

# EU-PROMENS

Multidisciplinary Mental Health  
Exchange Programme

**Finland**





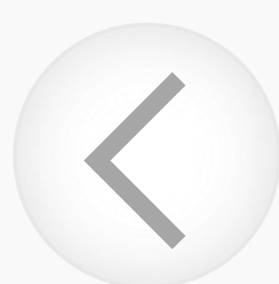
As the Finish ‘hub’ of the EU-Promens programme, we are proud to welcome you. Over the next two weeks, we will offer you a broad and varied programme in the field of Life-long support, promotion and prevention of mental health at different stages of life, including the provision of mental health services for people in vulnerable positions. You will also visit organizations with whom we closely collaborate.

## About

Valo-Valmennusyhdistys ry is a non-profit, is a national association improving access to learning, employment, wellbeing and participation in the society.

It's mission is to support, guide and train some of the most vulnerable members of the society to reach good, ordinary life, where their goals in areas of health and wellbeing, employment, housing and family/friends have been achieved. We continuously evaluate and develop our practices, using applied research as a basis. We develop and distribute new ways of working that support people in vulnerable groups.

Valo-Valmennusyhdistys currently works in Tampere, Helsinki, Espoo, Porvoo, Turku, Raisio, Kaarina, Jyväskylä, Sastamala, Rauma, Pori, Kuopio, Seinäjoki and Huittinen.







## Your Partner Contacts

If you have any questions about the overall EU-PROMENS programme, or if you need advice, you can contact us:

### Helsinki

**Eveliina Puska:** +358 403503014

### Tampere

**Iida Koivuniemi:** +358 40735 1203

[iida.koivuniemi@valo-valmennus.fi](mailto:iida.koivuniemi@valo-valmennus.fi)

**Elsa Pardonon:** +358 40350 2662

[elsa.pardonon@valo-valmennus.fi](mailto:elsa.pardonon@valo-valmennus.fi)



# Emergency Numbers in Finland

## General Emergency Number: 112

Any emergency situation requiring police, fire department, or medical assistance.

## Healthcare Concerns / Non-Emergency (nation wide)

- **116 117**

Connects you to a nurse who can provide advice on medical issues that are not life-threatening.

## Police Services

- **Non-Emergency Police Help:**

+358 295 419 800

For cases that are not urgent, such as reporting thefts or lost property.

## Poison Information

- **Poison Information Centre:**

+358 9 471 977

Provides guidance in cases of poisoning or suspected poisoning.

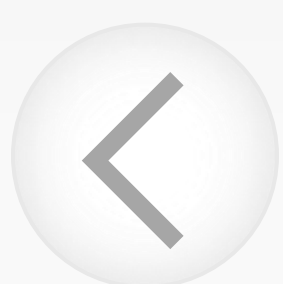
## Social Services

- **Helsinki Social Services:**

+358 9 3101 6000

- **Tampere Social Services:**

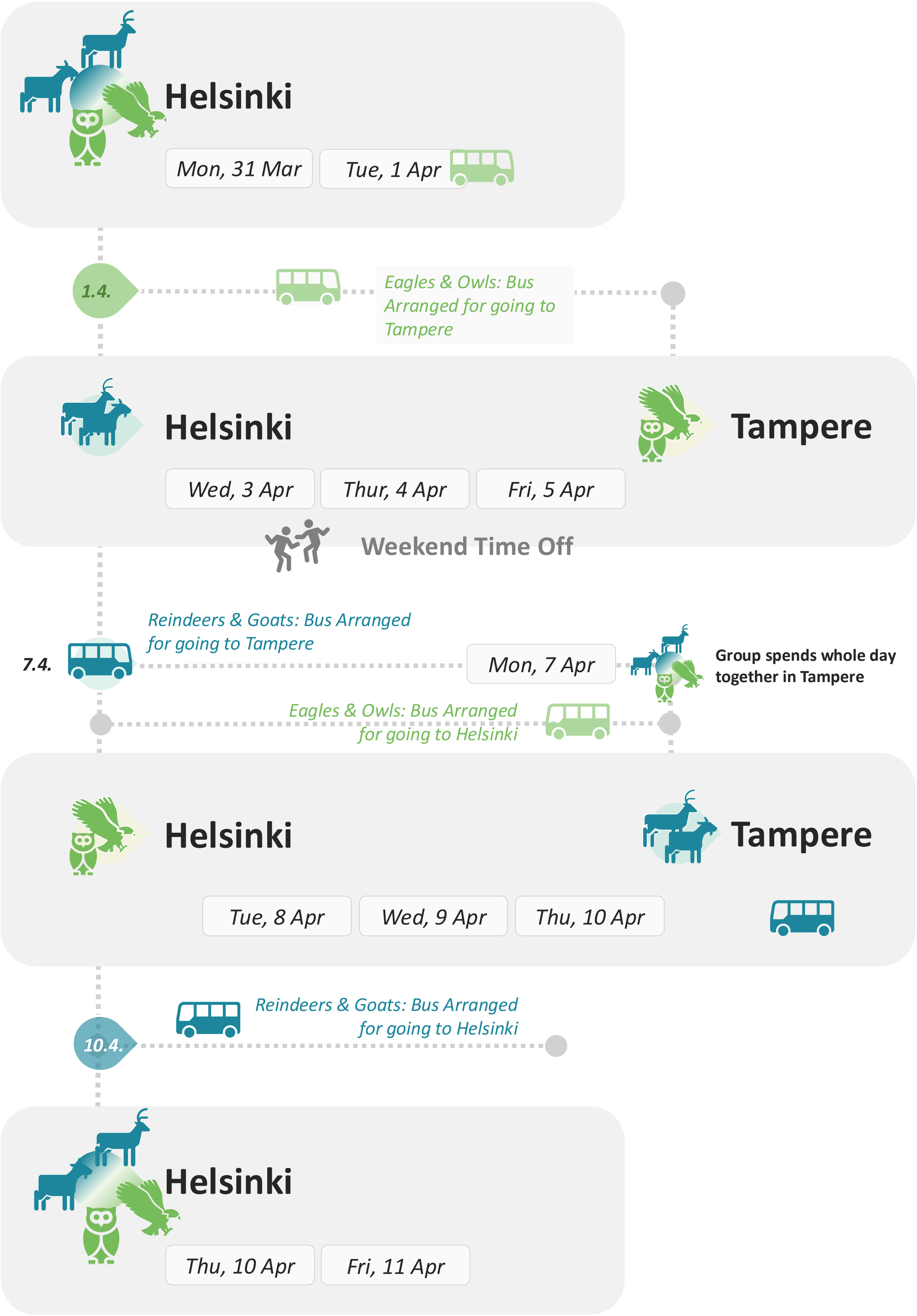
+358 3 5656 6000



# Programme Overview

The Programme will cover the two cities Helsinki and Tampere, to ensure broad and deep insights into our systems and services.

**Group 1A is “Reindeers”, Group 1B is “Goats” and Group 2A is “Eagles”, Group 2B is “Owls”.**



# Overview on Locations

## Helsinki

**EHYT RY -PREVENTIVE SUBSTANCE ABUSE WORK**

Elimäenkatu 17-19, 00510 Helsinki, Finland  
<https://ehyt.fi/en/>  
[Google Link](#)

**ESKOT RY**

Hämeentie 54, 00500 Helsinki  
<https://eskot.org/>  
[Google Link](#)

**FINFAMI RY Helsinki**

Mariankatu 13 a A 4, 00170 Helsinki  
<https://finfami.fi/in-english/>  
[Google Link](#)

**KUKUNORI**

Malmin raitti 17 B, 00700 Helsinki, Finland  
<https://www.kukunori.fi/eng>  
[Google Link](#)

**LÄÄKÄRITALO ARVO, Room Arvosali**

Mäkelänkatu 2, 00500 Helsinki  
<https://juvenes.fi/laakaritalo-kokoustilat/>  
[Google Link](#)

**LAPINLAHTEN LÄHDE** - Centre for arts, culture and mental well-being

Lapinlahdenpolku 8, 00180 Helsinki  
<https://lapinlahdenlahde.fi/en/>  
[Google Maps](#)

**MARIA ACADEMY**

Malmin raitti 17, 00700 Helsinki, 2<sup>nd</sup> Floor  
<https://www.mariaakatemia.fi/in-english/>  
[Google Link](#)

**MIELI RY**

Maistraatinportti 4 A, 7<sup>th</sup> floor  
<https://mieli.fi/en/>  
[Google Link](#)

**MIINA SILLANPÄÄ ASSOCIATION**

Taavetti Laitisen katu 4, 00300  
Helsinki <https://www.miinasillanpaa.fi>  
[Google Link](#)

**PSYCHIATRIC HOSPITAL FOR PRISONERS**

Siltaniitynkuja 2, 01260 Vantaa  
<https://vth.fi/en/psychiatric-prison-hospital>  
[Google Link](#)

**SURUNAUHA RY**

Maistraatinportti 4 A, 4<sup>th</sup> floor (Sign says Mieli Ry)  
<https://surunauha.net/in-english/>  
[Google Link](#)

**VALO-VALMENNUS YHDISTYS 1**

Annankatu 29 A 14, 00100 Helsinki  
<https://valo-valmennus.fi/en/main-page-2/>  
[Google Link](#)

**VALO-VALMENNUS YHDISTYS 2**

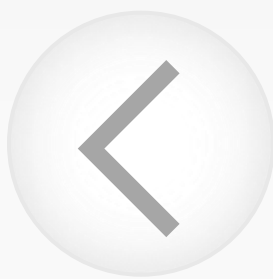
Asiakkaankatu 3, Helsinki  
<https://valo-valmennus.fi/en/main-page-2/>  
[Google Link](#)

**Y-SÄÄTIÖ**

Maistraatinportti 1, 00240 Helsinki  
<https://ysaatio.fi/en/>  
[Google Link](#)

**YEESI RY**

Elimäenkatu 26, 3rd floor, 00020 Helsinki  
<https://www.yeesi.fi/in-english/>  
[Google Link](#)





# Overview on Locations

## Tampere

**FINFAMI TAMPERE**

Hämeenkatu 25 A, Tampere  
<https://www.finfamipirkanmaa.fi/english/>  
[Google Maps](#)

**HOPPU-PROJECT** - fast-track treatment through new approaches  
Tipotie 4, 33230 Tampere -> The auditorio is located just to the left of the main doors  
<https://www.pirha.fi/>  
[Google Maps](#)

**KUMPPANUUSTALO ARTTELI**  
Mustanlahdenkatu 22, 33210 Tampere  
<https://www.artteli.fi/>  
[Google Maps](#)

**MARIA ACADEMY**  
Puutarhakatu 11c, 33210 Tampere  
<https://www.mariaakatemia.fi/in-english/>  
[Google Maps](#)

**NEUVOLA-SYSTEM**  
Tipotie 4, 33230 Tampere, auditorio 5th Floor  
<https://stm.fi/en>  
[Google Maps](#)

**OSVIITTA CRISIS CENTRE**  
Sorinkatu 4 C, 33100 Tampere, courtyard 2nd floor  
<https://www.mielenterveysseurat.fi/>  
[Google Maps](#)

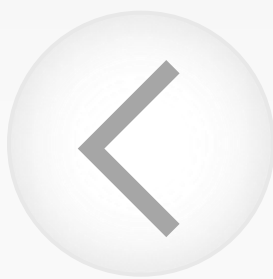
**PIRKANMAAN SETA -SINUIKSI RY**  
Näsilinnankatu 48 E, 33200 Tampere  
<https://yhdistys.sinuiksi.fi/>  
[Google Maps](#)

**PUHURI**  
Puutarhakatu 11 C, 33210 Tampere  
<https://ensijaturvakotienliitto.fi/>  
[Google Maps](#)

**SILTA-VALMENNUS ASSOCIATION**  
Vehnämyllynkatu 4, 33560 Tampere  
<https://www.siltavalmennus.fi/>  
[Google Maps](#)

**TAMPERE UNIVERSITY OF APPLIED SCIENCE**  
Kuntokatu 3, 33520 Tampere, auditorio E1-06  
<https://www.tuni.fi/en>  
[Google Maps](#)

**TAMPERE UNIVERSITY**  
Arvo Ylpön katu 34, 33520 Tampere , Auditorio F211 a+b  
<https://www.tuni.fi/en>  
[Google Maps](#)





# Hotels



## GLO Hotel Art | Helsinki

Address: Lönnrotinkatu 29, 00180 Helsinki

[Website](#)

[Google Maps Link](#)

Ph.: +358103444100

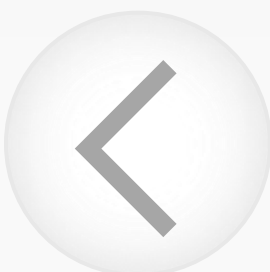
## Original Sokos Hotel Ilves | Tampere

Address: Hatanpään valtatie 1, 33100 Tampere

[Website](#)

[Google Maps Link](#)

Ph.: +358201234631





# Group Distribution



## Group 1A: Reindeers

- |                          |                                |
|--------------------------|--------------------------------|
| 1. Julia Brynjolfsdottir | 11. Elizabeth Laboy            |
| 2. Diana Calabiciov      | 12. Vladimir Marinov           |
| 3. Darina Deáková        | 13. Bernadett Magyar           |
| 4. Violeta Dinkova       | 14. Lyubomir Manolov           |
| 5. Nicholas Felitti      | 15. Jessica Levy Ép. Sauerbeck |
| 6. Andrea Garcia Lopez   | 16. Silvia Re                  |
| 7. Evita Goossens        | 17. Alberto San Roman Uria     |
| 8. Ana Jorge Boaventura  | 18. Elisa Saponara             |
| 9. Tomáš Kloubek         | 19. Nuhara Vargiu              |
| 10. Petr Konečný         |                                |



## Group 1B: Goats

- |                        |                         |
|------------------------|-------------------------|
| 1. Petra Borg          | 11. Georgios Kanaris    |
| 2. Jasmine Borg        | 12. Gudrun Krenn        |
| 3. Jenny Degold        | 13. Christoph Krenn     |
| 4. Stephen Demicoli    | 14. Nantia Lamari       |
| 5. Hamit Demir         | 15. Marie Merkel        |
| 6. Monika Franjić      | 16. Panagiota Papantoni |
| 7. Eleni Giannouli     | 17. Hanna Pasterny      |
| 8. Anastasia Ioannidou | 18. Polina Popova       |
| 9. Kristina Jandric    | 19. Josephine Stubs     |
| 10. Martyna Jarzab     | 20. Spyridon Zotos      |



## Group 2A: Eagles

- |                         |                           |
|-------------------------|---------------------------|
| 1. Vojtěch Bärtl        | 11. Ma. Rio Alger Sermona |
| 2. Sara Bestulić        | 12. Hana Sušánková        |
| 3. Christopher Bezzina  | 13. Marek Susinka         |
| 4. Veronika Bila        | 14. Lindy Van Bijnen      |
| 5. Massimo Cherrett     | 15. Stachteia Xanthi      |
| 6. Georgia Georgopoulou | 16. Maruša Zalokar        |
| 7. Midhun Manohar       | 17. Zuzana Žarnay         |
| 8. Nambadan Reshmy      | 18. Nina Zibolenová       |
| 9. Gemma Salazar        |                           |
| 10. Daniel Šebek        |                           |



## Group 2B: Owls

- |                            |                                  |
|----------------------------|----------------------------------|
| 1. Polina Abrazhevych      | 11. Miranda Reiter               |
| 2. Viola Baumann           | 12. Ana Filipa Rodrigues Rogério |
| 3. Vasileios Chronopoulos  | 13. Melissa Schmitzberger        |
| 4. Marco Mez               | 14. Melinda-Timea Simó           |
| 5. Vanya Noteva            | 15. Agnieszka Skrzypkowska       |
| 6. Zineb Ouadghiri         | 16. Alexandra Stallinger         |
| 7. Natalia Pastrana Rocher | 17. Ximena Tiscareño Osorno      |
| 8. Mariana-Denisa Petrescu | 18. Daisy Trotta                 |
| 9. Patrycja Popiela        | 19. Stanislava Tsoneva           |
| 10. Nina Prosinečki        | 20. Iris Žunić Išasegi           |

