

Well-being in Kumpula



David Whipp

On behalf of the Kumpula campus well-being groups



Who are we?



Chemistry

Johannes Pernaa (Chair),
Jussi Hartikainen, Karina Moslova,
Maaret Karjalainen, Ilkka
Kilpeläinen, Mirkka Sarparanta,
Otto Seppänen, Pirjo Mulari, Seija
Lemettinen, Timo Repo



Computer Science

Valtteri Niemi (Chair),
Minna Lauri, Jussi Hartikainen,
Ritva Karttunen, Jani Jaakkola,
Antti-Pekka Tuovinen, Julien
Mineraud, Rola Alhoselah



Geosciences and Geography

Dave Whipp (Chair),
Emilia Koivisto, Aku Heinonen,
Pia Bäcklund, Juulia Moreau,
Kati Oinonen, Ferhat Kaya



Who are we?



INAR

Hanna Vehkamäki (Chair),
Timo Vesala, Katja Lauri, Mari
Pihlatie, Leena Järvi, Anna
Lintunen, Juha Kangasluoma,
Maria Provenzale, Stephany B.
Mazon, Golnaz Roudsari, Olga
Garmash, Teemu Paljakka



Mathematics and statistics

Juha Kontinen (Chair),
Akseli Haarala, Jussi Hartikainen,
Saara Heikkilä, Ilkka Holopainen,
Jokke Häsä, Satu-Maija Meldo,
Ganapati Sahoo



Physics

Minna Palmroth (chair),
Ilpo Vattulainen (co-chair), Flyura
Djurabekova, Outi Haapanen,
Thomas Hackman, Simo Huotari,
Venus Keus, Waldemar Kulig, Tuire
Savolainen, Eija Tuominen, Lucile
Turc, Aleksi Vuorinen, David Weir





What are our goals?



Calvin and Hobbes, the happy explorers

- The well-being groups in Kumpula aim to:
 - **Improve** the well-being of our colleagues
 - **Assist** with situations when well-being is a concern
 - **Monitor** well-being to help identify broader well-being issues
 - **Communicate** well-being concerns to those who can affect them



What do we do?



Group sports improving well-being

- **Plan social activities** in our departments
 - Christmas parties, recreation days, museum visits, etc.
- **Share information** relevant to work well-being
 - Well-being events in Kumpula, useful resources, etc.
- **Collect information** from you about your well-being and work environment



How do you reach us?

- However you like...
 - **Email** the chair of your department's well-being group
 - **Talk** to one of the members in the hallway
 - **Share** your well-being concerns via an e-form
- Well-being issues aren't always easy to discuss, but we're here to help!



Our discussions are private

CONFIDENTIAL

- If you feel you need to speak to someone confidentially, please approach any of the members. Your conversation will not be discussed with anyone, even amongst the members of the equality and work well being group without your consent.



Geosciences & Geography speed dating at Iloranta

**Want to get involved in your department's well-being group?
Let us know!**

Kiitos! Thanks!

Kumpula well-being chairs:

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Minna Palmroth - minna.palmroth@helsinki.fi

Johannes Pernaa - johannes.pernaa@helsinki.fi

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Hanna Vehkamäki - hanna.vehkamaki@helsinki.fi

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