

# Study tour and General assembly

May 24th – 25th Helsinki, Finland

## Come join us in Helsinki!

In this study tour you get to visit facilities with focus on energy efficiency, revitalization and sustainable design, inspiring outdoors, and of course, we'll do the Sauna.

On Wednesday IAKS Nordic also arranges the General Assembly for all members. The meeting will be held both physically and digital.

**All members and non-members are welcome!**

## Program

### May 24<sup>th</sup>:

12.00 h Welcome / lunch

13.00 h Keynote speakers: City of Helsinki and Circular economy student competition - Aalto University & Business Helsinki

14.30 h Presentation: Lappset Group company and Vepe company

15.00 h Check-in / Coffee break /light food

16.00 -17.00 h **General Assembly (digital)**

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18.30 h Presentation of the building [Löyly](#)

Those who wish take a sauna

20:00 h Dinner

### May 25<sup>th</sup>: Study tour

09.00 h Departure from the hotel

09:30 – 10.30 h : Liikuntamylly

10.00 – 11.30 h : Pirkkola ice-hall rink in Helsinki

12.00 – 13.00 h : Lunch

13.00 – 14.00 h : The Martta Wendelin daycare centre

14:45 h Airport Helsinki

For questions, contact :

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## Practical Information

### Accommodation

Each participant books their own accommodation.

[Scandic Grand Centra](#) offers a nice price

Use booking code BLAE240523 when booking for a discount. Valid until 10.05.2023.

### Transportation

The hotel Scandic Grand Central is located right next to the main train station. During the study tour on Thursday, a bus will be set up. The bus runs directly to the airport at the end of the day.

### Registration and cost:

You can register for one or two days. Or only for the General Assembly.

Use the registration [FORM](#) ore Q code to register:

**Registration by May 16<sup>th</sup> 2023**



- If you are an **IAKS Nordic member**, you only pay for travel and hotel.
- Non-members in addition to travel and hotel, pay a participation fee of 100 euro.

### **PIRKKOLA ICE-HALL RINK**

The new skating rink utilizes construction engineering that allows for the recycling of carbon dioxide in the pipes of the rink. This technology enables up to 60 per cent better energy efficiency compared to the old rink. In addition to this, a heat recovery pump has been connected to the rink's refrigeration system to utilize the waste heat of the building. According to current estimates, the building will be able to operate on internal waste energy throughout the year, with the exception of winter periods when the outside temperature is extremely low.

### **LIIKUNTAMYLLY**

**Then:** The building was originally built in 1979 as the printing house of the Paragon press which worked at the premises until the 1990s. The building was designed from 1975 to 1979 by professor of architecture Aarno Ruusuvuori, who was known for using concrete as an architectural element. The building has later been protected in the zoning plan. After the building had been vacated during the early 1990s depression in Finland, the city of Helsinki bought the building and renovated it into an exercise hall from 1999 to 2000.

**Now:** Liikuntamyly serves exercise enthusiasts, active families and top athletes, and is a national indoor training center for athletics. In addition to the extensive athletics area, Liikuntamyly has facilities for budo and martial arts, climbing, wrestling, table tennis, floorball, badminton, dance, basketball and volleyball, as well as gyms.

### **THE MARTTA WENDELIN DAYCARE CENTER**

Facing south at the plot's northern end, the somewhat elongated building shields the courtyard from traffic noise and emissions. Architecturally, the exteriors have been drawn with intentionally broad strokes. Wide canopy zones provide a backdrop for play activities in the yard, while the interiors form groups of general-purpose facilities designed for small groups of children. In between these two sections lies the heart of the building, which has an open layout with a variety of spaces, including a hall suitable for evening use, canteen areas, auxiliary facilities, and spaces for small groups.

Measured in cubic metres, the Martta Wendelin daycare centre is the largest of its kind built from solid wood in Finland.

### **LÖYLY**

Sauna bathing is an essential part of Finnish culture and national identity. There are only 5,4 million Finns but 3,3 million saunas. Public saunas used to be common in bigger cities but now that most new apartments have sauna of their own, public saunas have decreased dramatically in number.

As a sense of community is becoming a more and more important part of new urban culture, many new public saunas are being planned. With Löyly (meaning the steam that comes when you throw water on hot stones in a sauna) Helsinki will offer foreign visitors a public sauna experience all year round – a must when visiting Finland.