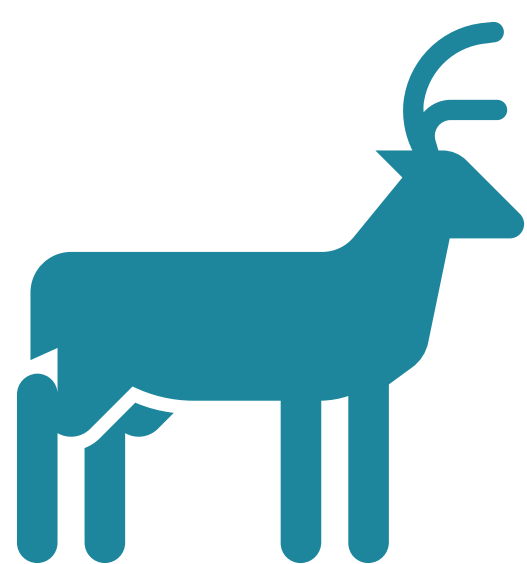


# Your Meal Selection: 10 April

Polina	Abrazhevych	Vegan Fresh asparagus risotto	Vegan Almond cake
Vojtěch	Bärtl	Beef steak	Chocolate fondant
Viola Márta	Baumann	Fresh asparagus risotto	Almond cake
Sara	Bestulić	Vegan Fresh asparagus risotto	Vegan Almond cake
Christopher	Bezzina	Roasted fresh fish	Almond cake
Veronika	Bila	Roasted fresh fish	Chocolate fondant
Jasmine	Borg	Fresh asparagus risotto	Chocolate fondant
Petra	Borg	Vegan Fresh asparagus risotto	Vegan Almond cake
Julia Matthildur	Brynjolfsdottir	Beef steak	Chocolate fondant
Diana	Calabiciov	Roasted fresh fish	Chocolate fondant
Massimo	Cherrett	Beef steak	Almond cake
Vasileios	Chronopoulos	Beef steak	Chocolate fondant
Darina	Deáková	Roasted fresh fish	Chocolate fondant
Jenny	Degold	Roasted fresh fish	Vanilla panna cotta
Stephen	Demicoli	Beef steak	Chocolate fondant
Hamit	Demir	Beef steak	Vanilla panna cotta
Violeta Svilenova	Dinkova	Beef steak	Chocolate fondant
Nicholas	Felitti	Beef steak	Chocolate fondant
Monika	Franjić	Beef steak	Chocolate fondant
ANDREA	GARCIA LOPEZ	Beef steak	Vanilla panna cotta
GEORGIA	GEORGOPOULOU	Roasted fresh fish	Chocolate fondant
ELENI	GIANNOULI	Roasted fresh fish	Chocolate fondant
Evita Ella	Goossens	Beef steak	Chocolate fondant
Anastasia	Ioannidou	Beef steak	Vanilla panna cotta
Kristina	Jandric	Roasted fresh fish	Chocolate fondant
Martyna	Jarzab	Roasted fresh fish	Chocolate fondant
Ana Isabel	Jorge Boaventura	Beef steak	Chocolate fondant
GEORGIOS	KANARIS	Roasted fresh fish	Vanilla panna cotta
Tomáš Nicolae	Kloubek	Beef steak	Chocolate fondant
Petr	Konečný	Vegan Fresh asparagus risotto	Vegan Almond cake
Christoph	Krenn	Beef steak	Vanilla panna cotta
Gudrun	Krenn	Roasted fresh fish	Vanilla panna cotta
Elizabeth Canta	Laboy	Roasted fresh fish	Chocolate fondant
NANTIA	LAMARI	Roasted fresh fish	Almond cake
Jessica	Levy ép. Sauerbeck	Vegan Fresh asparagus risotto	Vegan Almond cake
Bernadett	Magyar	Roasted fresh fish	Almond cake
Midhun	Manohar	Beef steak	Chocolate fondant
Lyubomir	Manolov	Beef steak	Vanilla panna cotta
VLADIMIR VLADIMIROV	MARINOV	Roasted fresh fish	Vanilla panna cotta
Ildiko	Meny	Fresh asparagus risotto	Almond cake
Marie	Merkel	Fresh asparagus risotto	Chocolate fondant
Marco	Mez	Fresh asparagus risotto	Chocolate fondant
Vanya	Noteva	Roasted fresh fish	Vanilla panna cotta
Zineb	Ouadghiri	Roasted fresh fish	Chocolate fondant
PANAGIOTA	PAPANTONI	Roasted fresh fish	Chocolate fondant
Hanna Danuta	Pasterny	Beef steak	Almond cake
Natalia María	Pastrana Rocher	Beef steak	Chocolate fondant
MARIANA-DENISA	PETRESCU	Roasted fresh fish	Chocolate fondant
Patrycja	Popiela	Roasted fresh fish	Chocolate fondant
Polina	Popova	Beef steak	Chocolate fondant
Nina	Prosinečki	Beef steak	Chocolate fondant
Silvia	Re	Beef steak	Vanilla panna cotta
Miranda	Reiter	Roasted fresh fish	Almond cake
Nambadan	Reshmy	Roasted fresh fish	Chocolate fondant
Ana Filipa	Rodrigues Rogério	Vegan Fresh asparagus risotto	Vegan Almond cake
GEMMA	SALAZAR	Beef steak	Chocolate fondant
Alberto	San Roman Uria	Beef steak	Chocolate fondant
Elisa	Saponara	Beef steak	Chocolate fondant
Melissa Claudia	Schmitzberger	Vegan Fresh asparagus risotto	Vegan Almond cake
Daniel	Šebek	Roasted fresh fish	Almond cake
Ma. Rio Alger	Sermona	Roasted fresh fish	Chocolate fondant
Melinda-Timea	Simó	Roasted fresh fish	Chocolate fondant
Agnieszka Halina	Skrzypkowska	Roasted fresh fish	Chocolate fondant
Alexandra	Stallinger	Fresh asparagus risotto	Chocolate fondant
Josephine	Stubs	Roasted fresh fish	Chocolate fondant
Hana	Sušánková	Roasted fresh fish	Vanilla panna cotta
Marek	Susinka	Beef steak	Chocolate fondant
Ximena	Tiscareño Osorno	Roasted fresh fish	Almond cake
Daisy	Trotta	Fresh asparagus risotto	Chocolate fondant
Stanislava	Tsoneva	Beef steak	Chocolate fondant
Lindy	van Bijnen	Roasted fresh fish	Chocolate fondant
Nuhara	Vargiu	Roasted fresh fish	Almond cake
STACHTEA	XANTHI	Vegan Fresh asparagus risotto	Vegan Almond cake
Maruša	Zalokar	Vegan Fresh asparagus risotto	Vegan Almond cake
Zuzana	Žarnay	Roasted fresh fish	Almond cake
Nina	Zibolenová	Roasted fresh fish	Chocolate fondant
Spyridon	Zotos	Roasted fresh fish	Chocolate fondant
Iris	Žunić Išasegi	Fresh asparagus risotto	Almond cake

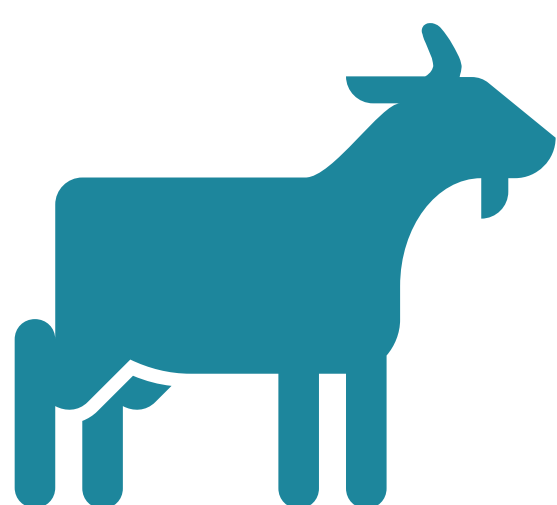


# WhatsApp Sub – Groups



Group 1A Reindeers

[Link to WhatsApp Group](#)



Group 1B Goats

[Link to WhatsApp Group](#)



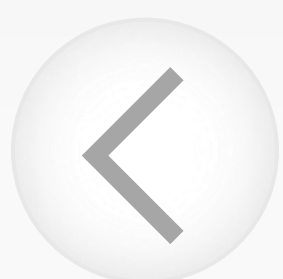
Group 2A Eagles

[Link to WhatsApp Group](#)



Group 2B Owls

[Link to WhatsApp Group](#)





# Useful Apps

## Transport Apps

### 1. HSL (Helsinki Region Transport)

- Public transport in Helsinki.
- [Download for iOS](#)
- [Download for Android](#)

### 2. Nysse (Tampere Public Transport)

- Public transport in Tampere.
- [Download for iOS](#)
- [Download for Android](#)

### 3. Reittiopas (Route Guide)

- Offers journey planning and public transport routes across Finland.
- [Download for iOS](#)
- [Download for Android](#)

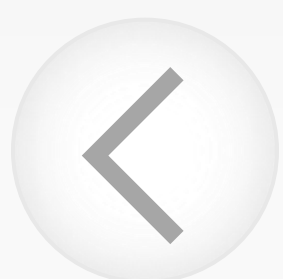
## General Useful Apps

### 1. Finland Travel Guide by Triposo

- Offers offline maps, travel guides and information for Finland.
- [Download for iOS](#)
- [Download for Android](#)

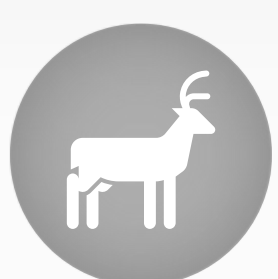
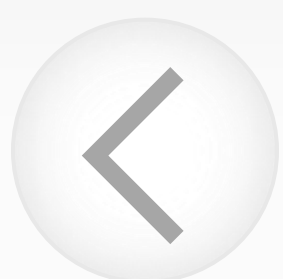
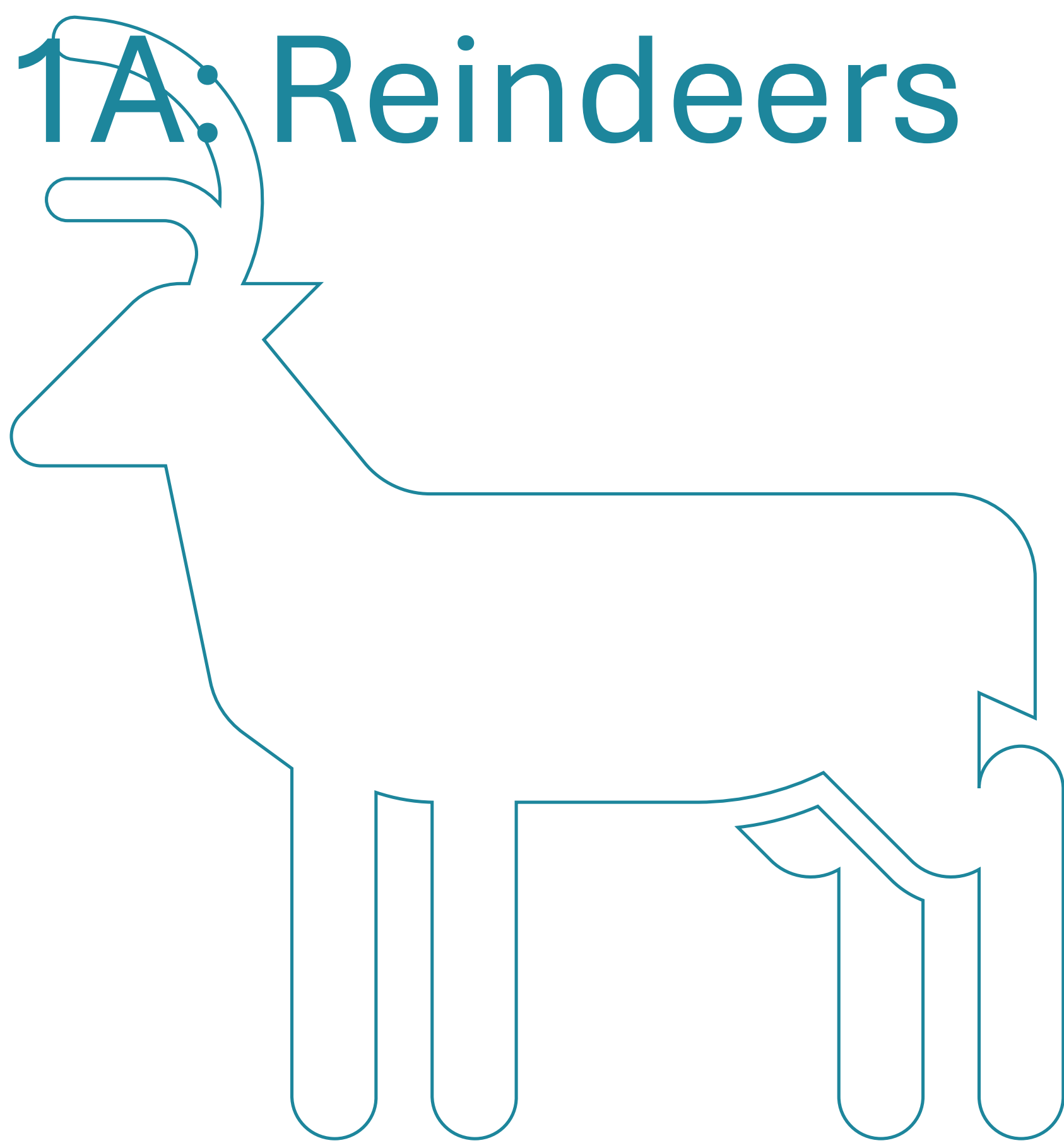
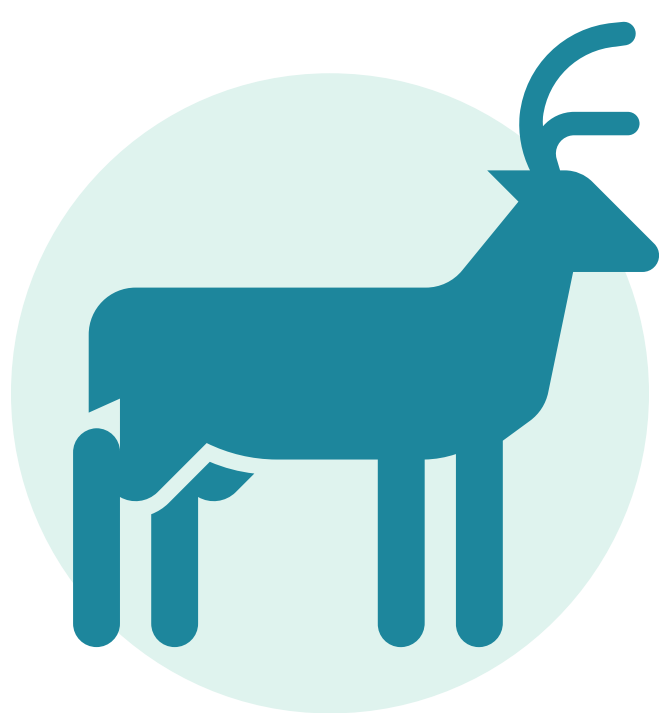
### 2. MyHelsinki

- Provides personalised local recommendations and events happening in Helsinki.
- [Download for iOS](#)
- [Download for Android](#)



# PROGRAMME

## Group 1A: Reindeers

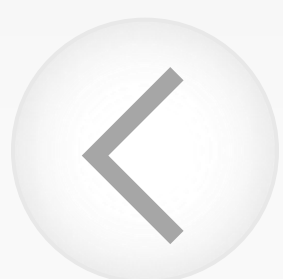


## Group 1A: Reindeers

1. Julia Brynjolfsdottir
2. Diana Calabiciov
3. Darina Deáková
4. Violeta Dinkova\*
5. Nicholas Felitti
6. Andrea Garcia Lopez
7. Evita Goossens
8. Ana Jorge Boaventura
9. Tomáš Kloubek
10. Petr Konečný
11. Elizabeth Laboy
12. Vladimir Marinov
13. Bernadett Magyar
14. Lyubomir Manolov\*
15. Jessica Levy Ép. Sauerbeck
16. Silvia Re\*
17. Alberto San Roman Uria\*
18. Elisa Saponara
19. Nuhara Vargiu



\* = Participants who visit the psychiatric hospital for prisoners on 3 April





# Reindeers Calendar



- week 1
- week 2
- travel guide
- transport overview



31  
MAR

9.00 – 16.00 (11:30 – 12.45 Lunch)  
**LÄÄKÄRITALO & Quê Em Restaurant**  
Welcoming and contextualisation  
18.30 Get-together and dinner



1  
APR

10.00 – 12.00 (12.00 – 13.00 Lunch)  
**LAPINLAHTEN LÄHDE**  
A new era of citizen-centred and community-based  
mental wellbeing work



2  
APR

9.00 – 11.00 | 14.00 – 16.00  
**VALO-VALMENNUSYHDISTYS & SURUNAUHA RY**  
Strengthening the mental health and well-being of  
young adults and people in vulnerable situations



3  
APR

10.00 – 11.30 | 14.00 – 16.00  
**YEESI RY & MARIA AKATEMIA**  
Mental health work for people of different ages and  
in various life situations



A separate group to Psychiatric Hospital for Prisoners



4  
APR

9.00 – 12.00 | 13.00 – 16.00  
**EHYT RY & FINFAMI RY**  
Preventive and empowering mental health work

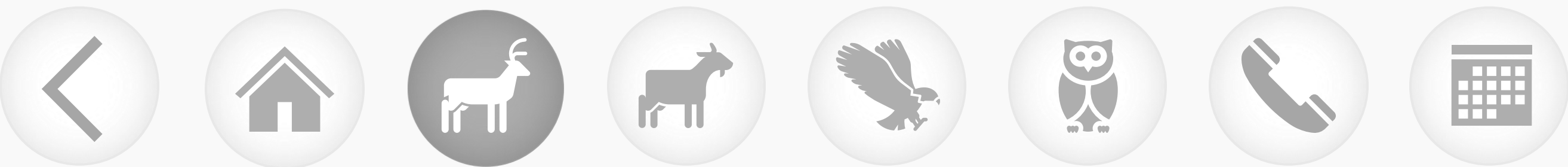


5  
APR

6  
APR



Weekend:  
Leisure time



# Reindeers Calendar



week 1

week 2

travel guide

transport overview



7  
APR

10.00 – 16.00

KUMPPANUUSTALO ARTTELI

All groups spent the day together in Tampere.

**Early checkout, breakfast starts at 6.30 already**

**Be ready in the lobby at 7.30 sharp**



8  
APR

9.00 – 11.30 | 14.00 – 16.00

HOPPU PROJECT & PIRKANMAAN SETA-SINUIKSI RY

Development of public mental health services for adolescent and children, digital services and LGBTIQ+ rights



9  
APR

9.00 – 11.00 | 13.00 – 14.30 | 15.30 – 17.00

SILTA-VALMENNUS & CRISIS CENTRE OSVIITTA & FINFAMI RY

The power of individuals, communities and peers in mental health work



10  
APR

9.00 – 11.00 (Dinner at 18.30)

NEUVOLA-SYSTEM & Restaurant Mamma Rosa

Prenatal and postnatal health care

**Please check-out from the hotel before going to the site. The Coach will leave from there only.**



11  
APR

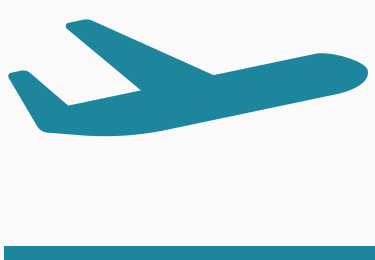
9.00 – 16.00 (12.00 – 13.00 Lunch)

LÄÄKÄRITALO ARVO

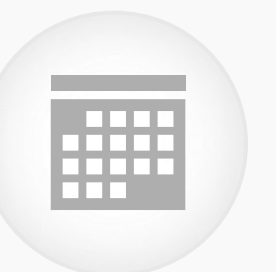
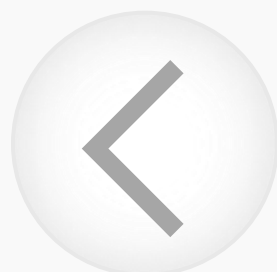
Closure Workshop conducted by EU-PROMENS and Valo-Valmennus Ry



12  
APR



Farewell



# Reindeers Calendar



week 1

week 2

travel guide

transport overview

Please use public transport, if we don't provide a ride. You can purchase the following tickets:

**Sunday, 30 March** (1 journey)

**Airport Ticket:** 4,20€

**Monday, 31 March to Thursday, 3 April**

**Multi-journey** (10-Journey Ticket) [using the HSL App](#): 28,80€

- *Note:* this ticket is personal. To buy a multi-journey ticket, you need to strongly authenticate. You can only activate one single ticket at a time.
- Monday: 1 journey
- Tuesday: 2 journeys
- Wednesday: 3 journeys
- Thursday: 3 journeys

**Friday, 4 April** (2 journeys)

**Use 1 remaining ticket from Multi-journey and buy 1 Single Ticket:** 3,20€

**Monday, 7 April** (1 journey)

**Single Ticket:** 3,20€

- In the afternoon, the private Coach will pick you up to bring you to Tampere.

**Tuesday, 8 April** (3 journeys)

**Day Ticket:** 8,00€

**Wednesday, 9 April** (3 journeys)

**Day Ticket:** 8,00€

**Thursday, 10 April** (1 journey)

**Tampere: Single Ticket:** 3,50€

- In the afternoon, the private Coach will pick you up to bring you to Helsinki.

