

LASER HELSINKI 2008
23rd - 24th August



SECOND CALL FOR PAPERS

**13th International Congress of EMLA (European Medical Laser Association),
in conjunction with EMLA Finland and MAL (Medical Acupuncture and Laser),
in cooperation with ASLMS (American Society for Laser Medicine and Surgery)**



LASER HELSINKI 2008
Helsinki, Finland
Saturday 23rd – Sunday 24th August 2008
with pre- and post-congress courses at 22nd and 25th

We are happy to inform you that the 13th International Congress of EMLA (European Medical Laser Association) in conjunction with EMLA Finland and MAL (Medical Acupuncture and Laser) in cooperation with ASLMS (American Society for Laser Medicine and Surgery) will take place in Helsinki, Finland on 23-24 August 2008, with pre- and post-congress courses at 22nd and 25th available in various fields of laser medicine and laser acupuncture.

Main topics of the congress are: update of basic research and clinical experience of laser therapy and photodynamic therapy of different diseases and conditions, laser application in surgery and aesthetic medicine, lasers in veterinary medicine, laser acupuncture, laser vs. LED therapy, etc. Topic how to improve results of laser therapy with the correct diet and food supplement application, such as minerals, amino acids and vitamins, will be discussed in detail.

Starting from 1983, the European Medical Laser Association (EMLA) has organized international congresses dedicated to a variety of fields of laser medicine. Due to its geographical location and neutral political orientation Helsinki, the capital of Finland, is an ideal place to organize international events with participation of professionals from different European countries and around the globe. Several important international events have been organized in Helsinki during past years.

The specific aim of the coming Laser Helsinki 2008 congress is to unite laser professionals from different countries, especially the West European specialists with their East European colleagues (from Russia, Ukraine, Belarus etc.). Helsinki has good flight and sea connections with major European cities, as well as with cities in other continents. At the same time Helsinki is located not far from St. Petersburg and Moscow (Russia), has good train, bus and flight connections to a number of cities in Russia. All that, together with moderate registration fees and reasonable hotel prices make it affordable for professionals from different countries to participate Laser Helsinki 2008.

Simultaneous translation from Russian to English and back during the Congress will break language barrier and will significantly improve communication between Russian and English speaking professionals. Not all internationally recognized scientists have good commands in spoken English. Through translation, Russian speaking laser professionals will be able to present their experience in their mother tongue, which will make their reports more accurate and easy to follow. In addition, they will be able to capture reports, done in English, with higher accuracy. All this will create better environment for exchange of information and establishing of personal relations, which will help in further development of methods of laser medicine and spreading information about newest developments in the field.

Laser Helsinki 2008 Congress will take place in the Paasitorni Congress Centre. It is a unique congress and conference complex in the heart of Helsinki and also an outstanding example of art nouveau architecture. Behind the magnificent old granite facade are well designed, modern multifunctional facilities.

Organizing committee received an offer to publish the abstracts of the congress in the magazine Photodiagnosis and Photodynamic Therapy (ELSEVIER, ScienceDirect). The decision how to publish abstracts will be announced later.

Selected papers will be published online in the official EMLA magazine: EMLA Laser Health Journal, as a special issue. The best reports will be rewarded.

Important Dates and Deadlines

Deadline for Abstract Submission	31 May 2008
Early Registration Deadline	31 May 2008
Laser Helsinki 2008 Congress Dates	23 - 24 August 2008
Pre- and Post- conference courses	22 and 25 August 2008

Letter from the President of EMLA

Laser Helsinki 2008 is promising to be fruitful congress for all laser specialists. EMLA is proud to be the first European laser society to be working in very close co-operation with Russian laser and photobiology societies and communities. Professor Vladimirov from the Russian Academy of Medical Sciences, Professor Geinitz, Head of the State Scientific Center for Laser Medicine of the Health Ministry of Russia, Professor Kaplan from the Russian Laser Medical Academy, Professor Petrishchev from the St. Petersburg Laser Research Center among other highly qualified scientist will present latest laser and photobiology research results and developments from Russia, rarely heard of in the non-Russian speaking countries. Since it appears that there will be a large contingency of Russian scientist attending the congress EMLA has also arranged simultaneous translation Russian/English/Russian to ensure that all information can be presented fluently and understood by each participant.

