Day 3 - CONCEPT
Moving from ‘glossary’ to ‘actions’/’sentences’

Confluences Team

Coordinators of day 3
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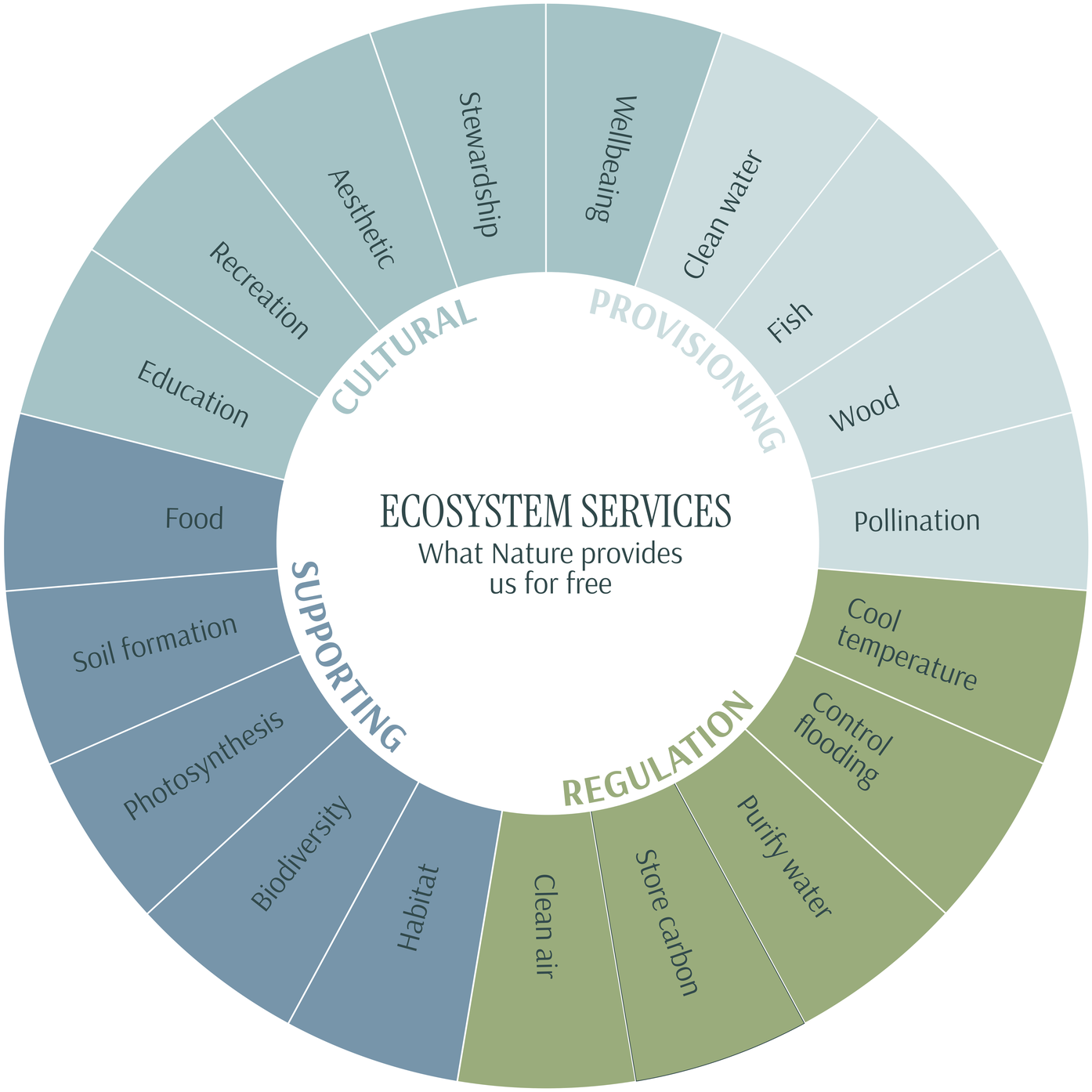
On-site activity

Ecosystem Services

Ecology examines the relationship between the living and non-living at different scales, from the individual organism to the biosphere. The ***planet*** is an intricate and dynamic interplay of living and non-living components, including the physical environment itself.

What ecology concern?

Organisms and their habitats, the roles that these life forms play within their habitats as well as to the natural ***bio-geochemical cycles*** (water, oxygen and carbon, nitrogen, et al.) that are critical to supporting all life on the planet *(Comino, E., & Dominici, L. (2025–2026). History of Ecology [Lecture]. Politecnico di Torino).*



Action Exploration

FROM MACRO
Explore Töölö Bay by observing situations, places, and activities that express the assigned action, following the detailed instructions provided on the back of the worksheet.