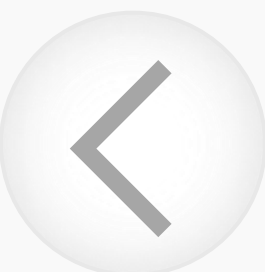
**Helsinki after dinner: Single Ticket:** 3,20€

**Friday, 11 April** (2 journeys)

**2 Single Tickets:** 6,40€

**Saturday, 12 April** (1 Journey)

**Airport Ticket:** 4,20€





# Reindeers Calendar



week 1

week 2

travel guide

transport overview

31  
MAR

## 8.30 outside Hotel

Start: GLO Hotel Art  
End: Lääkäritalo Arvo  
All Groups take 2 busses in total

3  
APR

## 12:25 outside Yeesi Ry | 15.10 Psychiatric Hospital

1. Start: Yeesi Ry  
End: Psychiatric Hospital
2. Start: Psychiatric Hospital  
End: GLO Hotel Art

Only People going to Hospital

4  
APR

## 16:16 outside Kukunori

Start: Kukunori  
End: GLO Hotel Art

7  
APR

## 7:45 outside Hotel | 15.30 outside Artteli

1. Start: GLO Hotel Art  
End: Kumppanuustalo Artteli
2. Start: Kumppanuustalo Artteli  
End: Original Sokos Hotel Ilves

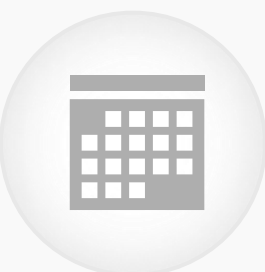
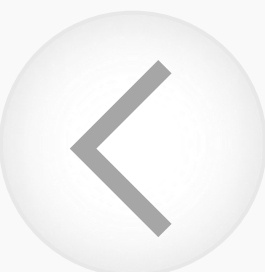
Checkout from the hotel. Leave your luggage in the Bus.

10  
APR

## 14:00 outside Hotel

Start: Original Sokos Hotel Ilves  
End: GLO Hotel Art

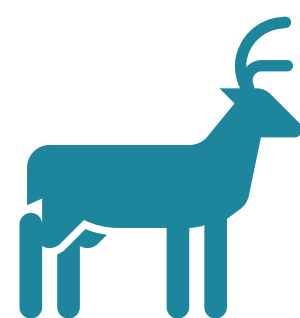
Checkout from the hotel until 12pm. Leave your luggage in the special room reserved for you in the Hotel.





31  
MAR

# Programme Day 1



## Monday

9.00 – 16.00 | 11.30 – 12.45 Lunch | 18.30 Dinner



## LÄÄKÄRITALO & Restaurant Quê Em

[Google Maps LÄÄKÄRITALO](#)

[Google Restaurant Quê Em](#)



## Meal Infos

Lunch & Dinner provided

This day is filled with icebreakers, getting to know each other, information on the programme and the Finnish mental health strategy and mental health care.

The whole day is provided with food and drinks. At 18.30, you will have a paid dinner at Quê Em as a welcome get-together.

## Contact onsite

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014, Iida Koivuniemi +40 735 1203

## Transport

### Morning: Lääkäritalo

Address: Mäkelänkatu 2, 00500 Helsinki

At 8.30 am sharp, two busses will pick the whole group up, to bring you to LÄÄKÄRITALO.

### Afternoon: Quê Em

The Restaurant Quê Em is just next to your hotel (9-minute walk)

Please use public transport to get to the restaurant:

Duration: 15 min

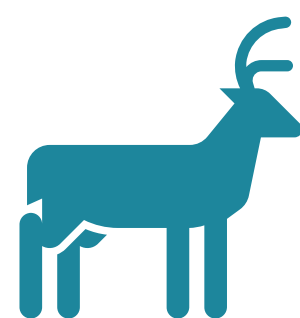
[Google Maps Link](#)





1  
APR

## Programme Day 2



**Tuesday**

10.00 – 12.00 & Lunch



**LAPINLAHTEEN LÄHDE**

[Google Maps](#)



**Meal Infos**

Lunch provided

This day is dedicated to a new era of citizen-centred and community-based mental wellbeing work.

Lapinlahteen Lähde is a Centre for arts, culture and mental well-being.

Read more here: <https://lapinlahdenlahde.fi/en/>

After lunch you can enjoy your free time.

### Contact onsite

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014

Iida Koivuniemi +358 40 735 1203

### Transport

If you enjoy walking, it only takes you 20 minutes.

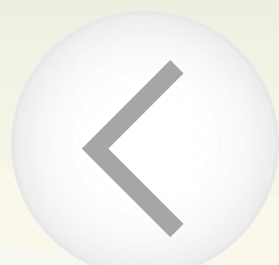
If you rather take the tram (takes the same time)

### Hotel to Lapinlahteen Lähde

Duration: 20 min

Address: Lapinlahdenpolku 8, 00180 Helsinki

[Google Maps Link](#)

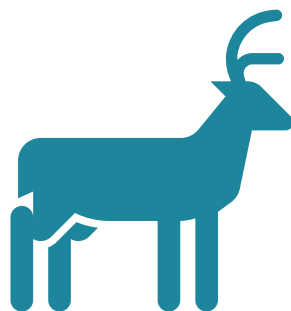






2  
APR

# Programme Day 3



Wednesday  
9.00 – 11.00 | 14.00 – 16.00



VALO-VALMENNUSYHDISTYS 1 & SURUNAUHA RY  
[Google Maps Valo Valmennus](#)   [Google Maps SURUNAUHA RY](#)



Meal Infos  
Lunch not provided

This day is dedicated to strengthening young adults' sense of self and experience of inclusion and introduces the Jiippi-project and the OloTila-Project.  
Read more here: <https://valo-valmennus.fi/>

Contact onsite  
Juho Peltonen, Eeva Salmi +358 44 236 9662

Transport  
Hotel to Valo-Valmennusyhdistys

You can easily walk, because that takes as long as the tram takes.

Duration: 9 min  
Address: Annankatu 29 A 14, 00100 Helsinki  
[Google Maps Link](#)

Valo-Valmennusyhdistys To Surunauha Ry

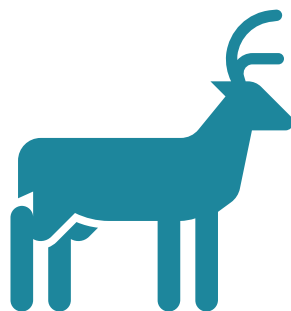
Duration: 20 min  
Address: Maistraatinportti 4 A, Floor 4  
[Google Maps Link](#)





3  
APR

# Programme Day 4



**Thursday**  
10.00 – 11.30 | 14.00 –16.00



**Yeesi Ry (3<sup>rd</sup> Floor) & Maria Academy (2<sup>nd</sup> Floor)**  
[Google Maps Yeesi Ry](#)      [Google Maps Maria Academy](#)



**Meal Infos**  
Lunch not provided

This day is dedicated to a youth mental health association that promotes young people's wellbeing by strengthening their resources and sense of community.  
Read more here: [Yeesi Ry](#)    [Maria Academy](#)

## Contact onsite

Eveliina Puska +358 40 350 3014, Noora Nurminen +358 50 5768474

## Transport

### Hotel to Yeesi Ry

Duration: 36 min  
Address: Elimäenkatu 26, 3<sup>rd</sup> floor, 00520 Helsinki  
[Google Maps Link](#)

### Yeesi Ry to Maria Academy

Duration: 35 min  
Address: Malmin raitti 17B, 00700 Helsinki, 2<sup>nd</sup> Floor  
[Google Maps Link](#)

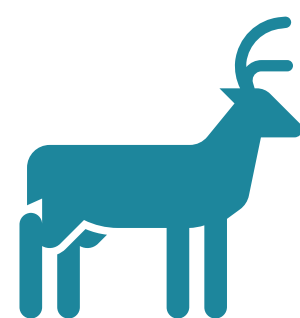




3

APR

## Programme Day 4



13.00 – 15.00

Psychiatric Hospital for Prisoners



[Website Psychiatric Hospital for Prisoners](#)

Lunch not provided



**Meal Infos**

No lunch provided



**Travel Infos**

Vantaan Taxi organised, waits outside

### This trip is booked for:

Violeta Dinkova, Martyna Jarzab, Hanna Pasterny, Lyubomir Manolov, Silvia Re, Alberto San Roman Uria, Stephen Demicoli

Maarit Suomela from the Valo-Valmennus association will come with you to the prison hospital.

### Contact onsite

Maarit Suomela +358 50 412 4302

### Address

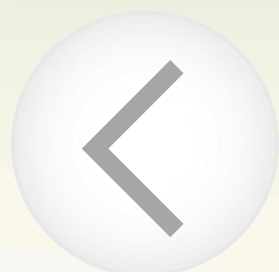
Siltaniitynkuja 2, 01260 Vantaa

### Transport

A Taxi-Van is organised for you. It will pick you up from YEESI RY at 12.25. The company is called Vantaan Taxi.

Another Taxi will bring you to the hotel at 15.10. They wait outside for you.

[Google Maps Link](#)

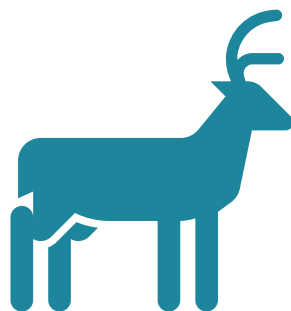






4  
APR

# Programme Day 5



**Friday**  
9.00 – 11.00 | 14.00 – 16.00



**EHYT RY & KUKUNORI**  
[Google Maps EHYT RY](#)

[Google Maps KUKUNORI](#)



**Meal Infos**  
Lunch not provided



**Travel Infos Kukunori <> Hotel**  
Vantaan Taxi organised a bus, 16.16h

This day is dedicated to Association for Substance Abuse Prevention works throughout Finland to promote healthy lifestyles. Read more here: [EHYT RY Website](#) [KUKUNORI Website](#)

**A part of the Goats are accompanying you:**

Petra Borg,Jasmine Borg Jenny Degold, Stephen Demicoli,Gudrun Krenn,Christoph Krenn, NANTIA LAMARI, Polina Popova, Spyridon Zotos, Marie Merkel,Josephine Stubs

**Contact onsite**

EHYT RY: Hanna Heikkilä, +35850 567 32 70  
KUKUNORI: Eveliina Puska +358 40 350 3014, Susanne Kaste +358 40 617 5207

**Transport**

**Hotel to Ehyt Ry**

Duration: 30 min  
Address: Elimäenkatu 17-19, 00510 Helsinki  
[Google Maps Link](#)

**Ehyt Ry to Kukunori**

Duration: 33 min  
Address: Malmin raitti 17 B, 00700 Helsinki  
[Google Maps Link](#)

**Kukunori to Hotel**

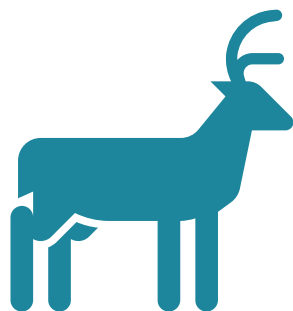
We organised a Bus that takes you back to the hotel:  
It waits outside at 16.15





7  
APR

## Programme Day 8



### Monday

Bus at 7.45 | 10.00 – 16.00



### Kumppanuustalo Artteli

You reach this location by bus



### Meal Infos

Lunch provided



### Travel Infos

Bus organised [click here for infos](#)

All Participants will meet again. This day is dedicated to Innovative Paths to Mental Well-Being: approaches by Valo-Valmennus and Silta-Valmennus Associations

**Early checkout, breakfast starts at 6.30 already**  
**Be ready in the lobby at 7.30 sharp**

### Contact onsite

Iida Koivuniemi +358 40 735 1203, Elsa Pardonon +358 403502662  
Ildiko Meny +44 7432 206273

### Transport

#### Hotel to Kumppanuustalo Artteli

Please take our arranged bus. [Click here for more info](#)

Address: Mustanlahdenkatu 22, 33210 Tampere

[Google Maps Link](#)

#### Kumppanuustalo Artteli to Hotel Ilves

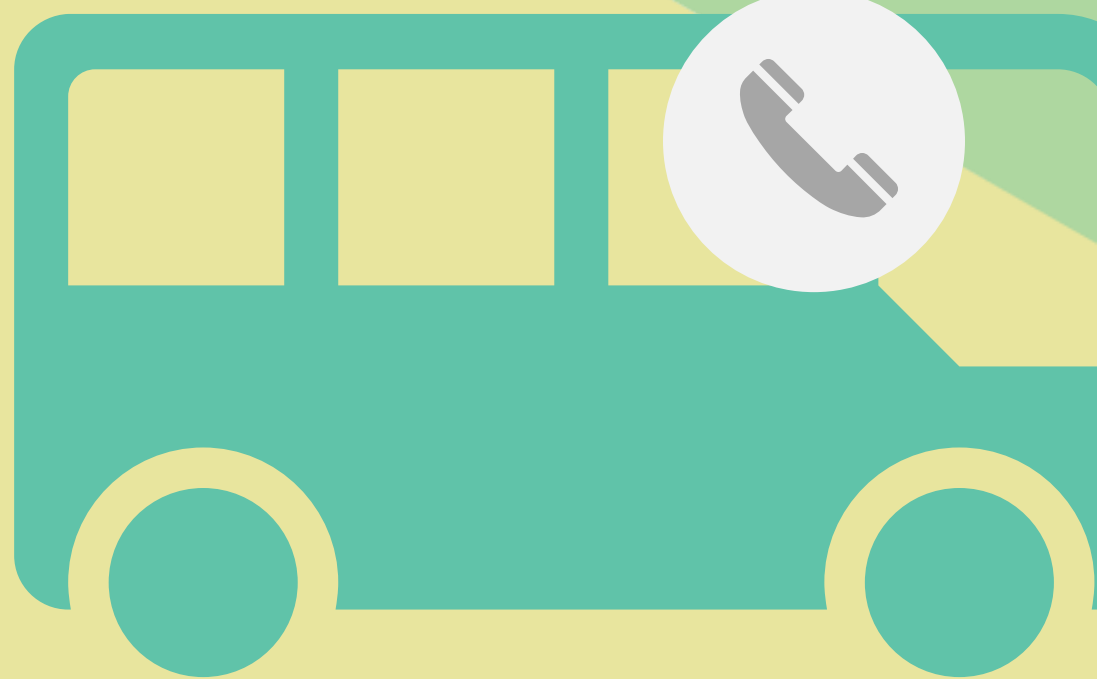
After the day is finished, our bus takes you to your hotel.

Duration: 20 min

Address: Hatanpään valtatie 1, 33100 Tampere

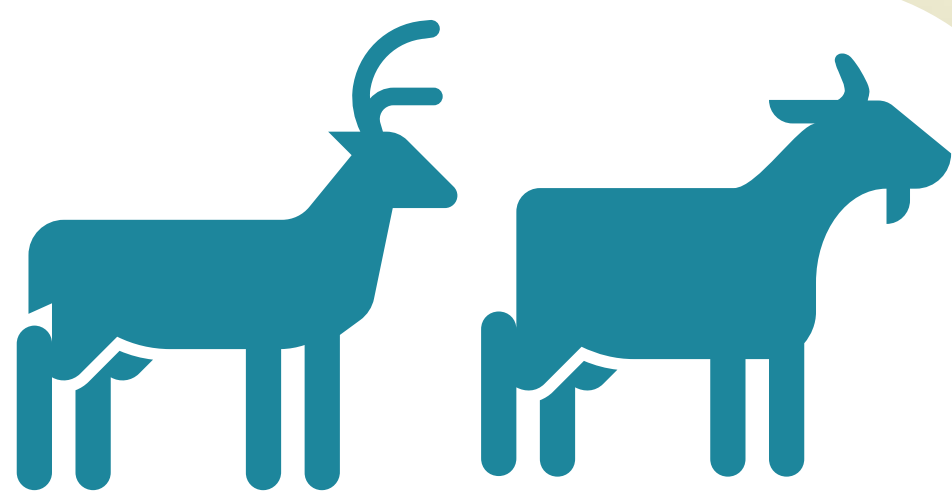
[Google Maps Link](#)





## Bus Trip

Monday 7 April 2025



# From Helsinki to Tampere

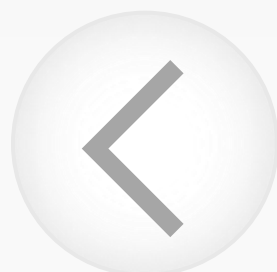
**Start: 7.45 at the GLO Hotel Art (be ready at 7.30)**

**End: 10.00 at Artteli Tampere**

**Breakfast Time: from 6.30 onwards**

The bus will take you to Artteli. There you spend the day. Leave your luggage in the bus. You will take that in the afternoon to reach your hotel.

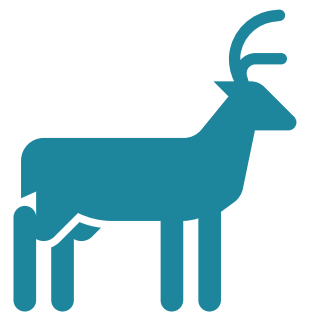
**Please be ready in the lobby at sharp 7.30am.** The bus will leave at 7.45am.





8  
APR

## Programme Day 9



### Tuesday

9.00 – 11.30 | 14.00 – 16.00



### HOPPU-PROJECT & PIRKANMAAN SETA-SINUIKSI RY

[Google Maps HOPPU-PROJECT](#)

[Google Maps SINUIKSI RY](#)



### Meal Infos

Lunch provided at Restaurant juvenes in Arvo" (University of Tampere) - Arvo Ylpön katu 34

This day is dedicated to Development of public mental health services for adolescent and children and LGBTIQ Rights and welfare.

Read more here: [HOPPU Website](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203, Elsa Pardonon +358 403502662

### Transport

#### Hotel to Hoppu

Duration: 14 min

Address: Elämänaukio 2, 33520 Tampere  
Tays University Hospital, Service Building 1 (Building P)

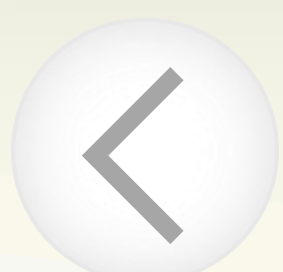
[Google Maps Link](#)

#### Hoppu to Pirkanmaan Seta -Sinuiksi ry

Duration: 13 min

Address: Näsilinnankatu 48 E, 33200 Tampere

[Google Maps Link](#)

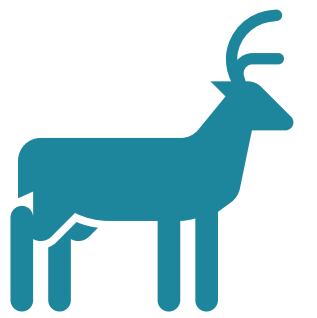






9  
APR

# Programme Day 10



## Wednesday

9.00 – 11.00 | 13.00 – 14.30 | 15.30 – 17.00



## SILTA-VALMENNUS & OSVIITTA & FINFAMI RY

[Google SILTA](#) [Google OSVIITTA](#) [Google Finfami](#)



## Meal Infos

Lunch not provided

This day is dedicated to rehabilitation of people with a criminal background; Crisis Centre Osviitta - low-threshold support for crises and counselling and support to anyone affected by mentalhealth challenges or concerned about a friend or family member’s mental health.

