



Photo: Joel Kirsimaa

## Tallinn – European Green Capital 2023 will kick off with a series of events

The title of European Green Capital will be handed over to Tallinn at the opening ceremony on January 21st by Virginijus Sinkevičius, the EU Commissioner for the Environment. Many events around Tallinn's libraries welcome people to workshops, lectures, trips etc.

The Tallinn European Green Capital program has interesting environmental activities for all Tallinn residents and guests, including more than 60 events. For example, several competitions and an environment-themed school year in Tallinn schools and kindergartens already taking place.

During the opening weekend of the European Green Capital, 19th-21st January, many important events will take place in the city.

On the 19th of January

Tallinn welcomes colleagues around Europe for the meeting of European Green Capital Network to discuss shaping the future of the network and for the meeting of Global Goals for Cities Network that share their experience in implementing the UN's sustainable Development Goals to city governance. Tallinn European Green Capital Year's Opening Conference "Fantastic Creatures: Making European Cities Safe, Inclusive, Resilient and Sustainable" will take place on the 20th of January

On the 21st of January everybody is welcomed to different environmental lectures and workshops at Tallinn's libraries across the city. Topics range from cleaning up digital waste, making and reusing organic cosmetics and DIY to growing and caring for herbs and indoor plants, urban gar-

dening and making seed papers are covered.

For example, a forest trip marking the beginning of the green capital and the year of movement starts at Estonia pst 8, Tallinn Central Library lobby at 12 o'clock or join at 12.35 at the Rehe stop. Also in Tallinn Central Library, a discussion group "Green families – raising children to be environmentally conscious and aware" starts at 12. More information can be found on Tallinn – European Green Capital website [greentallinn.eu](http://greentallinn.eu) or Tallinn Central Library website [keskraamatokogu.ee](http://keskraamatokogu.ee).

The title of European Green Capital will be handed over to Tallinn in the evening of January 21st at the formal opening ceremony, a special program of it will air in ETV.

In addition, a series of workshops will be held in 20

schools and 20 kindergartens in Tallinn where the focus is on sorting garbage and reducing food waste.

Tallinn has also opened a funding opportunity for city's NGOs, who want to take part in Tallinn's Green Capital year program. For more information: see [greentallinn.eu/en/create-together/mittetuldustegevuste-toetus/](http://greentallinn.eu/en/create-together/mittetuldustegevuste-toetus/)

At the end of January Tallinn will launch the Test in Tallinn measure, to invite companies around the world to test their smart solutions on our streets. Cooperation between the city and local entrepreneurs in these areas has been the most effective – Tallinn already has self-driving vehicles like Clevo and Starship robots and AuveTech buses, the latter being probably the first self-driving free public transportation in Europe.

### European Green Capital 2023: Key events

**20.01** Sustainable cities conference "Fantastic Creatures: Making European Cities Safe, Inclusive, Resilient and Sustainable"

**21.01** European Green Capital 2023 Opening Ceremony

**March:** Green Dishes in Tallinn Restaurant Week

**12.04** MELT innovation Forum

**9.05** Biodiverse European Day

**27.–28.05** Future Forum on the cities of the future

**1–18.09** Tallinn's Urban space festival

**2.–4.06** Tallinn's Old Town Days and the special green old town program

**30 June–2 July** Environmentally friendly Youth Song and Dance Festival

**31 August–17 September** World Clean Up Day regional campaign to clean the Baltic Sea

**October:** European Green Capital Award Ceremony

**14–17 November** Greentech week: Cleantech Forum Europe, Greentech Expo, Green Tiger Conference, and the Smart City Convention

**November:** Black Nights Film Festival's Tallinn European Green capital 2023 program

**December:** European Green Capital 2023 Closing Ceremony

Additional info: [greentallinn.eu/en/events](http://greentallinn.eu/en/events)

## Tallinn invites residents to be more active during the Be Active Year

In 2023, the Ministry of Culture's series of theme years will reach the field of physical activity. Exercise has a direct link to our health and well-being, so Tallinn invites its residents to take part in monthly sporting events and to make use of health trails, sports fields and more.

According to Deputy Mayor Vadim Belobrovtssev the objective of the Be Active Year – to generate more interest in physical activity and healthier lifestyles – is entirely appropriate, and in fact the same

theme has been a priority for the city in the past. "We are glad that we can further amplify the desired message under the auspices of the Be Active Year, which will hopefully bring a large number of people to engage in physical activity in the capital. This thematic year is a great opportunity to prepare for the European Capital of Sport 2025 title," said Belobrovtssev.

In January, the Be Active Year will focus on enjoying winter fun and skiing. The best way to do this is to take advan-

tage of the health and ski trails in and around Tallinn. In cooperation with the Estonian Ski Association, Estonian Healthy Hiking Trails SA and the Competence Centre for Physical Activity, Estonia's best ski coaches will be giving 100 free ski lessons to children, young people and adults all over Estonia from 15 January. Lessons will be offered for beginners as well as advanced skiers.

The World Health Organisation (WHO) recommends that adults should exercise at least 150-300 minutes a week

at moderate intensity or at least 75-150 minutes a week at vigorous intensity to stay healthy. In addition, it is recommended to do muscle-strengthening exercises twice a week and, in particular, to reduce the time spent sitting. For children and adolescents, the WHO recommends at least 60 minutes of moderate to vigorous activity every day. In addition, at least three days a week should be devoted to vigorous-intensity activities, muscle- and bone-strengthening exercises and less sitting.



Photo: Albert Truuväärt