



**WHO Collaborating Centre
for Healthy Cities and Urban Health
in the Baltic Region**

Baltic Region Healthy Cities Association



BALTIC REGION HEALTHY CITIES ASSOCIATION

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1 INTRODUCTION

The Baltic Region Healthy Cities Association, hereinafter referred to as the "Association" in this document, was founded in 1998. Year 2005 was its seventh year of operation. The Association has been operating as a WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region since September 2002. The goal of the Association is to improve the health conditions of cities in the Baltic Region and to support the World Health Organization (WHO) programmes which serve these purposes. The Association follows the terms of reference of the WHO.

The cities apply to be members in the WHO Healthy Cities network. At the end of 2005, the following cities were designated as official European WHO Healthy Cities network members in the Baltic Sea Region: Copenhagen (DK), Dresden (DE), Helsingborg (SE), Horsens (DK), Izhevsk (RU), Jurmala (LV), Kuopio (FI), Lodz (PL), Poznan (PL), Sandnes (NO), Stockholm (SE) and Turku (FI). In addition, Cheboksary (RU), Kaunas (LT), Kuressaare (EE), Novocheboksarsk (RU) and Pärnu (EE) submitted their applications to be officially designated. The cities of Oslo (NO) and Riga (LV) have expressed their interest in joining the network.

The European Healthy Cities network operates in 5-year phases. Year 2005 was the third year of Phase IV in the European Healthy Cities. The Association especially promoted projects implementing the themes of this phase: Healthy Ageing, Healthy Urban Planning and Health Impact Assessment as well as Active Living.

During 2005, WHO established sub-networks to promote the above mentioned main themes, advanced and interested cities in the Europe were invited to join them. The cities or districts from the Baltic Sea Region in the sub-networks are Stockholm County Council, who leads the Healthy Ageing group. Copenhagen, Helsingborg and Turku are members in the Healthy Impact Assessment group, and Sandnes is active in the Healthy Urban Planning sub-network. As many of the cities, including Turku, were closely involved in the sub-networks, it gave also the Association a great opportunity to be active in following up and promote the development of the themes.

2 PERSONNEL AND ADMINISTRATION

The member organisations of the Association are the City of Turku, University of Turku, Turku School of Economics and Business Administration, Åbo Akademi University and the Social Insurance Institution of Finland. The work and activities of the Association and Office were directed by the Board.

Board Members		Personal Deputy Board Members		Organisation
Kaija Hartiala (Chair)	Deputy Mayor	Matti Wendelin	Director of Finance	City of Turku
Leena Koikkalainen	Managing Director	Pirjo Saari	Project Manager	City of Turku
Tommy Lindholm	Lecturer	Sakari Suominen	Provincial Medical Doctor	City of Turku
Minttu Ojanen	Student	Veli-Matti Kauppinen	Master of Political Science	City of Turku
Jorma Järvisalo	Assistant Director	Jouko Lind	Leading Researcher	Social Insurance Institution
Markku Koulu	Professor	Ullamari Pesonen	Docent	University of Turku
Ulla Achrén	MBA	Paula Lindroos	Director of the Continuing Education Centre	Åbo Akademi University
Reima Suomi	Professor	Olli Hietanen	Regional Manager	Turku School of Economics and Business Administration

The Chair of the Board was Kaija Hartiala and the secretary Reino Tiainen, City Secretary.

Board Meetings were held seven times during the year. The spring meeting of the Association was held on the 4th of April 2005, and the autumn meeting on the 9th of December 2005.

A total of four persons were employed by the Association at the end of 2005. Two of these worked full-time and the other two part-time. A workforce of 2.7 persons in total was employed to carry out the activities. The personnel of the Association were:

Riitta Asanti, Executive Director (20%)

Mari Siimar, Office Manager (100%)

Tiina Keinänen, Project Planner (100%, since 19.9.2005)

Heini Parkkunen, Healthy City co-ordinator (50%)

Heini Parkkunen, a Healthy City co-ordinator in the City of Turku, uses half of her working time for the operations of the Association, based on a co-operation agreement between the Association and the City of Turku concluded in 2002.

In the beginning of February 2005, the Association moved into new premises located in the city centre, Käsityöläiskatu 10. The Development Services Centre of City of Turku operate from the same location.