Read more here: [Silta Website](#) [Osviitta Website](#) [Finfami Website](#)

## Contact onsite

Silta: Iida Koivuniemi +358 40 735 1203, Kirsi Riihijärvi +358 40 627 9919

Osviitta: Iida

Finfami: Elsa Pardonon +358 403502662, Silja Lampinen +358407199262

## Transport

### Hotel to Silta Valmennus

Duration: 24 min

Address: Vehnämyllynkatu 4, 33560 Tampere

[Google Maps Link](#)

### Silta Valmennus to Osviitta

Duration: 18 min

Address: Sorinkatu 4 C courtyard 2nd floor, 33100 Tampere

[Google Maps Link](#)

### Osviitta to Finfami

Duration: 9 min

Address: Hämeenkatu 25 A, 33200 Tampere, 6<sup>th</sup> Floor

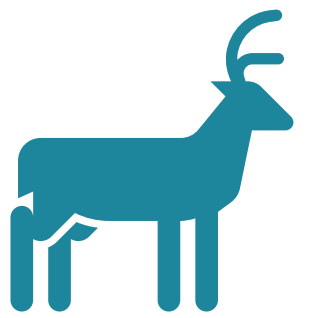
[Google Maps Link](#)





10  
APR

# Programme Day 11



## Thursday

9.00 – 11.00 | Bus Travel 14.00 – 17.00 | Dinner 18.30



## NEUVOLA-SYSTEM & Bus Travel back & Dinner at 18.30

[Google Maps Neuvola System](#)



## Meal Infos

Dinner provided



## Travel Infos

Bus organised [click here for infos](#)

After Neuvola-system you have time to come back to the hotel and do the check-out and grab something to eat. The bus takes you back to Helsinki at 14.00. At 18.30 we organised a fare-well dinner for everyone.

Read more here: [NEUVOLA SYSTEM Website](#)

## Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

**Farewell-Dinner in Helsinki:**  
**Start: 18.30**

**Restaurant Mamma Rosa**  
[Restaurant Website](#)

Address: Runeberginkatu 55, 00260 Helsinki  
[Google Maps Link Route](#)

## Transport

### Hotel to Neuvola System

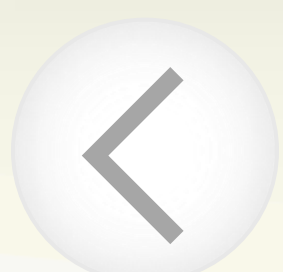
Duration: 14 min

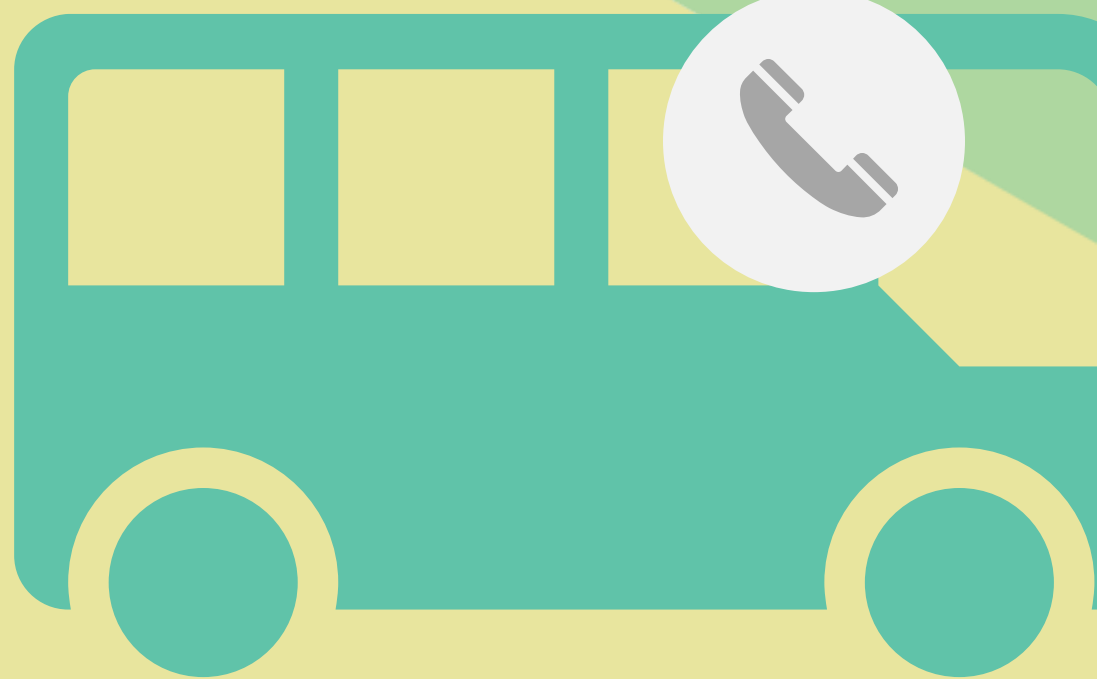
Address: Tipotie 4, 33230 Tampere  
(The auditorio is located just to the left of the main doors)

[Google Maps Link](#)

### Neuvola System to Hotel to Helsinki

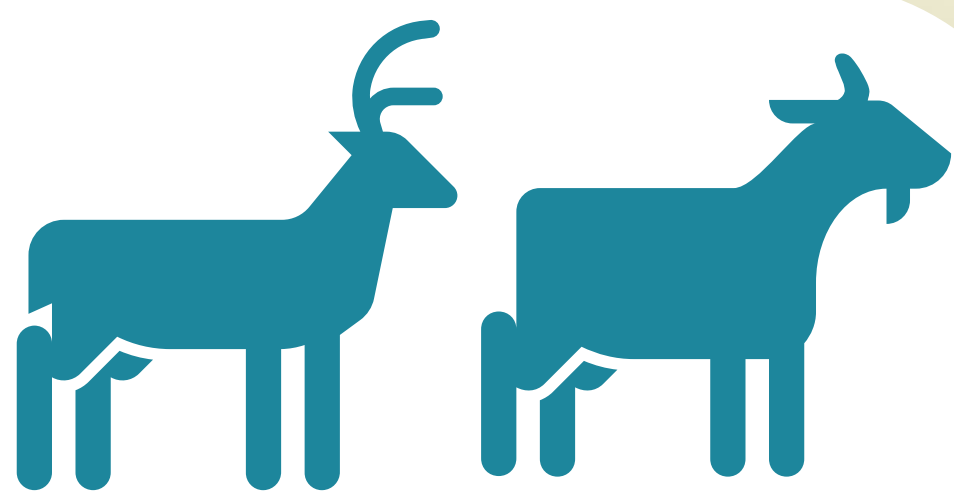
The bus will pick you up from your hotel and bring you straight to GLO Hotel Art Helsinki. When you check-out, please leave your luggage in the hotel. Pick it up when you take the bus. When you reach Helsinki, you have enough time to prepare for the dinner.





## Bus Trip

Thursday 10 April 2025



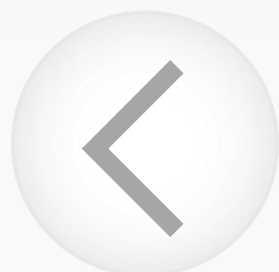
# From Tampere to Helsinki

**Start: 14.00 at Original Sokos Hotel**

**End: ca. 16.15 at GLO Hotel Art**

Please don't checkout in the morning. You have time to checkout until 12.00, so please come back after your programme.

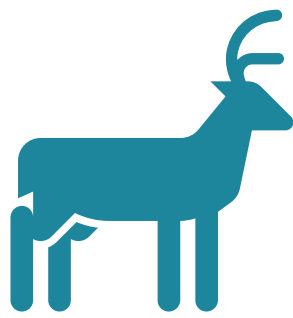
The bus will leave from the Hotel at 14.00 and drops you off at the hotel.





11  
APR

# Programme Day 12



**Friday**  
9.00 – 16.00



**LÄÄKÄRITALO ARVO**  
[Google Maps LÄÄKÄRITALO ARVO](#)



**Meal Infos**  
Lunch provided

All Participants will meet again and have a closure workshop. The EU-PROMENS Team will join you.

## Contact onsite

Eveliina Puska: +358 403503014

## Transport

### Hotel to Lääkäritalo Arvo

Duration: 22 min

Address: Mäkelänkatu 2, 00500 Helsinki

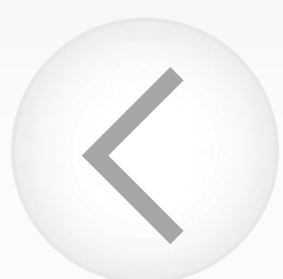
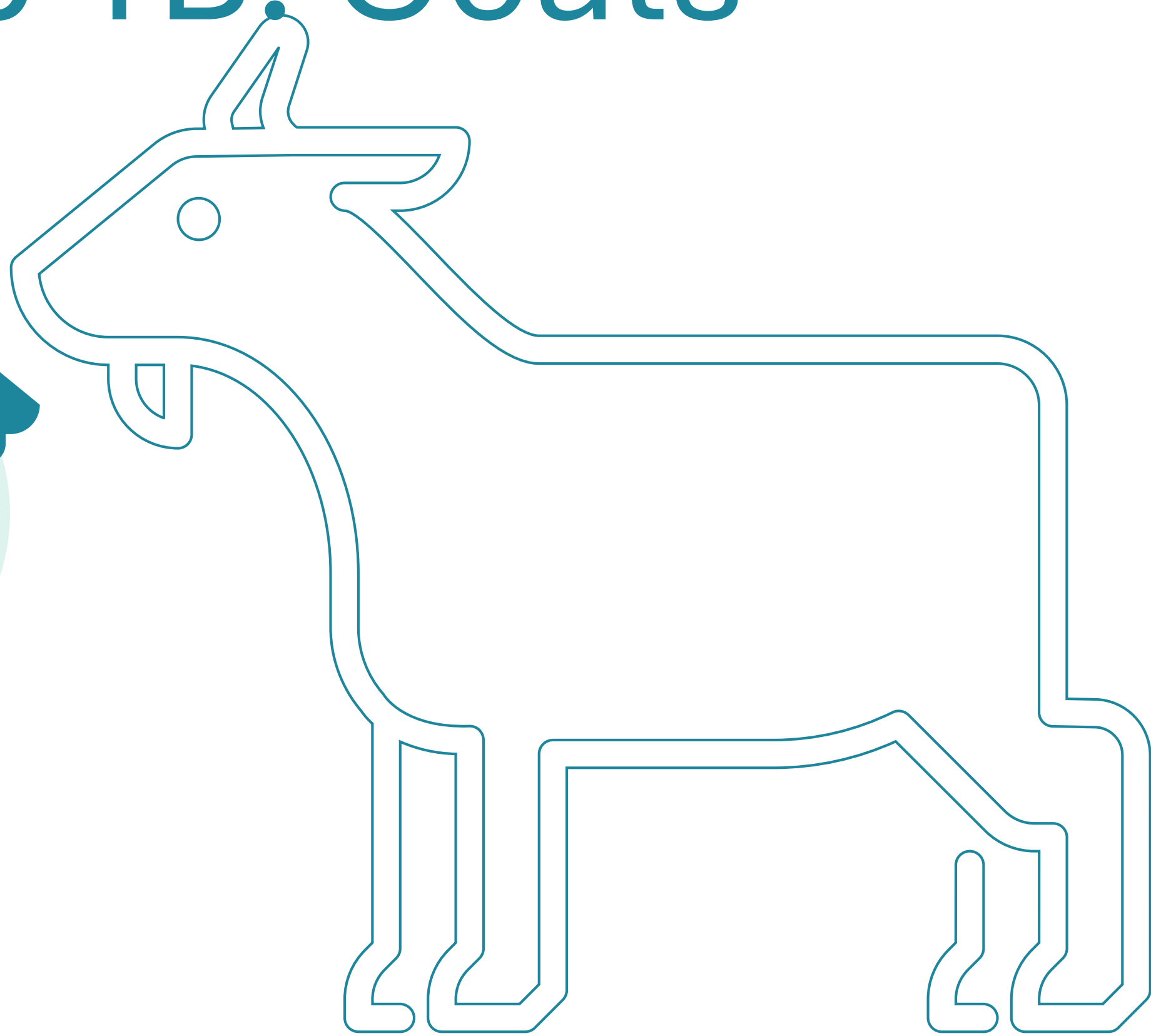
[Google Maps Link](#)





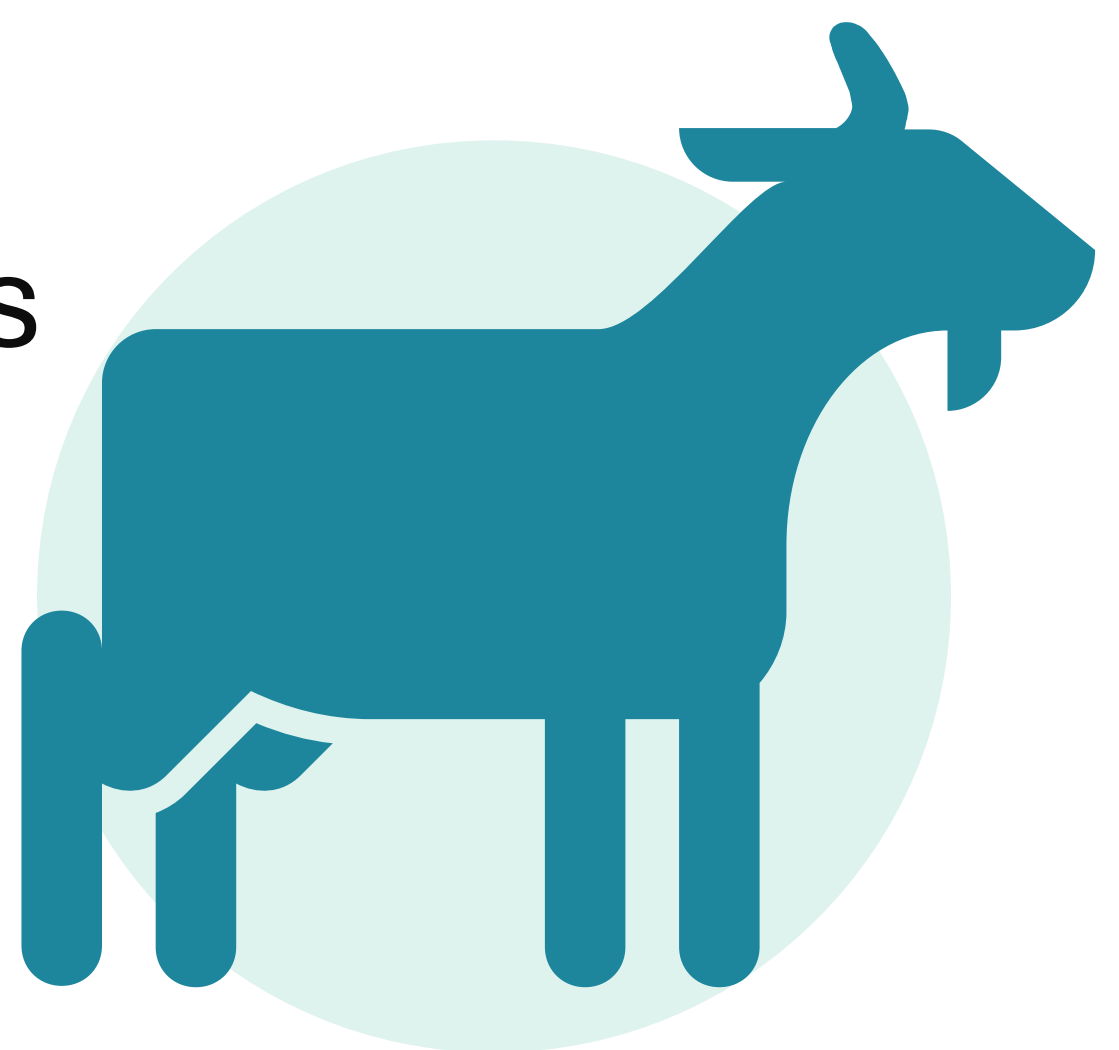
# PROGRAMME

## Group 1B: Goats

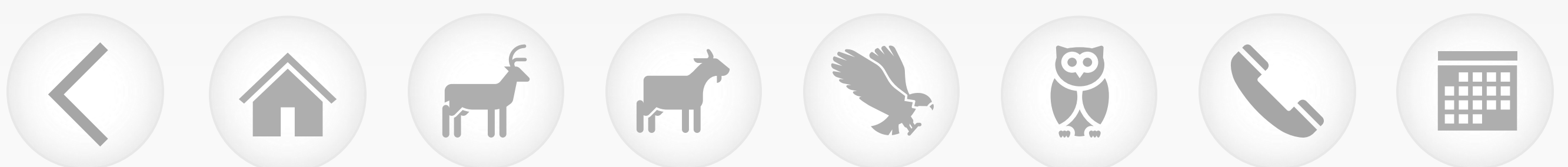


## Group 1B: Goats

1. Petra Borg
2. Jasmine Borg
3. Jenny Degold
4. Stephen Demicoli
5. Hamit Demir
6. Monika Franjić
7. Eleni Giannouli
8. Anastasia Ioannidou
9. Kristina Jandric
10. Martyna Jarzab\*
11. Georgios Kanaris
12. Gudrun Krenn
13. Christoph Krenn
14. Nantia Lamari
15. Marie Merkel
16. Panagiota Papantoni
17. Hanna Pasterny\*
18. Polina Popova
19. Josephine Stubs
20. Spyridon Zotos



\* = Participants who visit the psychiatric hospital for prisoners on 3 April



# Goats Calendar



- week 1
- week 2
- travel guide
- transport overview



31  
MAR

9.00 – 16.00 (11:30 – 12.45 Lunch)  
**LÄÄKÄRITALO & Quê Em Restaurant**  
Welcoming and contextualisation  
18.30 Get-together and dinner



1  
APR

10.00 – 12.00 (12.00 – 13.00 Lunch)  
**LAPINLAHTEN LÄHDE**  
A new era of citizen-centred and community-based  
mental wellbeing work



2  
APR

9.00 – 11.00 | 13.00 – 15.00  
**VALO-VALMENNUS YHDISTYS & Y-SÄÄTIÖ**  
Strengthening the mental health and well-being of  
young adults and people in vulnerable situations



3  
APR

10.00 – 11.30 | 13.00 – 15.00  
**YEESI RY & MIINA SILLANPÄÄ SÄÄTIÖ**  
Mental health work for people of different ages and  
in various life situations



A separate group to Psychiatric Hospital for Prisoners



4  
APR

9.00 – 11.00 | 13.00 – 15.00 / 14.00 – 16.00  
**MIELI RY & FINFAMI RY / KUKUNORI**  
Preventive and empowering mental health work  
Your group will be split among the two organisations

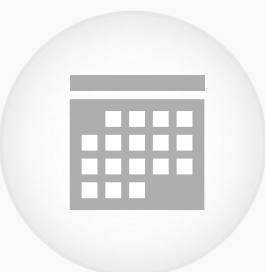
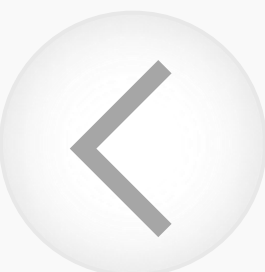


5  
APR

6  
APR



Weekend:  
Leisure time



# Goats Calendar



week 1

week 2

travel guide

transport overview



7  
APR

10.00 – 16.00

KUMPPANUUSTALO ARTTELI

All groups spent the day together in Tampere.

