

SISU
– Finnish attitude, Finnish identity –

SISU is a force that tries the impossible. SISU has ability to grasp: to get things done. Finns are what they are because of SISU. This is the way how we serve you in Finland.

An aerial photograph of a Finnish city, likely Espoo, during sunset. The sky is a mix of orange, yellow, and blue. The city is densely packed with buildings, mostly residential, and is surrounded by lush green forests. A large body of water is visible on the right side of the image. The overall atmosphere is serene and picturesque.

Welcome to Finland!

#GPEspoo #GPFigure

Finland is a Nordic country that's located in northern Europe by the Baltic Sea. Finland is one of the member countries of the European Union. It has about 5.5 million inhabitants and has been recognized as the happiest country in the world for several years running. Finland is a modern mix of natural peace and technological pioneering.



Welcome to the ISU Grand Prix of Figure Skating Grand Prix Espoo!

Espoo – city of innovations and adventurous experiences

Espoo is the second largest city of Finland and Northern Europe's largest high-tech and innovation hub where science, business and culture meet the wilderness of Nuuksio National Park and stunning seaside environment. Helsinki Airport is just a half an hour drive from Espoo. The capital region has an extensive and affordable public transportation network and the west metro will take you to Helsinki in 10 minutes.

In Espoo you are in the midst of great outdoors, but never far

from the bustle of the capital. There are 58 km of coastline, 95 lakes, 165 islands, 600km of cycling tracks, 200km of cross country skiing tracks and the scenic Waterfront Walkway. Fascinating sights, sounds and events invite you to come and enjoy yourself in Espoo!

The Otaniemi-Keilaniemi area is a hub for business, innovation, research and science, where the worlds of startups, investors and international business come together at and around the lively Aalto University campus.

Things to do

Enjoy sustainable events and culture around the year in concerts and exhibitions. WeeGee Exhibition Centre consists of four museums: EMMA – Espoo Museum of Modern Art and KAMU – Espoo City Museum. The newly opened The Museum of Play and Finnish Museum of Horology and Jewellery are located just in the neighborhood of the Exhibition Centre. Located in Tapiola, Espoo, the exhibition centre offers experiences to visitors of all ages. In addition to exhibitions, the museums offer guided tours, workshops and various themed events.

A time for celebration: 50 years of the City of Espoo

The year 2022 will be a big year for Espoo, marking 50 years since Espoo was declared a city. Espoo has a long and fascinating history. The first written mention of a place called Espoo dates back to the 15th century, and later in the same century Espoo became an independent civil and church parish. Espoo was officially declared a city in 1972. The remarkable history of Espoo was celebrated in 2008. We will celebrate Espoo as a young city throughout 2022.

Useful information

Average weather in Espoo in November

The weather is cold with a gentle breeze. cold and the daily average temperature is 4 °C.

Credit cards

All major credit cards are generally accepted in Finland.

Currency

The currency of Finland is the euro (EUR)

Electricity

The electric current in Finland is 230 V, 50 Hz. European two-pin plug system is used.

Emergency number

Finland uses the European emergency number, which is 112.

Opening hours

Most shops are open from 10am to 8pm or 9pm. However, the opening hours vary widely and some supermarkets are open 24 h.

Time zone

Finland is located in the Eastern European Time Zone (UTC + 2 in winter)

VAT included in the prices

The Value Added Tax (VAT) is always included in the price presented to the customers.

Water

Tap water is safe to drink in Finland.

Shopping

Ainoa Shopping Centre in Tapiola is just a short walk from Original Sokos Hotel Tapiola Garden and from Espoo Metro Areena.

Länsituuli Västanvinden 12, 02100 Espoo

Iso Omena Shopping Centre in Matinkylä, is just one Metro stop from Espoo Metro Areena.

Piispansilta 11, 02230 Espoo

Sello Shopping Centre in Leppävaara within good public transportation to Tapiola.

Leppävaarankatu 3-9, 02600 Espoo



Restaurants

Restaurant Plats is a place where you can enjoy spectacular Nordic cuisine while adoring the coastal archipelago. A place where Nordic art and design meet world class gastronomy.

Hansaarenranta 5, 02100 Espoo

Lucy in the Sky – a rooftop restaurant & Bar Lucy in the Sky serves Scandinavian food in Keilaniemi with spectacular rooftop views.

