

SUSTAIN

Social and green sustainable activities in the Finnish Settlement Movement

4-day study visit to Helsinki,
Monday – Thursday, 19th – 22nd of June 2023



Helsinki Cathedral

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Erasmus+

The study visit will be supported by the Danish National Agency of the Erasmus+ programme of the European Union

1. The frame of the study visit

Study visit title:

Social and green sustainable activities in the Finnish Settlement Movement

Time and places

The 4-day study visit takes place from Monday to Thursday, 19th – 22nd of June 2023 in Helsinki, Finland.

2. Summary of the Erasmus+ mobility plan

Context

The study visit is part of the Erasmus+ Mobility project: “SUSTAIN - Social and green sustainability in NGO activities”, with more study visits that takes place in the period: Aug 2022 – July 2023.

The mobility project is coordinated by [NGO-Netværket for internationalt projektarbejde](#)

Aim and objectives

The overall aim for this Mobility Project is to transfer new experiences and competences with social and green sustainability to our members from the Danish civil society.

The objectives are:

- In general, to strengthen the participants interest for and engagement in European contacts, exchange of experiences and cooperation.
- Especially, to motivate the participants to be more engaged and skilled in promoting NGO-activities with focus on putting green words into action without leaving no one behind.

Number and profile of participants

The target groups are paid and voluntary staff that are active in the civil societies in the Danish Kingdom, and who have become members of the NGO-Network.

Number of participants: 8

3. The host organisation and the sending organisations

The host association

The host organisation is the Finnish Settlement Association - see <https://setlementti.fi/>
Sturenkatu 11 A, 4th floor, FI-00510 Helsinki

Main host and contact persons:

Pentti Lemmetyinen, managing director: pentti.lemmetyinen@setlementti.fi * (+358) 400 96 14 69
Kirsti Kuusterä, organization manager: kirsti.kuustera@setlementti.fi * (+358) 50 344 1822

Suomen Setlementtiliitto (Finnish Settlement Association) was founded in 1918, and it is a life course organisation that consists of 45 settlements located all over Finland. The settlement movement employs more than 5600 professionals, and a large group of volunteers is also involved in settlement work. The organisation is also hosting IFS (International Federation of Settlements and Neighbourhood Centres) in their headquarter. It is deeply committed to the international work for social justice, sustainability, and human rights, fighting against racism, nationalism and populism.

The basis for settlement operations was established in community centres founded in the poorest quarters of east London at the end of the 19th century. They influenced their surrounding communities

by developing and maintaining interactive social and educational work. Each community centre offered both training and support for people struggling with social problems. The ideology of the settlement movement has from the start been based on the empowering effect of promoting community activities.

FSA's activities include working with the elderly, child and youth work, multicultural work, the development and production of communal forms of housing, different forms of supported housing, community centre activity, providing services for people facing mental challenges, supplying education to 16 community colleges, three folk high schools and two special education schools, various forms of trauma and crisis work, substance abuse rehabilitation services, debt counselling, mediating and victim support.

The work of FFSH and its member organisations is made possible through service charges from the provision of wellbeing services, by support from Veikkaus (a gaming company owned by the Finnish state), earmarked subsidies from ministries and donations from private individuals. The activities are non-profit.

The sending association

The sending organisation is the NGO Network for International Project Work (NGO-Netværket for internationalt projektarbejde) - see <https://ngo-netvaerk.dk/>

The NGO Network was founded in March 2021. The purpose of the association is to develop a forum where active members of the Danish civil society can exchange experiences, disseminate knowledge and support each other in developing transnational activities that can strengthen the free and democratic associational life in the Nordic and European civil societies.

Currently, March 2023, the Network includes 13 association members and 5 individual members. The association members are:

AMIS - A More Inclusive Society * DFKS - Det Frivillige Kulturelle Samråd * FO-Aarhus * Folkeuniversitetets Komitestyrelse (FUKO) * Foreningen Danmark – Letland * Foreningen Norden København * Interfolk * Musik i Norden * NALIK * Rollespilsforeningen Jean le Fiers Folk * Rite Højskoles Støttekreds * Rite Højskole i Letland * Østersø NGO Netværk, Danmark

The Network's activities may include knowledge sharing and exchange of experiences, mentoring, courses and conferences, debate activities, publications, and development work, both in the Commonwealth (of Denmark, Greenland, and the Faroe Islands), the Nordic countries, the Baltic Sea region, the European Union, and wider international contexts.

