



2026 ANNUAL SYMPOSIUM • HELSINKI FINLAND

PARTICIPANT GUIDE

Welcome to the SSIEM Symposium 2026 and to Helsinki, Finland!

Finland is the land of the midnight sun and millions of saunas, and [home to the most sustainable travel destination in the world: Helsinki](#).

To help you find your way around the city of Helsinki and to the SSIEM 2026 Symposium, we have put together some helpful information for you in this participant guide.

Travelling in Helsinki / Public Transport

If you are arriving in Helsinki by airplane, Helsinki-Vantaa Airport, or simply Helsinki Airport is the international airport serving Helsinki. Helsinki is reachable by multiple ferries and trains as well.

Note! All registered participants have been sent a personal eTicket code to use on the HSL-app, covering travel in the zones ABCD from **Monday 24 August (00:01) until Friday 28 August (23:59)**. Please note that the e-ticket codes can be activated only once you have arrived in Finland and will be valid only during the conference days. Use the app as a guest—do not log in or create an HSL account. This is necessary because foreign phone numbers cannot be verified.

Each code can only be used **once**. Do not delete the app or log out during the ticket's validity period. Doing so will remove the ticket, and we cannot offer compensation for lost tickets. Once activated, the eTicket works offline.

The HSL-app can be downloaded from AppStore, Google Play and AppGallery. All public transport routes and schedules can be found on [the HSL webpages](#) or the HSL-app.

There are several reliable **taxi companies** operating in Helsinki – e.g. Taksi Helsinki, Lähitaksi and Menevä. You can also use Bolt and Uber in Helsinki. Please do not use unlicensed taxis.

Symposium Venue and Arrival

Messukeskus / Helsinki Expo and Convention Centre
Messuaukio 1 (Main Entrance)
00540 Helsinki, Finland

The I and P trains takes you from the airport directly to Pasila railway station next to the SSIEM 2026 venue Messukeskus.

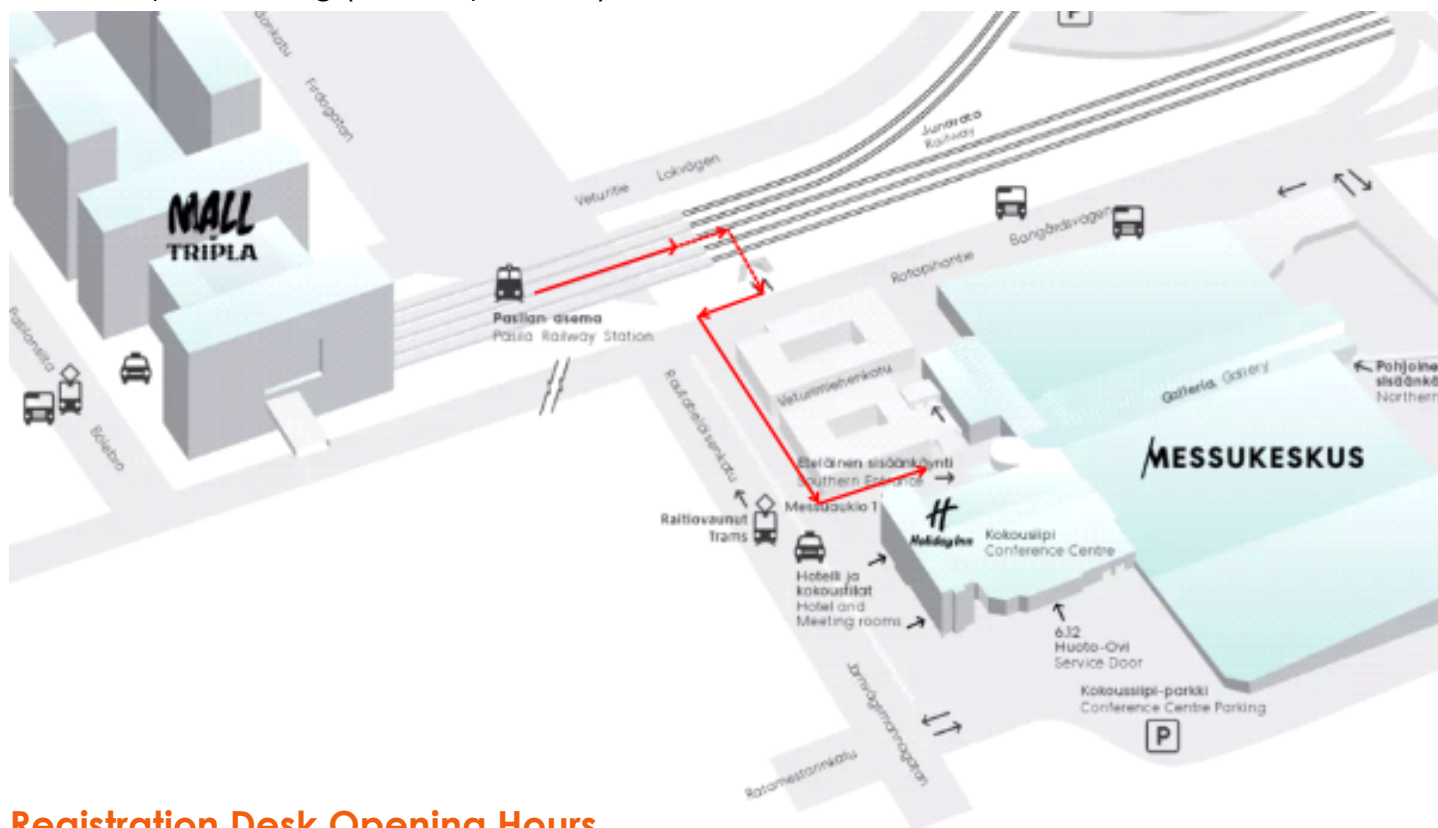
Travelling from the airport to the city is easy, as two local trains (I and P trains) depart from the airport train station and take you to the Central Railway Station in the city centre via Pasila station next to the venue. There is a direct elevator and escalator connection from the Airport arrivals hall to the train station.