Furthermore, a large collection of notable speakers from a variety of different countries will be speaking on various topics ranging from basic laser sciences to applications in clinical work. Professor Oron from the Tel Aviv University will present his research results on the use of laser in stem cell therapy of heart muscle, Professor Rochkind also from the Tel Aviv University will present his results on the use of laser in nerve regeneration. Professor Mary Dyson, Emeritus Reader in the Biology of Tissue Repair at King's College (KCL), University of London will speak on the use of light on wound healing and immune system and Professor Keyvan Moghissi, President of the European Platform for Photodynamic Medicine will present his views on the clinical development in the use of PDT. In addition to these, an unmentionably long list of notable speakers will present their results as well.

In conjunction to the congress itself, a variety of courses will be also offered. Of special importance will be the laser safety certification course which will be held by the well recognized laser safety specialist Penny Smalley from the USA. At the end of 2007 a group of laser specialists met in Milan discussing laser safety and they came to a conclusion that an EU directive should be and most likely will passed soon, stating that anyone using or handling lasers must be laser safety certified. This means that once the EU directive comes into force there will be a rush for the courses and prices will double. This year EMLA has arranged this special safety certification course for EMLA members and congress participants at a low cost price (including certificate) in conjunction with the congress in Helsinki. Because EMLA is a nonprofit organization, it can arrange these courses at cost, so it can truly be the cheapest way to get such high quality training.

Other very interesting courses in varying fields of PDT, laser physics, dentistry, physiotherapy, cosmetology, neurology and internal medicine, will also be offered by top specialist of their fields, available as certificate courses as well at very reasonable prices.

As President of EMLA I hope to meet at this congress everyone who is using lasers in their work, be they research scientists, doctors, cosmetologists, veterinarians, dentists or students of photobiology, medicine or laser physics.

We have spent a lot of time in getting all these specialist together, I sincerely hope to see you take the time to participate and benefit from their collected expertise.

Expectantly Yours

Anu Mäkelä
President of European Medical Laser Association

Main Topics of the Laser Helsinki 2008 Congress

- Local and systemic effects of laser light
- Local and systemic applications of photodynamic therapy (PDT)
- Laser safety and quality of laser treatment
- Intravenous laser therapy
- Methods of laser surgery in different branches of medicine
- Laser light and skin, laser-tissue interactions, aesthetic surgery
- Laser and electro-laser acupuncture
- Laser modulation of stem cell activities
- Comparison of effects of laser light of different colours
- Lasers and LEDs: comparative studies
- Lasers in physiotherapy
- Lasers in dentistry
- Laser ENT
- Lasers in gynecology and urology
- Laser treatment of cardiovascular disorders
- Lasers in veterinary sciences

Topics of Pre- and Post-congress Courses

- Laser therapy for the treatment of disorders of internal organs
- Laser and electro-laser acupuncture: new life of old therapy
- Laser treatment of tinnitus
- Laser aesthetic surgery and laser cosmetics
- New technologies and techniques
- Intravenous laser therapy
- Quantum physics (laser related issues)
- Laser safety
- New developments in PDT
- Laser in neurology
- Laser in diabetology
- How to improve laser therapy results by correcting diet and food supplement applications

Confirmed Speakers

Kazuhiko Atsumi (Japan)

Grigory Brill (Russia)

Andrej Dunajev (Russia)

Mary Dyson (UK)

Premysl Fryda (Czech Rep)

Levon Gasparyan (Finland)

Alexander Geinitz (Russia)

Lars Hode (Sweden)

Ingmar Ingenegeren (Germany)

Martin Jodlowski-Tan (Australia)

Michail Kaplan (Russia)

Tiina Karu (Russia)

Jin Wang Kim (Korea)

Anatoliy Korobov (Ukraine)

Gerhard Litscher (Austria)

Rachel Lubart (Israel)