4. Day-to-day programme for the Finnish study visit

Flights

A 4-days (and 3 nights) trip from Monday to Thursday, 19th – 22nd of June 2023 in Helsinki, Finland

Flights to Helsinki, Monday 19th of June:

- From Copenhagen Airport (CPH) to Helsinki Airport (HEL): With SAS direct flight 13:40–16:15 (1h. 35 min. – 1 hour time difference).

Return flights, Thursday, 22nd of June:

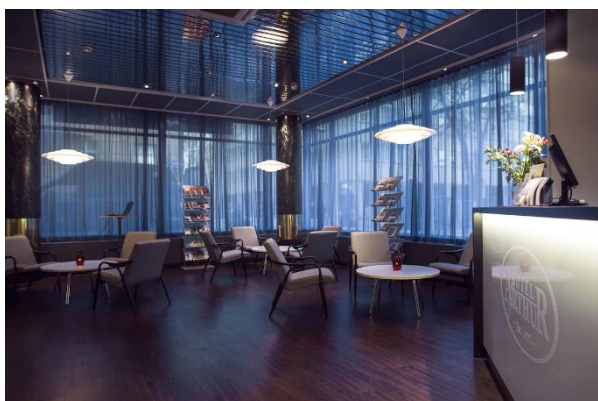
- From Helsinki Airport to Copenhagen Airport: With Finnair direct flight: 17:55 – 18:35 (1h. 40 min. – 1 hour time difference).

Hotel:

All 3 nights we stay at Hotel Arthur, Vuorikatu 19, Helsinki, 00100.

It is a 3-star hotel with 16 m² standard rooms incl. free breakfast, free wifi, 30-inch flat screen TV.

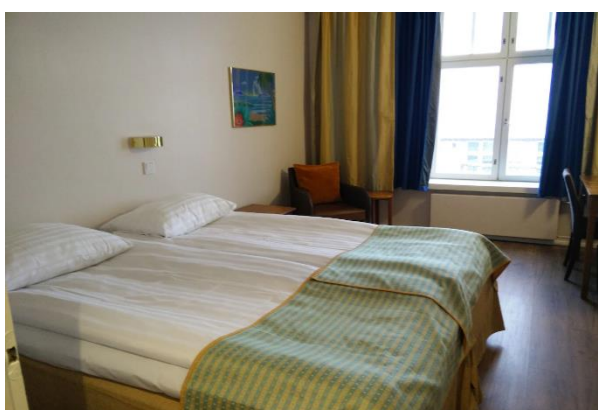
Less than 500 m from the Central Railway Station and near the city centre.



Reception



Breakfast



Standard room

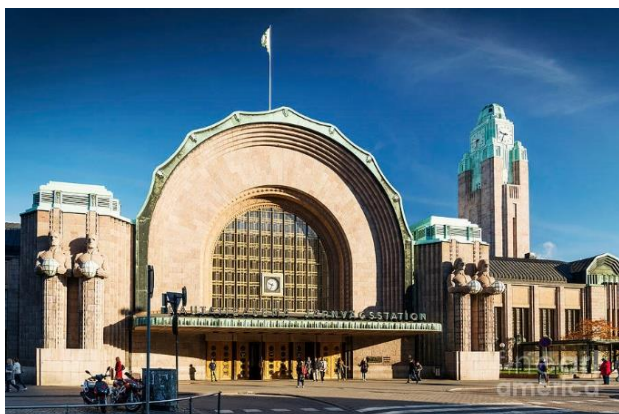


Sauna

The day-to-day programme

Monday, 19th of June

- 11:30 The group meets at terminal 3 in Kastrup.
- 13:40 – 16:15 Departure from Copenhagen Airport (CPH) to Helsinki Airport (HEL): With SAS direct flight 13:40–16:15 (1 hour time difference)
- 17:00 – 17:30 Train from airport to the Central Station, where we have 5-10 min walk to the hotel.
- 19:00 – 20:30 Free option: Dinner in Helsinki city and a walk and talk tour in the city centre and harbour area.