**Early checkout, breakfast starts at 6.30 already**

**Be ready in the lobby at 7.30 sharp**



8  
APR

9.00 – 11.30 | 14.00 – 16.00

HOPPU-Project & PIRKANMAAN SETA -SINUIKSI RY

Development of public mental health services for adults & children, digital services and LGBTIQ+ rights



9  
APR

8.30 – 10.00 | 13.00 – 15.00

TAMPERE UNIVERSITY OF APPLIED SCIENCE

The power of individuals, communities and peers in mental health work



10  
APR

9.00 – 11.00 (Dinner at 18.30)

NEUVOLA-SYSTEM

Prenatal and postnatal health care

**Please check-out from the hotel before going to the site. The Coach will leave from there only.**



11  
APR

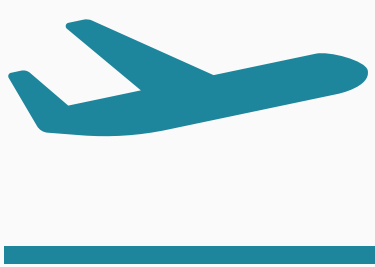
9.00 – 16.00 (12.00 – 13.00 Lunch)

LÄÄKÄRITALO ARVO

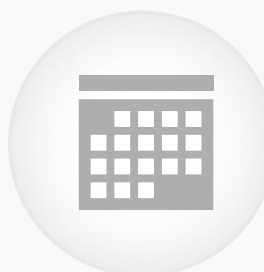
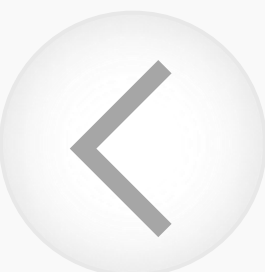
Closure Workshop conducted by EU-PROMENS Team



12  
APR



Farewell





# Goats Calendar



week 1

week 2

travel guide

transport overview

Please use public transport, if we don't provide a ride. You can purchase the following tickets:

**Sunday, 30 March** (1 journey)

**Airport Ticket: 4,20€**

**Monday, 31 March to Thursday, 3 April**

**Multi-journey** (10-Journey Ticket) [using the HSL App](#): 28,80€

- *Note:* this ticket is personal. To buy a multi-journey ticket, you need to strongly authenticate. You can only activate one single ticket at a time.
- Monday: 1 journey
- Tuesday: 2 journeys
- Wednesday: 3 journeys
- Thursday: 3 journeys

**Friday, 4 April** (3 journeys)

**Use 1 remaining ticket from Multi-journey and buy 2 Single Tickets: 6,40€**

**Monday, 7 April** (1 journey)

**Single Ticket: 3,20€**

- In the afternoon, the private Coach will pick you up to bring you to Tampere.

**Tuesday, 8 April** (3 journeys)

**Day Ticket: 8,00€**

**Wednesday, 9 April** (3 journeys)

**Day Ticket: 8,00€**

**Thursday, 10 April** (1 journey)

**Tampere: Single Ticket: 3,50€**

- In the afternoon, the private Coach will pick you up to bring you to Helsinki.

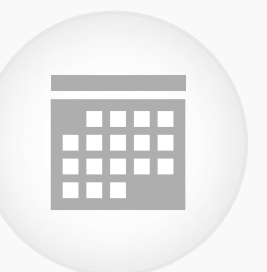
**Helsinki after dinner: Single Ticket: 3,20€**

**Friday, 11 April** (2 journeys)

**2 Single Tickets: 6,40€**

**Saturday, 12 April** (1 Journey)

**Airport Ticket: 4,20€**



# Goats Calendar



week 1

week 2

travel guide

transport overview

31  
MAR

## 8.30 outside Hotel

Start: GLO Hotel Art  
End: Lääkäritalo Arvo  
All Groups take 2 busses in total

3  
APR

## 12:25 outside Yeesi Ry | 15.10 Psychiatric Hospital

1. Start: Yeesi Ry  
End: Psychiatric Hospital
2. Start: Psychiatric Hospital  
End: GLO Hotel Art

**Only People going to Hospital**

4  
APR

## 16:16 outside Kukunori

Start: Kukunori  
End: GLO Hotel Art  
**Only People going to Kukunori**

7  
APR

## 7:45 outside Hotel | 15.30 outside Artteli

1. Start: GLO Hotel Art  
End: Kumppanuustalo Artteli
2. Start: Kumppanuustalo Artteli  
End: Original Sokos Hotel Ilves

**Checkout from the hotel. Leave your luggage in the Bus.**

10  
APR

## 14:00 outside Hotel

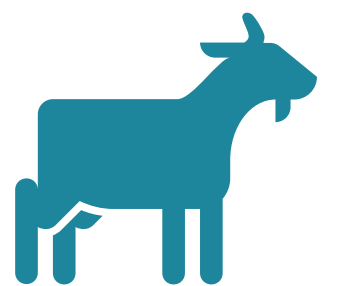
Start: Original Sokos Hotel Ilves  
End: GLO Hotel Art  
**Checkout from the hotel until 12pm. Leave your luggage in the special room reserved for you in the Hotel.**





31  
MAR

# Programme Day 1



## Monday

9.00 – 16.00 | 11.30 – 12.45 Lunch | 18.30 Dinner



## LÄÄKÄRITALO & Restaurant Quê Em

[Google Maps LÄÄKÄRITALO](#)

[Google Restaurant Quê Em](#)



## Meal Infos

Lunch & Dinner provided

This day is filled with icebreakers, getting to know each other, information on the programme and the Finnish mental health strategy and mental health care.

The whole day is provided with food and drinks. At 18.30, you will have a paid dinner at Quê Em as a welcome get-together.

## Contact onsite

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014,  
Iida Koivuniemi +40 735 1203

## Transport

### Morning: Lääkäritalo

Address: Mäkelänkatu 2, 00500 Helsinki

At 8.30 am sharp, two busses will pick the whole group up, to bring you to LÄÄKÄRITALO.

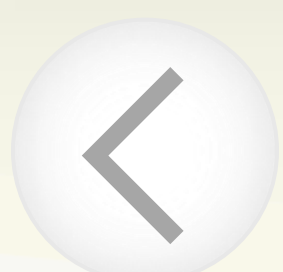
### Afternoon: Hotel & Quê Em

Please use public transport to get back to the hotel.

Duration: 15 min

[Google Maps Link](#)

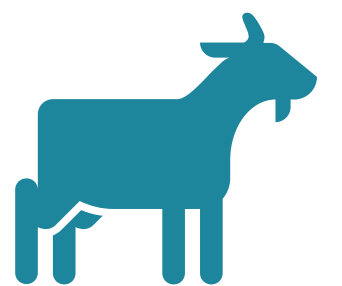
The Restaurant Quê Em is just next to your hotel (9-minute walk)





1  
APR

## Programme Day 2



### Tuesday

10.00 – 12.00 & Lunch



### LAPINLAHTEN LÄHDE

[Google Maps](#)



### Meal Infos

Lunch provided

This day is dedicated to a new era of citizen-centred and community-based mental wellbeing work.

Lapinlahteen Lähde is a Centre for arts, culture and mental well-being.

Read more here: <https://lapinlahdenlahde.fi/en/>

After lunch you can enjoy your free time.

### Contact onsite

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014

Iida Koivuniemi +358 40 735 1203

### Transport

If you enjoy walking, it only takes you 20 minutes.

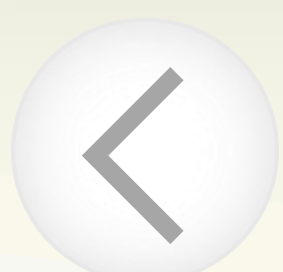
If you rather take the tram (takes the same time)

### Hotel to Lapinlahteen Lähde

Duration: 20 min

Address: Lapinlahdenpolku 8, 00180 Helsinki

[Google Maps Link](#)

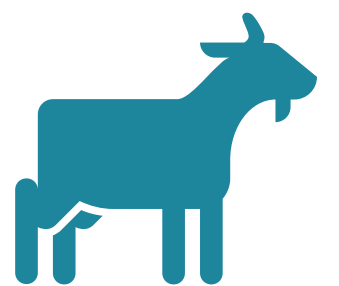






2  
APR

## Programme Day 3



**Wednesday**

9.00 – 11.00 | 13.00 – 15.00



**VALO-VALMENNUSYHDISTYS & Y-SÄÄTIÖ**

[Google Maps Valo Valmennus](#)

[Google Maps Y-SÄÄTIÖ](#)



**Meal Infos**

Lunch not provided

This day is dedicated to rehabilitative work activities and the space for youth and tackling the challenges of homelessness.

Read more here: [Valo-valmennus Website](#)

[Ysaatio Website](#)

### Contact onsite

Valo: Katja Pirttilahti +358 40 557 8180

Y-Säätiö: Eveliina Puska: +358 403503014

### Transport

#### Hotel to Valo-Valmennusyhdistys

You can easily walk, because that takes as long as the tram takes.

Duration: 30 min

Address: Asiakkaankatu 3, Helsinki

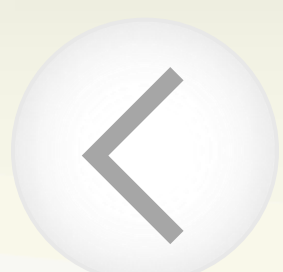
[Google Maps Link](#)

#### Valo-Valmennusyhdistys to Y-Säätiö

Duration: 32 min

Address: Maistraatinportti 1, 00240 Helsinki

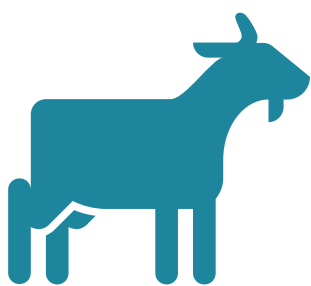
[Google Maps Link](#)





**3**  
**APR**

# Programme Day 4



**Thursday**  
10.00 – 11.30 | 13.00 –15.00



**Yeesi Ry (3<sup>rd</sup> Floor) & MIINA SILLANPÄÄ ASSOCIATION**  
[Google Maps Yeesi Ry](#) [Google Maps Maria Academy](#)



**Meal Infos**  
Lunch not provided

This day is dedicated to a youth mental health association that promotes young people's wellbeing by strengthening their resources and sense of community and well-being of older people.  
Read more here: [Yeesi Ry](#) [MIINA SILLANPÄÄ](#)

**Contact onsite**  
Eveliina Puska +358 40 350 3014

**Transport**  
**Hotel to Yeesi Ry**  
Duration: 36 min  
Address: Elimäenkatu 26, 3<sup>rd</sup> floor, 00520 Helsinki  
[Google Maps Link](#)

**Yeesi Ry to Miina Sillanpää**  
Duration: 23 min  
Address: Taavetti Laitisen katu 4, 00300 Helsinki  
[Google Maps Link](#)

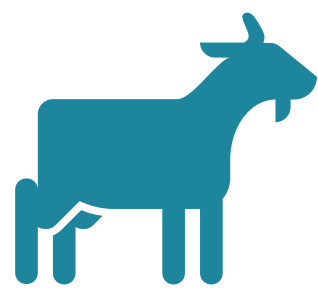




3

APR

## Programme Day 4



**Thursday**

13.00 – 15.00



**Psychiatric Hospital for Prisoners**

[Website Psychiatric Hospital for Prisoners](#)



**Meal Infos**

Lunch not provided



**Travel Infos**

Vantaan Taxi organised,  
waits outside

### **This trip is booked for:**

Violeta Dinkova, Martyna Jarzab, Hanna Pasterny, Lyubomir Manolov  
Silvia Re, Alberto San Roman Uria, Stephen Demicoli

Maarit Suomela from the Valo-Valmennus association will come with you  
to the prison hospital.

### **Contact onsite**

Maarit Suomela +358 50 412 4302

### **Address**

Siltaniitynkuja 2, 01260 Vantaa

### **Transport**

**A Taxi-Van is organised for you. It will pick you up from YEESI RY at  
12.25. The company is called Vantaan Taxi.**

**Another Taxi will bring you to the hotel at 15.10.**

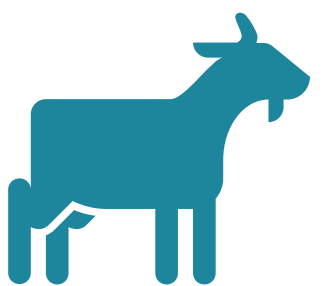
[Google Maps Link](#)





4  
APR

# Programme Day 5



## Friday

9.00 – 11.00 | 13.00 – 15.00 / 14.00 – 16.00



## MIELI RY & FINFAMI RY / KUKUNORI

[Google Maps Mieli RY](#)

[Google Maps Finfami](#)

[Maps KUKUNORI](#)



## Meal Infos

Lunch not provided

Read more here: [Mieli RY Website](#) [Finfami Website](#) [KUKUNORI](#)

### People going to KUKUNORI together with Reindeers:

Petra Borg, Jasmine Borg, Jenny Degold, Stephen Demicoli, Gudrun Krenn, Christoph Krenn, Nantia Lamari, Polina Popova, Spyridon Zotos, Marie Merkel, Josephine Stubs. [Click here to go to day infos of Reindeers Day 5](#)

### People going to Finfami:

Hamit Demir, Monika Franjić, Eleni Giannouli, Anastasia Ioannidou, Kristina Jandric, Martyna Jarzab, Hanna Pasterny, Georgios Kanaris

### Contact onsite

Mieli: Eveliina Puska: +358 403503014

Finfami: Jan-Eerik Leppänen +358 440679425

Kukunori: Eveliina Puska +358 40 350 3014, Susanne Kaste +358 40 617 5207

### Transport

#### Hotel to Mieli Ry

Duration: 35 min

Address: Maistraatinportti 4 A, 4th floor

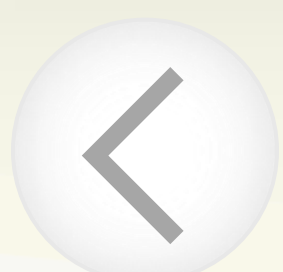
[Google Maps Link](#)

#### Mieli Ry to Finfami

Duration: 32 min

Address: Mariankatu 13 a A 4, 00170 Helsinki

[Google Maps Link](#)

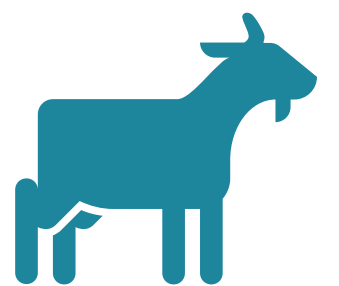






7  
APR

## Programme Day 8



### Monday

Bus at 7.45 | 10.00 – 16.00



### Kumppanuustalo Artteli

You reach this location by bus



### Meal Infos

Lunch provided



### Travel Infos

Bus organised [click here for infos](#)

All Participants will meet again. This day is dedicated to Innovative Paths to Mental Well-Being: approaches by Valo-Valmennus and Silta-Valmennus Associations.

**Early checkout, breakfast starts at 6.30 already**

**Be ready in the lobby at 7.30 sharp**

### Contact onsite

Iida Koivuniemi +358 40 735 1203, Elsa Pardonon +358 403502662

Ildiko Meny +44 7432 206273

### Transport

#### Hotel to Kumppanuustalo Artteli

Please take our arranged bus. [Click here for more info](#)

Address: Mustanlahdenkatu 22, 33210 Tampere

[Google Maps Link](#)

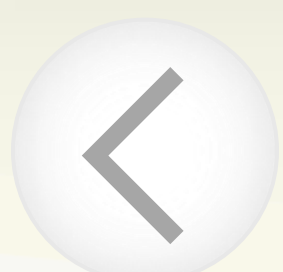
#### Kumppanuustalo Artteli to Hotel Ilves

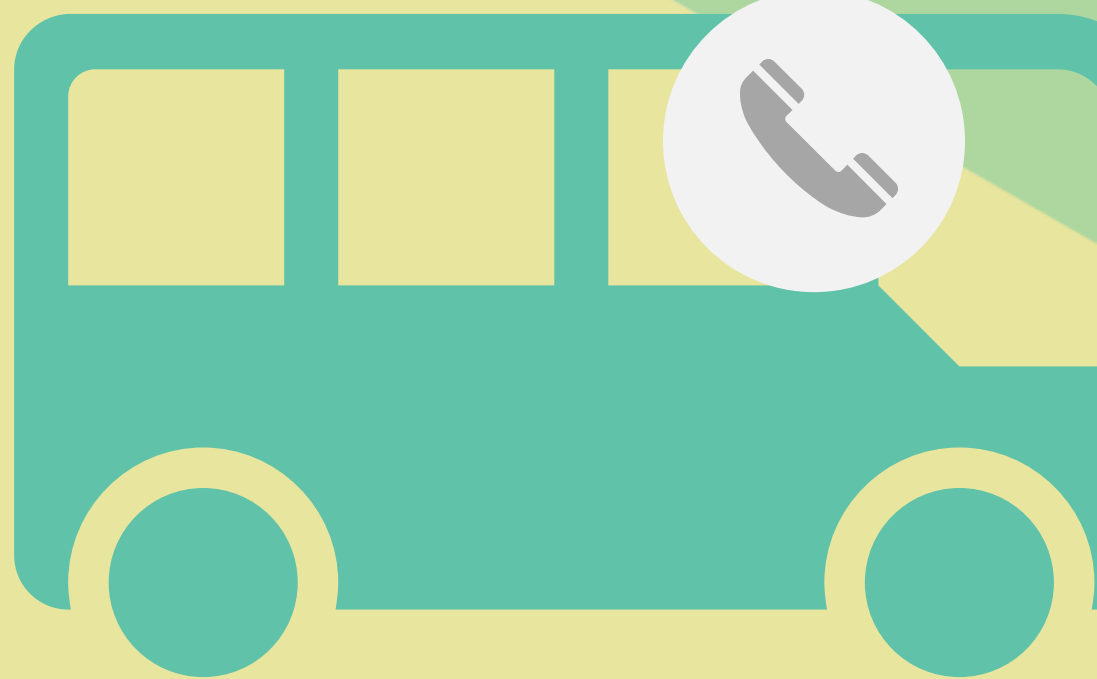
After the day is finished, our bus takes you to your hotel.

