



European Branch of the American Counseling Association's  
**2026 LEARNING INSTITUTE**

**Opinmäki Campus, Espoo, Finland**

# ACCOMMODATIONS

Attendees at the Learning Institute will find a variety of overnight accommodation in Espoo and nearby Helsinki. Options range from luxurious spa hotels and resorts famous in Finland, to major hotel chains, and smaller, local hotels or cottages for rent. The following are just a very few of the many options in the area.



**SCANDIC ESPOO:** *quality rooms & restaurant; short bus ride to/from school*



**HOTEL MATTS:** *great restaurant, located next to a nice shopping mall; short bus ride to/from school*



**COMFORT HOTEL ESPOO:** *in a nice, nearby shopping mall; short bus ride to/from school*



**SEASIDE GLAMPING AND COTTAGES**

**Links to general websites for Espoo area bookings**

Visit Espoo

Trip Advisor

Hotels.com

Booking.com



# European Branch of the American Counseling Association's 2026 LEARNING INSTITUTE

## Opinmäki Campus, Espoo, Finland

# FUN FACTS ABOUT FINLAND

In May attendees can expect 16-18 hours of sunlight every day. If you travel farther north to Lapland, 24 hours of sunlight is possible.

LGBTQ+ rights in Finland are among the most advanced in Europe.



IGLTA

Tipping isn't required in Finland, and in most cases, it's not expected. You can tip if you've received great service – or if you just want to make someone's day!

Common spoken languages in Finland include Finnish, Swedish and English. Most Finns are fluent in English, and half of the adult population speaks three or more foreign languages.

Finland uses Type C and Type F electrical outlets, operating at 230V and 50Hz – so if you are coming from the US, you will likely want a standard Europlug adapter.

Finnish people are often masters at self-deprecating humor. Finns are aware of their image and tend not to take it too seriously.

Finland is home to amazing wildlife such as the Lynx, Great Grey Owl, Wolverine, and, of course – Reindeer!



Finnish rye bread (Ruisleipä) is a staple, and Finns include rye in many of their traditional recipes.

The Finnish people have a close connection with nature and celebrate this connection with all things outdoors, such as hiking, swimming, and skiing.

Sauna is an important part of Finnish culture and Finns often go to the sauna in the nude, but it's also perfectly fine to wear a towel.

The glassmaking tradition in Finland dates back over a century and Finnish glass products are popular souvenirs.

Getting around in Finland is easy due to efficient and accessible public transit systems. Click here to plan your day trips online.

Finland has four main regions that offer various activities and attractions, and they're all worth visiting.

LAPLAND

LAKELAND

COAST AND  
ARCHIPELAGO

HELSINKI REGION

Find out more about Finland and the Finnish people at:  
<https://www.visitfinland.com/en/> or <https://www.visitespoo.fi/en>





European Branch of the American Counseling Association's  
**2026 LEARNING INSTITUTE**

**Opinmäki Campus, Espoo, Finland**

# THINGS TO DO

## OUTDOOR & NATURE HIGHLIGHTS (ESPOO)

Nuoksio National Park: A Finnish outdoor escape with forest trails, lakes, picnic spots, and wildlife.

Espoo Central Park: Tranquil woods and winding paths right in the city

Waterfront Walkway: A stunning seaside path along the Baltic

Sandy beaches like Matinkylä & Haukilahti: Lovely spots for sunset views. (*Fun fact: Espoo has 95 lakes and ponds!*)

Oittaa Recreation Area: Nature trails, lakeside scenery, and seasonal outdoor activities.

## CULTURE & MUSEUMS (ESPOO)

Espoo Museum of Modern Art (EMMA): Finland's largest museum of modern and contemporary art.

Exhibition Centre WeeGee: A dynamic cultural complex with rotating exhibitions ranging from design to hands-on experiences.

Gallen-Kallela Museum: Dedicated to one of Finland's most celebrated painters, offering insight into Finnish national romantic art.

## SAUNA

Löyly: Offers a modern, seaside sauna experience (*reservations recommended*).

Allas Pool: An urban sauna and pool complex right by Market Square, combining wellness with city views.

## CLASSIC CAPITAL HIGHLIGHTS (HELSINKI)

Senate Square & Helsinki Cathedral: The iconic historic heart of the city.

Tempeliaukio Church: A breathtaking church carved directly into solid rock.

Sibelius Monument & Park: An abstract sculpture set within a peaceful waterfront park.

Suomenlinna: A *UNESCO World Heritage Site*. A scenic ferry ride to a historic sea fortress island.

Uspenski Cathedral: The largest Orthodox church in Northern and Western Europe.

Helsinki Central Library Oodi: A striking modern architectural and community space. *A must-see!*



European Branch of the American Counseling Association's  
**2026 LEARNING INSTITUTE**

**Opinmäki Campus, Espoo, Finland**

# WHERE TO EAT

Price Guide: € Budget | €€ Moderate | €€€ Upscale | €€€€ Fine Dining

## ESPOO

€€ Ravintola Fat Lizard: Relaxed, lively spot known for wood-fired pizza, burgers, and local craft beer. Great for larger groups and easy evenings.

€€€ Ravintola Base: Seasonal Nordic cuisine with beautifully plated dishes in a calm Scandinavian setting. Ideal for smaller groups or a more refined dinner.

€ Ravintola Buka: A cozy, locally beloved lunch and dinner spot in Espoo offering a mix of traditional and modern dishes with a focus on stone-baked and charcoal-grilled flavours.

€€ Mon'Adi pizza&pasta: Cozy Italian pizza and pasta spot in Espoo's Entresse centre known for fresh, authentic Neapolitan-style pizzas, classic pastas, and friendly service.

€ Café Mellsten: Seaside café offering strong Finnish coffee and fresh cinnamon buns with Baltic Sea views. Perfect for morning coffee or a light lunch.

## HELSINKI

€€€ Restaurant Savotta: Traditional Finnish cuisine including reindeer and salmon soup in a rustic, cozy setting near Senate Square. Offers a true local experience.

€€ Yes Yes Yes: Vibrant vegetarian restaurant with creative sharing plates and excellent cocktails. Fun, energetic atmosphere for groups.

€€€€ Restaurant Olo: Michelin-star Nordic tasting menu showcasing seasonal Finnish ingredients. Best for a special or celebratory evening.

€€ Ravintola Kappeli: Historic restaurant located in Esplanadi Park. A scenic, central option offering classic Finnish and European dishes.

€ Kaffa Roastery: One of Helsinki's top specialty coffee spots, known for expertly brewed espresso and filter coffee using locally roasted beans – perfect for a mid-morning break or casual meetup.

## LOCAL TIPS

- Finns take coffee seriously — Try a cup!
- Don't miss out on their cinnamon buns.
- Dinner reservations for a group are recommended, especially during the weekend.