

Wellbeing in Espoo

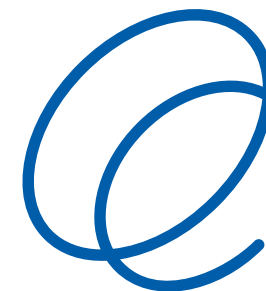


Photo: Anna Valli



Photo: Olli Urpela

**Municipal services support
wellbeing and participation**



**ESPOO
ESBO**



Photo: Olli Urpela

Your wellbeing is important!

Espoo offers various public and private services that allow residents to enjoy exercise, cultural experiences, shared activities, joyful hobbies and the magic of learning. Many organisations and clubs also offer meaningful activities and support.

Feedback received from local residents highlights their wishes for a smooth everyday life, services and mobility as well as for a vibrant city with a strong sense of community. Local nature, a clean environment and ecological issues are also important to our residents. Espoo wants to invest in all these aspects.

Espoo wants to safeguard equality in all its activities. As a multicultural and multilingual city, we also support integration in many ways. We want Espoo to be a wonderful place to live for all residents.

Photo: Sami Perttilä



Enemmän läheltä

Seuraa somessa: **ENTRESSE**
@entresse KAUPPAKESKUS

Siltakatu 11, Espoo
entresse.fi

What does the municipality do to promote residents' wellbeing?

Promotion of knowledge and culture

- Early childhood education
- Comprehensive education
- General upper secondary education
- Vocational education and training
- Liberal adult education
- Art and cultural services
- Library services
- Youth services
- Sports and exercise services
- Student welfare services (together with the wellbeing services county)

Development of the living environment

- Land policy
- Land use planning
- Transport, public transport
- Construction and maintenance of road networks
- Water services
- Waste management
- Energy production and distribution
- Building control services
- Housing services
- Environmental protection and health care
- Security and preparedness

Promotion of the city's vitality

- The city's appeal
- Employment and business services
- Support for hard-to-employ individuals, outreach youth work, workshops, prevention of long-term unemployment, work in districts, integration
- Industrial policy: business advice, marketing of the area, open data
- Resource-wise practices
- Provision of plots: companies, housing, services

Promotion of local identity and democracy

- Wide range of opportunities for participation
- A sense of community at the local level
- Communications, interaction and language services
- Elections and representative democracy
- Opportunities for NGO activities
- Residents' own activities
- New forms of democracy
- Multiculturalism

Adapted from material produced by the Association of Finnish Local and Regional Authorities



The Western Uusimaa Wellbeing Services County is responsible for health and social services in Espoo. Read more: luvn.fi/en



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On a path of growth and learning

In Espoo, the path of growth and learning starts from early childhood education and continues all the way to upper secondary education. We want to make sure that all children and young people have the best opportunities to grow, develop, learn and participate in both guided and free-time activities.

A smooth and equal learning path that supports wellbeing is built together with children, young people and their families as well as with the city's partners.





Read more:
espoo.fi/en/childcare-and-education



Photo: Marika Tuominen

**Mutkaton ostospaikka
Niittykummun sydämessä**

Seuraa meitä  

NIITY
KAUPPAKESKUS



Photo: Elena Savina

Nuori Espoo – youth activities

Nuori Espoo offers fun activities, events, experiences and everyday support for young people. We have 20 youth centres with both on-site and online activities as well as two mobile youth work units known as Kerttu and Keijo – and of course a great team running these services.

Read more: espoo.fi/en/youth

General upper secondary schools in Espoo

In Espoo, students can choose from a wide range of motivating studies. We also offer opportunities for specialisation – for example in sciences, arts, sports and internationality.

Read more: espoo.fi/en/childcare-and-education/general-upper-secondary-education



Photo: Taru Turpeinen

Ohjaamotalo helps with everyday challenges

Ohjaamotalo's services are intended for under 30-year-old Espoo residents. The one-stop shop helps with matters related to education, career choices, job seeking, life management, personal finances and housing, for example.

Art education

There are about 20 providers of basic education in the arts in Espoo. Their selection of art forms includes architecture, visual arts, handicrafts, media arts, music, literary art, dance, theatre and circus. The schools charge a fee, but discounts and free places are also available.



Photo: Kira Hermonen

Interested in a qualification or competence development?

Omnia, the Joint Authority of Education in the Espoo Region, offers a wide range of upper secondary education. You can complete a qualification, acquire new skills or develop your existing competence.

Read more: omnia.fi/en

Life-long learning

The Espoo Adult Education Centre and the Swedish-speaking Arbis offer thousands of courses from sports to languages and culture and from IT to arts and nature-related topics. The courses are open to people of all ages.

Etelä-Espoon Pallo ry on Matinkylän, Olarin ja Suurpellon alueella toimiva jalkapalloseura, jonka toiminnassa on mukana jo yli 900 pelaajaa.