3 FINANCES

In 2005, the Association received € 70 000 for its operations from the City of Turku and € 40 000 project funding from the Ministry of Social Affairs and Health. Membership fee proceeds amounted to € 1 800 and project incomes to € 12 863. Total proceeds in 2005 were € 124 663 and the expenses according to preliminary financial statements were € 119 645. The final financial statement will be completed in February 2006.

Attached to the report is the summary of the received funding from the Ministry of Social Affairs and Health and its distribution to different projects. A total of € 38 603 was used in the eight projects. The basic funding for the salaries and maintenance of the office was € 66 245, which are not included in the project funding. Total expenses according to preliminary financial statements were € 119 645.

4 A REPORT ON PROJECTS IN 2005

Eight projects included in the Annual Plan were carried out in 2005. In addition, the planning of an HIV/AIDS project was started (see 4.9). In the planning and implementation of all the activities, the WHO's themes, the wishes of the cities and negotiations with the member organisations were taken in consideration.

City Health Development Planning

1. A Health Profile for the Cities in the Baltic Sea Region
2. Support for the Cities and National Networks
3. Local Seminars in Turku on Promoting Health and Sustainable Development

Healthy Urban Planning

4. Healthy Urban Planning – a Peer Review of Two Cities

Health Impact Assessment

5. Health Impact Assessment training for the Healthy Cities co-ordinators

Active Living

6. Developing Strategies for Active Living in the Cities belonging to the Estonian Healthy Cities Network
7. Collecting the Best Practices in the Promotion of Active Living
8. Promoting Active Living with the Union of the Baltic Cities Commissions on Sport and Health/Social Affairs

Started during 2005

9. Developing the HIV/AIDS campaign concept !ASK AND ACT . IT'S YOUR HEALTH!

4. 1 A Health Profile for the Cities in the Baltic Sea Region

(Hereinafter referred to as the "Baltic Profile" in this document)

The development of the "Baltic Profile" continued in 2005. The cities in the Baltic Sea Region Healthy City Networks were supported in producing both statistical and empirical information regarding the well-being of their cities. As a pilot project, two cities took care of the updating of the Internet pages for their city.

In the European Healthy Cities meeting in Bursa (21st -24th September 2005) the development of the "Baltic Profile" was presented to the whole European network as a web-based model to present the City Health Development Planning. The model with 4 sub-categories and especially the views of the inhabitants were regarded as innovative and interesting approaches. Heini Parkkunen presented the "Baltic Profile" to the European network and Riitta Asanti to the Turkish National Network. The feedback from this meeting encouraged the Association to continue the development of the model.

The gathering of information for the web-site was active in spring 2005. This process is still

going on. So far, the work has been conducted in a flexible manner, taking in consideration individual schedules and resources available. The experiences, benefits and future development of the "Baltic Profile" were discussed in the Baltic Region Healthy Cities coordinators' meeting in Riga and Jurmala (15th -17th June, 2005). Ideas and feedback will be taken in consideration in the development of the "Baltic Profile". Heini Parkkunen and Riitta Asanti were leading and facilitating the "Baltic Profile" discussion.

The Association has participated in the preparation of the HEPRO project, or Focus on Health and Social Well-being in the Baltic Sea Region. The aim of the HEPRO is to offer helpful tools for placing public health in the political agenda both regionally and locally in the Baltic Region. Funding for the project was ensured in June 2005. The Association is an official partner in the project, but it also gives professional assistance to the lead partner of the project. The project funding made it possible to employ a project planner, Tiina Keinänen, in September (19.9.2005). She was responsible for the development of the "Baltic Profile" and the HEPRO project.

The Association organised the kick-off meeting of the HEPRO project in Turku (28th-30th November 2005). There were a total of 59 participants from eight countries at the meeting. The Association facilitated a working group, and Heini Parkkunen gave a presentation on Turku-strategy.

The contents of the "Baltic Profile" website were regularly updated. The development of the profile was one of the key messages in the communication with the Baltic Healthy City co-ordinators during the whole year.

4.2 Support for the Cities and National Networks

The Association supported the Healthy Cities and National Networks in the Baltic Sea Region by arranging training and meetings, as well as by providing help in the application process and information about the WHO Healthy Cities activities. The participation of five people in the European and Baltic Sea Region meetings during 2005 was supported.

Support was granted to the cities of Jurmala, Kaunas, Kuressaare and Pärnu in their application process. In addition, the cities of St. Petersburg and Riga were encouraged in their work towards Healthy Cities.