Duration: 20 min

Address: Hatanpään valtatie 1, 33100 Tampere

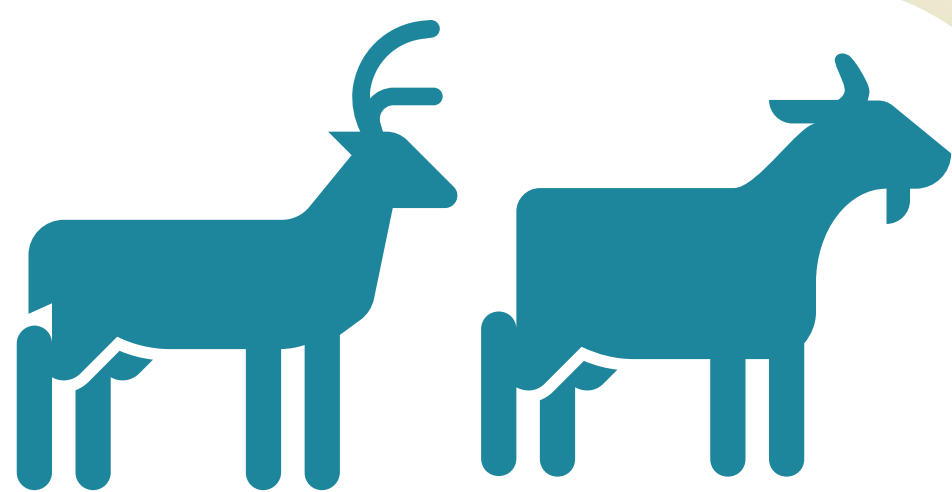
[Google Maps Link](#)





## Bus Trip

Monday 7 April 2025



# From Helsinki to Tampere

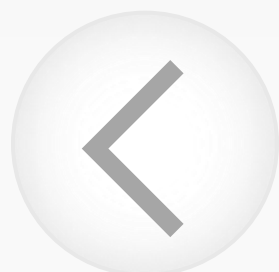
**Start: 7.45 at the GLO Hotel Art** (be ready at 7.30)

**End: 10.00 at Artteli Tampere**

**Breakfast Time: from 6.30 onwards**

The bus will take you to Artteli. There you spend the day. Leave your luggage in the bus. You will take that in the afternoon to reach your hotel.

**Please be ready in the lobby at sharp 7.30am.** The bus will leave at 7.45am.

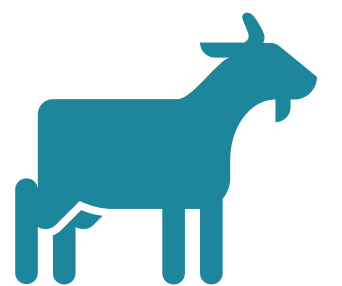




8

APR

## Programme Day 9



**Tuesday**

9.00 – 11.30 | 14.00 – 16.00



**HOPPU-PROJECT & PIRKANMAAN SETA-SINUIKSI RY**

[Google Maps HOPPU-PROJECT](#)

[Google Maps SINUIKSI RY](#)



**Meal Infos**

Lunch provided at Restaurant juvenes in Arvo" (University of Tampere) - Arvo Ylpön katu 34

This day is dedicated to Development of public mental health services for adolescent and children and LGBTIQ Rights and welfare.

Read more here: [HOPPU Website](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

### Transport

#### Hotel to Hoppu

Duration: 14 min

Address: Elämänaukio 2, 33520 Tampere

Tays University Hospital, Service Building 1 (Building P)

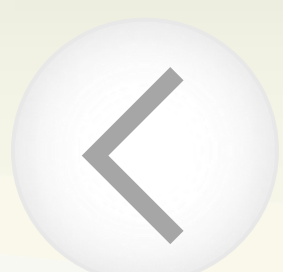
[Google Maps Link](#)

#### Hoppu to Pirkanmaan Seta -Sinuiksi ry

Duration: 13 min

Address: Näsilinnankatu 48 E, 33200 Tampere

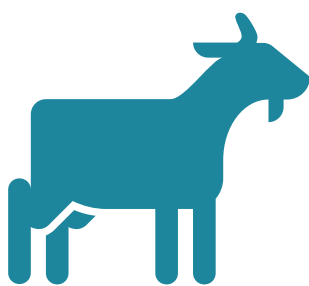
[Google Maps Link](#)





9  
APR

# Programme Day 10



**Wednesday**

8.30 – 10.00 | 13.00 – 15.00



**Tampere University (2 Locations)**

[Google Maps Tampere University](#)



**Meal Infos**

Lunch not provided

This day is dedicated to the impact of pregnancy and the prenatal period on the child's psychological development and mental health support for secondary school students.

Read more here: [University Website](#)

## Contact onsite

Elsa Pardonon +358 403502662

## Transport

### Hotel to Tampere University

Building "Arvo" in auditorium A207

Duration: 24 min

Address: Arvo Ylpön katu 34, 33520 Tampere, Auditorio F211a+b

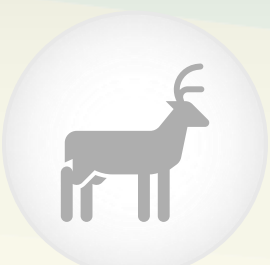
[Google Maps Link](#)

### Tampere University to Tampere University Of Applied Science

Duration: 4 min (walking: 15 min)

Address: Kuntokatu 3, 33520 Tampere , Auditorio E1-06

[Google Maps Link](#)

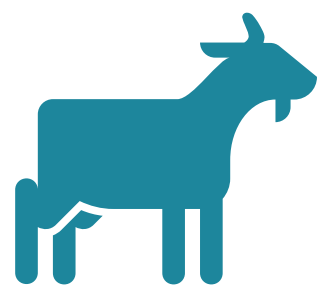






10  
APR

# Programme Day 11



## Thursday

9.00 – 11.00 | Bus Travel 14.00 – 17.00 | Dinner 18.30



## NEUVOLA-SYSTEM & Bus Travel back & Dinner at 18.30

[Google Maps Neuvola System](#)



## Meal Infos

Dinner provided



## Travel Infos

Bus organised [click here for infos](#)

This day is dedicated to Prenatal and postnatal health care – the holistic approach of the neuvola-system for supporting family well-being. Afterwards you have time for lunch. The bus takes you back at 14.00. At 18.30 we organised a fare-well dinner for everyone.

Read more here: [NEUVOLA SYSTEM Website](#)

## Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

Farewell-Dinner in Helsinki:  
Start: 18.30

Restaurant Mamma Rosa  
[Restaurant Website](#)

Address: Runeberginkatu 55, 00260 Helsinki  
[Google Maps Link Route](#)

## Transport

### Hotel to Neuvola System

Duration: 14 min

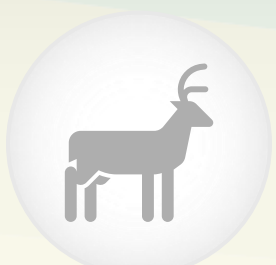
Address: Tipotie 4, 33230 Tampere

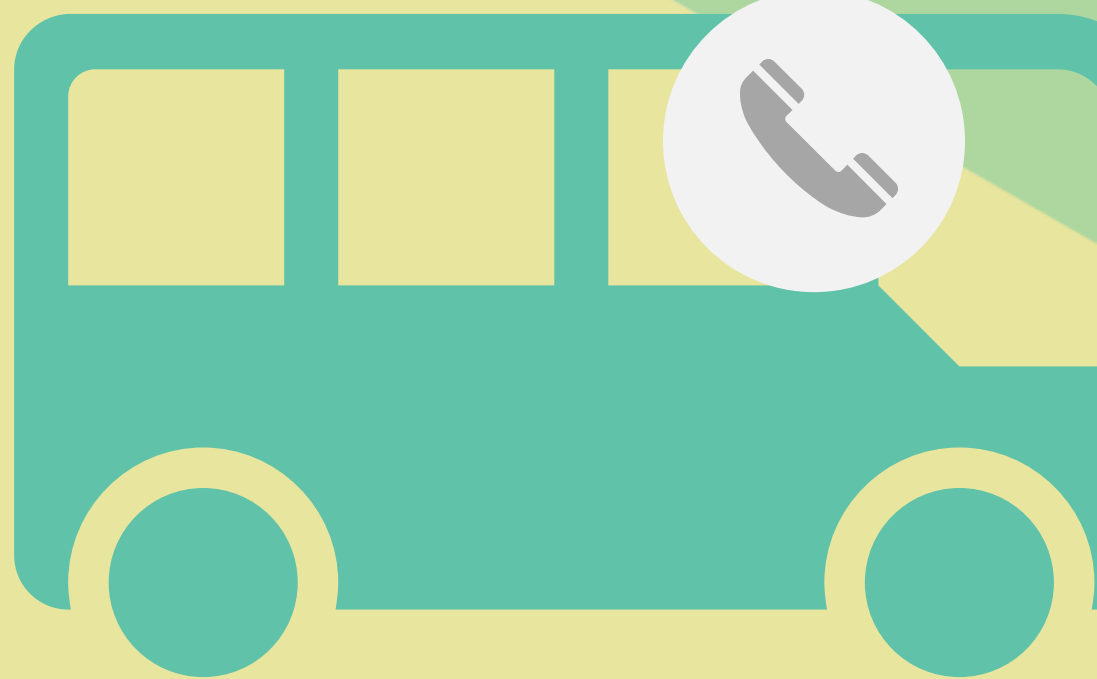
(The auditorio is located just to the left of the main doors)

[Google Maps Link](#)

### Neuvola System to Hotel to Helsinki

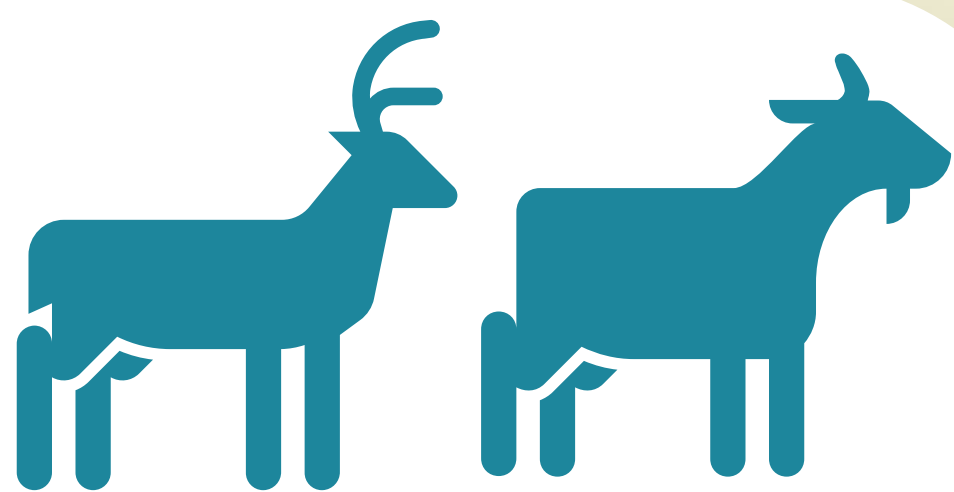
The bus will pick you up from your hotel and bring you straight to GLO Hotel Art Helsinki. When you check-out, please leave your luggage in the hotel. Pick it up when you take the bus. When you reach Helsinki, you have enough time to prepare for the dinner.





## Bus Trip

Thursday 10 April 2025



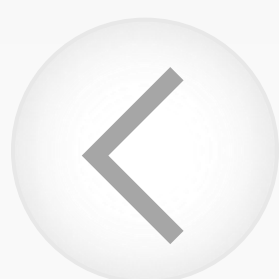
# From Tampere to Helsinki

**Start: 14.00 at Original Sokos Hotel**

**End: ca. 16.00 at GLO Hotel Art**

Please don't checkout in the morning. You have time to checkout until 12.00, so please come back after your programme.

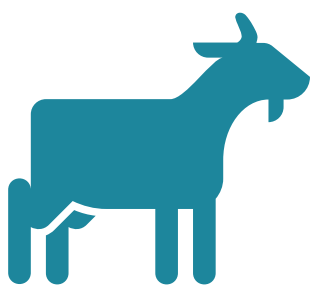
The bus will leave from the Hotel at 14.00 and drops you off at the hotel.





11  
APR

# Programme Day 12



**Friday**  
9.00 – 16.00



**LÄÄKÄRITALO ARVO**  
[Google Maps LÄÄKÄRITALO ARVO](#)



**Meal Infos**  
Lunch provided

All Participants will meet again and have a closure workshop.  
The EU-PROMENS Team will join you.

**Contact onsite**

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014, Iida Koivuniemi +40 735 1203

**Transport**

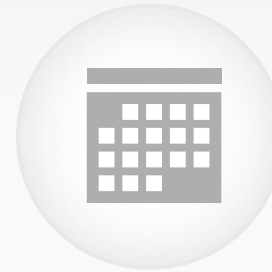
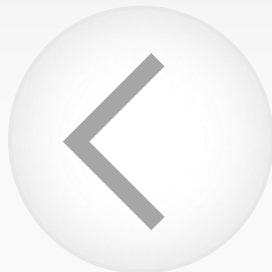
**Hotel to Lääkäritalo Arvo**

Duration: 22 min  
Address: Mäkelänkatu 2, 00500 Helsinki  
[Google Maps Link](#)



# PROGRAMME

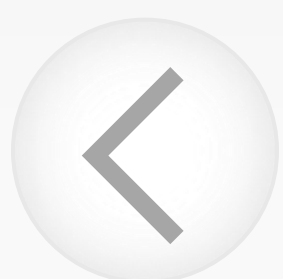
## Group 2A: Eagles





## Group 2A: Eagles

- 1.Vojtěch Bärtl
- 2.Sara Bestulić
- 3.Christopher Bezzina
- 4.Veronika Bila
- 5.Lindy Van Bijnen
- 6.Massimo Cherrett
- 7.Georgia Georgopoulou
- 8.Midhun Manohar
- 9.Nambadan Reshmy
- 10.Gemma Salazar
- 11.Daniel Šebek
- 12.Ma. Rio Alger Sermona
- 13.Hana Sušánková
- 14.Marek Susinka
- 15.Stachteia Xanthi
- 16.Maruša Zalokar
- 17.Zuzana Žarnay
- 18.Nina Zibolenová



# Eagles Calendar



- week 1
- week 2
- travel guide
- transport overview



31  
MAR

9.00 – 16.00 (11:30 – 12.45 Lunch)  
**LÄÄKÄRITALO & Quê Em Restaurant**  
Welcoming and contextualisation  
18.30 Get-together and dinner



1  
APR

10.00 – 12.00 (12.00 – 13.00 Lunch)  
**LAPINLAHTEN LÄHDE**  
A new era of citizen-centred and community-based  
mental wellbeing work



2  
APR

8.30 – 11.00 | 13.00 – 15.00  
**HOPPU-PROJECT & NEUVOLA-SYSTEM**  
Promoting the mental health of families, children  
and parents



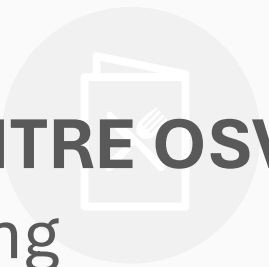
3  
APR

10.00 – 11.30 | 14.00 – 16.00  
**FINFAMI RY & MARIA ACADEMY**  
The power of individuals, communities and peers in  
mental health work



4  
APR

10.00 – 11.30 | 13:00 – 14:30  
**TAMPERE UNIVERSITY & UNIVERSITY TO CRISIS CENTRE OSVIITTA**  
Support in life crises and strengthening family well-being  
and non-violence

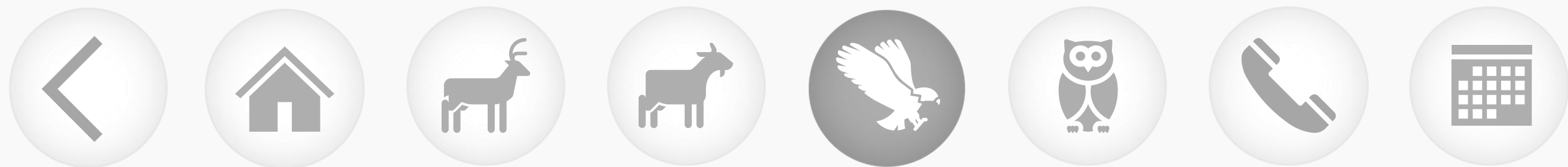


5  
APR

6  
APR



Weekend:  
Leisure time



# Eagles Calendar



week 1

week 2

travel guide

transport overview



7  
APR

10.00 – 16.00

KUMPPANUUSTALO ARTTELI

All groups spent the day together in Tampere.

Please check-out from the hotel with all luggage and take it with you. Your ride to Helsinki starts from there.



8  
APR

9.30 – 11.30 | 14.00 – 16.00

Y-SÄÄTIÖ & SURUNAUHA RY

Strengthening the mental health and well-being of young adults and people in vulnerable situations



9  
APR

9.00 – 10.30 | 13.00 – 15.00

ESKOT RY & MIINA SILLANPÄÄ SÄÄTIÖ

Mental health work for people in different in different ages and in various life situations



10  
APR

10.00 – 12.00 | 14.00 – 16.00 (Dinner at 18.30)

MIELI RY & EHYT RY

Reinforcing and supporting mental health and substance abuse prevention



11  
APR

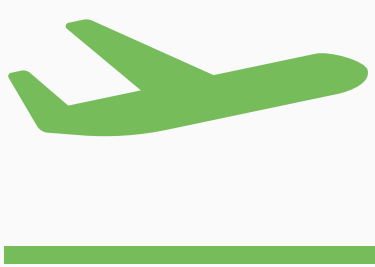
9.00 – 16.00 (12.00 – 13.00 Lunch)

LÄÄKÄRITALO ARVO

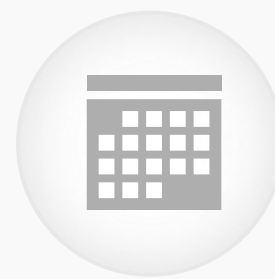
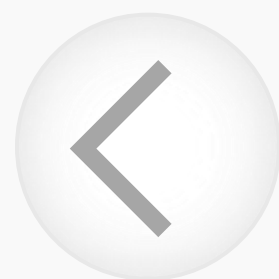
Closure Workshop conducted by EU-PROMENS Team



12  
APR



Farewell



# Eagles Calendar



week 1

week 2

travel guide

transport overview

Please use public transport, if we don't provide a ride. You can purchase the following tickets:

**Sunday, 30 March** (1 journey)

**Airport Ticket:** 4,20€

**Monday, 31** (1 journey)

**Single Ticket:** 3,20€

**Tuesday, 1 April** (1 journey)

**Single Ticket:** 3,20€

- In the afternoon, the private Coach will pick you up to bring you to Tampere.

**Wednesday, 2 April** (3 Journeys)

**Day Ticket:** 8,00€

**Thursday, 3 April** (3 Journeys)

**Day Ticket:** 8,00€

**Friday, 4 April** (3 Journeys)

**Day Ticket:** 8,00€

**Monday, 7 April**

**Single Ticket:** 3,20€

- In the afternoon, the private Coach will pick you up to bring you to Helsinki.