Anu Makela (Finland)

Vladimir Michailov (Russia)

Keyvan Moghissi (UK)

Leos Navratil (Czech Rep)

Toshio Ohshiro (Japan)

Uri Oron (Israel)

Nikolaj Petrishchev (Russia)

Shimon Rochkind (Israel)

Hans Romberg (Germany)

Yoram Salomon (Israel)

Kira Samoilova (Russia)

Igor Savinov (Russia)

Dan Siposan (Romania)

Penny Smalley (USA)

Sergio Stagnaro (Italy)

Yuri Vladimirov (Russia)

Farouk Al-Watban (Saudi Arabia)

Lutz Wilden (Germany)

Andreas Wirz-Ridolfi (Switzerland)

Preliminary Program of the Laser Helsinki 2008 Congress

Day 1, August 23, 2008, Saturday

- **Opening words**
- **Plenary session:**
- Laser surgery and safety
- Systemic effects of laser light
- Laser dosimetry and wavelengths
- Laser in gynecology, urology

Break

- **Plenary session:**
- Laser and biomodulation of the nervous system
- Laser PDD/ PDT, systemic photodynamic therapy
- Laser in orthopedics and neurosurgery
- Laser acupuncture
- Laser in ophthalmology

Lunch break

Room 1

- Laser in rehabilitation and sports medicine
- Lasers in physiotherapy and pain
- Lasers in orthopedics

Room 2

- Laser in dentistry
- Laser in ENT disorders

Room 3

- PDT in skin diseases
- PDT in cancer
- PDT in metabolic disorders

Day 2, August 24, 2008, Sunday

- **Plenary session:**
- Laser and light biomodulation
- Laser, light and vascular lesions
- Laser in diabetology and metabolic diseases
- Laser in cardiovascular disorders

Break

- **Plenary session:**
- Intravenous laser therapy
- Laser, light and chronic diseases
- Laser in stem cell research
- Laser in combined therapy forms
- Laser or LED: comparative studies

Lunch break

Room 1

- Optoelectronic and biomedical applications
- Laser equipment (sponsored by producers?)
- Discussion, questions

Room 2

- Laser, Light and Skin
- Laser Skin resurfacing, hair removal
- Laser Tissue Repair and tissue interactions
- Laser in cosmetology

Room 3

- Laser tissue repair and tissue interactions in veterinary sciences
- Laser and laser acupuncture in veterinary sciences

Break

- Discussion, questions
- Young researchers, awards
- **Closing words, end of the Congress**
- **General assembly**

Each section will last about 2 hours.

The morning brake is 15 minutes and the lunch break is 1 hour.

Pre- and Post-congress Courses
Friday 22nd and Monday 25th August 2008

August 22, 2008, Friday

Morning

Room 1

8.00-9.00	Registration	
9.00-10.30	How to improve laser therapy results by correcting diet and food supplement application	Anu Mäkelä
10.30-13.30	Laser safety (in English)	Penny Smalley

Afternoon

Room 1

14.00-15.30	Quantum physics (laser related issues)	Hans Romberg
15.30-17.00	Lasers in neurology	Anu Mäkelä
17.00-18.30	Lasers in diabetology	Anu Mäkelä

Room 2

14.00-15.30	Laser aesthetic surgery and laser cosmetics	
15.30-17.00	Clinical applications of LED therapy	Anatolij Korobov
17.00-18.30	Laser treatment of the inner ear organ	Lutz Wilden

August 25, 2008, Monday

Morning

Room 1

9.00-12.00	Laser safety (in Finnish)	Penny Smalley, Anu Mäkelä
12.00-13.30	Laser and electro-laser acupuncture: new life of old therapy	Anu Mäkelä

Afternoon

Room 1

14.00-15.30	New developments in PDT	Michail Kaplan
15.30-17.00	Laser therapy for the treatment of disorders of internal organs and rheumatologic diseases	Levon Gasparyan, Olivera Ilic Stojanovic
17.00-18.30	Intravenous laser therapy	Levon Gasparyan

