



Dear Symposium Participant,

We are excited to welcome you to Jyväskylä! Here is important information regarding the coming symposium week. **We kindly ask you to read this carefully.**

ARRIVAL TO THE HELSINKI AIRPORT AND JYVÄSKYLÄ

When you enter to arrivals hall, just pass through and follow the signs to the train. Airport train station is located under the terminal with direct elevator and escalator connection.

First you should take a commuter train (P) to Tikkurila and change there to your long-distance train. Please check the train's departure track on the information display and that the train number corresponds to the one you have in your ticket. Some of the trains are direct ones to Jyväskylä while in others you need to change in Tampere. Announcements on the train are also made in English.

VENUE

The Symposium takes place in the Faculty of Sport and Health Sciences: L-building (3rd floor, Liikunta building, Keskussairaalantie 4, Jyväskylä)

REGISTRATION: You can find the registration desk in the lobby of the L-building. First day on Wednesday on the 1st floor and on Thursday and Friday on the 3rd floor.

Please note that registration desk will open two hours before Symposium opening. To avoid queues, please arrive in good time.

Students, please be ready to present your student card

Registration is open:

Wednesday (25.9.): 10:00-16:15

Thursday (26.9.): 8:00-15:00

Friday (27.9.): 8:45-12:40

CONFIRMATION OF REGISTRATION: Below is listed the information regarding what is included to your registration.

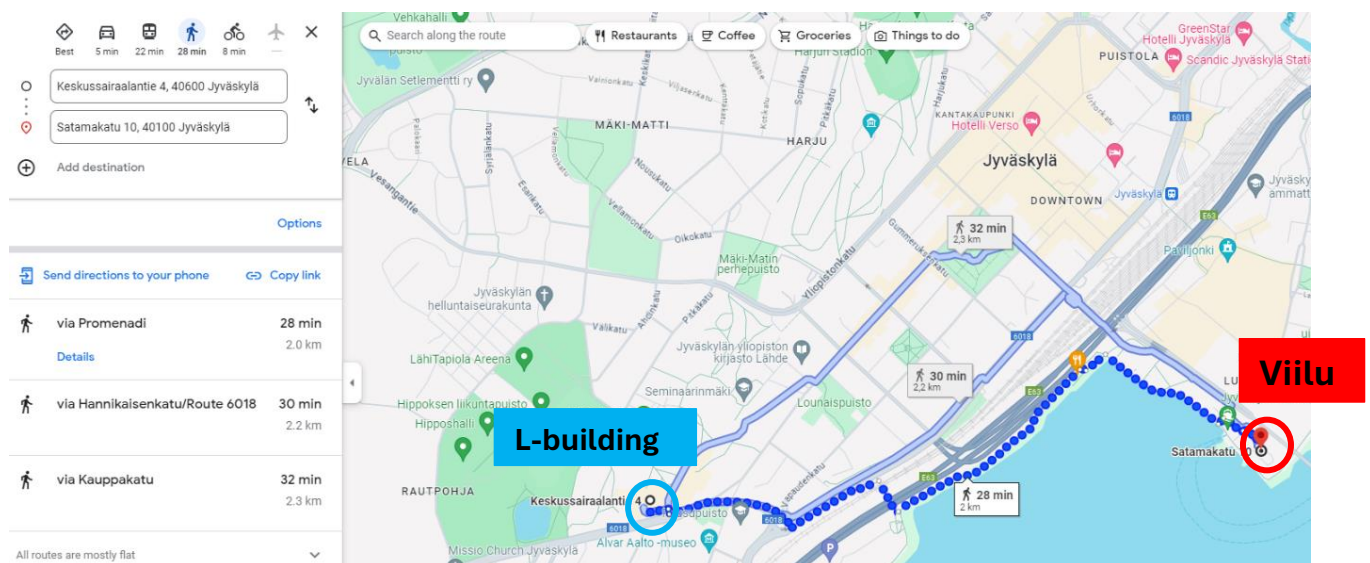
Regular: Participation in scientific program, coffee and lunches on conference days, Get together on Wednesday, and symposium dinner on Thursday.

PhD Students and other Students who have paid the registration fee: Participation in scientific program, coffees on conference days, and Get together on Wednesday.