The journey to Pasila station takes 25 min. and to the city centre about 30 minutes. The local trains are operated by Helsinki Regional Transport, HSL. The airport is in zone C, and the city centre and Pasila station/Messukeskus are in zone A.

Messukeskus is within walking distance from Pasila train station. There will be signs and guides directing Symposium delegates from the train station to the venue during the Symposium days.

All local trains departing from the city centre stop at Pasila train station, in addition to multiple trams and buses from all over Helsinki. Tram 2 has a stop directly in front of Messukeskus. See more on [the Messukeskus webpages](#).

Check also [this video](#) on how to find the shortest way from Pasila train station to Messukeskus Southern entrance. Use the underpass to Ratapihantie street – do not go to Pasila station/ Mall of Tripla building (see map below).



Registration Desk Opening Hours

Monday, 24 August	12:00 - 19:00
Tuesday, 25 August	08:00 - 19:00
Wednesday, 26 August	08:00 - 19:00
Thursday, 27 August	08:00 - 17:00
Friday, 28 August	08:00 - 14:00

Name Badges

Name badges are to be collected at the registration desk when you first arrive to the Symposium. To ensure security, wearing the badge is mandatory throughout the event, including at Networking events.

Badges are ordered by registration ID number – pick the right queue!

Symposium Material

The complete and detailed Symposium programme can be found on the website. It can also be accessed through the mobile App. A printed version of the Programme Book is included in the Symposium material.

When you collect your name badge, you will receive a ticket for your symposium materials and delegate gift (full and one day registrations only). The symposium materials will be available at our Symposium Materials desk next to the Cloakroom in the Main Venue lobby.

You can also download the Final Programme Book from SSIEM 2026 Symposium website: www.ssiem2026.org

The Programme Book was printed on 6 August. Any changes in the programme after that date have been made in the programme at the Symposium web site and in the SSIEM 2026 Helsinki App. You can download the 6 August version of the Programme Book from SSIEM 2026 Symposium website: www.ssiem2026.org

Sponsors and Exhibition

The industry exhibition will take place in the Symposium venue Messukeskus, in hall 4. Exhibition opening hours:

Tuesday, 25 August	12:00-18:00
Wednesday, 26 August	08:30-17:30
Thursday, 27 August	08:30-17:00
Friday, 28 August	09:00-13:00

Be sure to visit industry at their **Satellite Symposia sessions**, for further details and session program, see [Satellite Symposia](#) on our web site.

Halls 4&5 catering and poster areas and lecture halls are open also outside Exhibition opening hours.

CME Credits and Certificate of Attendance

If you wish to receive CME Credits for your attendance, make sure to get the QR code on your badge scanned at the specified CME entrance of the sessions you attend.

You will receive a Certificate of Attendance (with your CME Credits if collected) after having filled in the Evaluation form that will be sent to participants after the Symposium.

Please note that collecting CME Credits and scanning the badge is the sole responsibility of the attendee, and no points can be collected for a session that has already finished.

No CME Credits will be awarded for Satellite symposia organised by the sponsors (in brown on [the Daily Overview](#)) or for Administrative and Side meetings (in yellow on [the Daily Overview](#)).

Lecture Halls

All scientific sessions will be held at Messukeskus. Halls 1, 4, 5, 5A, 5B and 5C are located in the Main venue. Meeting rooms 101-218 are located in the Conference wing. Both the Main venue and the Conference Wing are in the same building complex and connected by corridors.

Signage is available and you can ask for directions from our hostesses and volunteers wearing their orange SSIEM 2026 t-shirts.