Room 2

14.00-15.30	Laser therapy in veterinary practice	
15.30-17.00	New laser technologies and techniques	
17.00-18.30		

Detailed description of courses

Laser safety

Laser devices are becoming more popular in the treatment of disorders in cosmetology and other areas. Lasers of various beam shape, colour, and power are available. Concentrated laser beam can cause damage to eyes. High power lasers can cause burn damage. Different types of hazards can be associated with the use of surgical lasers. A number of standards and regulations is being introduced to use lasers safely. Unfortunately, laser related regulations are different in different countries. However, new regulatory framework, which will set similar laser safety standards for all EU countries, is being prepared. According to that, only officially certified laser safety professionals would be allowed to use laser equipment for the treatment of patients.

Overview of laser classification, sources of laser hazard, regulations and standards will be discussed during the course. The course will be held by a well known professional in the area of laser safety, Mr. Penny J. Smalley RN, MACORN, CMLSO, from USA. Participants of the course will receive certificates issued by EMLA. Due to importance of information, the course related will be presented also in Finnish.

Quantum physics (laser related issues)

Development of laser medical equipment became possible due to breakdown in the physics and development of quantum physics in the first half of 20th century and creation of lasers afterwards. Better understanding of the healing mechanisms of laser influence requires knowledge of physical properties of laser light, construction of lasers, related issues of quantum physics and other topics. During the course the abovementioned topics will be discussed, as well as information about dosimetry, laser tissue interaction, including depth of penetration of laser light into tissues, issues of absorbance and reflection. Presented by Dr Hans Romberg from Germany.

Laser and electro-laser acupuncture: new life of old therapy

Acupuncture is known for centuries. Recent research with the use of modern sophisticated equipment proves that acupuncture with application of needles and electric and laser stimulation of skin points cause multiple effects. But why different methods of stimulation can cause different results? And how the therapy will differ in case of application of laser and electric stimulation of the same point at the same time? Answers to those questions, as well as some explanations why acupuncture works (Western view) will be provided by Dr. Anu Mäkelä, ABER Institute, Finland.

Laser in diabetology

Laser light has multiple applications in the treatment of patients with diabetes. The laser scalpel can improve the outcomes for diabetic foot surgery. The long term experience of low level laser light application proves, that laser light can help in controlling glycaemia, as well as help in limiting the complications of diabetes, both type I and type II. Dr. Anu Mäkelä will present the background information on action of laser light of different colors (red, green, blue) for diabetic patients, as well as share her experience in the field.

Laser aesthetic surgery and laser cosmetics

Lasers and other sources of intense light are widely used in cosmetology and aesthetic surgery. Laser light helps to minimize scarring. It is also a useful tool in removing scars, wrinkles and other skin problems. The modern areas of application of laser light in aesthetic surgery and cosmetology will be discussed in details.

New laser technologies and techniques

Laser technology is known for its fast development. Different types of lasers available now give great opportunities to developing new diagnostic and therapy tools. Trends in the development of laser related technologies during recent years, as well as new equipment and methods of treatment, will be presented.

Clinical applications of LED therapy

LED therapy equipment is sometimes considered as less expensive alternative to laser based therapy units. Using LED therapy units is somewhat easier because regulations for use of LED equipment are not as strict as for laser equipment. The use of different colour and size LED modules and the comparison with laser therapy will be presented.

How to improve laser therapy results by correcting diet and food supplement applications

Laser therapy, as well as all other methods of treatment, has the aim to make recovery of patients faster, better and with lower costs. Properly adjusted diet, which is balanced with amounts of vitamins, microelements and nutrients, can significantly improve the treatment results. More details, which food supplements may cause beneficial effects, when they are used with laser treatments, and why, will be discussed during the course by Dr. Anu Mäkelä.

New developments in PDT

Photodynamic therapy (PDT) is usually used in the treatment of superficial cancers. It is a method of treatment where laser light activates molecules of medication (photosensitizer), which then creates reactive oxygen species (ROS). Those ROS then can damage cancer cells. The recent research made it possible to use PDT for the treatment of cancer in deeper locations and metastases. Also it makes it possible to apply similar technique for the therapy of some infection diseases. Prof. Michail Kaplan, the Head of Department for Photodynamic and laser therapy of the Medical Radiologic Research Centre (Obninsk, Russia) will share his knowledge in the field.