**Tuesday, 8 April to Thursday, 10 April**

**Multi-journey** (10-Journey Ticket) [using the HSL App](#): 28,80€

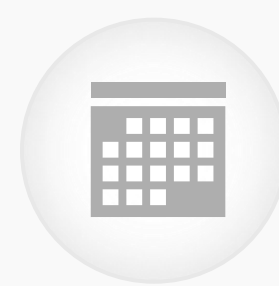
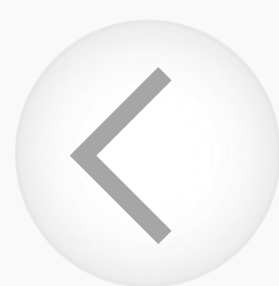
- *Note:* this ticket is personal. To buy a multi-journey ticket, you need to strongly authenticate. You can only activate one single ticket at a time.
  - Tuesday: 3 journeys
  - Wednesday: 3 journeys
  - Thursday (incl. dinner): 4 journeys

**Friday, 11 April**

**2 Single Tickets:** 6,40€

**Saturday, 12 April** (1 journey)

**Airport Ticket:** 4,20€





# Eagles Calendar



week 1

week 2

travel guide

transport overview

31  
MAR

8.30 outside Hotel

Start: GLO Hotel Art  
End: Lääkäritalo Arvo  
All Groups take 2 busses in total

1  
APR

14:00 outside Hotel

Start: GLO Hotel Art  
End: Original Soko Hotel Ilves  
**Leave Luggage in the hotel when you checkout.  
We booked an extra room for this.**

7  
APR

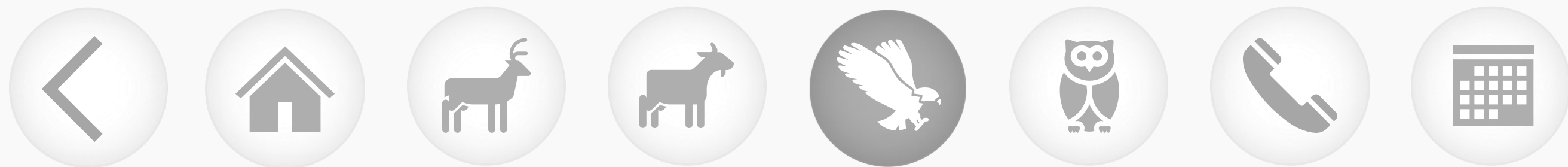
9:45 outside Hotel

Start: Original Soko Hotel Ilves  
End: Kumppanuustalo Artteli  
**Take Luggage with you when you checkout.  
You can store it in Artteli.**

7  
APR

16:00 outside Artteli

Start: Kumppanuustalo Artteli  
End: GLO Hotel Art Helsinki  
**Collect your Luggage from the room**





**31**  
**MAR**

# Programme Day 1



## Monday

9.00 – 16.00 | 11.30 – 12.45 Lunch | 18.30 Dinner



## LÄÄKÄRITALO & Restaurant Quê Em

[Google Maps LÄÄKÄRITALO](#)

[Google Restaurant Quê Em](#)



## Meal Infos

Lunch & Dinner provided

This day is filled with icebreakers, getting to know each other, information on the programme and the Finnish mental health strategy and mental health care.

The whole day is provided with food and drinks. At 18.30, you will have a paid dinner at Quê Em as a welcome get-together.

## Contact onsite

Eveliina Puska +358 40 350 3014

## Transport

### Morning: Lääkäritalo

Address: Mäkelänkatu 2, 00500 Helsinki

At 8.30 am sharp, two busses will pick the whole group up, to bring you to LÄÄKÄRITALO.

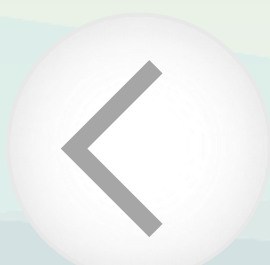
### Afternoon: Hotel & Quê Em

Please use public transport to get back to the hotel.

Duration: 15 min

[Google Maps Link](#)

The Restaurant Quê Em is just next to your hotel (9-minute walk)





1

APR

## Programme Day 2



### Tuesday

10.00 – 12.00 & Lunch (Bus at 14.00)



### LAPINLAHTEEN LÄHDE & Bus ride starts at hotel

[Google Maps](#)



### Meal Infos

Lunch provided



### Travel Infos

Bus organised [click here for infos](#)

This day is dedicated to a new era of citizen-centred and community-based mental wellbeing work.

Lapinlahteen Lähde is a Centre for arts, culture and mental well-being.

Read more here: <https://lapinlahdenlahde.fi/en/>

Please check out from the hotel and leave your luggage there.

After lunch you will take the bus to Tampere and can enjoy your free time.

### Contact onsite

Elsa Pardonen +358 403502662, Eveliina Puska +358 40 350 3014

Iida Koivuniemi +358 40 735 1203

### Transport

If you enjoy walking, it only takes you 20 minutes.

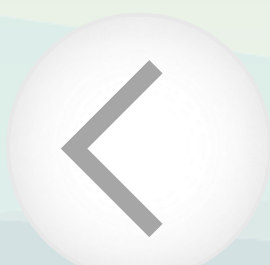
If you rather take the tram (takes the same time)

### Hotel to Lapinlahteen Lähde

Duration: 20 min

Address: Lapinlahdenpolku 8, 00180 Helsinki

[Google Maps Link](#)





# Bus Trip

Tuesday 1 April 2025

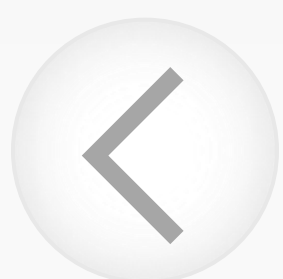


## From Helsinki to Tampere

**Start: 14.00 at the GLO Hotel Art**

**End: ca. 17.00 at Original Sokos Hotel Ilves**

Please do the check-out from the hotel before you leave. Leave your luggage in the hotel. You can pick it up when you take the bus back.







2  
APR

# Programme Day 3



**Wednesday**  
8.30 – 11.00 | 13.00 – 15.00



**HOPPU-PROJECT & NEUVOLA SYSTEM**  
[Google Maps HOPPU-PROJECT](#). [Google Maps Neuvola System](#)



**Meal Infos**  
Lunch provided at Kupari Restaurant at Tipotie

This day is dedicated to Development of public mental health services for adolescent and children and digital services, Prenatal and postnatal health care and the holistic approach of the neuvola-system for supporting family well-being.

Read more here: [HOPPU Website](#) [NEUVOLA SYSTEM Website](#)

## Contact onsite

Iida Koivuniemi +358 40 735 1203  
Elsa Pardonon +358 403502662

## Transport

### Hotel to Hoppu

Duration: 10 min  
Address: Tipotie 4, 33230 Tampere  
(The auditorio is located just to the left of the main doors)  
[Google Maps Link](#)

### Afternoon: Hoppu to Neuvola

Address: Tipotie 4, 33230 Tampere auditorio at the 5th floor  
Duration: 5 min





3

APR

## Programme Day 4



**Thursday**

10.00 – 11.30 | 14.00 – 16.00



**FINFAMI RY & MARIA ACADEMY**

[Google Maps Finfami](#)

[Google Maps Maria Academy](#)



**Meal Infos**

Lunch not provided

This day is dedicated to counselling and support to anyone affected by mentalhealth challenges or concerned about a friend or family member's mental health and preventive work against violence.

Read more here: [Finfami Website](#)

[Maria Academy Website](#)

### Contact onsite

Elsa Pardonon +358 403502662

### Transport

#### Hotel to Finfami

Duration: 20 min

Address: Hämeenkatu 25 A, Tampere, 6<sup>th</sup> floor

[Google Maps Link](#)

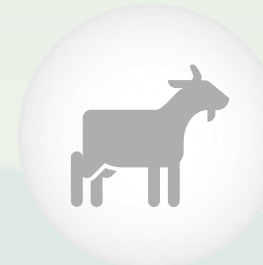
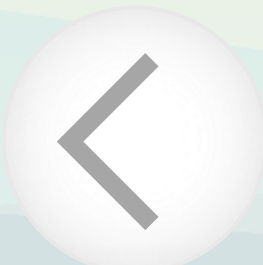
#### Afternoon: Finfami to Maria Academy

Address: Puutarhakatu 11c, 33210 Tampere

Access through the courtyard

Duration: 4 min on foot

[Google Maps Link](#)





4

APR

## Programme Day 5



**Friday**

10.00 – 11.30 | 13.00 – 14.30



**Tampere University & University to crisis centre Osviitta**

[Google Maps University](#) [Google Maps Osviitta](#)



**Meal Infos**

Lunch not provided

This day is dedicated to the impact of pregnancy and the prenatal period on the child's psychological development and low-threshold support for crises.

Read more here: [University Website](#)

[Osviitta Website](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

### Transport

#### Hotel to University

Duration: 20 min

Address: Arvo Ylpön katu 34, 33520 Tampere

UNIVERSITY OF TAMPERE, KAUPPI CAMPUS - > AUDITORIO F211a+b

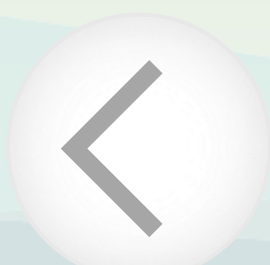
[Google Maps Link](#)

#### Afternoon: University to Osviitta

Address: Sorinkatu 4 C courtyard 2<sup>nd</sup> floor, 33100 Tampere

Duration: 23 min

[Google Maps Link](#)





7  
APR

## Programme Day 8



**Monday**

10.00 – 16.00



**Kumppanuustalo Artteli & Bus Trip at 4pm**

[Google Maps Artteli](#)



**Meal Infos**

Lunch provided



**Travel Infos**

Bus organised [click here for Morning](#)

Bus organised [click here for Afternoon](#)

All Participants will meet again. This day is dedicated to Innovative Paths to Mental Well-Being: approaches by Valo-Valmennus and Silta-Valmennus Associations.

Please checkout from the hotel and take your luggage with you.

### Contact onsite

Iida Koivuniemi +358 40 735 1203, Elsa Pardonon +358 403502662

Ildiko Meny +44 7432 206273

### Transport

#### Hotel to Kumppanuustalo Artteli

We have arranged transportation for you. Please be in the lobby at 9.45.

**The taxis leave 9:45 sharp.**

Address: Mustanlahdenkatu 22, 33210 Tampere

[Google Maps Link](#)

#### Kumppanuustalo Artteli to Hotel Ilves

After the day is finished, our bus takes you to your hotel in Helsinki.







# Bus Trip

Monday, 7 April 2025



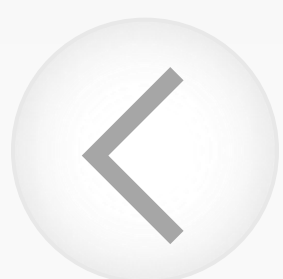
## Within Tampere

**Start: 9.45 at Original Sokos Hotel Ilves**

**End: ca. 10.00 at Kumppanuustalo Artteli**

Please do the check-out from the hotel before you leave to reach Artteli.

Please **carry your luggage to Artteli! We have room where you can store it**





# Bus Trip

Monday, 7 April 2025



## From Tampere to Helsinki

Start: 16.00 at Artteli

End: ca. 19.00 at the GLO Hotel Art

You will be picked up from Artteli directly and dropped off at GLO Hotel Art Helsinki.





8

APR

## Programme Day 9



**Tuesday**

9.30 – 11.30 | 14.00 – 16.00



**Y-SÄÄTIÖ & SURUNAUHA RY**

[Google Maps Y-SÄÄTIÖ](#). [Surunauha Ry](#)



**Meal Infos**

Lunch not provided

This day is dedicated to tackling the challenges of homelessness and peer support for relatives of people who have died by suicide .

Read more here: [Y-SÄTTIÖ Website](#)

[Surunauha Website](#)

### Contact onsite

Y-Sättiö: Eveliina Puska +358 40 350 3014

Surunauha: Teppo Kupias +358 44 751 9916

### Transport

#### Hotel to Y-SÄTTIÖ

Duration: 30 min

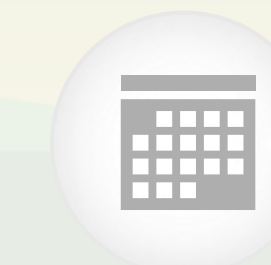
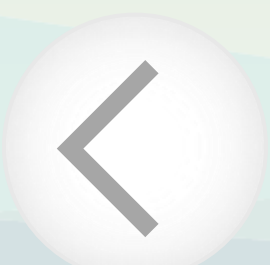
Address: Maistraatinportti 1, 00240 Helsinki

[Google Maps Link](#)

#### Afternoon: Y-SÄTTIÖ to Surunauha Ry

Address: Maistraatinportti 4 A, Floor 7, the door says Mieli ry and is locked. An employee will come to the door to welcome you.

Duration: 5 min walk





9

APR

# Programme Day 10



Wednesday

9.00 – 10:30 | 13.00 – 15.00



ESKOT RY & MIINA SILLANPÄÄ ASSOCIATION

[Google Maps MIINA SILLANPÄÄ](#)

[Google Maps Eskot Ry](#)



Meal Infos

Lunch not provided

This day is dedicated to # and well-being of older people.

Read more here: [Eskot Ry Website](#)  
(Finnish)

[Miina Sillanpää Website](#)

## Contact onsite

Eveliina Puska +358 40 350 3014

## Transport

### Hotel to Eskot Ry

Duration: 33 min

Address: Hämeentie 54, 00500 Helsinki

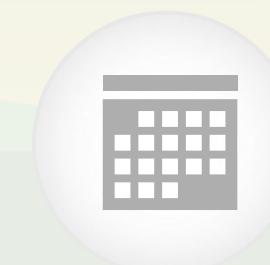
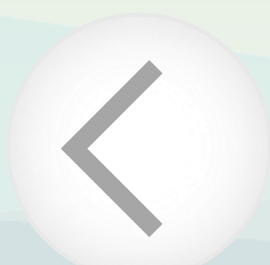
[Google Maps Link](#)

### Afternoon: Eskot Ry to Miina Sillanpää

Address: Taavetti Laitisen katu 4, 00300 Helsinki

Duration: 35 min

[Google Maps Link](#)







**10**  
**APR**

# Programme Day 11



## Thursday

10.00 – 12.00 | 14.00 – 16.00 (Dinner at 18.30)



## MIELI RY & EHYT RY & Dinner at 18.30

[Google Maps Mieli Ry](#)

[Google Maps Ehyt Ry](#)



## Meal Infos

Lunch not provided but Dinner provided

This day is dedicated to Finnish Mental Health and Substance Abuse Prevention works throughout Finland and to promote healthy lifestyles.

At 18.30 we organised a fare-well dinner for everyone.

Read more here: [Mieli Ry Website](#)

[Ehyt Ry Website](#)

## Contact onsite

Eveliina Puska +358 40 350 3014

## Transport

### Hotel to Mieli Ry

Duration: 35 min

Address: Maistraatinportti 4 A, Helsinki, 7<sup>th</sup> Floor

[Google Maps Link](#)

### Afternoon: Mieli Ry to Ehyt Ry

Address: Elimäenkatu 17-19, Helsinki

Duration: 12 min

[Google Maps Link](#)

**Farewell-Dinner in Helsinki:**  
**Start: 18.30**

**Restaurant Mamma Rosa**

[Restaurant Website](#)

Address: Runeberginkatu 55, 00260 Helsinki

[Google Maps Link Route](#)





11  
APR

## Programme Day 12



**Friday**

9.00 – 16.00



**LÄÄKÄRITALO ARVO**

[Google Maps LÄÄKÄRITALO ARVO](#)



**Meal Infos**

Lunch provided

All Participants will meet again and have a closure workshop.  
The EU-PROMENS Team will join you.

### Contact onsite

Eveliina Puska: +358 403503014

### Transport

#### Hotel to Lääkäritalo Arvo

Duration: 22 min

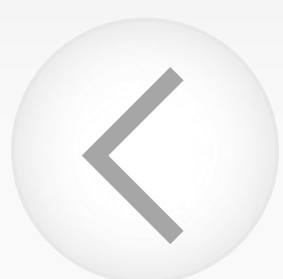
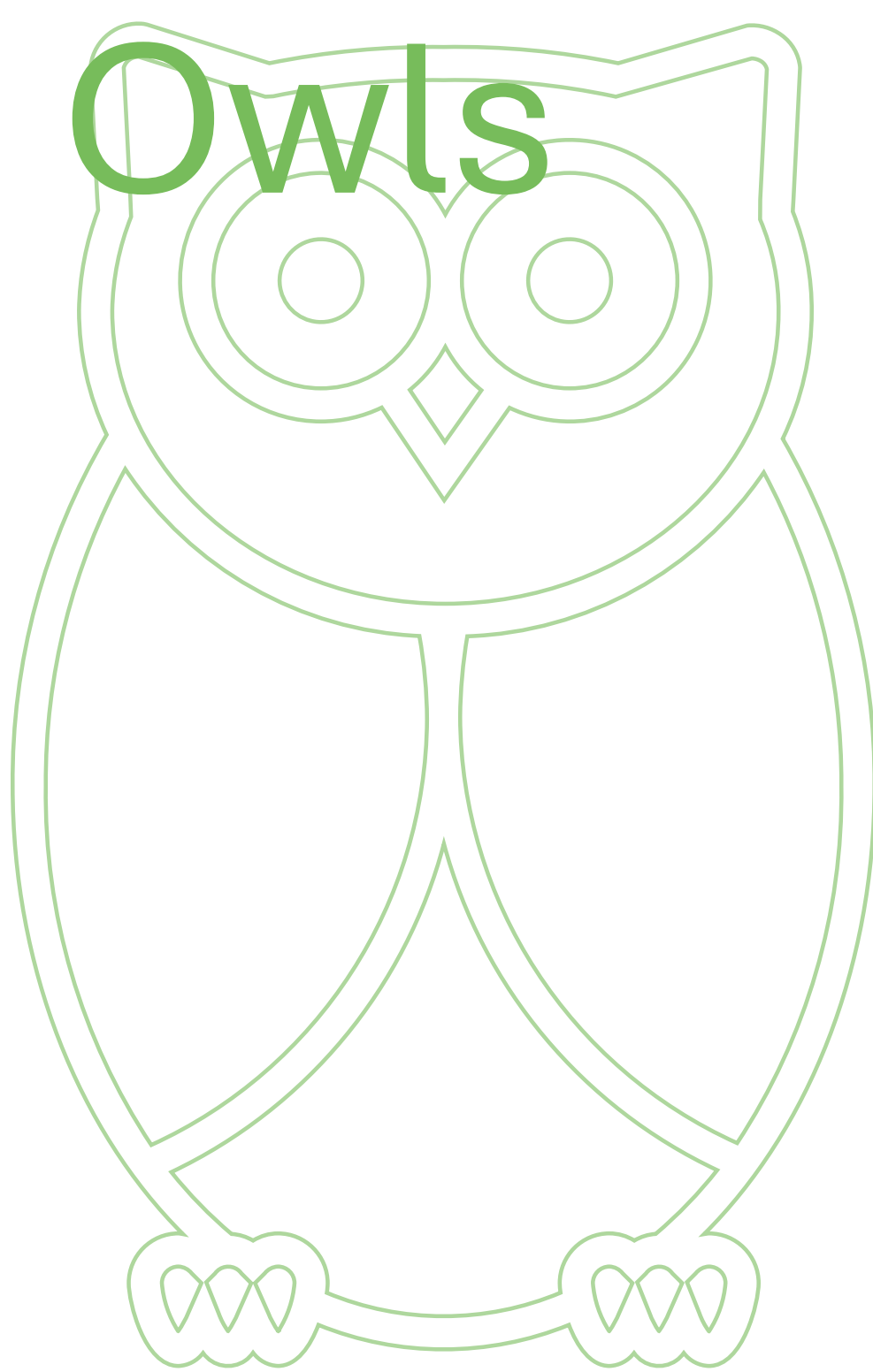
Address: Mäkelänkatu 2, 00500 Helsinki

[Google Maps Link](#)



# PROGRAMME

Group 2B: Owls



## Group 2B: Owls

1. Polina Abrazhevych
2. Viola Baumann
3. Vasileios Chronopoulos
4. Marco Mez
5. Vanya Noteva
6. Zineb Ouadghiri
7. Natalia Pastrana Rocher
8. Mariana-Denisa Petrescu
9. Patrycja Popiela
10. Nina Prosinečki
11. Miranda Reiter
12. Ana Filipa Rodrigues Rogério
13. Melissa Schmitzberger
14. Melinda-Timea Simó
15. Agnieszka Skrzypkowska
16. Alexandra Stallinger
17. Ximena Tiscareño Osorno
18. Daisy Trotta
19. Stanislava Tsoneva
20. Iris Žunić Išasegi





# Owls Calendar



week 1

week 2

travel guide

transport overview



31

MAR

9.00 – 16.00 (11:30 – 12.45 Lunch)

**LÄÄKÄRITALO & Quê Em Restaurant**

Welcoming and contextualisation

18.30 Get-together and dinner



1

APR

10.00 – 12.00 (12.00 – 13.00 Lunch)

**LAPINLAHTEN LÄHDE**

A new era of citizen-centred and community-based mental wellbeing work



2

APR

8.30 – 11.00 | 13.00 – 15.00

**HOPPU-PROJECT & NEUVOLA-SYSTEM**

Promoting the mental health of families, children and parents



3

APR

9.30 – 11.30 | 14.00 – 16.00

**SILTA-VALMENNUS & MARIA ACADEMY**

The power of individuals, communities and peers in mental health work



4

APR

10.00 – 11.30 | 13.00 – 15.00

**TAMPERE UNIVERSITY & PUHURI**

Support in life crises and strengthening family well-being and non-violence



5

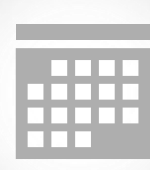
APR

6

APR



Weekend:  
Leisure time



# Owls Calendar



week 1

week 2

travel guide

transport overview



7  
APR

10.00 – 16.00

KUMPPANUUSTALO ARTTELI

All groups spent the day together in Tampere.