Cell phones must be turned off or silenced before entering the lecture hall. Check the Symposium programme for detailed session information.

All lectures will be live events, and no live streaming or recordings will be available.

Members' Lounge

This is new to the SSIEM. We offer our members a peaceful area for relaxing and networking with coffee and tea. The lounge is located in the Main venue lobby (see the Exhibition and Poster area floor plan on Programme Book page 44-45). It will be open during the Symposium hours. If unsure, you can check your membership status across the corridor by the SSIEM lounge.

Coffee and Lunch / Special diets and Allergies

Coffee and lunch will be served in halls 4 and 5 during the breaks indicated in the programme. Special diets and allergies have been forwarded to the venue catering and will be available from a separate buffet at the catering area in hall 4.

Dress Code / Weather

Dress code throughout the Symposium is smart casual.

The end of August is the end of summer in Finland, and temperatures are between 12-25 Celsius (53-77 Fahrenheit). Weather can vary, so please check the weather before arrival ([Finnish Meteorological Institute](#)). A cloakroom will be available in the Main Venue during the Symposium.

You can also download the 'Ilmatieteenlaitos Sää' App from Google Play or Apple Store – it has e.g. excellent rain maps. [Read more here!](#)

Cloakroom

A cloakroom will be available in the Conference Wing on Monday 24 August, and in the Main Venue Lobby on Tuesday, Wednesday, Thursday, and Friday. You may also use this space to store your luggage temporarily if you are arriving directly from the airport. Cloakroom opening hours:

Monday, 24 August	10:00 - 18:30
Tuesday, 25 August	07:30 - 21:00
Wednesday, 26 August	07:00 - 20:00
Thursday, 27 August	07:00 - 18:30
Friday, 28 August	08:00 - 14:30

NOTE! The doors of the Main Venue will close at the same time as the Cloakroom.

The Cloakroom also serves as our **Lost&Found**. Next to the Cloakroom, you will find a notice board where you can post messages for other delegates.

Language

The official language of the Symposium is English. There will be no interpretation available.

Internet / WiFi

A free internet connection will be available at the Symposium for all registered participants. Network name is SSIEM2026, no password is needed.

SSIEM 2026 App

The easiest way to download the mobile app is to scan this code:

After downloading the app, do not forget to enable push notifications to stay up-to-date on the latest news!

The sign in information has been sent by email to all registered participants in the SSIEM 2026 Welcome Letter.



Social Events

Welcome Reception

Tuesday, 25 August | 18:30 – 20:30 | Messukeskus, Halls 4&5

The Welcome Reception offers a unique opportunity to connect with fellow attendees, speakers, and sponsors. This opening gathering serves as a catalyst for meaningful conversations, fostering new relationships and paving the way for potential collaborations. The exchange of ideas during this time can enrich your event experience and create lasting connections that continue well beyond the event itself.

We are delighted to invite you to join us for a welcome cocktail, a gift from the City of Helsinki, designed to set a warm and inviting tone for the days ahead. This special evening promises an atmosphere of camaraderie and inspiration, marking the perfect start to an engaging event. Snacks and a glass of wine are included.

Complimentary for all delegates, industry and accompanying persons.

Young Investigators' Evening

Wednesday, 26 August | 20:00 – 22:00 | Korjaamo (Töölönkatu 51 A-B, 00250 Helsinki)

Continuing from Tuesday's meeting this networking event gives you a chance to meet your peers in a relaxed atmosphere. Young scientists and professionals from every discipline within SSIEM, as well as those who appreciate engaging with emerging members, are warmly invited to attend the Young Investigator Evening.

This special event is designed to encourage meaningful connections and promote the exchange of innovative ideas among participants. While there is no age restriction and all are welcome, the central purpose of this unique networking opportunity is to empower and support the next generation of SSIEM members, fostering their growth within the community.

Complimentary drinks and snacks will be provided for the first 150 guests.

Networking Evening (*prebooking required*)

Thursday, 27 August | 19:30 – 0:00 | Finlandia Hall (Mannerheimintie 13 e/Karamzininranta 4, 00100 Helsinki / Entrances M4 and K4)

In addition to networking, enjoying Finnish food and dancing the night away, you can also visit the special exhibition on Finnish culture, nature and design, "Visions of Alvar Aalto", at any time you like during the evening.

Tickets:

45 € for delegates

90 € for industry and accompanying persons

No transportation to or from the Networking Evening will be provided.

Additional information has been sent by email to all participants registered for the Networking Evening. Ask for available tickets at our registration desk or by email at ssiem2026@confedent.fi

Accommodation

If you have booked your hotel room via SSIEM 2026 Hotels and have questions about your booking, please visit us at the registration desk or contact us at ssiem2026hotels@confedent.fi

Free Time in Helsinki

A Helsinki tourist information desk will be available at the Symposium venue on

Tuesday 25 August 09:00 – 16:00 and
Wednesday 26 August 09:30 – 16:30

and they will be happy to share ideas for you to make your own excursion bookings. You can also visit the [MyHelsinki](#) web site for inspiration.