Helsinki Railway Station, Finnish Jugend Stile



Helsinki public transport with trams

Tuesday, 20th of June

Morning:

- 07:00 – 09:00 Breakfast at the hotel.
- 09:30 – 11:00 Visit I to the office of the Finnish Settlement Association, Sturenkatu 11 A, Helsinki
Introduction of the Settlement Movement, by Pentti Lemmetyinen, CEO, and Kirsti Kuusterä, Chief of Civic Activities. See www.setlementti.fi
- 11.00-12.00 Presentation of Sekasin Gaming by Anna Karttunen, Developer of psychosocial support
Sekasin Gaming is an online community for Finnish youth on Discord. The purpose of the community is to provide peer support, low threshold professional support, as well as different kinds of well-being and community related activities in which the users can take part. Currently, there are over 25 000 users on the Discord server.
Anna's role on the server includes networking with professionals from different fields and setting up their visits on the server, hosting podcasts, and directing small groups that gather weekly. These groups utilize creative methods such as visual arts and creative writing. Like other developers, I also moderate the server and interact with the youth.
- 12:15 – 13:15 Lunch at Alice Italian, Konepajankuja 1, 00510 Helsinki. See www.aliceitalian.fi
Moving to Myyrmäki by commuter train
- 14.00 – 16:00: Visit II to a Setlementti Kalliola, Entrepreneurship Centre for Newcomers SPOT, Co-host Abu Muhamud-Yusuf
Moving to Helsinki Railway Station by commuter train

18:30 – 20:00: Dinner at Vaela Ristorente, Pohjoisesplanadi 9, Helsinki
Walk and talk back to the hotel



Office of the Finnish Settlement Association, Visit I



Dinner at Vaelsa Ristorente

Wednesday, 21st of June

07:00 – 09:00 Breakfast at the hotel.

09:30 – 12.00 Visit III to Loisto Setlementti, Youth Center Hämeentie 13.
Co-host, Veli-Pekka Kilpala, Manager of Gender Sensitive Boy´s Work and
Laura Ranki, Coordinator of gender-sensitive social youth work.

12:15 – 13:15 Lunch at Bruket Café close to Loisto Setlementti. See <http://www.bruketcafe.fi/>

13:30 – 15.30 Visit IV to NGO Children of the Station. See <https://asemanlapset.fi/en/>
Co-host Cristian Wentzel, Executive manager

16:00 – 17:30 Cultural excursion in the city centre – walk at Esplande Park to the Market Square.
Visit the Helsinki Cathedral and the Uspenskij Cathedral

19:00 – 21:00 Festive Dinner at Zetor Restaurant, Mannerheimintie 3-5, 00100 Helsinki



Loisto Setlementti, Youth Center



NGO Children of the Station



At the market Square



Esplande Park



Helsinki Cathedral and the Senate Square



Uspenskij Cathedral

Thursday, 22nd of June

07:00 – 09:00 Breakfast at the hotel.

09:30 – 12:00 Visit V to SOSTE, Finnish Federation for Social Affairs and Health.

See <https://www.soste.fi/en/etusivu/>

Host Vertti Kiukas, Secretary General

Presentation of Soste and overview of the national NGO policy in Finland

A final wrap-up session with questions and evaluation with Pentti Lemmetyinen

12:30 – 13:15 Lunch at Robert's Coffee, Unioninkatu 28 A, 00100 Helsinki

13:15 – 15:15 Free time in the city or a short return trip to Sveaborg

15:30 – 16:00 Train from central station to the airport

16:00 – 17:30 Check-in, food at the airport, relax, walk to gate.

17:55 – 18:35 Departure from Helsinki Airport to Copenhagen Airport: With Finnair direct flight:



SOSTE, Finnish Federation for Social Affairs and Health



Robert's Coffee & Jugend cafe



Boat to Sveaborg world heritage area



A café at Sveaborg for a pitstop

5. Practical information

Conditions and price

We only enrol members of our NGO-network, either individual members or representatives from our organisational members.

The study visit is free. The mobility grant can cover the travel costs, beds, and meals as well as the study programme and fee for the hosts and our management of the Erasmus+ grant.

However, be aware:

1. If you want more luggage than a cabin suitcase, you must pay this extra cost yourself.
2. The meals are NOT paid by the tour guide. Instead, we will at the start of the course via mobile pay transfer a fixed amount to each participant that can cover a proper lunch and dinner every day, without drinks and extra dessert etc. During the breaks during the visits, you will without extra costs get coffee, tea, water, and some fruits. With this prepayment method, you can earn a little, if you live cheaply, or you can have some expenses, if you want luxury; and we can as organisers plan a budget without getting possible major deficits.
3. It is your own responsibility to ensure that your travel and health insurances are in order, so you can repay the costs of your hotel bookings and flights without losses, if you must cancel your participation due to illness or other private circumstances.

Tour leaders and contact person:

Hans Jørgen Vodsgård: (+45) 51 300 320 * hjv@interfolk.dk