Laser therapy for the treatment of disorders of internal organs and rheumatologic diseases

Laser therapy is becoming more popular in the treatment of problems of skin, muscles and joints. Using laser therapy as a treatment of internal organs is less known. Methods of laser therapy for the treatment of some disorders in cardiovascular, respiratory and digestive systems will be presented by Dr. Levon Gasparyan (Finland). Laser therapy protocols for the therapy of some rheumatologic disorders, such as rheumatoid arthritis, will be presented by Dr. Olivera Ilic Stojanovic, MD., PhD. (Serbia).

Laser in neurology

Laser therapy can be successfully used in the therapy of some neurological disorders. Possible mechanisms of action, some therapy protocols of such disorders, MS and Alzheimer disease, will be presented by Dr. Anu Mäkelä.

Laser treatment of the inner ear organ

Laser therapy of the symptoms of inner ear exhaustion: tinnitus, hyper- and dysacusis, pressure in the ear, hearing loss, vertigo and M. Menière produces clear and measurable results.

Dr. Lutz Wilden (Germany) is an internationally accepted authority in this field.

He will discuss the mechanism of development of tinnitus and other symptoms of inner ear exhaustion, the therapy parameters, the control documentation of the therapy results and also therapeutical modalities of leading the patients through the therapy induced inner ear regeneration process.

Registration Fee of the Laser Helsinki 2008 Congress

	Early registration before May 31, 2008	Late registration after May 31, 2008	On site registration
Members of EMLA	290 Euro	310 Euro	330 Euro
Non-members of EMLA	340 Euro	370 Euro	400 Euro
Students	145 Euro	160 Euro	175 Euro
Accompanying persons	170 Euro	185 Euro	200 Euro

One Day Only Registration Fee

	Early registration before May 31, 2008	Late registration after May 31, 2008	On site registration
Members of EMLA	200 Euro	220 Euro	240 Euro
Non-members of EMLA	240 Euro	260 Euro	280 Euro
Students	100 Euro	110 Euro	120 Euro
Accompanying persons	120 Euro	130 Euro	140 Euro

Registration fee includes:

- Admission to all sessions
- Admission to exhibition
- Congress materials
- Coffee breaks / lunches during the Congress
- Admission to the Welcome cocktail

Participation for gala-dinner as well as Helsinki city tours will be charged separately.

Registration Fee of the Pre- and Post-congress Courses

	2 days	1 day	Laser safety course with certificate	1 course with certificate	1 course without certificate
Members of EMLA	170 Euro	100 Euro	60 Euro	40 Euro	20 Euro
Non-members of EMLA	200 Euro	120 Euro	75 Euro	50 Euro	25 Euro

Bank details:

Bank name: NORDEA
 Bank address: Aleksanterinkatu 30, Helsinki, Finland
 SWIFT/BIC: NDEAFIHH
 Account name: Laser congress
 IBAN: FI13 1745 3000 0073 87
 Details of payment: **Your full name**, Laser Helsinki congress registration fees

Registration form for the Laser Helsinki 2008 Congress

Please submit registration form through web page <http://www.laserhelsinki.fi/en/registration.php> or via e-mail as a Word (.doc) attachment to: info@laserhelsinki.fi

First Name:			
Middle Name:			
Last Name:			
Title			
Institution:			
Department:			
Position:			
Street Address:			
Street Address:			
City:		Zip/Postal code:	
Country:			
Phone:			
E-mail:			
Fax:			
Web site:			
Date of arrival:			
Date of departure:			

Additional information:

Is the registration fee paid? If yes, when? If no, when you are planning to pay it?

Do you need official papers for visa application?

Are you planning to have a presentation? If yes, please put title here.

Instructions for Abstract Submission

Abstracts should give clear objectives for the work, methods used and results, with brief conclusion. Abstracts should be submitted in English only.

