



Northern Sparsely Populated Areas (NSPA) Forum Kuopio, East Finland

Practical information

The NSPA Forum is **free of charge** but requires registration. Please note that your **registration is valid only after it has been confirmed by the organizers**. There is a limited number of places available.

The language of the seminar is **English**, no translation will be provided.

You can register to the seminar by clicking the link below:

http://simpleeventsignup.com/private_event/7461/7572f84e7c

Please register by **1 September**.

Please note that travel and accommodation are on participants' own cost.

Kuopio and East Finland

Kuopio is a lively city of almost 100 000 inhabitants with stunningly beautiful scenery in the midst of East Finland. You can find more information on the city here:

<http://visitlakeland.fi/en/>

Accommodation

The conference will be held at **hotel Scandic Kuopio**.

There are special prices for the conference participants at the following hotels for the period of **21-24 Sept**. Remember to mention that you are attending the **NSPA Forum** while booking your accommodation. The special price is valid until 8 September.

Scandic Kuopio (92e per night (single room) or 112e per night (double room))
Satamakatu 1, 70100 Kuopio, Finland

Phone: +358 (0)17 195 111

E-mail: kuopio@scandichotels.com

webpage:

<http://www.scandichotels.com/en/Hotels/Countries/Finland/Kuopio/Hotels/Scandic-Kuopio/>

Sokos Hotel Puijonsarvi (99e per night (single room) or 119e per night (double room))

Minna Canthin katu 16, 70100 Kuopio

Phone: +358 10 762 9500

E-mail : sales.kuopio@sokoshotels.fi

webpage: <http://www.sokoshotels.fi/en/hotels/kuopio/>

How to get there?

You can reach Kuopio by air, rail or road.

Flight connection (airport serviced by Finnair, Air Baltic and Blue1/SAS):

http://www.finavia.fi/airports/airport_kuopio

You can fly with Finnair and Blue1/SAS from Helsinki to Kuopio and with Air Baltic via Riga (Latvia) to Kuopio. Flight time from Helsinki is approximately an hour.

Train schedules: <http://www.vr.fi/en/index.html>

There are normally seven direct trains from Helsinki to Kuopio daily. The average duration of the journey is 4h30min and the cost for one way ticket is 65 euros on average.

Bus schedules: <http://www.matkahuolto.fi/en/>

The busses run almost every hour, but there are 6 direct routes to Kuopio from Helsinki. The average duration of the journey is 6h30min and the cost circa 60 euros.

Contacts

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