TO MICRO
Analyze Töölö Bay using the Ecosystem Services Wheel to explore the relationships between the assigned action and the elements present in the area.

Töölönlahti Bay

The name **‘Töölö’** derives from the Swedish ‘Tölö’, referring to the original farming community that occupied the area; the bay served as a **natural** harbour for small fishing boats and had a wide opening to the sea, supplying fresh water to the various rural settlements during the 17th century. As the city of Helsinki grew, **Töölönlahti Bay** began to transform into an expanding **urban centre.**

1 Rautatieasema railway station

Was designed by the architect Eliel Saarinen in the early 1900s; it serves 250,000 passengers a day, with around 850 local trains and over 100 national long-distance trains passing through.

2 General Post Office: ‘Postitalo’

Completed in 1938, previously housed only postal and telegraph services, and it was one of the most prominent and significant public building projects in the capital of independent Finland.

3 Museum of Contemporary Art: ‘Kiasma’

Houses around 8,800 works; these are the subjects of research and academic publications that explore their cultural and historical significance in depth.

4 The Helsinki Central Library: ‘Oodi’

Is one of the most signifi cant examples of contemporary Finnish architecture. Completed in December 2018, it was designed by ALA Architects.

5 ‘The Newspaper House’: ‘Helsingin Sanomat’

It publishes the eponymous daily newspaper the most widely read in the Nordic countries and ‘Ilta-Sanomat’, Finland’s leading media outlet.

6 Holiday Inn hotel

The ground floor houses the SportPub Chelsea restaurant. Other occupants include Visma and several other businesses.

7 ‘Musiikkitalo’

Helsinki’s musical heart: it hosts 1,000 concerts and events a year, is the home of the Helsinki Symphony Orchestra, the Radio Symphony Orchestra and the Sibelius Academy.

8 Citizens’ Square

It hosts a wide range of events, from short-term demonstrations to multi-day festivals.

9 Töölönlahdenpuisto Park

Forms the principal green space surrounding the bays of Töölönlahti and Eläintarhanlahti in the Kallio district, east of the bay. Spanning 8.8 hectares, it is bordered by several cultural venues and serves as a new oasis for city events and leisure along the southern shore.

10 EY Building (EY-talo)

Home to the Finnish headquarters of the consulting firm EY

11 Alma-Talo

Offices – home to publishers, newsrooms, and various media operations.

12 UPM headquarters

The building, known as Biofore House, It reflects UPM’s corporate strategy based on the Biofore concept, which combines the bioeconomy with forest-based innovation.

13 KPMG headquarters

KPMG’s approach to architecture places a strong emphasis on social responsibility, envisioning buildings as “infrastructure for happiness.”

14 Finlandia Hall (Finlandia-talo)

Completed in 1971 by the architect Alvar Aalto, welcomes 200,000 visitors a year and has hosted 800 events.

15 Park Area

Includes a playground, an activity trail and hosts a variety of events.

16 Töölönlahti Bay

Located in the heart of Helsinki, measures 650 metres in length, 200–300 metres in width, and reaches a depth of up to 2 metres. It is connected to the Baltic Sea by a narrow channel.

17 Villas

Home to figures from the cultural world or have been converted into cafés. In the 1880s, the city began leasing land for the construction of villas in Eläintarha, and over the following two decades, 15 were completed.

18 Winter Garden

With over 120 years of history as a place for locals to relax and socialise, it welcomes 100,000 visitors every year for free. The Winter Garden comprises the greenhouses of the City Garden and the Rose Garden, featuring around 3,000 roses that can be admired during the season.