Don't miss the various spectacles of [Helsinki Festival](#) organised from August 18 to September 5. It is the largest arts festival in the Nordic countries, held annually in late summer. The festival's aim is to make art accessible for all. The programme features classical and world music, theatre, dance, circus and visual arts as well as a range of urban events.

Note that your 5-day eTravel ticket is also valid on the public ferry to Suomenlinna fortress island – a UNESCO world heritage site well worth visiting!

Where to experience sauna?

The closest sauna is probably at your hotel! Nearly all hotels have a sauna, and it's usually free of charge for all guests. Other options:

[Allas Sea Pool](#)

Sauna experience right in the city center, you can also take a dip in the sea!

[Löyly](#)

"One of the 100 greatest places in the world" – TIME Magazine

[Lonna sauna](#)

Sauna on an island!

[Uusi sauna](#)

Traditional public sauna with a modern twist

[Lähteen sauna](#)

The oldest public sauna in Helsinki, from 1880's

[Kotiharjun sauna](#)

Original atmosphere since 1928



Instructions for Speakers

Oral parallel sessions will include both 4-min-long “rapid fire” and 10-min-long “traditional” presentations. This does NOT include questions. All questions will be asked after the last presentation. The chairs will direct audience questions to one or many of the presenters. So, please, take a seat reserved for presenters (front row) and stay to the end of the session.

You may use the PowerPoint slide design of your choice. Set your PowerPoint slides to the 16:9 widescreen format. If you use PowerPoint notes, they will be visible on your speaker screen during your presentation but are not visible for the public.

Bring your presentation on a USB flash drive to the Speakers' Room the day before your presentation. If you arrive on the day of your presentation, please bring your presentation no later than 1 hour prior to your session.

The Speakers' Room staff will be expecting your presentation if you are presenting in one of the following lecture halls from Tuesday to Friday:

- Hall 1
- Halls 5A, 5B, 5C
- Meeting Room 101AB
- Meeting Room 208 (for LAB talk presentations)
- Meeting Room 101C (for the Tuesday session on Newborn screening)

You cannot use your own computer for the presentation in the above halls/sessions.

Presentations in other meeting rooms should be taken directly to the meeting room on a USB flash drive or delivered according to instructions received from individual meeting organisers.

Speakers' Room Opening Hours

Monday, 24 August	16:00-19:00
Tuesday, 25 August	07:30-16:30
Wednesday, 26 August	07:30-16:30
Thursday, 27 August	07:30-16:30

Posters

Poster presenters are requested to stand by their poster during the Poster Walk on Wednesday, 26 August 17:30 – 19:30 to answer questions. The presenter should be present from 17:30 to 18:00 for odd-numbered posters and from 18:00 to 18:30 for even-numbered posters. Posters will be on display in halls 4 and 5.

Please mount your poster on Tuesday 25 August between 10:00 and 14:00. Posters need to be up when the welcome reception starts on Tuesday 25 August at 18.30. To fasten your poster, use the pins that are available at the venue. Poster boards are numbered. Please use the poster board corresponding to your poster number sent to you by email.

Posters must be displayed in portrait orientation; landscape format is not permitted. The maximum dimensions for your poster are 95 cm in width and 195 cm in height. Be sure to include your assigned poster number clearly in the top left corner of your poster.

Authors are responsible for setting up their posters at the beginning of the symposium and removing them on Friday 28 August, by 13:00 at the latest. Please note that posters left to the poster boards after 13:00 will be disposed of.

Oral presenters have been offered an option to bring a poster as well.

Pre-ordered Posters

Poster pickup is on Tuesday from 10.00 until 14.00 and on Wednesday from 10.00 until 12.00 at the venue entrance lobby next to registration.

Payment by credit card only.

e-Posters

ePosters have been collected in advance. The dedicated poster walk will be on Wednesday evening, on 26 August. Please attend to answer questions. ePosters will be available for viewing throughout the Symposium in hall 4.

CONTACT INFORMATION

Professional Congress Organiser

Our team from Confedent International is available to assist you at the registration desk throughout the Symposium. We can also be reached through the following contacts:

Phone +358504644757

Email ssiem2026@confedent.fi

Exhibition Management and Sponsors

Society for the Study of Inborn Errors of Metabolism (SSIEM)
Ralph Kerschbaumer – Corporate Liaison Officer

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Email corporateliasion@ssiem.org

www.ssiem.org

We wish you an excellent Symposium and a wonderful stay in Helsinki!

SSIEM 2026 Symposium Secretariat
Confedent International Ltd.