Accountor Tower, Keilaniementie 1, 02150 Espoo

Restaurant Villa Lilla offers delicious treats – food and great wines – in a beautiful setting in an old Villa in Leppävaara.

Laturinkuja 10, 02650 Espoo

Restaurant GOAT offers delicious and relaxed food at the AINOA Shopping Centre with the contribution of three different popular and trendy restaurants.

Länsituuli Västanvinden 12, 02100 Espoo



How to get to Espoo

By air

Helsinki International Airport (HEL) is located 30 km from Espoo Metro Areena. It takes around 40 min by train or by car. Take P- or I-Train to Helsinki main railway station and continue with Metro. With Metro M1 you can reach to Espoo Metro Areena (Urheilupuisto).

By ferry

Helsinki has ferry connections with Germany, Poland, Sweden and Estonia. Viking Line and Silja Line has daily routes from Stockholm and Tallinn to Helsinki. Finnlines has route from Travemünde.

By metro

Urheilupuisto metro station is situated approximately 500 meters from the Espoo Metro Areena. Metro M1 and M2 takes you to Espoo.



Venue

The competition will be held at **Espoo Metro Areena** which is located in Espoo, in Tapiola Urheilupuisto (Sports Park). The multi-functional Arena was built in 1999. The practice rink, which is located in the same building, was opened in September 2015. Metro Areena has the capacity for 7000 – 9000 spectators. ISU Challenger Series Finlandia Trophy Espoo has been organized annually at this arena. You can reach the arena by Metro M1.

Urheilupuistontie 3, 02200 Espoo



Official hotels

Official hotel for Skating Family (Teams) and Member Presidents/Team Officials

Original Sokos Hotel Tapiola Garden Tapionaukio 3, 02100 Espoo Finland

Original Sokos Hotel Tapiola Garden is a meeting place in the heart of the growing Tapiola district in Espoo, close to good public transportation connections. Here, you can get a friendly service and stay like at home. Nearly all of our rooms are also equipped with a balcony.

Hotel is located next to the Tapiola Keskusallas pool where people can go skating in winter. You can watch all pool activities from Grill it! restaurant. The restaurant's comprehensive menu combines traditional BBQ with excellent ingredients. The wood-fired grill is the heart of Grill it!, adding an excellent taste.

Tapiola Garden is easy to come to from all directions, by car and now also with subway.

Hotel includes a gym, saunas and a swimming pool. A bowling alley and tennis courts are within a walking distance. You can buy souvenirs and everything else at the adjacent shopping centre AINOA and other

shops in the centre of Tapiola.

Do you enjoy culture? The Tapiola Cultural Centre, the Espoo City Theatre, Tapiolasali and WeeGee, an interesting exhibition centre, are only a stone's throw away.

Hotel has the Green Key eco-label.

Room rates

Single:	187 €
Twin:	227 €

All prices will include breakfast and taxes.

For Team Members not covered by the OC and sharing room with a Team Member whose accommodation is covered by the OC, the charge of 50% of the room rate will apply.

Please note that all hotel reservations with the official hotel shall be done via the ORS. No direct bookings with the hotel are accepted.

Contact person and room changes

The only contact person is the Team Leader. Any problems related to accommodation, changes, damage, incidentals, etc., shall be addressed to the OC. No changes shall be accepted by the hotel.



Official hotel for ISU Office Holders, ISU Event Officials, Judges and ISU Guests.

Radisson BLU Espoo
Otaranta 2, 02150 Espoo
Finland

Situated on the edge of the shimmering Gulf of Finland, the Radisson Blu Hotel, Espoo invites you to explore the stunning coast and landscape of Espoo. Known as the Log Out Zone, the hotel lets you do just that by providing a restful setting with a wellness floor that includes a pool, gym equipment, and a sauna. You'll also benefit from the convenient location: Helsinki International Airport is only 30 minutes away by car, and Helsinki city center is a mere 9 kilometers from the hotel. The metro station Aalto University is only 700 meters away and gives easy access to Helsinki and major hubs of Espoo. You'll also enjoy perks such as complimentary on-site parking.

Choose from our stylish rooms and suites, all showcasing a comfortable sleeping experience as well as amenities like free high-speed Wi-Fi. You won't have to venture far to enjoy a delicious dinner at bistro Ranta.

Radisson Blu Hotel Espoo is Green Key certified. The hotel operates in accordance with

Green Key's strict environmental criteria and thus takes care of the environment. By choosing a Green Key hotel, you are involved in promoting responsible and more sustainable tourism!