This support for cities was mostly implemented by means of e-mails and telephone conversations. Separate local negotiations were arranged in Jurmala, Kaunas, St. Petersburg and Riga. The co-ordinators were informed about the activities of the WHO and the Association by an e-letter four times and by an e-newsletter twice during the year.

4.3 Local Seminars in Turku on Promoting Health and Sustainable Development

Three seminars were organised with a total of 82 participants in collaboration with the member organisations. One aim was to disseminate information on the ideology, themes and practices of the Healthy Cities movement.

A "Well-being and strategy" seminar was arranged in co-operation with Åbo Akademi

University in Turku (19th April). There were six speakers and 20 participants. The Director of Healthy Cities, Julia Taylor (Liverpool, England) spoke about "Investment and involvement in Cultural Capital for a Healthy City", Ritva Prättälä (the Finnish Public Health Institute, Helsinki) about "Socio-economic inequalities of health and how to decrease them" and Healthy City co-ordinator Susanna Hyvärinen (Kuopio) about "the Healthy Kuopio programme – strengthening businesses and increasing quality of services by well-being expertise". The practical arrangements, communication and promotion of this seminar were implemented in connection together with the 'Turku running for European Capital of Culture 2011' project.

"An Active And Attractive City - Physical Activity Promotes Well-being" parallel session was organised as part of the Union of Baltic Cities (UBC) General Conference (30th September, 2005). Some 40 participants from the cities in the Baltic Sea Region attended the session. The speakers included Agis Tsouros (WHO, Copenhagen) about "A Healthy City is an Active City – promoting physical activity in the urban context", Kaija Hartiala (Turku) about the "Elements of success in promotion of well-being and physical activity", Olli J. Heinonen (Paavo Nurmi Centre, Turku) on the topic of "Active Living - time for a Living Act", Ewa Depka (UBC Sport Commission, Gdynia) about the "UBC Commission on Sport - experiences and activities". Local level examples were presented by Tone Nybakken (Bergen) on the topic "New, untraditional ways in offering Active Living to young people" and Anu Oittinen (Turku) on "Can the whole school day be physically active?". The aim of the session was to present the latest evidence of the impacts of physical activity on health and to introduce the best practices around the Baltic Sea. It was especially targeted to the participants of the UBC cities local decision-makers in Turku.

"The future of well-being?" seminar was organised in Turku (25th October, 2005) in co-operation with Turku School of Economics and Business Administration & Finland Future Research Centre. This seminar was organised to gather ideas, questions and areas to develop relevant to well-being. A total of 25 people participated in the seminar. The speakers were Osmo Kuusi (the Government Institute for Economic Research, Helsinki), Matti Rimpelä (the National Research and Development Centre for Welfare and Health, Helsinki), Kaija Hartiala (Turku), and Nina Luostarinen (MediNeuvo, Helsinki). The ideas from the seminar will be used in organising the seminar "Well-being in the Information Society (WIS2006)" in 2006.

4.4 Healthy Urban Planning – a Peer Review of Two Cities

A training course on Healthy Urban Planning was organised in Kaunas (11th-12th April) by the Association. Three experts (an urban planner, a head of transportation, a medical doctor) from Kaunas were nominated to be responsible for the project and act as the main trainees. The training days also included two seminars for a wider audience (20 people) and for the Kaunas City Council (80 people). The training relied on the expertise of Marcus Grant from the University of the West of England. He presented the "Spectrum Analysis" tool to the participating city planning officers, and Heini Parkkunen described case studies from Turku. The cities of Kaunas and Horsens have made a commitment to implement the project and a peer review process. Following the training, the urban planner from Kaunas presented a poster in Bursa. During the Bursa meeting, discussions took place with Horsens and Kaunas on how to continue the project. It was decided to organise a training event in Horsens, including a peer visit from Kaunas during 2006 to finalise the project.

4.5 Health Impact Assessment training for the Healthy Cities co-ordinators

Training on Health Impact Assessment was organised as part of the co-ordinators' meeting in Jurmala and Riga (15th -16th June, 2005). A total of 17 participants from 6 countries participated in the meeting. Erica Ison, Specialist Practitioner in Health Impact Assessment, affiliated with the Public Health Resource Unit, National Health Service, Oxford, United Kingdom directed and facilitated the HIA training.

