ Sport Pass***  
The Pass offers senior citizens free entrance to sports facilities and groups. The aim is to support the wellbeing of and fellowship among elderly.
  - ***Get me! operating model***  
The operating model facilitates collaboration between professionals from different fields who work with children and young people. It helps in finding solutions suited to each child’s or young person’s situation in life.
  - ***One-Stop-Guidance-Center service model for young people***  
The project pilots and creates a low-threshold service model for young people under the age of 30. The aim is to better serve young people according to their individual needs by integrating multidisciplinary expertise.

- ***Espoo Youth Services at Iso Omena Service Centre***

A combination of youth work in different public places, youth information and counselling as well as online youth work.

12.00 Lunch

13.15 **Discussion: News from UBC Cities and the Bulletin**

15.00 **Study visit continues**

- ***The Icehearts - more than a sports club***

An innovative early intervention operating model providing long-term support for children who are at particular risk.

16.30 Back to the hotel

18.30 **Study visit to Leppävaara Sports Park and Swimming Hall**

Leppävaara Sports Park is a versatile summer and winter sports centre. The easily reachable Swimming Hall gathered over 10 000 swimmers during its two first weeks in operation in the beginning of this year.

19.30 Dinner

21.30 Back to the hotel

## **Friday October 28<sup>th</sup>**

8.30 Gathering at Sokos Hotel Tapiola Garden

9.00 **UBC Inclusive and Healthy Cities Commission meeting**

Preliminary agenda:

- Establishing Chair and Co-chair for the Commission for 2017
- Task list for Chair and Co-chair
- Planning of next meetings
- Communication and social media

11.00 **Study visit to Kauklahti Life and Living Centre**

The Life and Living Centers provide long-term care housing for the senior citizens who require round-the-clock care.

12.30 Lunch

14.00 Thank you and good bye!

## Hotel information

We have pre-booked rooms at [Sokos Hotel Tapiola Garden](#),  
(address: Tapionaukio 3, 02100 Espoo).

**Please contact the hotel to book your room  
before 15 October 2016 at 20.00 (Finnish time)**

- Telephone: +358 20 1234 600
- E-mail: [sokos.hotels@sok.fi](mailto:sokos.hotels@sok.fi)
- Please quote the allotment code **UBC**  
upon booking



Payment:

Guests pay individually, method of payment: cash or credit card.

Room rate / night:

- 115.00 EUR / 1hh standard
- 130.00 EUR / 2hh standard

Rates include: Breakfast buffet during normal opening hours, wireless internet access (Wi-Fi), VAT and guest sauna. We reserve the right to change rates. The rates are NET, i.e. non-commissionable. Guests are entitled to the rooms from 3 p.m. on day of arrival to 12 noon on day of departure.

## To contact us

In case of any questions or comments, please contact:

Meeting agenda:

Chair of Commission, Lina Wedin-Hansson: [lina.wedin-hansson@trelleborg.se](mailto:lina.wedin-hansson@trelleborg.se)

Practical arrangements:

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