Abstracts should be structured and include the following parts:

Introduction - should be informative and short, stating why the study was conducted;

Material & methods - indicating the locale, number and type of human subjects, non-human species or material being studied, the principal procedures, assays, tests or treatments performed;

Results - confirming or refusing the hypothesis, supported by statistics if appropriate;

Conclusion - stating the major new findings of the study and specifying what these findings add to what is known already.

Abbreviations can be used after defining them first.

The use of graphs, tables and images is strongly discouraged.

Please follow the following abstract formats (Times New Roman font):

INFLUENCE OF LASER IRRADIATION OF MELANOMA B16 AND BLADDER CANCER CELLS VITRO (CAPITALIZE THE COMPLETE TITLE, FONT SIZE 12)

Gasparyan L.V.¹, Brill G.E.², Makela A.M.³

(List the authors with family name first, followed by initials. Do not include professional titles or degrees.

The presenting author's name should be underlined. Font size 10)

1. EMRED Oy, Helsinki, Finland (Address for each author, font size 10)
2. Saratov State Medical University, Saratov, Russia
3. ABER Institute, Helsinki, Finland

Body of the abstracts should be no longer than 400 words, font size 10.

The different parts of the abstract - introduction, material and methods, results, conclusions - are to be typed in bold.

Name of the file submitted should start from the last name of the author and topic of the abstract. For example: **Gasparyan_melanoma.doc**.

Please provide full contact details for each of the author of an abstract as following:

Name

Address

Organization Affiliation

Title/Position

Work Phone / Home Phone

Email Address

Please submit abstracts through web page <http://www.laserhelsinki.fi/en/abstract.php> or via e-mail as a Word (.doc) attachment to: info@laserhelsinki.fi

Helsinki information and Social program (for accompanying people)

Helsinki is the capital and largest city of Finland situated in the southern part of the country by the Baltic Sea and Gulf of Finland. Helsinki, together with the neighbouring cities of Vantaa and Espoo, constitute the capital region with over 1,000,000 inhabitants. Helsinki is the administrative centre of Finland and also the centre of Finnish cultural life and business activity. There is a large and varied collection of museums, galleries, and performance spaces in the city.

Helsinki was founded in 1550 by King Gustav I of Sweden. For a long time it remained a small coastal town, overshadowed by the more thriving trade centres in the Baltic region. The construction of the Suomenlinna fortress helped improve its status, but it was not until Russia annexed Finland as the autonomous Grand Duchy of Finland in 1809 that Helsinki began to develop into a major city. After moving capital to Helsinki, city saw unprecedented growth and development. This transformation is highly apparent in the downtown core, which was rebuilt in neoclassical style to resemble St. Petersburg (Russia).

The role of Helsinki as a capital increased even more after Finland became independent in 1917. Now Finland is one of the member states of the European Union. The local currency is Euro.

Carl Ludvig Engel (1778-1840) designed several neo-classical buildings in Helsinki. He was kept in Helsinki by a unique assignment, as he was elected to plan a new city centre all on his own. The city became shallow and wide at the time when most buildings had only two or three floors. The central point of Engel's city plan is the Senate Square, surrounded by the Government's Palace, the main building of the University, and the enormous Cathedral, which was finished in 1852.

Cultural program includes tour of the central historic part of the city, including walk on the Senate Square and Cathedral, market square and the biggest Orthodox church in Western Europe, Uspenski Cathedral (built in 1862-1868).

Another tour options, if there are enough participants, is to visit Suomenlinna castle, as well as to visit to Korkeasaari, the Helsinki zoo island.

Hotels and accommodation

Laser Helsinki 2008 Congress will take place in the Paasitorni Congress Centre. This Congress Centre is located in the city centre area.

There are several hotels within the walking distance from the Paasitorni Congress Centre. The closest one is Hilton Helsinki Strand. It will take 5-7 min to walk from Hotel Arthur or Hotel Cumulus Kaisaniemi to the Congress venue.

There are more hotels in the city centre area close to railway station and central bus station, like Holiday Inn Helsinki City Centre, Sokos Hotel Vaakuna and Sokos Hotel Presidentti. It is easy to travel to congress venue from all of them.