The HIA training gave a clearer idea of the method and increased confidence in its usefulness. However, concrete information, experiences and examples are still needed.

As a conclusion, the participants want to meet as a Baltic network. It would give them a possibility of including in the international network not only the co-ordinators but also other actors in the cities. The topics should support the implementation of the WHO themes and a specialist/expert should be invited into each meeting.

4.6 Developing Strategies for Active Living in the Cities belonging to the Estonian Healthy Cities Network

During 2005, the Association participated in the preparation of the "Well-being through physical activity in cross-border co-operation" project co-ordinated by the Centre for Extension Studies of the University of Turku. The project aims at creating a health promoting physical activity strategy for Estonian and Finnish municipalities (13 in total) and launching the implementation of this strategy. The project received funding from the EU Interreg IIIA programme, and the Association participated as a partner. During the year 2005, four steering committee meetings were arranged, and the opening seminar of the project in 2006 was planned.

4.7 Collecting the Best Practices in the Promotion of Active Living

In practice, this project was combined with the 'Promoting Active Living with the Union of the Baltic Cities Commissions on Sport and Health/Social Affairs' project. The Association participated in the meeting of the European Active Living group in Rotterdam (27th -29th April) and supported the first steps of collecting the best physical activity practices in Turku (video clips) and the Active Living network.

4.8 Promoting Active Living with the Union of the Baltic Cities Commissions on Sport and Health/Social Affairs

The Active Living ideology and the network's best practices were presented at the UBC Sport commission's 10th anniversary meeting in Klaipeda (14th -16th April) by Heini Parkkunen and Riitta Asanti. One aim of participating in the meeting was to establish co-operation between the Association and the UBC Sport commission.

Under the auspices of the collaboration in Klaipeda, the co-ordinator of the UBC Commission on Sport, Ewa Depka, was asked to give a speech in Turku as part of the Union of Baltic Cities (UBC) General Conference in the Association's parallel session "An

Active and Attractive City - Physical Activity Promotes Well-being". The Association participated in developing the application form of the UBC Commission on Sport "Cities on the move" annual grant to ensure the inclusion of an Active Living perspective.

4.9 Developing the HIV/AIDS campaign concept "ASK AND ACT – IT'S YOUR HEALTH"

HIV infections and AIDS have increased dramatically in the Baltic States, Russia and Ukraine. The "Ask and Act - It's your Health" concept and logo were developed by the World Health Communications Associates (WHCA). The collaboration with the Association and the WMA (World Medical Association), ICN (International Council of Nurses, WPA (World Pharmacists Association) and International Federation of the Medical Students Associations (IFMSA) had already started in 2004.

The project firstly focuses attention on local level initiatives. The second idea is communication, especially through Health Care professionals, and the third having health promotion and Healthy Cities framework as guiding principles. The collaboration and a possible project were drafted in four meetings (Ferney-Voltaire, St.Petersburg, Turku and Moscow) in 2005 with the Health Professionals' organisations.

Drafting the campaign concept, increasing the commitment of the potential partner cities and presenting achievements so far were the targets of the meeting in Turku (13th -14th June). A total of 30 participants attended the meeting. As a result, pilot cities in Russia (St.Petersburg, Kaliningrad, and Izhevsk), Estonia (Tartto), Latvia (Jurmala), and Ukraine (Kiev) were encouraged to take part in the campaign. The Association was asked to act as a link in providing training for the pilot cities together with national and global organisations.

In the Moscow meeting (6th December) it was decided that the Association will help the network to apply for funding for the HIV/AIDS campaign in 2006.

5 NATIONAL CO-OPERATION

5.1 With the member organisations

Co-operation with the *City of Turku* was close-knit due to the commitment of the Association's Board Chairperson and the Healthy City co-ordinator. The know-how of the City of Turku was used in all projects, training events and seminars, especially in the field of promoting physical activity.

Co-operation with the *University of Turku* was emphasized in order to find common fields of interest with the Baltic Sea Region University Network (BSRUN), co-ordinated by the University. As a result, an integrated meeting for both networks will be organised in 2006.

In co-operation with the *Turku School of Economics and Business Administration*, the seminar "Future of well-being?" (25th October) was organised in Turku. In this seminar, material and ideas were collected for the planning of the international Health Impact Assessment "Well-being in the Information Society (WIS2206)" seminar to be organised in 2006.