JYU BPA and Coaching science students (complimentary): Participation in scientific program and Get together on Wednesday.

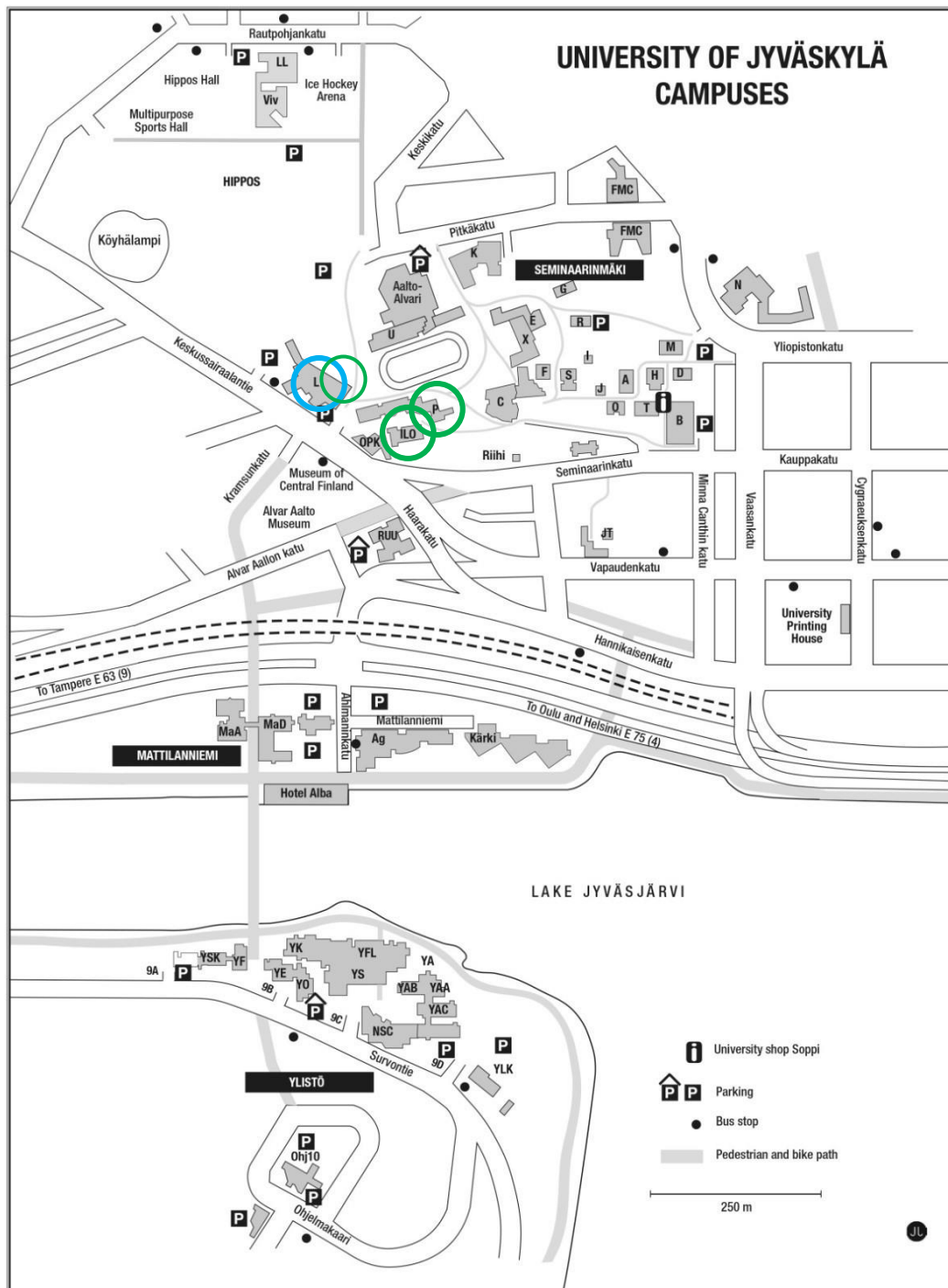
JYU Staff: Participation in scientific program, coffees during conference days, and Get together on Wednesday.

SYMPOSIUM DINNER: For those who have registered and paid the symposium dinner (you may check this from your confirmation of registration) the dinner will be held in Sataman Viilu (Satamakatu 10) on Thursday from 19:00-23:00.