Exhibition and Sponsorship

The Congress will provide the perfect forum for companies actively involved in the industry to promote their organisations through the various forms of sponsorship and exhibition opportunities.

For further details on the Exhibition and Sponsorship Packages please contact the Exhibition and Sponsorship Manager: Pekka Aitto-oja info@laserhelsinki.fi

Paasitorni Congress Centre

The building of Paasitorni Congress Centre boasts cultural and historical value, and provides an inspiring, memorable setting for small-scale meetings and major conferences alike.



The gem of Paasitorni, the Congress Hall, is an ideal venue for special occasions and conferences of up to 800 people.

Almost 30 conference rooms and lobbies of the Paasitorni Congress Centre are providing ideal opportunities to organize different congresses, conferences and exhibitions.



Siltasaari Hall seats 200 people and is suitable for meetings, exhibitions and cocktails alike. The Juho Rissanen room is designed for events of up to 120 people and it is also an ideal venue for exhibitions.

The Tarja Halonen Room is ideal for meetings and lectures for up to 70 people. Number of smaller rooms and libraries can be used for group discussions and meeting.

Address:

Helsinki Congress Paasitorni
Paasivuorenkatu 5 A
FI - 00530 Helsinki

Destination Helsinki



Coat of arms of Helsinki

Plane

Helsinki 's airport is 19 km north of the city, in Vantaa. There are flights to Helsinki from the USA, Europe and Asia. Finnair, Scandinavian Airlines and many other carriers offer international as well as domestic services, with flights to 20 Finnish cities at least once a day. Departure tax is included in the airfare price.

The cheapest public transport option to the city centre from the airport is the regional bus 615, which takes around 40 minutes and costs €3.60 to the Central Railway Station in the heart of Helsinki. The national airline Finnair operates its own bus which also offers direct service to city centre for €5.20 and is slightly faster (and more comfortable) than the regional bus. Taxis to the centre cost about €30, although the shared Airport Taxi mini-vans start from €22.

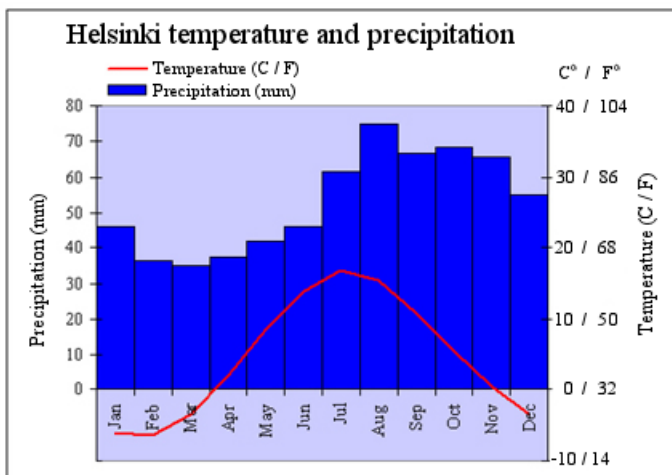
Train

Trains run from Finland to Sweden or Russia. The train station is in the city centre and is linked by pedestrian tunnel with the metro system. Helsinki is the terminus for three main railway lines, with regular trains from Turku in the west, Tampere in the north and Lahti in the northeast. There is a separate ticket counter for international trains, including those to St. Petersburg and Moscow (Russia).

Ferry

International ferries travel to Stockholm (Sweden), Tallinn (Estonia), and Travemünde and Lübeck (Germany). There is also a catamaran and hydrofoil service to Tallinn. Of the five ferry terminals in the city, four are just off the central market square. Ferry tickets may be purchased at the terminal, from a ferry company's office in the centre or in some cases from the city tourist office.

