

## Preliminary Itinerary for Helsinki Field School, 10-22 August 2020

### **Itinerary is subject to change**

- *Travelling in the Helsinki region will occur via public transportation (HSL). Field school participants will use a combination of subways, buses, trams and ferries.*
- *Students will be staying in the same hostel throughout the entire field school. Hostel Both (<https://chooseboth.fi/>) is located in downtown Helsinki, near the University, where classroom space will be provided. Classroom details will be confirmed closer to the date.*

### **Monday 10**

**Orientation and welcome with the locals from the University of Helsinki and Aalto University:**

*The Master's Programme in Urban Studies and Planning (USP)*

<https://www.helsinki.fi/en/programmes/master/urban-studies-planning>

### **Tuesday 11 [Theme: Coastal perspectives on urban sustainability]**

*Classroom meeting (University of Helsinki). Themes: Coastal Perspectives and Planning & Policy*

#### **Suomenlinna**

A visit to a UNESCO World Heritage site located on an island close to downtown Helsinki. The site visit provides an introduction to coastal living, cultural resilience and heritage, historic preservation, and an advanced example of sustainable tourism.

<https://www.suomenlinna.fi/en/>

### **Wednesday 12 [Theme: Planning and policy perspectives on urban sustainability]**

#### **City of Helsinki planning department**

A visit to the city planning department to discuss ongoing urban sustainability policies and practices with local planning experts.

<https://www.hel.fi/kaupunkiymparisto/en>

#### **Port of Helsinki**

A site visit with port experts to discuss the opportunities and challenges to urban sustainability at one of the busiest passenger ports in Europe.

<https://www.youtube.com/watch?v=O3O95nud1cY>

### **Thursday 13 [Theme: Coastal perspectives on urban sustainability]**

#### **Kalasatama Smart City Development**

A visit to a new master-planned waterfront neighbourhood that is being developed according to smart city techniques. It will present some of the city's newest planning projects.

<https://www.myhelsinki.fi/en/business-and-invest/invest/kalasatama-smart-city>

<https://fiksukalasatama.fi/en/>

**Group meal:**

Teurastamo (A repurposed abattoir area, now a public urban space/restaurant/event arena among others:  
<https://teurastamo.com/en/>)

## **Friday 14** [Theme: Coastal perspectives on urban sustainability]

*Classroom meeting (University of Helsinki). Themes: Ecological and Living/Local Perspectives*

### **Porvoo**

A day trip to Porvoo, one of the oldest cities in Finland. The well-preserved medieval structure of the city along the Porvoo river gives a sense of coastal living, cultural heritage, and cultural resilience. Historical Porvoo represents Finnish frugality, which is a key component of local social sustainability.  
<https://www.visitporvoo.fi/>

## **Saturday 15** [Theme: Ecological perspectives on urban sustainability] and [Theme: Living/local perspectives on urban sustainability]

### **“Siirtolapuutarha”**

A walking tour to the “siirtolapuutarha,” which are urban garden houses. This area is somewhat like a community garden, except people live in garden homes on their plots. This unique landscape advances an understanding of ecological perspectives of living in the city, while also helping to understand ways of living that promote frugality and community-living.

Link to a non-profit garden association: <https://www.siirtolapuutarhaliitto.fi/siirtolapuutarhaliitto/the-federation-of-finnish-allotm/>

### **Moving in the city**

Visiting different neighbourhoods via public transit (tram/metro/bus): Kallio/Alppila, Ullanlinna, Jätkäsaari, or Katajanokka. Moving around the city to provide an understanding of public transportation, accessibility, diversity of neighbourhoods, and urban living in Helsinki.

## **Sunday 16** Reflection day

Work in theme groups to reflect and prepare for upcoming presentations.

*Optional activities in the city:*

*Island hopping:*

- Explore the Helsinki archipelago and islands which have been recently opened to the public (e.g. Lonna and Vallisaari)  
(<https://www.myhelsinki.fi/en/see-and-do/sights/island-hopping-suomenlinna-vallisaari-and-lonna>)  
(<https://helsinkithisweek.com/articles/four-reasons-go-island-hopping>)

*Public parks/public spaces:*

- Kaivopuisto (Significant public park: <https://www.myhelsinki.fi/en/see-and-do/sights/kaivopuisto-park>)
- Esplanadi Park (<https://www.myhelsinki.fi/en/see-and-do/sights/esplanade-park>)
- Downtown Market Square (<https://www.myhelsinki.fi/en/see-and-do/sights/market-square>) and nearby Allas, which is a combination public space and ocean pool.

