

Healthgrain Forum Workshop 2019 & Kaisa Poutanen's Honorary Symposium

17-18 June 2019, Espoo, Finland

Venue (June 17th): VTT, TECHNOPOLIS INNOPOLI 1, Tekniikantie 12-14, 02150 Espoo

Venue (June 18th): Hotel Hanasaari, Hanasaarenranta 5, 02100 Espoo

Travel Information

Accommodation

The recommended hotel is the **Original Sokos Hotel Presidentti** where a preferential rate has been arranged: <https://www.sokoshotels.fi/en/helsinki/sokos-hotel-presidentti> .

Original Sokos Hotel Presidentti (**)**

Eteläinen Rautatiekatu 4, 00100, Helsinki – (the hotel is 500 m from Helsinki Central Station)

Single room 141 EUR per night

Double room 161 EUR per night

Including breakfast and access to customer sauna

Please book by email or phone: Email: presidentti.helsinki@sokoshotels.fi Phone No: +358 20 1234 608

IMPORTANT: Mention “HGF” will allow you to reserve one of the rooms and get the discounted price.

We kindly invite participants to make their hotel reservation as soon as possible, since the envisaged week is midsummer holiday week in Finland! The rooms at the Presidentti Hotel are on hold until **03.06.2019**; after this date the rooms will be released back to the public and discounted prices cannot be guaranteed.

Transfer Information

How to get from Helsinki airport to the city center:

- **By train:** [Local trains I and P](#) operate between Helsinki Airport and the city center on the Ring Rail Line. The journey time between the airport and the city center (Central Railway Station) is approximately half an hour. A regional ticket costs 5.50 euros and can be purchased from Helsinki Region Transport (HSL) ticket machines.
- **By bus:** The [Finnair City Bus](#) operates between the airport and city center (Elielinaukio) every 20 minutes and takes around 30 minutes. A single ticket costs 6.20 euros when purchased online in advance or 6.30 euros from the driver. [Bus 615](#) (Airport - Central railway station) is operated by Helsinki Region Transport (HSL). A regional ticket costs 5.50 euros and can be purchased from Helsinki Region Transport (HSL) ticket machines or from the driver with cash. At night, you can also take the 415N night bus.
- **By taxi:** You can also travel conveniently between the airport and the city center by [taxi](#), which will cost around 45 euros.

Travelling from Helsinki to Espoo, [TECHNOPOLIS INNOPOLI 1](#) (meeting venue 17th June):

- **By metro:** From the Helsinki city centre you can take the metro (M1 or M2) from **Kamppi metro station** (near the Hotel Presidentti) to the **Aalto University station** in Espoo. Use the **EXIT B (Tietotie 2)** <https://www.google.com/maps/@60.1846069,24.8174453,16z> to reach Innopoli 1. The Metro line's end station in the west is **Tapiola** or **Matinkylä** (Espoo), and in the east **Vuosaari** or **Mellunmäki** (Helsinki). The Metro runs every 2.5 minutes at Aalto University station during the rush hour, and every 4–5 minutes at other times. The journey from Kamppi to Aalto University in Otaniemi takes 11 minutes. Price for the metro ticket machines 5.50 euro.

Transfer from Helsinki city center to the HOTEL HANASAARI (meeting venue 18th June):

- **By metro:** From the Helsinki centre you can take the metro **from Kamppi metro station** (near the Hotel Presidentti) to the **HOTEL HANASAARI** (<https://www.hanaholmen.fi/en/conferencehotel/>).

Hanaholmen is served by the metro. The walking distance from **the nearest metro station "Koivusaari" to Hanaholmen** is approximately 1,1 km.

- **By bus:** In addition to the metro, Hanaholmen is served by buses 104, 143A, 146A, 147A ja 164A/164VA and 192:
 - Buses 143A, 146A, 147A ja 164A/164VA operate along Westway, between Helsinki city centre (Kamppi) and western Espoo, with a few minutes' interval during rush hours on weekdays.
 - Bus 192 (V, T and K busses) operates along Westway between Inkoo and Kamppi (Helsinki city centre), few times in the morning and afternoon on weekdays.
 - Bus 104 works as a feeder bus between Hanaholmen and Lauttasaari metro station operating few times in an hour on weekdays and less frequently during weekends.
 The **bus stop along the Westway is ca. 400 metres from Hanaholmen.**

For further details of public transport please check the [Journey Planner](#).

- **By taxi:** Ask for **Hanaholmen Cultural Centre, Espoo**. The taxi journey from the city centre of Helsinki to Hanaholmen will take approximately 10 minutes and costs about 20 euro; from the airport it takes approximately 40 minutes and costs about 45 euros. Please note that there is a risk of confusion, since there is a power station in East Helsinki called Hanaholmen, so be sure to ask the driver to take you to Hanaholmen Cultural Centre in Espoo.

General Information

- The local currency in Finland is Euro (EUR). All major credit cards are widely accepted in Finland.
- Voltage: 220–240 Volts. Electrical sockets (outlets) in Finland are one of the two European standard electrical socket types: "Type C" Europlug and "Type E/F" Schuko.
- The time zone in Helsinki is Eastern European Time (EET), 2 hours ahead of Greenwich Mean Time (GMT+2).
- Please be aware that foreign visitors visiting the VTT research facilities must deliver a copy of the data page of their passport to VTT Security Service.