Together with the *Åbo Akademi University* and the 'Turku running for the European Capital of Culture 2011' -project, a "Well-being and strategy" seminar was organised in Turku (19th April).

The promotion of the Healthy Ageing theme by organising a seminar in 2006 was discussed and planned together with the *Social Insurance Institution*.

5.2 With the Finnish National Healthy Cities Network, STAKES and Kuopio

The Association participated in the Healthy Municipality event (26th-27th January) arranged by Stakes (the National Research and Development Centre for Welfare and Health). An abstract and a poster were presented concerning the "Baltic Profile" model. In the Finnish National Network meeting in Turku (20th-21st April), information on the Baltic network was provided in the Association's exhibition wall, and the WHO themes were presented and discussed in Pori (29th-30th November).

The City of Kuopio was designated a member of the European Network, following Turku, as the second one in Finland. The fields of co-operation between the two cities and the Association were discussed with the Healthy City co-ordinator of Kuopio. A joint meeting of the cities will be organised in the beginning of 2006.

6 INTERNATIONAL CO-OPERATION

In 2005, the representatives of the Association organised and/or attended the following international meetings, seminars and conferences. Individual reports were written on each of them, mostly in Finnish.

6.1 With the WHO and the Healthy City Networks in the Baltic Sea Region and Europe

Co-operation with the WHO Regional Office of Europe, Centre for Healthy Cities and Urban Health was close. Three individual meetings were organised with the Head of Centre, and the Association was asked to present the "Baltic Profile" model in the European Network meeting in Bursa. Two face-to-face meetings were arranged with the Healthy Cities and National Network co-ordinators in the Baltic Sea Region. The aim was to develop and discuss especially the "Baltic Profile", receive feedback from the past activities and plan for the future.

European Active Living meeting/ Rotterdam, Netherlands, 27th -29th April

The best practices from Rotterdam were presented, and the future of the Active Living group was discussed in this meeting. Riitta Asanti participated in the meeting as a representative of the Association.

Estonian National Network annual meeting/ Elva, Estonia, 6th -7th May

Heini Parkkunen gave a presentation in the meeting on promoting physical activity in a city, based on experiences from the City of Turku and the other cities in the Active Living network.

Co-operation meetings for the Baltic Sea Region co-ordinators/ Jurmala and Riga, 15th - 16th June and Bursa, Turkey, 27th September

The themes of the co-ordinator's meeting in Jurmala and Riga (15th -16th June) were "Baltic Profile" and Health Impact Assessment. An informal gathering of the co-ordinators was organised in Bursa (27th September) to foster the spirit of "Baltic Healthy Cities". Twenty-two people from thirteen Baltic Region and European countries attended the Bursa gathering.

WHO European Network meeting/ Bursa, Turkey, 26th -30th September

The meeting of the Healthy Cities network and the network of the European National Healthy Cities networks 2005 was organised in September. Kaija Hartiala and Heini Parkkunen represented the City of Turku and the Association, and Riitta Asanti and Mari Siimar participated as representatives of the Association. At this meeting, Turku was officially granted the honour of organising the next European Healthy Cities meeting in October 2006.

The visits of the Head of Healthy Cities and Urban Health, WHO Regional Office for Europe/ Turku, 29th September - 2nd October, 28th -30th November

Dr. Agis Tsouros, the Head of the Centre for Healthy Cities and Urban Health, visited Turku twice during the autumn. He gave a presentation in the UBC seminar "An Active and Attractive City -Physical Activity Promotes Well-being" (30th September). He also attended

the kick-off meeting of the HEPRO project (November 28th -30th), where he spoke on "Inequalities of health". Both visits also offered a possibility of discussing the plans and activities of the Association.

Active Living in Healthy Cities Belfast, Northern Ireland 7th-8th December

Riitta Asanti had a meeting with Joan Devlin and Ruth Fleming to learn about the Belfast Healthy Cities programme, especially about the Active Living initiatives and activities, during her Erasmus exchange visit to the Stranmillis University in Belfast.

6.2 With other Baltic Sea Region networks

New networks and areas of collaboration were included in the Union of Baltic Cities (UBC), HIV/AIDS campaign and the HEPRO project.

