

Workspaces Promoting Well-being

Hanasaari Conference Hotel, Helsinki area, Finland

21 – 23.9.2021

Tuesday, 21.09.2021

9.15 – 9.30	Course registration	
9.30 – 10.00	NIVA welcome and general information	Cecilia Weckman, NIVA
10.00-10.30	FIOH welcome and introduction to course Presentation round	Virpi Ruohomäki
10.30-11.00	<i>Coffee break</i>	
11.00-11.45	Remote multi-locational work - prerequisites, challenges and outcomes	Matti Vartiainen
11.45-12.30	Development of sustainable remote work	Matti Vartiainen
12.30-13.30	<i>Lunch</i>	
13.30-14.15	Workplace design for physical, mental, and social wellbeing at the office and at home	Rianne Appel- Meulenbroek
14.15-15.00	Workplace design for physical, mental, and social wellbeing at the office and at home - <i>continues</i>	Rianne Appel- Meulenbroek
15.00-15.30	<i>Coffee break</i>	
15.30-16.15	Salutogenic approach for workplace design	Virpi Ruohomäki
16.15-17.00	Panel discussion on post-pandemic workplaces	Matti Vartiainen, Rianne Appel- Meulenbroek & Maral Babapour Chafi
19.00 –	<i>Dinner at the hotel</i>	

Wednesday, 22.09.2021

9.00 – 9.45	Architectural and user-centred approach to spatial understanding of activity-based offices	Aulikki Herneoja
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9.45 – 10.30	Effects of activity-based offices on well-being and productivity – a review of scientific literature	Annu Haapakangas
10.30–11.00	<i>Coffee break</i>	
11.00–11.45	Designing workplaces through multi-dimensional perspective – from functionality to atmosphere	Piia Markkanen
11.45–12.30	Supporting work environments through lighting – Role of lighting design and adaptive lighting solutions	Piia Markkanen
12.30–13.30	<i>Lunch</i>	
13.30–14.15	Effects of office noise on occupants – evidence from laboratory and field studies	Valtteri Hongisto
14.15–15.00	Acoustic design of activity-based offices – general guidelines and practical examples	Valtteri Hongisto
15.00– 15.30	<i>Coffee break</i>	
15.30-17.00	Possibility for a poster or an oral presentation by participants' own research or practical work and discussions	Participants
17.00–	<i>Social program and dinner</i>	

Thursday, 23.09.2021

9.00–9.45	Workplace change process and satisfaction with activity-based office	Pia Sirola
9.45–10.30	Effects of workplace design on employee wellbeing: Lessons learned from implementation of Activity-based Offices in the Public Sector in Sweden	Maral Babapour Chafi
10.30–11.00	<i>Coffee break</i>	
11.00–13.30	Excursion to the organization KEVA with a modern activity-based office	Jouni Kempas
13.30–14.30	<i>Lunch</i>	
14.30–14.45	Discussions and lessons learned from the course Certificates and closing of the course	Virpi Ruohomäki, Cecilia Weckman
14.45–15.00	<i>Coffee and farewell</i>	