



Mental Health Exchange Preliminary Programme

Finland, 14-23 April 2026

PROGRAMME GROUP 1

HELSINKI 14-15 April - The whole group

Tuesday 14/04

9:00-16:00 The opening day: programme will be updated later

Lääkäritalo Helsinki

Wednesday 15/04

10:00-12:00 Visit: LAPINLAHDEN LÄHDE - Centre for arts, culture and mental well-being

12:00-13:00 Lunch

- **Bus ride to Tampere from the hotel Jugend at 14:00**

TAMPERE 16-17 April

Public child and youth services support safe development

Thursday 16/04

Introduction to the public daycare and school system. We will reflect on how physical spaces in new daycare centers and schools can support mental health. Attention is given to how layout, lighting, acoustics, and flexible use of space influence wellbeing, learning, and a sense of safety. The aim is also to reflect on both the opportunities and the limitations of built environments in promoting everyday wellbeing.

- **Bus ride from Tampere hotel to Ruutana monitoimitalo Leppätie 1, Kangasala**

9:00-10:30 Introduction to early childhood education and care

Public Daycare Ruutana, Kangasala



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10:30-11:00 Introduction to a Public Youth Centre and Youth Services

Youth Centre, Ruutana, Kangasala

11:00-12:00 Lunch

- **Bus ride from Ruutana monitoimitalo (Leppätie 1) to Elementary school Ruutana (Ruutanantie 750)**

12:15-13:45 Introduction to the elementary school's operating culture and building, with facility tour

Elementary school, Ruutana, Kangasala

13:45-15:00 Reflection

- **Bus ride from Ruutana school to hotel**

Friday 17/04

The day focuses on supporting patients and their families through illness and at the end of life. We will explore practical approaches and psychosocial practices that help strengthen wellbeing, provide comfort, and foster resilience for both patients and loved ones.

10:00-12:00 Introduction to a hospice in Pirkanmaa and psychosocial support practices for children experiencing loss

Hospice care center of Pirkanmaa

12:00-13:00 Lunch

13:15-15:00 A visit to Tampere university hospital

Tampere university hospital

Monday 20/04 - The whole group

10:00-11:00 Getting to Know Tampere's Child and Youth Outpatient Mental Health Services

Artteli, Tampere

11:00-12:00 Lunch

12:00-15:00 Reflection through art: Exploring the connection between culture and mental health

- **Bus ride to Helsinki hotel from Artteli**



Helsinki 21-23/04

The third sector supports mental health through preventive measures

Tuesday 21/04

10:00-12:00 Visit to Metropolia university of applied sciences

12:00-13:00 Lunch

13:00-15:00

- **Subgroup Aalto:** A visit to a Clubhouse (Klubitalo Itä-Helsinki)
- **Subgroup Sisu:** Introduction of Valo-valmennusyhdistys

Wednesday 22/04

Aalto

- 9.30-11.30 Kukunori: culture of well-being
- 11:30-13:00 Lunch
- 13:00-15:00 Maria-Akatemia: preventive violence work and the Vankemmaksi and Työn imuun! projects

Sisu

- 9:00-11 Aito välittäjä: Peer expertise supporting clients in psychiatry
- 11:00-12:00 Lunch
- 12:30-14:30 VVA Vailla vakinaista asunto ry: support for homeless people

19:00 Farewell dinner in Helsinki, at Mamma Rosa (Runeberginkatu 55)

Thursday 23/04

9:00-16:00 The closing day - Lääkäritalo Helsinki



EU-PROMENS Mental Health Exchange Programme Finland 2026 Groups & Subgroups					
Nr	FIRST NAME	LAST NAME	COUNTRY	GROUP	SUBGROUP
1	Aleš	Zajc	Slovenia	GROUP 1	Aalto
2	Alexandrina Maria	Pop	Romania	GROUP 1	Aalto
3	Alison	Adams	Luxemburg	GROUP 2	Koivu
4	Almos	Dinnyes	Hungary	GROUP 1	Aalto
5	Anja	Zidaric	Slovenia	GROUP 1	Aalto
6	Anna	Veioylani	Greece	GROUP 1	Aalto
7	Annelin	Festervoll	Norway	GROUP 1	Aalto
8	Bertalan	Fendrik	Hungary	GROUP 1	Aalto
9	Birgit	Dürk	Austria	GROUP 1	Aalto
10	Camille	Duclot Brincat	France	GROUP 1	Aalto
11	Carina	Stabauer	Austria	GROUP 1	Aalto
12	Catherine Marie	Van Ouytsel	Belgium	GROUP 1	Aalto
13	David	Schein	Hungary	GROUP 1	Aalto
14	Dearbhla	Thornton	Ireland	GROUP 1	Aalto