*Sauna and seaside terrace/restaurant:*

- L  ly is a new complex built on a formerly industrial waterfront. This new waterfront development has saunas and leisure space, and is committed to sustainable business and green construction. The project is known for its focus on sustainability and uses FSC certified wood materials.  
<http://www.loylyhelsinki.fi/en/front-page/> (L  ly homepage)  
<https://www.myhelsinki.fi/en/see-and-do/activities/1%C3%B6lyly> (More information about L  ly)  
<https://www.nepcon.org/newsroom/sauna-complex-gains-finlands-first-ever-fsc-project-certificate>  
 (Environmental certificate given to the project)  
[https://www.nytimes.com/2016/06/02/t-magazine/finland-helsinki-public-sauna-loyly.html?\\_r=0](https://www.nytimes.com/2016/06/02/t-magazine/finland-helsinki-public-sauna-loyly.html?_r=0)  
 (New York Times perspective on the site)

#### *Outdoor museum:*

- Seurasaari: This outdoor museum provides historical context and cultural perspective to coastal living in Helsinki and beyond. Seurasaari represents ways of living in different parts of Finland from the 17<sup>th</sup> century to 20<sup>th</sup> century.  
<https://www.seurasaarisaitio.fi/en>

### **Monday 17** [Theme: Ecological perspectives on urban sustainability]

#### *Classroom meeting (University of Helsinki). Theme: - Urban sustainability education*

##### **Eco-Viikki**

A visit to Eco-Viikki, an eco-neighbourhood in Helsinki. Eco-Viikki was the first area in Finland with specific policy aims for an ecologically designed neighbourhood. The University of Helsinki has had a presence in the area since the beginning of the 20<sup>th</sup> century, and it has used the properties and fields for agricultural and forestry education and research. This site visit includes visits to University of Helsinki facilities and library to broaden perspectives on academic learning possibilities on sustainability.

##### **Geography department, University of Helsinki**

A visit to the Geography department of the University of Helsinki, located close to Eco-Viikki. This visit is meant to give insights to the ongoing research related to urban sustainability in the Helsinki region.

### **Tuesday 18** [Theme: Ecological perspectives on urban sustainability]

##### **Aalto University**

Site visit to learn with guest speakers at the Aalto university facilities, in the city of Espoo, close to Helsinki.

##### **Tapiola**

A visit to Tapiola, a neighbourhood in Espoo. This area, built by the Finnish Housing Foundation, is famous for its garden city design from the 1950s and 1960s. The neighbourhood reflects early planning ideas in regards to urban sustainability after World War II.

### **Wednesday 19** [Theme: Urban sustainability education]

##### **Museums**

Museum visits to give perspective on local context and Nordic ways of living and learning.

Pick from:

The National Museum of Finland (<https://www.kansallismuseo.fi/en/kansallismuseo>)

Amos Rex (New underground museum focused on arts and design, <https://amosrex.fi/en/what-is-amos-rex/>),

Museum of Finnish Architecture (<http://www.mfa.fi/frontpage> )

Ateneum (Central art museum, <https://ateneum.fi/?lang=en> )

Kiasma (Museum of modern art, <https://kiasma.fi/en/>)

## **Libraries**

Public and university library visits will give perspectives on cultural education and amenities. They will also showcase cultural commitment to accessible learning.

**Tour in Oodi** (brand new public library in downtown: <https://www.oodihelsinki.fi/en/> )

Students can also choose an additional visit to:

The National Library of Finland (<https://www.kansalliskirjasto.fi/en>)

Kaisa (University of Helsinki library: [https://www.libraries.fi/buildings/helsinki-university?language\\_content\\_entity=en](https://www.libraries.fi/buildings/helsinki-university?language_content_entity=en) )

## **Thursday 20** [Theme: Living/local perspectives on urban sustainability]

**Tour to a LEED building in Helsinki** (Tentatively - Lyyra, Ylva Project, Helsinki)

Tour will offer a comparison to the LEED tour in Vancouver.

*Students will choose to visit some of these destinations:*

### ○ **Iconic/symbolic buildings in the city**

- Uspenski Cathedral (<https://www.myhelsinki.fi/en/see-and-do/sights/uspenski-cathedral> )
- Tuomikirkko Cathedral ( <https://www.myhelsinki.fi/en/see-and-do/sights/helsinki-cathedral> )
- “Rock” church (Temppeliaukion kirkko, a church that has been carved into rock: <https://www.myhelsinki.fi/en/see-and-do/sights/temppeliaukio-rock-church> )

### ○ **Unique Places in the City**

These visits are meant to give unique experiences of living in the city through everyday environments of locals. These visits give insights to cultural traditions and activities.

- Regatta café shop (<https://www.myhelsinki.fi/en/eat-and-drink/caf%C3%A9s/caf%C3%A9-regatta>)
- Töölönlahti bay (Popular walking path around the Töölönlahti Bay bypasses old villas and overlooks many famous buildings in the city: <https://www.myhelsinki.fi/en/see-and-do/activities/t%C3%B6%C3%B6l%C3%B6nlahti-bay> ),
- The Chapel of Silence (<https://www.myhelsinki.fi/en/see-and-do/sights/kamppi-chapel>) ,
- Liuskasaari (Small island very close to the mainland, offers a seaside experience: <https://www.myhelsinki.fi/en/see-and-do/activities/liuskasaari> )

## **Group meal: Dinner at Sandro, Kallio**

(<http://www.sandro.fi/en/restaurants/sandro-kallio/>)

## **Friday 21 Reflection**

Concluding field school seminar - presentations and discussion (University of Helsinki)

## **Saturday 22**

Closing ceremonies

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