

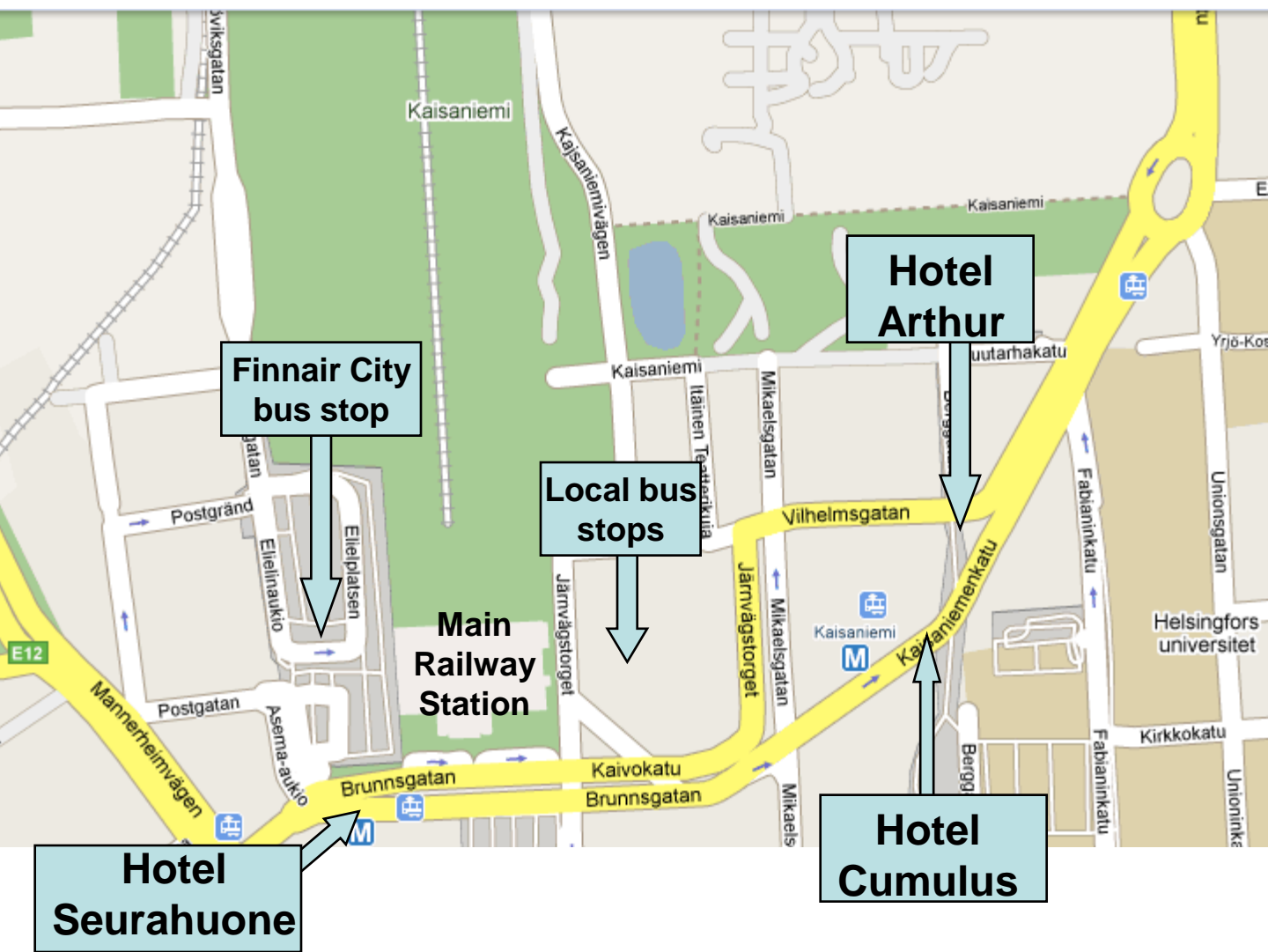
From the airport to downtown Helsinki:

A Taxi from the airport to the centre of Helsinki takes about 30 minutes and it costs about 30-40 euros. If several people travel together, a Yellow Line Airport Taxi is a little cheaper choice (about 20 euros/person).

Finnair City Bus runs every 20 minutes. A single ticket costs 5,90 euros and the trip from the air port to the Central Railway Station takes about 30-35 minutes. The bus will stop only couple of times at major hotels on the way before the railway station. The cheapest choice (3,60 euros) is to take the local bus number 615, 615T or 615N from the airport. The end stop is on the eastern side of the Central Railway Station whereas Finnair busses stop on the western side. The trip may take a little longer, 35-45 minutes, because of several stops and different route. These busses run every 15-20 minutes on weekdays and every 20-30 minutes on Saturdays and Sundays. At the airport all the busses leave in front of the exit doors, behind the taxi line. Look for the bus number on the stops, there's also a timetable at each stop. Finnair City Bus is easily recognizable with the blue coloring.

All three hotels are within walking distance from the Main Railway Station (5 minutes or less), which is the end stop for all the busses.