MAP OF THE CAMPUS: You can find this map in PDF-format at our website.

UNIVERSITY OF JYVÄSKYLÄ CAMPUS AREAS



Symposium venue: **L, Liikunta building**

Lunch possibilities on Semma restaurants: **Ilokivi (ILO), Syke (L), Lozzi (P)**

LUNCHES DURING THE WEEK: We have three Semma restaurants for the participants. We **strongly recommend Ilokivi (ILO) and Lozzi (P) which are bigger** than our small restaurant at L-Building Syke.

There might be lines at lunch times so please be patient with the restaurant staff, give room for others and when you have enjoyed your meal, please free your seat to someone else. For those who have lunch tickets, coffee or tea is included.

FREE-TIME ACTIVITIES:

Sport

- Jogging at Lake Jyväsjärvi
- Swimming at Lake Jyväsjärvi at Mattilanniemi beach
- Gym, Location: L-building (open at 7:30-20:00, excluding on Wednesday at 14-16)
- Outdoor gym, Location: at Mattilanniemi beach next to the Alba Hotel
- Swimming pool Aalto Alvari (Address: Pitkäkatu 2, One-time fee from adults 9 € and students 6,50 €)

Culture

- <https://www.jyvaskyla.fi/en/culture>
- Jyväskylä City of light (26.-28.9)

SMOKE-FREE CAMPUS: University of Jyväskylä is smoke-free campus. If you want to smoke, please do it behind the main building. Smoking near the other building might cause a fire alarm so please do smoke only in the designated area. You can ask for more information at the L-building info desk.

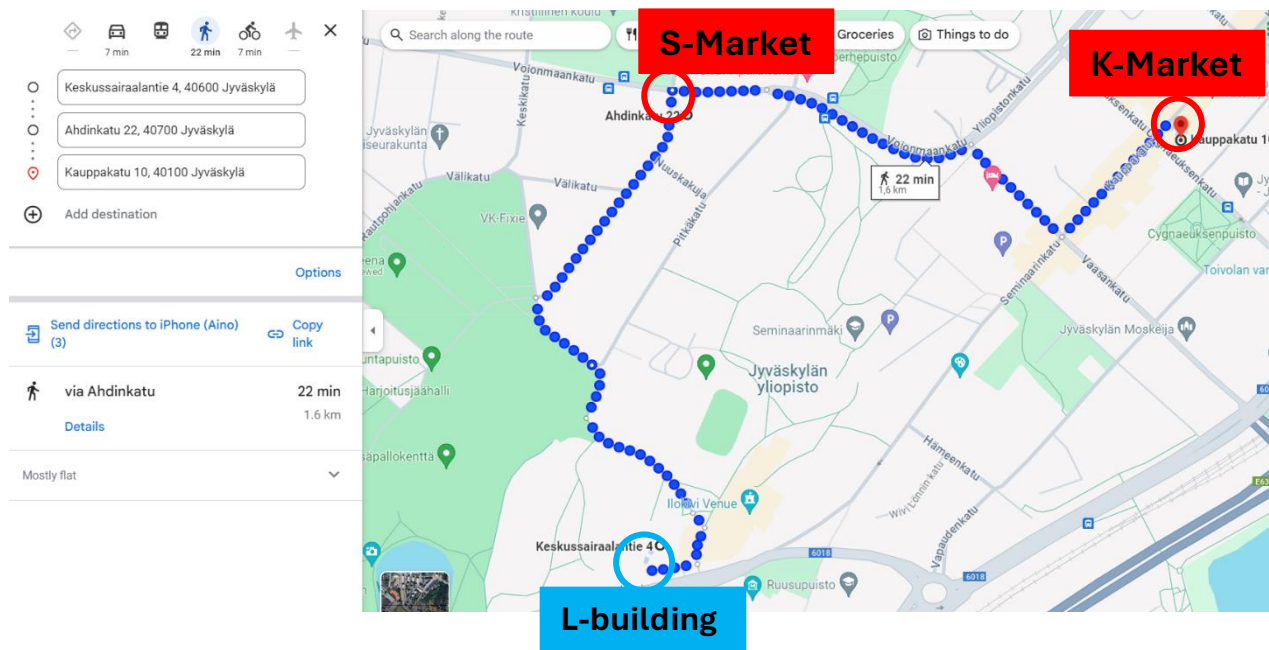
WEATHER FORECAST: You can find weather forecast here: [Link to the forecast](#)