19 The Opera House (Oopperatalo)

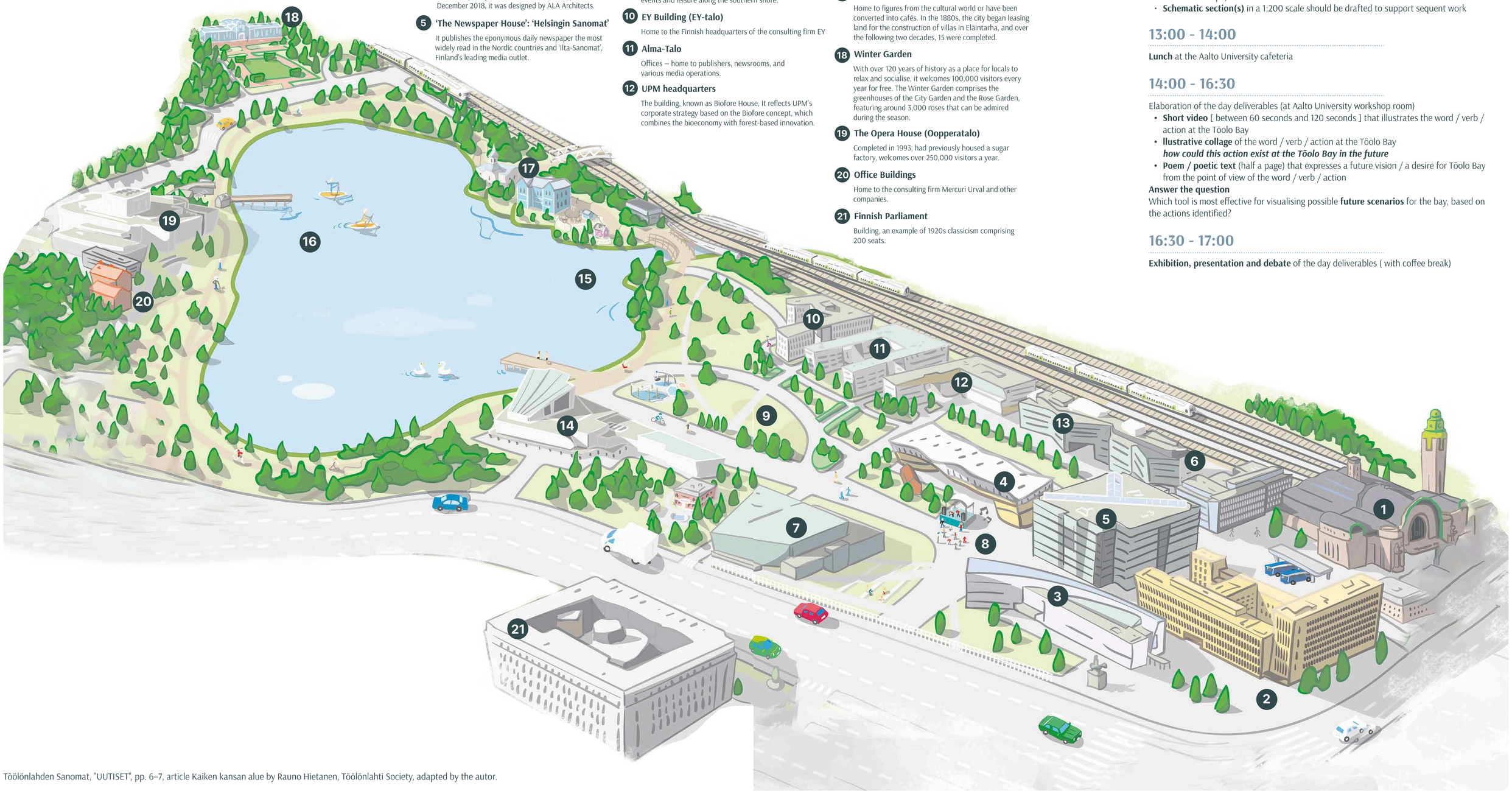
Completed in 1993, had previously housed a sugar factory, welcomes over 250,000 visitors a year.

20 Office Buildings

Home to the consulting firm Mercuri Urval and other companies.

21 Finnish Parliament

Building, an example of 1920s classicism comprising 200 seats.



Töölönlahden Sanomat, "UUTISET", pp. 6–7, article Kaiken kansan alue by Rauno Hietanen, Töölönlahti Society, adapted by the autor.

Day 3 guidelines

09:00 - 12:30

Day **briefing** on the bay at Aalto University workshop room

Path on the **Töolo Bay**

- Each group is assigned with one word/verb/action **(floating ; playing ; resting ; walking ; working)** each group (each student) receives one map of the bay (copy of the **puzzle map** in a portable dimension (A3)
- Distribution of the **day package** containing: one map of the bay, the wheel of Ecosystem services and the guidelines for the assignments of the day
- The group will use the morning to find events of the **assigned action** and to practice/experiment the action at the Töolo Bay
- The actions should be mapped and registered in **photographs and short videoclips** (these actions can be attributed to people, animals, plants or any other element present in the urban landscape)
- **Schematic section(s)** in a 1:200 scale should be drafted to support sequent work

13:00 - 14:00

Lunch at the Aalto University cafeteria

14:00 - 16:30

Elaboration of the day deliverables (at Aalto University workshop room)

- **Short video** [between 60 seconds and 120 seconds] that illustrates the word / verb / action at the Töolo Bay
- **llustrative collage** of the word / verb / action at the Töolo Bay
  how could this action exist at the Tõolo Bay in the future
- **Poem / poetic text** (half a page) that expresses a future vision / a desire for Tõolo Bay from the point of view of the word / verb / action

Answer the question
Which tool is most effective for visualising possible **future scenarios** for the bay, based on the actions identified?

16:30 - 17:00

Exhibition, presentation and debate of the day deliverables (with coffee break)