

Winnet 8-project

Research workshop on the potential of WRCs to influence gender equality in regional growth policies and Mid-Conference of Winnet 8

**14. – 16.3.2011
Seinäjoki, Finland**

Practical information

The deadline for making reservations for the accommodation is Wednesday the 23rd of February

The deadline for participation registrations is Thursday the 3rd of March

Location

You will now visit briefly country called *Finland*. For a quick introduction please visit e.g. <http://en.wikipedia.org/wiki/Finland>

Your destination for the workshop and mid-conference will be the region of *South Ostrobothnia*. For more information please visit: http://www.etelapohjanmaa.fi/?page_id=91&lang=en

The city - we call it a city – of *Seinäjoki* is the place where it all will happen. For more information please visit: <http://www.seinajoki.fi/english/>

From this link you will find a google –map of Seinäjoki made by Pia Kattelus with all the central places marked on:

<http://maps.google.fi/maps/ms?hl=fi&ie=UTF8&msa=0&msid=210212736334200377678.00049bc03722ca6810b82&ll=62.743093,22.758179&spn=0.248117,0.891953&z=11>

Travelling to Seinäjoki

The way to reach Seinäjoki is to at first fly to Helsinki and from there either to continue by plane or train.

The flight company operating to Seinäjoki is FinnComm. Their website for on-line tickets:

<http://www.fc.fi/home.html>

The flight time is about 1 hour and from the airport it is about 15 km to city centre, which takes about 15 minutes by taxi to your hotel. During the flight the airhostess will ask who needs a taxi, so you may make the reservation then. Cost of the taxi is around 20-30 eur depending on your time of arrival. Finnish taxis are reliable.

If you choose to travel to Seinäjoki by train, you can use two stations from the airport: either take the Finnair bus to Helsinki City Terminal and catch the train from there or use the local bus from the airport to Tikkurila railwaystation and catch the train from there. From here you'll find more information about the bus schedules and locations of the bus stops etc:

<http://www.helsinki-vantaa.fi/to-and-from/bus-and-taxi-service>

All fast trains don't stop at Tikkurila, so though it is quicker to catch the train from there, you may need to go to Helsinki first.

To Helsinki by Finnair bus it takes about 40 minutes and the City Terminal is by the railway station. To Tikkurila it takes about 30 minutes and the last stop is at Tikkurila railwaystation.

The trains to Seinäjoki are all North bound going from Helsinki-Tampere-Seinäjoki-Vaasa/Oulu/Rovaniemi. The first stops from Helsinki are: Helsinki-Pasila-Tikkurila.

For train schedules and on-line tickets, please visit:

<http://www.vr.fi/en/index.html>

If you arrive on Sunday evening, the trains to North may be full, so buying online is recommended. Also when taking the train back in the morning during the week days it is better to secure with an online purchase, as the fast trains tend to be full.

The number of your train car and seat is on the ticket.

The train traffic has unfortunately become a bit less reliable in Finland, so for ensuring that you e.g. will catch your flight on your way back home, it is recommendable to either reserve enough time for travelling and changing from train to plane or preferably using the flight connections from Seinäjoki.

Accommodation at Sokos Hotel Vaakuna

There is a reservation of 60 single rooms at Sokos Hotel Vaakuna. More information:

<http://www.sokoshotels.fi/en/hotels/seinajoki/vaakuna/>

Cost for one night is 98,56 eur including breakfast and sauna.

NOTE! The deadline for reservations in our quota is the 23rd of February. After this deadline the availability of the rooms at this hotel cannot be guaranteed.

For making the reservation either email to:

vaakuna.seinajoki@sok.fi

or call:

+358 10 7647 000

when you make the hotel reservation, use the reference:

Helsingin Yliopisto/University of Helsinki, Winnet 8

Payment can be made at the hotel either by cash or card. For invoice, please contact the hotel in advance and ask for instructions.

Facilities and services

The meetings, the research workshop and the mid-conference will be organised in Frami - Seinäjoki Centre for Technology and Innovation. The facilities of both Ruralia Institute and the Regional Council are also located there. For more information please visit: http://www.frami.fi/index.php?language_id=1

Walking distance to Frami from you hotel is about 1,5 km. The map of Frami is unfortunately available only in Finnish, but the alphabets will give you an idea of where to find the different facilities: <http://www.frami.fi/kartta-ja-ajo-ohjeet>

If you come from the hotel along Kalevankatu and then Kampusraitti (pedestrian road with a small bridge crossing the river), you will arrive to Frami with entrance to section B on your right.

From the main hall at section B you will on Monday the 14th find the meeting place of Sauna ante-room on the second floor. In the same hall is the secured Showroom for your clothes and bags and the Auditorium 3 for the workshop, mid-conference and partnership meeting on Tuesday and Wednesday.

The coffees will be served in the main hall and also the registration will be there on Tuesday and Wednesday mornings.

Restaurant Fiini for lunch is in Frami section D close by cross the street.

Coffees and the dinner on the 15th will be provided, but all lunches and dinners on the 14th and 16th should be paid by the participants.

Lunch will be a good buffet with several alternatives – also a vegetarian one - and the cost 8 eur/person. Menu will be given to you in English. Payment by cash or card on the counter.

Evening programme

For Monday evening on the 14th there is no special programme planned. You may visit the city, do shopping and try the restaurants. Bigger department stores and some other shops will be open till 6-9 pm during the week days. Your hotel is in the same complex with a few restaurants – Fransmanni and Amarillo as a part of the hotel and good Chinese one on the ground floor of Torikeskus Shopping Centre – and shops; in addition to the Swedish chains there are Pentik and Enkelin eväspussi for Finnish design and souvenirs.

After the research workshop on Tuesday night we will visit the Alvar Aalto Centre with a guide starting at 6 pm. It is a short distance from your hotel. The organisers will pick you up from the hotel lobby at 5.50 pm.

Information about Aalto Centre:

http://www.seinajoki.fi/english/tourism/alvar_aalto_in_seinajoki/

Around 7.30 pm we'll catch the bus from the City Hall and drive a few kilometres to Törnävä Manor for the reception of Seinäjoki City. We'll enjoy the buffet dinner in good company till 9.30 pm, when the bus back to the hotel will leave. Some photos of Törnävä Manor; unfortunately the text is only in Finnish:

<http://www.seinajoki.fi/asuinalueet/etelainen/tkartano.htm>

For Wednesday evening we will make a reservation at 7 pm for those who are interested in dining together at Restaurant Alma. Their website:

http://www.veturitali.info/hotelalma/hotelalma_seinajoki/restaurant.php

For more information please contact:

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Welcome to Seinäjoki !!