NEAREST GROCERY STORES:

S-market Mäki-Matti (Address: Ahdinkatu 22, 40700, Jyväskylä)

K-market Kymppi (Address: Kauppakatu 10, 40100 Jyväskylä)

Google Maps directions: [Link to the Google maps](#)



SCENT-FREE CAMPUS: University of Jyväskylä is also scent-free so please avoid using heavy fragrances during the conference week.

TAP WATER: Finland is a unique country, reputed as the land of thousand lakes. We truly have clean water sources, so you can drink tap water without a second thought.

COATROOM at L-building: We have coatroom, but it is not supervised so, please keep valuable items with you.

MOVING AROUND IN JYVÄSKYLÄ: Jyväskylä is a walkable city. You can also ask your hotel reception about renting a bicycle. Booking an electric scooter can be done using mobile phone apps.

BUS: The local bus service is Linkki. You can download Linkki-app which will help you find the directions and the bus numbers. You can buy the ticket when boarding the bus or from the app.
<https://linkki.jyvaskyla.fi/en>

TAXI:

- Jytaksi 0100 6900 – <https://jytaksi.fi/en/>
- Menevä taksi 0800 02120 – <https://meneva.fi/en/book-now>
- 02-taksi 020230 (many taxi companies) - <https://02taksi.fi/english/>

TRAIN CHANGES: If you need to make changes to your train tickets, please contact VR customer services: <https://www.vr.fi/en/customer-service>

WIFI: The University of Jyväskylä Visitors' Network is intended for use by visitors to the University as a temporary tool to provide them with limited Internet access on their own terminal for the duration of their short visit.

Please note that people from Eduroam organisations can use the eduroam network with their own IDs and do not need a Visitor Network ID.

The service is referred to as guestnet. On the wireless network, the guest network is visible on the base stations managed by IT services under the name jyu-guest. The service requires the user to log in.

WLAN SSID: jyu-quest

Login: efac-5409

Password: ceph-W8

Active time: 23.-29.9.2024

PARKING: For parking on JYU campuses, the eParking-application is used. **We recommend that you to load it if you're coming by car.** There you can find paid parking spaces.

<https://web.eparking.fi/>

Highly recommended eParking spaces locates next to Aalto Alvari swimming pool and Hippoksen nurmikenttä.

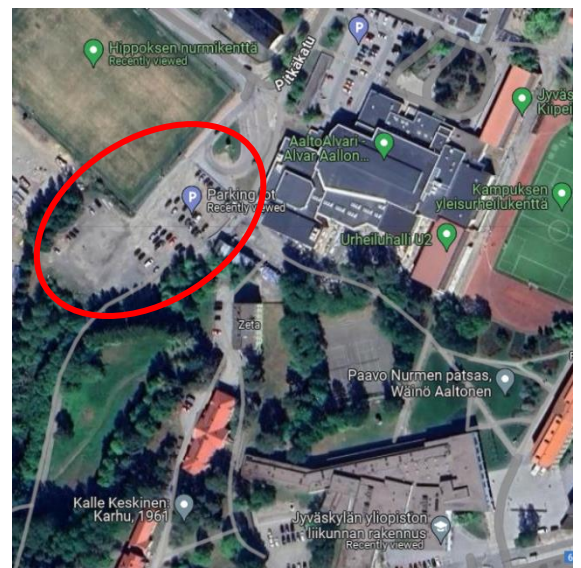
You can find more information about parking areas and prices on our campuses as well as instructions for using the application on the website.