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15	Denisa-Ramona	Codre	Romania	GROUP 1	Aalto
16	Denise	Kriechbaumer	Austria	GROUP 1	Aalto
17	Doris	Nohel	Austria	GROUP 1	Aalto
18	Dorota	Brzezinová	Czechia	GROUP 1	Aalto
19	Dragana	Marina	Croatia	GROUP 1	Aalto
20	Ema Nicea	Gruber	Croatia	GROUP 1	Aalto
21	Emanuel Enej	Skrget	Slovenia	GROUP 1	Sisu
22	Giulia Maria	Zoratti	Italy	GROUP 1	Sisu
23	Helina	Mändmets	Estonia	GROUP 1	Sisu
24	Hristo	Milchev	Bulgaria	GROUP 1	Sisu
25	Ilse	Vandervelden	Belgium	GROUP 1	Sisu
26	Jocelyn	Deloyer	Belgium	GROUP 1	Sisu
27	Johanna	Löloff	Germany	GROUP 1	Sisu
28	Jule Mati	Corthals	Netherlands	GROUP 1	Sisu
29	Julius	Schoebel	Germany	GROUP 1	Sisu
30	Kåre	Rønnes	Norway	GROUP 1	Sisu
31	Karina	Kakhanova	Czechia	GROUP 1	Sisu
32	Kevin	Rebecchi	France	GROUP 1	Sisu
33	Kristína	Janačková	Slovakia	GROUP 1	Sisu



34	Lara	Dujc	Slovenia	GROUP 1	Sisu
35	Lars Arno	Dumke	Germany	GROUP 1	Sisu
36	Laura	Dr. Lencse	Hungary	GROUP 1	Sisu
37	Laura	Osés Zarate	Spain	GROUP 1	Sisu
38	Laurent	Cruchet	France	GROUP 1	Sisu
39	Linda	Nyanchoka	Norway	GROUP 1	Sisu
40	Linda	Brišová	Czechia	GROUP 2	Koivu
41	Livia	Lepetit	Italy	GROUP 2	Koivu
42	Loreto	Albás Álvarez	Spain	GROUP 2	Koivu
43	Malte	Behrendt	Germany	GROUP 2	Koivu
44	Marek	Páv	Czechia	GROUP 2	Koivu
45	Margita	Marković	Slovenia	GROUP 2	Koivu
46	Maria Trinidad	Peláez Martínez	Spain	GROUP 2	Koivu
47	Marie	Báječná	Czechia	GROUP 2	Koivu
48	Marie	Vejvodova	Czechia	GROUP 2	Koivu
49	Marina	Fernandez Lopez	Spain	GROUP 2	Koivu
50	Marta	Torelli	Italy	GROUP 2	Koivu
51	Martin	Gselman	Slovenia	GROUP 2	Koivu
52	Marzena	Chaczko	Poland	GROUP 2	Koivu



53	Matija	Smrečnik	Slovenia	GROUP 2	Koivu
54	Mélina	Merk	Netherlands	GROUP 2	Koivu
55	Natalia	Raileanu	Romania	GROUP 2	Koivu
56	Niamh Catherine	Power	Ireland	GROUP 2	Koivu
57	Paulina	Cisowska	Poland	GROUP 2	Koivu
58	Petra	Koprivnik	Slovenia	GROUP 2	Koivu
59	Petra	Bednářová	Czechia	GROUP 2	Lumi
60	Petra	Belec	Croatia	GROUP 2	Lumi
61	Rabia	Sotsane	Germany	GROUP 2	Lumi
62	Robertas	Povilaitis	Lithuania	GROUP 2	Lumi
63	Sara	Seršen	Slovenia	GROUP 2	Lumi
64	Šárka	Bartoňková	Czechia	GROUP 2	Lumi
65	Simona	Tripković Drev	Slovenia	GROUP 2	Lumi
66	Svenja	Reinhardt	Germany	GROUP 2	Lumi
67	Teodora	Vlad	Romania	GROUP 2	Lumi
68	Teresa	Cauqui Olmedo	Spain	GROUP 2	Lumi
69	Tereza	Táborská	Czechia	GROUP 2	Lumi
70	Tetiana	Kulish	Slovakia	GROUP 2	Lumi
71	Tina	Obrul	Slovenia	GROUP 2	Lumi



72	Tina	Vardič Žužek	Slovenia	GROUP 2	Lumi
73	Tünde	Benedek	Hungary	GROUP 2	Lumi
74	Vanessa	Alves Ruiz	Spain	GROUP 2	Lumi
75	Verica	Jovanovski	Croatia	GROUP 2	Lumi
76	Zbynek	Roboch	Czechia	GROUP 2	Lumi
77	Zuzana	Bratová	Czechia	GROUP 2	Lumi