EsPa tarjoaa laadukasta valmennusta ja joukkueemme harjoittelevat erinomaisissa olosuhteissa ympäri vuoden. Espalaisuus alkaa jalkapallokoulusta 4-5 vuotiaana ja voi jatkua aina EsPan edustus-joukkueeseen. Seura tarjoaa myös harrastefutista.

Tervetuloa mukaan!



PARASTA PAIKALLISTA JALKAPALLOA

www.etelaespoonpallo.fi

 EsPa_ry  EsPa_ry

A city full of culture

Espoo is a diverse city of culture. Our libraries, museums, theatres and orchestras offer cultural experiences all year round. The city also organises various cultural events and recreational activities for people of all ages.



Read more:
espoo.fi/en/culture-and-leisure



Photo: Tanu Kallio



CHILDREN'S THEATER IN ESPOO SINCE 1975

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Juhannusmäki 2, Espoo / tel. +358 9 4391 220



**TEATTERI
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hevosenkanka.fi



Photo: Elena Savina

Culture Call

Culture Call brings culture to day care centres in Espoo. Art and culture professionals visit day care centres to perform and to guide activities planned for children and encourage staff to make use of art in early childhood education.

KULPS brings culture to schools

The KULPS culture and sports path is a unique system invented in Espoo, which promotes equality between schoolchildren. KULPS allows children to visit cultural and sports facilities in the middle of the school day and as part of pre-primary or basic education. The activities are free of charge for schools.

A new hobby for children and young people from the Hobby Path

The Espoo Hobby Path helps children and young people find a fun hobby free of charge. No prior experience or skills are needed.



Kaikukortti, which is granted on a discretionary basis, gives people with financial difficulties an opportunity to enjoy art and culture free of charge.

Read more: espoo.fi/en/culture-and-leisure/kaikukortti



Photo: Sami Perttilä

Visit a library or museum!

Libraries are cultural centres open to all. Their collections include books, magazines, newspapers, music and other materials. You can also study, participate in recreational activities and see exhibitions at libraries.

At Espoo's museums, you can explore the city's cultural history, contemporary art, play and toys, among other things.

Theatre and music

Every year, Espoo City Theatre produces several performances and organises related artist meetings, introductions and workshops.

The Tapiola Sinfonietta and Espoo Big Band offer high-quality musical experiences to fans of classical music, pop and jazz.

**Espoo
Kaupunginteatteri
The International
Theatre of Finland**

Ajankohtaisuutta & laatua.
Kokellisuutta & taide-elämyksiä.
Tarinoita & yllätyksiä!

Espoolaisten oma teatteri

Surtitles in mobile app
(usually in Finnish & in English)

espoonteatteri.fi

lippu.fi

**ESPOON
KAUPUN
GINTEAT
TERI**
The International
Theatre of Finland

Nature is a source of wellbeing

In Espoo, nature is always nearby. Central Park, Nuuksio National Park, the archipelago and other natural areas invite people of all ages and abilities to enjoy and learn more about nature. There are also many valuable and protected natural monuments, geological sites and traditional landscapes in Espoo.



Read more:
espoo.fi/en/sports-and-nature

Photo: Sami Perttilä

The accessible nature trail “Korenon kierros” in Lakisto (Northern Espoo) is also suitable for wheelchair users. There are signs along the trail.

Read more (in Finnish):
hdl.fi/esteeton-luontopolku





Photo: Olli Urpela

Explore nature trails

There are marked nature trails for recreational use. Along these trails, you can find information about local nature and its special characteristics. There is also an accessible nature trail. The Olari health nature trail allows you, through various exercises, to take a break from your daily life and focus on your body and mind.

You can explore nature trails on your own or join a guided excursion.



Photo: Patrik Fagerström

Go island-hopping!

Espoo's archipelago includes several islands that are open to everyone. In the summer, you can access the islands by scheduled boats. Cyclists are also welcome aboard.

The city promotes cycling

The city's 'It's Like Riding a Bicycle' project promotes cycling in Espoo and offers cycling courses for adults who did not learn to ride a bicycle as a child. The project also aims to extend the life of bicycles in the spirit of the circular economy.

We can all do something for the environment. Everyone is responsible for the wellbeing of nature, and you can promote biodiversity in many ways, for example in your own yard.



Read tips and instructions here (in Finnish):

espoo.fi/liikunta-ja-luonto/tietoa-luonnosta/luonnonsuojelu/ohjeita-luontotekoihin

HALTIA



Koe Suomen luonto Haltiassa

Vuokraa varusteet ja nappaa reittivinkit retkellesi, nauti Haltian luontonäyttelyistä ja lähiruoosta. Osallistu luontokouluun, monipuolisiin tapahtumiimme tai järjestä oma tilaisuutesi meillä.