Hotels: Seurahuone, Cumulus and Arthur





National Institute
for welfare
and health (THL)

Hotels

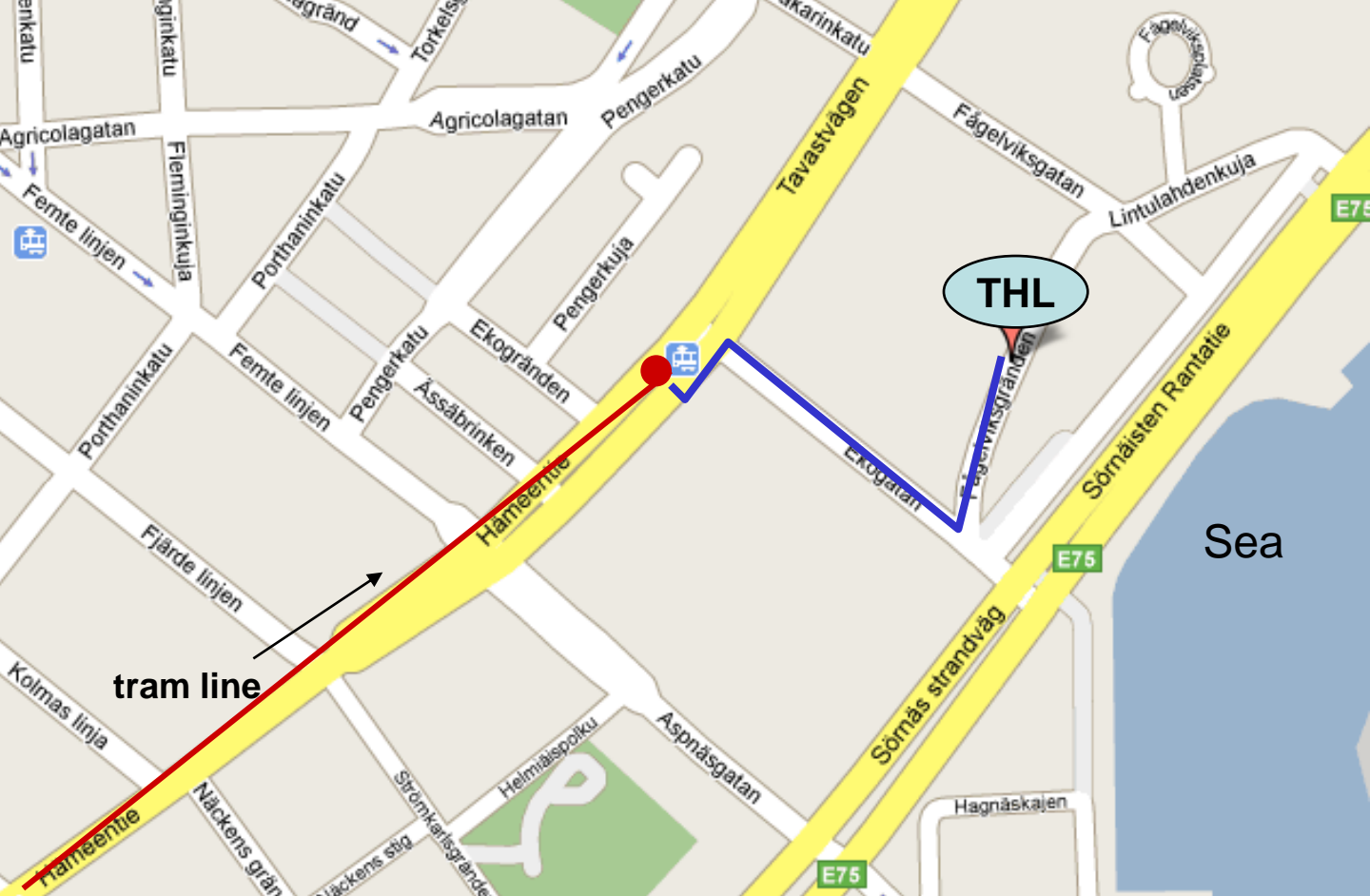
—●— Tram line and necessary stops to get to THL

Tram number 6 goes every 10 minutes close to THL (see the red line with red dots marked as stops). Buy a one way ticket from the driver.

From Hotel Seurahuone the stop is right across the street from the Main Railway Station, go to your right as you exit the hotel and cross the street half way.

Hotel Arthur and Cumulus and use the same stop which very close to the hotel as well. From Cumulus, cross the street half way to the tram stop and from Arthur walk back to the street Kaisaniemenkatu, it's a 2 minute walk to the stop.

See the next page for further information when to get off the tram and how to walk the short distance from the tram stop to the conference site.



After the tram number 6 passes a market square (large market area to your right and lots of shops/restaurants on your left (McDonalds etc) push the stop button and get off at the NEXT stop after this (see the map). Most of the trams should have a board which says what the next stop is called and your stop is "Haapaniemi" (there's a sandy field surrounded by trees on your right).

Get off and cross the road to your right and walk down the street called Kaikukatu one block and then turn left to Lintulahdenkuja. See the map and the blue line for walking, it takes less than 5 minutes. THL (National Institute for welfare and health) is on your left, large glass walls and automatic glass doors. Enter the lobby and look for signs.

The tram ride takes about 5-10 minutes, depending on traffic.