

Workspaces Promoting Well-being

Hanasaari Conference Hotel, Helsinki area, Finland

20 – 22.9.2022

Tuesday, 20.09.2022

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 and multi-locational telework - challenges, resources and outcomes	Matti Vartiainen
11.45–12.30	Development of sustainable hybrid 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	Panel discussion on post-pandemic workplaces	Matti Vartiainen, Rianne Appel- Meulenbroek, Maral Babapour Chafi, Virpi Ruohomäki
19.00–	<i>Dinner at the hotel</i>	

Wednesday, 21.09.2022

9.00–9.45	Architectural approach to spatial understanding of activity-based offices	Aulikki Herneoja
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
18.00–	<i>Social program and dinner</i>	

Thursday, 22.09.2022

9.00–9.45	Workplace change process and satisfaction with activity-based office	Pia Sirola
9.45–10.30	Effects of workplace design and new ways of working on employees' and managers' work environment	Maral Babapour Chafi
10.30–11.00	<i>Coffee break</i>	
11.00–13.30	Excursion to the organization KEVA: How activity-based office supports corporate culture?	Sundqvist Laura, Jouni Kempas, KEVA
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>	