<https://www.jyu.fi/en/about-us/maps-and-visitor-information/parking-on-jyu-campuses>

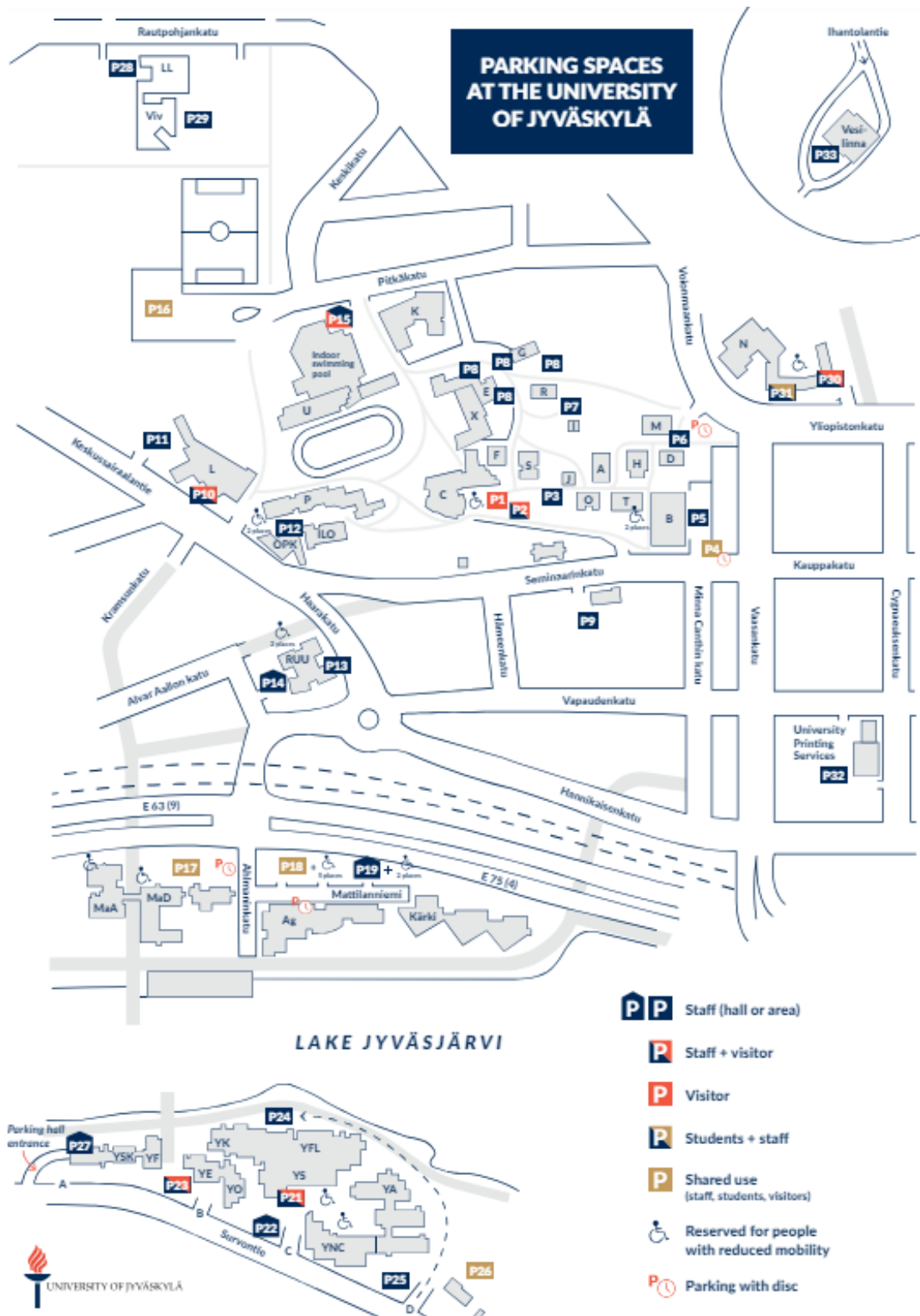
There are some free disc parking spaces near to Campus area. Aalto Alvari swimming pool parking area and in front of Hipposhalli and Viveca.

Mattilankatu has shift parking. The street starts at the corner of Liikunta building. If the sign has one vertical line, parking is prohibited after the sign on odd-numbered days. If there are two rows, parking is prohibited on even days. The parking ban starts at 8 a.m. on an odd day and ends at 8 a.m. on an even day.