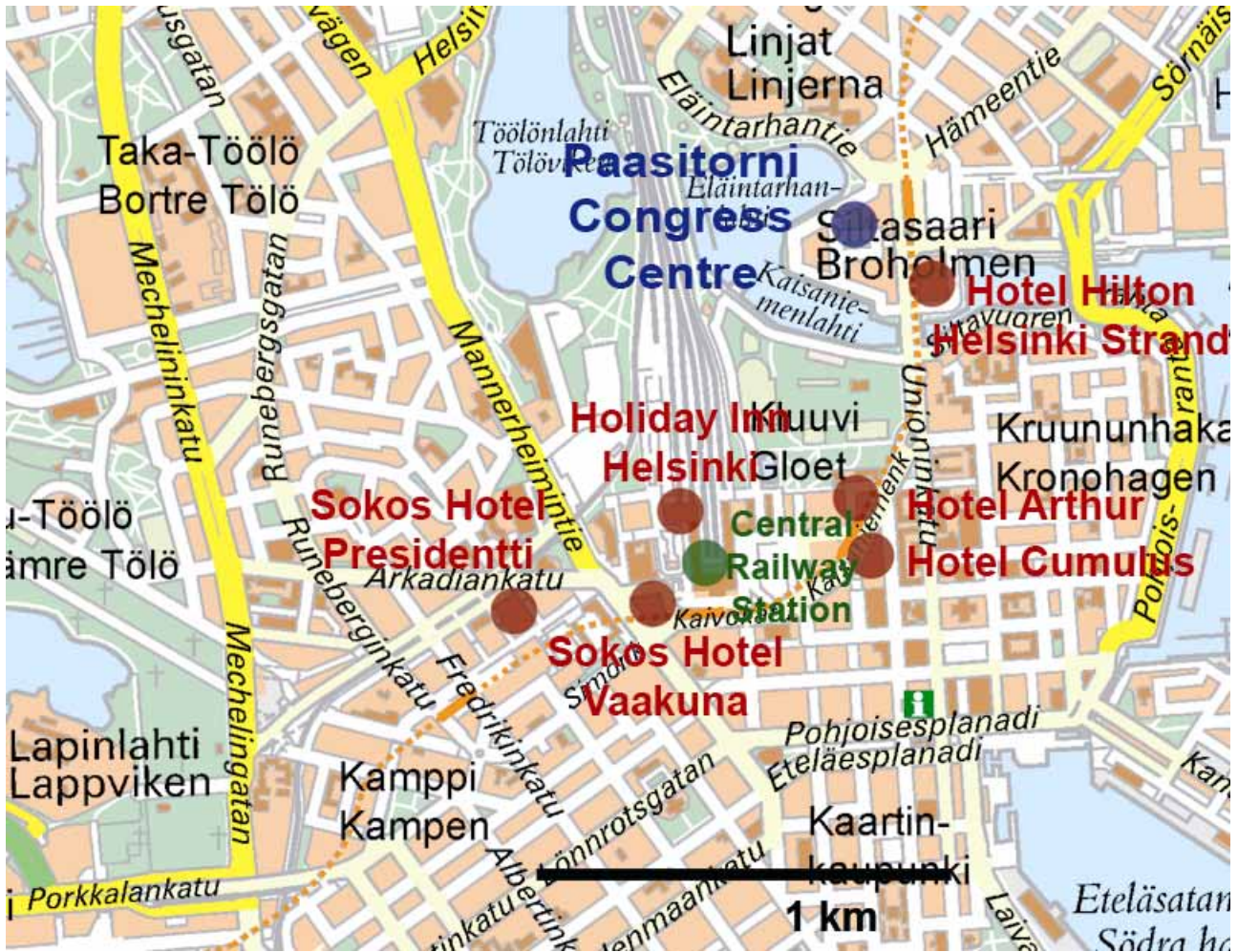
The Climate in Helsinki



The city has a continental climate.

Helsinki enjoys very long days in summer, eighteen hours at the summer solstice. The temperature June through August is around 18-25 °C.

Map of the central areas of Helsinki



Organizing committee:

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Congress location:

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 Paasivuorenkatu 5 A
 FI - 00530 Helsinki
 FINLAND
 Tel: +358 -9-7089 611
 Web: www.paasitorni.fi



08 May 2008

See you soon in Helsinki!