Please check-out from the hotel with all luggage and take it with you. Your ride to Helsinki starts from there.



8  
APR

9.00 – 11.00 | 14.00 – 16.00

VALO-VALMENNUS

Strengthening the mental health and well-being of young adults and people in vulnerable situations



9  
APR

9.00 – 11.00 | 13.00 – 15.00

KUKUNORI & MIINA SILLANPÄÄ SÄÄTIÖ

Mental health work for people in different in different ages and in various life situations

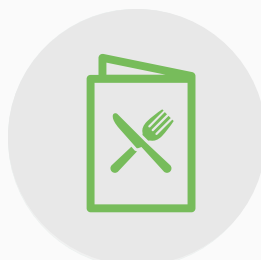


10  
APR

10.30 – 11.30 | 14.00 – 16.00 (Dinner at 18.30)

YEESI RY & EHYT RY

Reinforcing and supporting mental health and substance abuse prevention



11  
APR

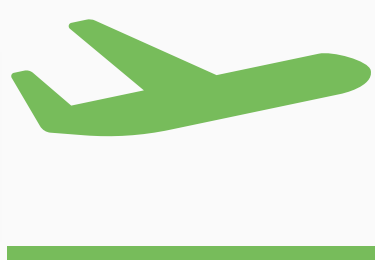
9.00 – 16.00 (12.00 – 13.00 Lunch)

LÄÄKÄRITALO ARVO

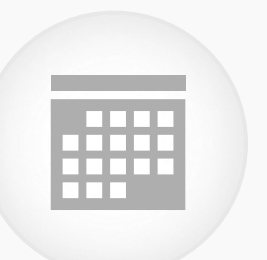
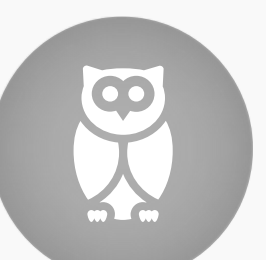
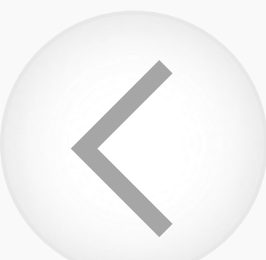
Closure Workshop conducted by EU-PROMENS Team



12  
APR



Farewell



# Owls Calendar



week 1

week 2

travel guide

transport overview

Please use public transport, if we don't provide a ride. You can purchase the following tickets:

**Sunday, 30 March** (1 journey)

**Airport Ticket:** 4,20€

**Monday, 31** (1 journey)

**Single Ticket:** 3,20€

**Tuesday, 1 April** (1 journey)

**Single Ticket:** 3,20€

- In the afternoon, the private Coach will pick you up to bring you to Tampere.

**Wednesday, 2 April** (3 Journeys)

**Day Ticket:** 8,00€

**Thursday, 3 April** (3 Journeys)

**Day Ticket:** 8,00€

**Friday, 4 April** (3 Journeys)

**Day Ticket:** 8,00€

**Monday, 7 April**

**Single Ticket:** 3,20€

- In the afternoon, the private Coach will pick you up to bring you to Helsinki.

**Tuesday, 8 April to Thursday, 10 April**

**Multi-journey** (10-Journey Ticket) [using the HSL App](#): 28,80€

- *Note:* this ticket is personal. To buy a multi-journey ticket, you need to strongly authenticate. You can only activate one single ticket at a time.
  - Tuesday: 3 journeys
  - Wednesday: 3 journeys
  - Thursday (incl. dinner): 4 journeys

**Friday, 11 April**

**2 Single Tickets:** 6,40€

**Saturday, 12 April** (1 journey)

**Airport Ticket:** 4,20€



# Owls Calendar



week 1

week 2

travel guide

transport overview

31  
MAR

## 8.30 am outside Hotel

Start: GLO Hotel Art  
End: Lääkäritalo Arvo  
All Groups take 2 busses in total

1  
APR

## 14:00 outside Hotel

Start: GLO Hotel Art  
End: Original Soko Hotel Ilves  
**Leave Luggage in the hotel when you checkout.  
We booked an extra room for this.**

7  
APR

## 9:45 outside Hotel

Start: Original Soko Hotel Ilves  
End: Kumppanuustalo Artteli  
**Take Luggage with you when you checkout. You  
can store it in Artteli.**

7  
APR

## 16:00 outside Artteli

Start: Kumppanuustalo Artteli  
End: GLO Hotel Art Helsinki  
**Collect your Luggage from the room**

9  
APR

## 8:15 outside Hotel | 12:35 outside Kukunori

1. Start: GLO Hotel Art Helsinki  
End: Kukunori
2. Start: Kukunori  
End: Miina Sillanpää Säätiö







31  
MAR

# Programme Day 1



## Monday

9.00 – 16.00 | 11.30 – 12.45 Lunch | 18.30 Dinner



## LÄÄKÄRITALO & Restaurant Quê Em

[Google Maps LÄÄKÄRITALO](#)

[Google Restaurant Quê Em](#)



## Meal Infos

Lunch & Dinner provided

This day is filled with icebreakers, getting to know each other, information on the programme and the Finnish mental health strategy and mental health care.

The whole day is provided with food and drinks. At 18.30, you will have a paid dinner at Quê Em as a welcome get-together.

## Contact onsite

Eveliina Puska +358 40 350 3014

## Transport

### Morning: Lääkäritalo

Address: Mäkelänkatu 2, 00500 Helsinki

At 8.30 am sharp, two busses will pick the whole group up, to bring you to LÄÄKÄRITALO.

### Afternoon: Hotel & Quê Em

Please use public transport to get back to the hotel.

Duration: 15 min

[Google Maps Link](#)

The Restaurant Quê Em is just next to your hotel (9-minute walk)





**1**  
**APR**

## Programme Day 2



### Tuesday

10.00 – 12.00 & Lunch (Bus at 14.00)



### LAPINLAHTEN LÄHDE & Bus ride starts at hotel

[Google Maps](#)



### Meal Infos

Lunch provided



### Travel Infos

Bus organised [click here for infos](#)

This day is dedicated to a new era of citizen-centred and community-based mental wellbeing work.

Lapinlahteen Lähde is a Centre for arts, culture and mental well-being.

Read more here: <https://lapinlahdenlahde.fi/en/>

Please check out from the hotel and leave your luggage there.

After lunch you will take the bus to Tampere and can enjoy your free time.

### Contact onsite

Elsa Pardonon +358 403502662, Eveliina Puska +358 40 350 3014

Iida Koivuniemi +358 40 735 1203

### Transport

If you enjoy walking, it only takes you 20 minutes.

If you rather take the tram (takes the same time)

### Hotel to Lapinlahteen Lähde

Duration: 20 min

Address: Lapinlahdenpolku 8, 00180 Helsinki

[Google Maps Link](#)





# Bus Trip

Tuesday 1 April 2025

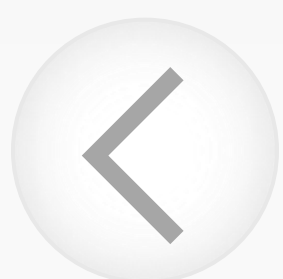


## From Helsinki to Tampere

**Start: 14.00 at the GLO Hotel Art**

**End: ca. 17.00 at Original Sokos Hotel Ilves**

Please do the check-out from the hotel before you leave. Leave your luggage in the hotel. You can pick it up when you take the bus back.





2  
APR

## Programme Day 3



### Wednesday

8.30 – 11.00 | 13.00 – 15.00



### HOPPU-PROJECT & NEUVOLA SYSTEM

[Google Maps HOPPU-PROJECT](#). [Google Maps Neuvola System](#)



### Meal Infos

Lunch provided at Kupari Restaurant at Tipotie

This day is dedicated to Development of public mental health services for adolescent and children and digital services, Prenatal and postnatal health care and the holistic approach of the neuvola-system for supporting family well-being.

Read more here: [HOPPU Website](#)  
[Website](#)

[NEUVOLA SYSTEM](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

### Transport

#### Hotel to Hoppu

Duration: 10 min

Address: Tipotie 4, 33230 Tampere  
(The auditorio is located just to the left of the main doors)

[Google Maps Link](#)

#### Afternoon: Hoppu to Neuvola

Address: Tipotie 4, 33230 Tampere auditorio at the 5th floor

Duration: 5 min







3

APR

## Programme Day 4



**Thursday**

9.30 – 11.30 | 14.00 – 16.00



**SILTA VALMENNUS & MARIA ACADEMY**

[Google Maps Finfami](#)

[Google Maps Maria Academy](#)



**Meal Infos**

Lunch not provided

This day is dedicated to counselling and support to anyone affected by mental illness or concerned about a friend or family member's mental health and preventive work against violence.

Read more here: [Silta Website](#) [Maria Academy Website](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203

Kirsi Riihijärvi +358 40 627 9919

### Transport

#### Hotel to Silta Valmennus

Duration: 24 min

Address: Vehnämyllynkatu 4, 33560 Tampere

[Google Maps Link](#)

#### Afternoon: Silta to Maria Academy

Address: Puutarhakatu 11c, 33210 Tampere

Duration: 30 min

[Google Maps Link](#)





4

APR

## Programme Day 5



**Friday**

10.00 – 11.30 | 13.00 – 15.00



**Tampere University & Puhuri**

[Google Maps University](#)

[Google Maps Puhuri](#)



**Meal Infos**

Lunch not provided

This day is dedicated to the impact of pregnancy and the prenatal period on the child's psychological development and low-threshold support for crises and child-centred violence service for families.

Read more here: [University Website](#)

[Puhuri Website \(Finish\)](#)

### Contact onsite

Iida Koivuniemi +358 40 735 1203

Elsa Pardonon +358 403502662

### Transport

#### Hotel to University

Duration: 20 min

Address: Arvo Ylpön katu 34, 33520 Tampere

UNIVERSITY OF TAMPERE, KAUPPI CAMPUS - > AUDITORIO F211a+b

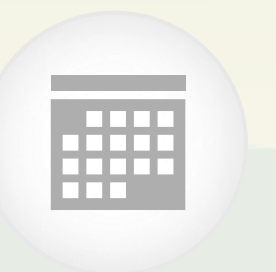
[Google Maps Link](#)

#### Afternoon: University to Puhuri

Address: Puutarhakatu 11 C, 33210 Tampere

Duration: 22 min

[Google Maps Link](#)





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APR

## Programme Day 8



**Monday**

10.00 – 16.00



**Kumppanuustalo Artteli & Bus Trip at 4pm**

[Google Maps Artteli](#)



**Meal Infos**

Lunch provided



**Travel Infos**

Bus organised [click here for Morning](#)

Bus organised [click here for Afternoon](#)

All Participants will meet again. This day is dedicated to Innovative Paths to Mental Well-Being: approaches by Valo-Valmennus and Silta-Valmennus Associations.

Please checkout from the hotel and take your luggage with you.

### Contact onsite

Iida Koivuniemi +358 40 735 1203, Elsa Pardonon +358 403502662

Ildiko Meny +44 7432 206273

### Transport

#### Hotel to Kumppanuustalo Artteli

We have arranged transportation for you. Please be in the lobby at 8.20.

**The taxis leave 8.30 sharp.**

Address: Mustanlahdenkatu 22, 33210 Tampere

[Google Maps Link](#)

#### Kumppanuustalo Artteli to Hotel Ilves

After the day is finished, our bus takes you to your hotel in Helsinki.





## Bus Trip

Monday, 7 April 2025



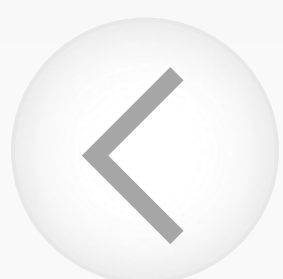
## Within Tampere

**Start: 9.45 at Original Sokos Hotel Ilves**

**End: ca. 10.00 at Kumppanuustalo Artteli**

Please do the check-out from the hotel before you leave to reach Artteli.

Please carry your luggage to Artteli! We have room where you can store it







# Bus Trip

Monday, 7 April 2025



## From Tampere to Helsinki

Start: 16.00 at Artteli

End: ca. 19.00 at the GLO Hotel Art

You will be picked up from Artteli directly and dropped off at GLO Hotel Art Helsinki.





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APR

# Programme Day 9



**Tuesday**

9.00 – 11.00 | 14.00 – 16.00



**VALO-VALMENNUS**

[Google Valo 1](#) [Google Maps VALO 2](#)



**Meal Infos**

Lunch not provided

This day is dedicated rehabilitative work activities and the space for youth, strengthening young adults' sense of self and experience of inclusion and Jiippi-project + OloTila-Project.

Read more here: [Valo Website](#)

## Contact onsite

Katja Pirttilahti +358 40 557 8180

Juho Peltonen, Eeva Salmi +358 44 236 9662

## Transport

### Hotel to Valo Valmennus 1

Duration: 30 min

Address: Asiakkaankatu 3, 00930 Helsinki

[Google Maps Link](#)

### Afternoon: Valo Valmennus 1 to Valo Valmennus 2

Address: Annankatu 29 A 14, 00100 Helsinki

Duration: 25 min

[Google Maps Link](#)





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APR

## Programme Day 10



**Wednesday**

9.00– 11.00 | 13.00 – 15.00



**Kukunori & Miina Sillanpää Association**

[Google Maps Kukunori](#) [Google Maps MIINA SILLANPÄÄ](#)



**Meal Infos**

Lunch not provided



**Travel Infos**

Travel by Coach & Train

This day is dedicated to the culture of well-being.

Read more here: [Kukunori Website](#) [Miina Sillanpää Website](#) (Finnish)

### Contact onsite

Eeva Salmi +358 44 236 9662

Eveliina Puska +358 40 350 3014

**The following Transport is fully organised by Bus:**

### Hotel to Kukunori

Pick up at 8.15 am

Address: Malmin raitti 17B, 0700 Helsinki

### Kukunori to Miina Sillanpää

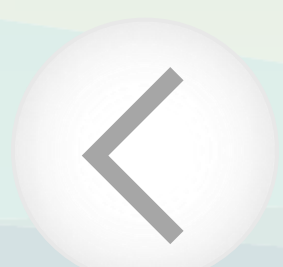
Pick up at 12.35

Address: Taavetti Laitisen katu 4

00300 Helsinki

### Miina Sillanpää to Hotel

Please organise your trip to the hotel back yourself.





# Bus Trip

Wednesday 9 April



## From and to Kukunori

### BUS 1

Start: 8.15

Route: GLO Hotel Art to Kukunori

You will be picked up from the hotel directly.

### BUS 2

Start: 12.35

Route: Kukunori to Miina Sillanpää







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APR

## Programme Day 11



### Thursday

10:00-11:30 | 14.00 – 16.00 (Dinner at 18.30)



### Yeesi RY & EHYT RY & Dinner at 18.30

[Google Maps Yeesi Ry](#)   [Google Maps Ehyt Ry](#)



### Meal Infos

Lunch not provided but Dinner provided

This day is dedicated to Finnish Mental Health and Substance Abuse Prevention works throughout Finland and to promote healthy lifestyles.

At 18.30 we organised a fare-well dinner for everyone.

Read more here: [Yeesi Ry Website](#)   [Ehyt Ry Website](#)

### Contact onsite

Eveliina Puska +358 40 350 3014

### Transport

#### Hotel to Yeesi Ry

Duration: 35 min

Address: Elimäenkatu 26, 3rd floor, 00520 Helsinki

[Google Maps Link](#)

#### Afternoon: Yeesi Ry to Ehyt Ry

Address: Elimäenkatu 17-19, Helsinki

Duration: 2 min Walking

**Farewell-Dinner in Helsinki:**  
**Start: 18.30**

**Restaurant Mamma Rosa**  
[Restaurant Website](#)  
Address: Runeberginkatu 55, 00260 Helsinki  
[Google Maps Link Route](#)





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**APR**

## Programme Day 12



**Friday**

9.00 – 16.00



**LÄÄKÄRITALO ARVO**

[Google Maps LÄÄKÄRITALO ARVO](#)



**Meal Infos**

Lunch provided

All Participants will meet again and have a closure workshop.  
The EU-PROMENS Team will join you.

### Contact onsite

Eveliina Puska: +358 403503014

### Transport

#### Hotel to Lääkäritalo Arvo

Duration: 22 min

Address: Mäkelänkatu 2, 00500 Helsinki

[Google Maps Link](#)





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