

## **WELCOME TO THE TOWARDS BETTER WORK AND WELL-BEING CONFERENCE on 10-12 February 2010, Crowne Plaza Helsinki**

### **For registered delegates; GOOD TO KNOW**

The Finnish Institute of Occupational Health welcomes you to the International Conference "Towards Better Work and Well-being" on 10-12 February 2010 in Helsinki, Finland!

### **Conference venue**

Crowne Plaza Helsinki, Finland  
Mannerheimintie 50  
00260 Helsinki Finland  
Tel: +358 9 2521 0000  
Fax: +358 9 2521 3999

E-mail and internet can be used on the computers (only a few) in the Business Center of Crowne Plaza. The hotel features Wireless and ADSL High Speed Internet access in all the public and conference areas and in all the guest rooms. Usage of this service is free of charge. Wireless LAN access cards can be obtained from reception.

**How to get to the conference venue**, please see [here](#)

### **Registration Desk**

The registration desk is open as follows:

Tuesday 9 February: 16.00 – 17.30 hours  
Wednesday 10 February: 8.00. – 17.15 hours  
Thursday 11 February: 8.00. – 17.30 hours  
Friday 12 February: 8.30 – 14.15 hours

### **Programme**

**We recommend that you check the final schedule of the programme ! It is important especially if you have a poster presentation.**

Please click [here](#) to download **the online version of the Programme&Abstracts book** and to get detailed information on the scientific and social program.

The delegates will receive a **printed version of the Programme&Abstracts book** and Appendix (incl. changes to the programme, list of participants, etc) when arriving to the Conference site.

**City reception** hosted by the City of Helsinki on Wednesday, 10 February 2010, at 19.00–20.00

Location: Vanha Raatihuone, Aleksanterinkatu 20, Helsinki.

**Conference Dinner** Thursday, 11 February 2010, 19.30–22.30

Location: Restaurant Sipuli, Kanavanranta 7, Helsinki.  
(Price: EUR 75 /person)

### **Transportation from Helsinki-Vantaa Airport to the hotels**

The Finnair City Bus Service from the airport to the main railway station in downtown Helsinki runs every 20 minutes between 5 a.m. and midnight. The bus journey takes approximately 35 minutes. The bus leaves right outside the Arrivals Hall of the Terminal. A one-way ticket is approx. 6 euros. To walk from the main railway station to the conference hotel Crowne Plaza Helsinki will take you approximately 10 -15 minutes.

The taxi journey from the airport to the centre of Helsinki takes 30 minutes and costs about

40-50 euros. There are taxi stations right outside the Arrivals Hall of the terminal.

You can also take a fixed fare shared taxi from the airport to the conference hotels. The price is approximately 30 euros / person. Look in the Arrivals Hall of the terminal for the desks of "Airport Taxi Yellow Line".

Transportation from the conference hotels to Crowne Plaza

By tram from the Helsinki city centre:

Tram nr 4 (to Munkkiniemi), nr 10 (to Pikku-Huopalahti) and nr 7A (to Pasila) run about every 8 minutes. Please jump on at Mannerheimintie stop next to Stockmann´s department store (line 10) or at Aleksanterinkatu stop also next to Stockmann´s department store (lines 4 and 10). It takes about 5 minutes to reach Crowne Plaza. Ask for further instructions at your hotel.

Should you have any questions, please do not hesitate to contact us.

Wishing you welcome to Helsinki!

Best regards

Stellaria Media, Congress Secretariat