**INVITATION**

UBC Inclusive and Healthy Cities Commission

Commission meeting 26.-28.10.2016 in Espoo, Finland

**Welcome to Espoo!**

Espoo, the second largest city in Finland, is all about inspiration and fun, right next to the capital city Helsinki in coastal Finland. The location offers good traffic connections: Espoo is only half an hour from the international airport and harbors. Espoo's nature is an astonishing experience offering beauty and tranquility. In Espoo you’ll find 58 kilometers of seashore, 165 islands and 95 lakes to enjoy.

**Preliminary program**

**Wednesday October 26th**

Time

18.00 Meeting at Sokos Hotel Tapiola Garden and visit to Espoo Cultural Centre, the photography exhibition: 22 cases of homelessness

19.00 “Get together evening” - A thousand stories about Espoo

20.00 Dinner

22.00 Back to the hotel

**Thursday October 27th**

Time

8.45 Meeting at the hotel

9.30 Study visit at Iso Omena Service Centre

- The 68+ Sport Pass

- Get me! operating model

- One-Stop-Guidance-Center service model for young people

- Espoo Youth Services

12.00 Lunch

13.15 UBC - Discussion point

15.00 The Icehearts - more than a sports club

16.30 Back to the hotel

18.30 Study visit at Leppävaara Sports Park and Swimming hall

19.30 Dinner

21.30 Back to the hotel

**Friday October 28th**

time

8.30 Meeting at the hotel

9.00 UBC - Discussion point

11.00 Social and health services in Espoo

12.30 Lunch

14.00 Good bye!