Suomen luontokeskus Haltia on portti Nuuksion kansallispuistoon sekä koko Suomen luontoon.

Nuuksiontie 84, Espoo
haltia.com | shop.haltia.com





Exercise all year round

Espoo offers many opportunities for sports and exercise all year round, both indoors and outdoors, in the form of independent and guided activities. Some sports services are provided together with sports clubs. Residents can also book a regular time slot for themselves and their group at a sports hall or swimming pool.



Read more:
espoo.fi/en/espoo-liikkuu

Photo: Tuire Ruokosuo



Suomen Fysiovalmentajat Oy
info@fysiovalmentajat.com
tel. +358 45 664 4014

EBK-Honka Arena, 2nd floor
Kylävainiontie 20,
FI-02760 Espoo

Physiotherapy by coaching

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- Do you want to start exercising despite the pain and cramps?

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family company from Espoo.

www.fysiovalmentajat.com





Photo: Vessi Hämäläinen

Low-threshold exercise

Neighbourhood sports areas are versatile sports facilities that are available to all Espoo residents for free. Perhaps you would like to try the agility and balance course at Auroran koulu, panna football at Jalavapuiston koulu or outdoor table tennis at the Tapiola residents' park.

Physical activity counselling helps you get started

How should I start exercising? What sports could I do? Sports instructors provide free-



Photo: Sami Perttilä

of-charge counselling on sports and exercise for people of all ages, especially those who are new to exercise. Call 09 8166 0800 to book an appointment for physical activity counselling.

Exercise and wellbeing for seniors

The city offers free sports and exercise services to Espoo residents aged 69 and over with the +68 Sports Wristband. The wristband is granted for two years at a time.

Espoo's Senioripaku (Elderly People's Van) tours the city from May to September and offers, among other things, guided exercise, art and culture, and advisory services. The activities are free of charge and intended for all seniors in Espoo and their loved ones.



Read more:

[espoo.fi/en/city-and-decision-making/senioripaku-espoos-elderly-peoples-van](https://www.espoo.fi/en/city-and-decision-making/senioripaku-espoos-elderly-peoples-van)



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A sustainable city is built together

Socially sustainable cities do not exist without resident participation and democracy. A socially sustainable society treats all its members equally, supports their wellbeing, health and functional capacity, and offers the required security and services.

Espoo wants to strengthen resident participation and a sense of community. We share information clearly and openly and get residents involved in solving common challenges. This increases confidence and improves decision-making. We also support residents' activities by lending equipment, renting out facilities and offering grants.

Read more about ways to participate and Espoo's work to promote resident participation:



espoo.fi/en/city-espoo/participate-and-contribute

Photo: Taru Turpeinen





The 'high five' symbol indicates opportunities for participation.

Join in!

Many organisations, voluntary groups and neighbourhood associations offer people an opportunity to make a difference and participate in fun activities. There are also support groups, and help is available, for example with homework.

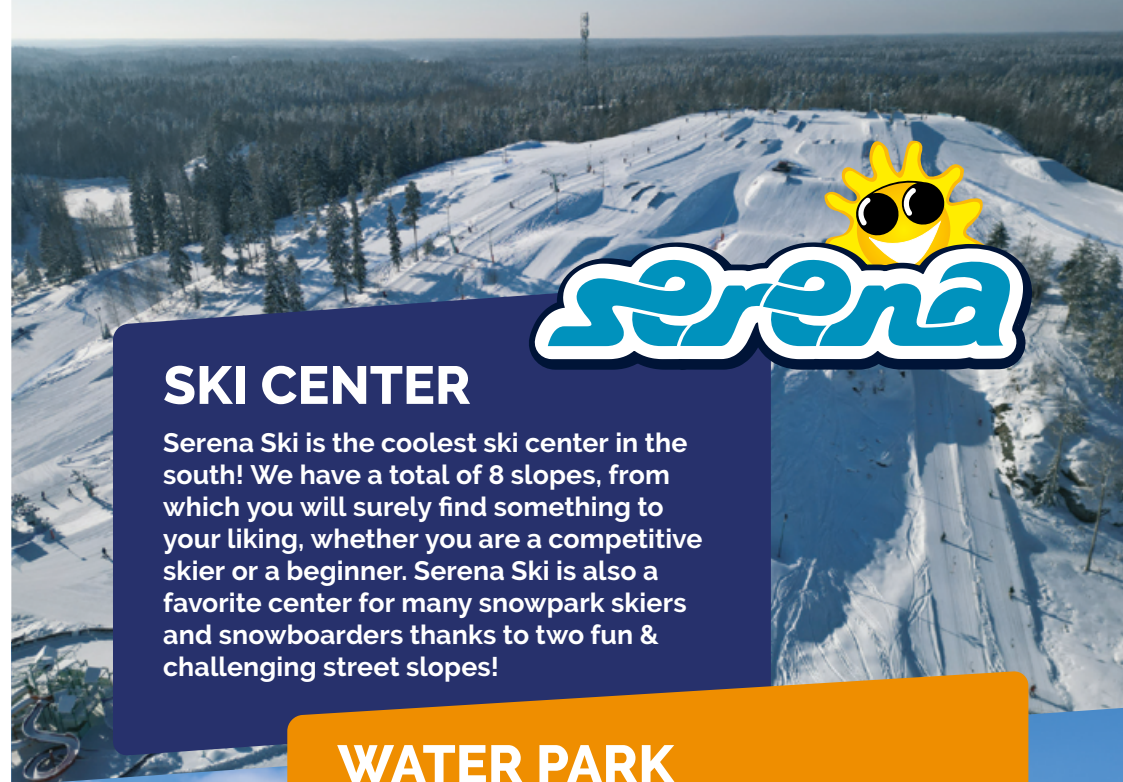
Could I organise an event?