The planning meetings of the HEPRO project / Copenhagen, Denmark 18th-19th January and Riga, Latvia 28th-29th February, 1 partner meeting / Copenhagen, Denmark 26th-27th August and the kick-off meeting / Turku, 28th -30th November

Heini Parkkunen participated in the planning meetings of the HEPRO project and the Association was responsible of organising the kick-off meeting of the project (funded by Interreg IIIB) in November in Turku.

HIV/AIDS Ask? & Act! - It's Your Health Campaign Development Meetings / Ferney-Voltaire, France 19th January, St.Petersburg, Russia, 26th April, Turku, Finland 13th-14th June and Moscow, Russian Federation 6th December

Separately or together, Kaija Hartiala and Heini Parkkunen took part in the four campaign development meetings during the year. The Association organised one of these meetings in Turku and started the development of a project with the Russian National network towards the end of the year.

UBC Sport commission/ Klaipeda, Lithuania, 14th –16th April

Heini Parkkunen and Riitta Asanti gave presentations in the UBC Sport commission 10-year anniversary meeting.

6th IUHPE (The International Union for Health Promotion and Education) Conference on the Effectiveness and Quality of Health Promotion/ Stockholm, Sweden, 1st -4th June

Riitta Asanti attended the Conference "Best practices for better health" to learn about the latest developments and scientific evidence, as well as best practices of health promotion in Europe.

"An Active and Attractive City -Physical Activity Promotes Well-being" parallel session/ Turku, Finland, 30th September

As part of the Union of Baltic Cities (UBC) General Conference, the Association organised a parallel session, in which there were around forty participants from cities in the Baltic Sea Region.

7 AN ASSESSMENT OF THE YEAR 2005

All the projects in the Annual Plan 2005 were implemented, and there was a significant increase in the activities in 2005 compared to 2004. Some of the projects were realised on a smaller scale than planned, but others on a larger scale. For example, the “Baltic Profile” development provided European-wide publicity, the UBC Commission on Sport turned out to be an innovative partner in physical activity promotion and the HIV/AIDS campaign concept brought along new international partners.

Three new projects were started in 2005, and two of these will be continued in 2006. EU and other additional funding was received for three projects, which is a remarkable increase compared to the previous years. The Association organised four international meetings with 176 participants. Two of these meetings (HIV/AIDS and HEPRO) were organised in Turku with 89 participants.

Communication and relations with the co-ordinators in the Baltic Sea Region were regular and good. The close collaboration with the WHO Centre for Healthy Cities and Urban Health continued. The role of the Association in the Healthy Cities movement was clarified by several discussions that took place during the year. From an administrative point of view, the association enables a flexible way of operation, and the working methods of a small Association differ remarkably from those of the big WHO organisation.

Year 2005 was the first year since 2002 in which the Association had an Executive Director for the whole year. Moving to new premises together with Development Services Centre enabled a closer co-operation with development expertise of the City of Turku, and the hiring of a new project planner was a significant increase in the personnel.

The main reason to the increase in the activities was the “Baltic Profile”. The model developed by the Association received a lot of interest and visibility in the European Healthy Cities meeting in Bursa. Supporting the “Baltic Profile”, the start of the HEPRO project and the Association's strong role as a partner and a professional assistant made it possible to employ a project planner. The feedback received encouraged the Association to continue the development of the “Baltic Profile” model and to explore the possibilities of serving the whole European Healthy Cities Network.

The second new field of co-operation was the HIV/AIDS initiative and the campaign concept (ASK AND ACT – IT'S YOUR HEALTH). Collaboration with global organisations is new for the Association. Several meetings were organised around the issue, and the development of concrete new projects will continue in 2006. The Global Fund and other funding sources offer good possibilities of applying and receiving additional funding for the projects of the Association.

Collaboration with the UBC Commission on Sports and UBC General Conference in Turku were entry points for the Association to meet with other local governments in the Baltic Sea Region. The concrete actions revolved around the Active Living theme, but there is a lot of interest in learning about the other WHO themes.

The meetings and seminars, organised together with the member organisations, gave the Association visibility in Turku. However, there is an urgent need to improve the

communication and visibility of all the activities and actions. The development of the Association's communications efforts will continue in 2006.

The City Board of Turku made at end of 2005 a decision to establish a "Baltic Sea Centre" in Turku. This house will bring together all the Baltic Sea Region activities in Turku, including the Association, under the same roof. This gives the Association the possibility of being a member in the bigger movement in the Baltic Sea Region. Concrete plans will be made in 2006.

