

Practical Information

Ungetinget 2026 – Sustainable & Resilient Youth Organizations

General information about the seminar

The seminar will be hosted at Hotel Nuuksio, 68 Naruportintie, 02860 Espoo, Finland. The program starts Friday, October 30th at 17.15, and ends Sunday, November 1st at 15.30.

We will be approximately 100 people participating from the Nordic countries (Greenland, Iceland, Faroe Islands, Denmark, Sweden, Norway, and Finland). The main language will be English, but we encourage and appreciate it if you are curious and willing to try to communicate in the Nordic languages as much as possible.

Ground Rules and Code of Behavior

On [our program webpage](#) you will find the 'Ground Rules and Code of Behavior' for the seminar, which is an important tool for us to create a safe and inclusive space for all participants at the seminar. It is therefore important, that you read and reflect.

Transportation to the seminar

For your travel to Helsinki Airport, you should already have either booked a ticket yourself or received a ticket.

Contact us if you don't already have a ticket.

Luggage: If we have booked flight tickets for you, please check the amount of luggage you are allowed. Most of you do not have checked in luggage. Note that for some of you, the luggage has been purchased separately, and some of you might have to click on the "manage my booking" link to see the updated information. If you have any questions about this, please contact me (Frida) at fim@duf.dk.

Common transportation to the seminar: We have booked buses between Helsinki Airport and Helsinki Central station and the seminar.

The departure and arrival times are as follows:

On Friday the 30th of October

Departure from Helsinki Airport at **15.50** and **16.15** (the last bus at 16.15 will not depart before the participants on the latest flight from Copenhagen (arrival 15.25) has arrived).

On Sunday the 1st of November

Departure from the seminar at **15.30**.

Arriving at Helsinki Airport approx. **16.10** and at Helsinki Central station approx. **16.20**.

How to find the buses on Friday the 30th of October: The bus company is called KORSISAARI, their logo is on all buses.

- At **Helsinki Central station** the bus can be found at the charter bus stop at Mikonkatu on the same side as the railway station in front of the Casino Helsinki.
- At **Helsinki Airport** the buses can be found at the bus terminal where buses also wait for charter guests.

If you can't find the bus, please write in the WhatsApp group, and please help if you notice in the WhatsApp group that someone can't find the bus and you are available to help.

Other practical information

Where will I stay?: All participants will stay at Hotel Nuuksio, where the seminar is hosted as well. You will stay in a room either alone or together with one or two other participants of the same gender as you have noted in your application form.

We will wait for you in reception, as you arrive at Hotel Nuuksio. Here you will need to check in with us, so that we know you are here, and so you can get your keycard for your room.

On arrival at Hotel Nuuksio, you must:

- Receive the keycard to your room
- Make your own nametag

Ungetinget 2025 WhatsApp group: We have created a WhatsApp group so we can stay connected before, during, and after the seminar!

[Join the WhatsApp group here](#)

Or use the QR-code to join the WhatsApp group.



Program: We have put together an exciting program for the seminar. You can see the program and read more about the different elements on [our program webpage](#). It will be updated continuously, and we encourage you to use it to navigate through the program during the seminar.

You can already now have a look to see all the exciting workshops and sessions!

Creative café: During the weekend it will be possible to withdraw a little from the program and join our creative café. You are welcome to bring your own small creative project if you have one at home. E.g., knitting or crocheting work, pearls, colouring books, writing tools, cards etc. Some creative utensils for drawing etc. will be available.

Nordic Culture Night: We invite you to share a form of entertainment for the other participants – maybe something from your home country - a dance, a song, a funny story, or a small game? Just remember to pack your favourite juggling gear or your grandfather's harmonica!

The stage is open to all participants!

[Sign up for Nordic Culture Night here](#)

Allergies and dietary preferences: We have gathered all information about allergies and dietary preferences from your application form and sent it to the restaurant at the hotel.

Specific needs: If you have any specific needs, you would like us to accommodate, please let us know how you would like us to accommodate them. It is important to us that everyone feels welcome and included at the seminar.

Homeroom and Reflection Group

Everyone will be part of a Reflection Group during the seminar. This group will be your “core group”. Each group consists of app. 6 people and is part of a Homeroom that will be facilitated by your main contact person.

Contact, emergencies and insurance

Contact - For safety reasons, if you leave the hotel at any other time than for a “Walk and Talk”, you must give notice to Hanna (+45 6020 1446).

Emergency - If you experience any kind of emergency during the seminar or during your travels to and from the seminar, contact emergency services by calling **112** and provide first aid. Immediately after, call Hanna (+45 6020 1446).

Other problems - If you arrive late, have troubles on your travels, or experience problems during the seminar, please contact Hanna (+45 6020 1446) or one of the other facilitators at the seminar.

Insurance – All participants crossing borders to reach the seminar are covered by travel insurance during the seminar. If you need to use your travel insurance, please contact Hanna (+45 6020 1446). If we have booked your tickets, you are covered by the travel insurance on all days of your trip. If you have booked your own tickets, you are covered on the expected days of travel (3rd-5th).

Questions?

If you have any questions or comments for us, please contact Hanna at hn@duf.dk, or call her at +45 6020 1446 or me (Frida) at fim@duf.dk, +45 60 91 18 04.