Espoo has room for both large festivals and small local events. You can find information on permits, venues and other important details on the city's website.

Young people get their voices heard through the Youth Council, student councils and participatory budgeting (ManiMiitti).



Feedback and initiatives can be sent online:
nuortenpalaute.espoo.fi/en-FI/



SKI CENTER

Serena Ski is the coolest ski center in the south! We have a total of 8 slopes, from which you will surely find something to your liking, whether you are a competitive skier or a beginner. Serena Ski is also a favorite center for many snowpark skiers and snowboarders thanks to two fun & challenging street slopes!

WATER PARK

In the outdoor water park you can find, for example, the Tower Slides, the novelty of the 2023 season, the extremely fun Half-Pipe, the Tube Rivers – the longest slides in Finland, and Funoasis, which is also a favorite of smaller children. The indoor water park offers tropical warmth all year round! Wave pool, whirlpools, Tornado, and the timeless classic Wild River... Experience yourself in Serena!



Serena
 Tornimäentie 10
 FI-02970 ESPOO

+358 20 5010 300
info.serena@puuhagroup.com

 **serena.fi**

Dynamic Espoo

Espoo wants to be a city of future work, where knowledge-intensive sectors become stronger and generate a variety of new jobs. Business-friendly Espoo is an internationally attractive and appealing innovation environment for expertise, science, art and business.



Read more:
espoo.fi/en/working-life

We will help you find your strength and build your career and life in Espoo. Together we can open a path to a new skill or career, competence development, workplace learning or a new job. Our services and events will help you build your professional identity, confidence and social networks and find suitable employers.



Our employment services help with matters related to job seeking:
espoo.fi/en/working-life/employment-espoo

Photo: Olli Urpela





Photo: Olli Urpela



Photo: Johanna Taskinen

Hello Espoo

It is important to us that your life as a new Espoo resident runs smoothly. On the Hello Espoo pages, you can find tips for every stage of moving and integration.



Read more:
helloespoo.fi

Espoo Talent Hub

Join the community, enjoy breakfast porridge and share your experiences at Espoo Talent Hub. Signing up is not required. There is plenty of coffee and porridge for everyone. You can find Espoo Talent Hub in Otaniemi at Tekniikantie 4 C, from 8:00 to 9:00 on the second Tuesday of every month.



Our services for international professionals:
 [espoo.fi/ en/working-life/espoo-talent-hub/ information-international-professionals](https:// espoo.fi/en/working-life/espoo-talent-hub/information-international-professionals)

Housing advice

A housing advisory service intended for all Espoo residents will be launched in autumn 2023. Its aim is to help residents with housing-related issues, such as finding a new home, concluding rental agreements, sorting out problems with the payment of rents or maintenance charges, or solving disputes between lessors and tenants or between neighbours.

AINOA

Sydämeltään suuri.

Kauppakeskus, joka ei halunnut kasvaa vain isoksi, vaan sydämeltään suureksi

Yli sadan liikkeen AINOA on uniikki yhdistelmä tapiolalaista tyyliä, rakkaudella rakennettuja erikoisliikkeitä ja kriittisempääkin kulinariaa hykerryttäviä ravintoloita ja kahviloita, joita et muualta löydä.



Täältä puutut oikeastaan enää sinä. Hyppää siis metroon, bussiin, autoon tai fillarin satulaan, niin nähdään kohta.

100+
liikettä

30
ravintolaa
ja kahvilaa





Sustainable urban development

Espoo is being built into an attractive and safe city in a resident- and customer-oriented manner. Espoo's growth is economically, environmentally, socially and culturally sustainable.

Espoo is committed to the UN's Sustainable Development Goals (SDGs) and shares its expertise in sustainable development through national and international city networks.

Sustainable and smart solutions make daily life and mobility smoother and allow all Espoo residents to make sustainable choices and influence their local environment.

You can also find Espoo on social media!



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