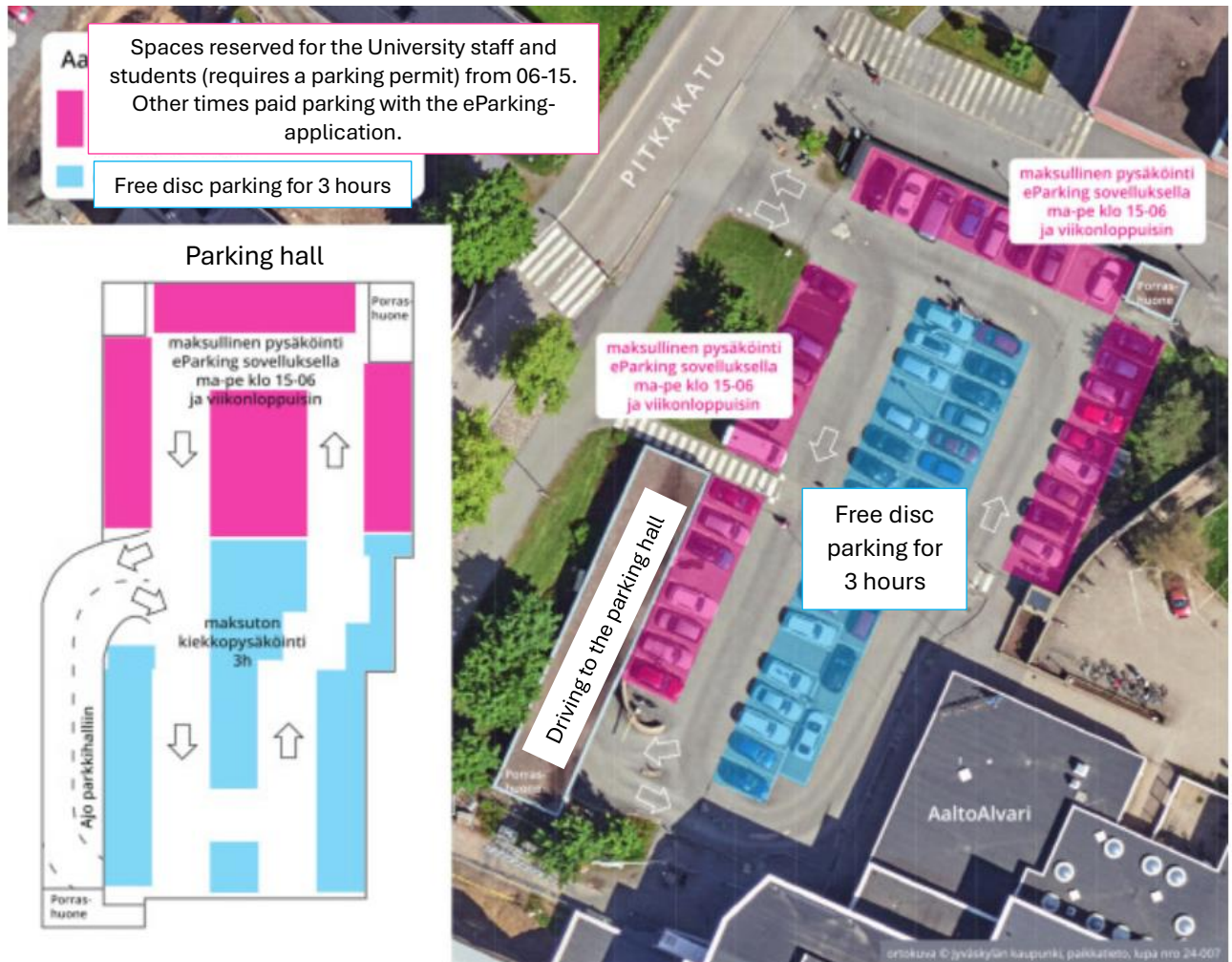
The parking spaces next to Liikunta-building are only for the University staff members.



Parking areas at the University of Jyväskylä.



Parking areas in the Aalto Alvari swimming pool (Address: Pitkätatu 2, 40700 Jyväskylä)



Unfortunately, University of Jyväskylä can't give parking permits.

Parking areas at the Hipposhalli (Kuntoportti 3), Viveca (Rautpohjantie 8a), Exercise laboratory (Rautpohjankatu 8, next to Viveca) and ice rink LähiTapiola arena (Rautpohjankatu 10).



We are excited to welcome you to Jyväskylä! We hope you enjoy the symposium and your stay!