Room rates

Single:	187 €
Twin:	227 €

All prices will include breakfast and taxes.

For event officials attending with guest, the difference between single and double is invoiced.

Please note that all hotel reservations with the official hotel shall be done via the ORS. No direct bookings with the hotel are accepted.

Contact person and room changes

The only contact person is the Team Leader. Any problems related to accommodation, changes, damage, incidentals, etc., shall be addressed to the OC. No changes shall be accepted by the hotel.

Meal service

The Official Hotels will have a designated ISU Skating Family Dining Room for all accredited persons with meal and drink vouchers.

Meal hours are as follows:

Breakfast:	06:00 – 10:00
Lunch:	11:30 – 14:30
Dinner:	17:30 – 22:00

Late Dinner: 22:00 – 00:00
(on days with evening competitions only)

Late Dinner Saturday:
open until 00:30

Registration & Accreditation

Accreditations will be issued at the Original Sokos Hotel Tapiola Garden. The accreditation room "Galleria" will be opened from 15:00, Wednesday, November 23, 2022 (TBC) until Saturday, November 26. The exact hours will be communicated later.

Accreditations for the rest of the participants (mainly Media, TV and Volunteers) will be issued at the Espoo Metro Areena. The accreditation room will be opened from Wednesday, November 23, 2022 (TBC) until Saturday November 26, permanently.

No accreditation will be issued without presentation of a valid travel ID (passport or Schengen ID).

Lost Accreditation Cards

Forgotten, lost or stolen accreditation cards must be reported and can only be replaced at Accreditation/OC Office for a fee of 150 EUR. The replacement is upon approval of the ISU and the OC.





Official transportation

There will be official transportation upon arrival and departure from **Helsinki-Vantaa airport** to the official hotels.

The Organizing Committee will provide a bus shuttle to meet the teams on arrival.



Deadlines

Booking of hotel rooms:
October 28, 2022

Entry deadline by name:
October 28, 2022

Payment deadline:
November 4, 2022

Cancellation policy:

No refund:
From November 4, 2022

All reservations will be made through the OC.

The OC is free to cancel any reservations for which payment has not been received by the final deadline (November 4, 2022). In addition, it is understood that any reservations made after the final deadline may not be guaranteed and also may not be provided with the discounted room rate.

Final payment can be done on site if not previously paid. Credit card on site can be accepted (except American Express).

Cash payments are not permitted.

Each federation is responsible for incidentals for their full team.

The following information is valid for the season and should be entered through the ISU portal:

- Press information
- Music information
- Planned Programme Content (PPC)



Event Schedule

(as of 20th August 2022) – subject to change

Wednesday, November 23, 2022	All day	Arrival of Teams
Thursday, November 24, 2022	All day	Official Practice
	09:00	PAIRS – Technical Panel Meeting
	10:15	WOMEN & MEN – Technical Panel Meeting
	10:30	Team Leaders Meeting
	11:30	Medical Meeting
	13:15	ICE DANCE – Technical Panel Meeting
	16:30	Referees and Technical Controllers Meeting
	17:30	Judges Meeting
Friday, November 25, 2022	13:00	PAIRS – Short Program
	14:20	Opening Ceremony
	14:54	WOMEN – Short Program
	17:47	MEN – Short Program
	19:40	ICE DANCE – Rhythm Dance
Saturday, November 26, 2022	12:45	PAIRS – Free Skating
	14:21	WOMEN – Free Program
	14:30	PAIRS – Technical Panel Review
		Victory Ceremonies WOMEN and PAIRS
	16:30	WOMEN – Technical Panel Review
	18:15	MEN – Free Skating
	20:25	ICE DANCE – Free Dance
	20:30	MEN – Technical Panel Review
		Victory Ceremony ICE DANCE and MEN
Sunday, November 27, 2022	22:15	ICE DANCE - Technical Panel Review
	08:00	PAIRS – Judges Round Table Discussion
	09:15	WOMEN – Judges Round Table Discussion
	10:30	MEN – Judges Round Table Discussion
	11:45	ICE DANCE – Judges Round Table Discussion
	14:00	Exhibition Gala

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website

<https://en.still.fi/gp-2022/>

event tickets

<https://www.ticketmaster.fi/artist/isu-grand-prix-2022-lippuja/1137143?language=en-us>

