

Wellbeing belongs to everyone

Tampere City Wellbeing Plan 2026–2029 summary



What is a wellbeing plan

- **The Wellbeing Plan guides the promotion of residents' wellbeing and health. Wellbeing is promoted in cooperation with local and regional actors.**

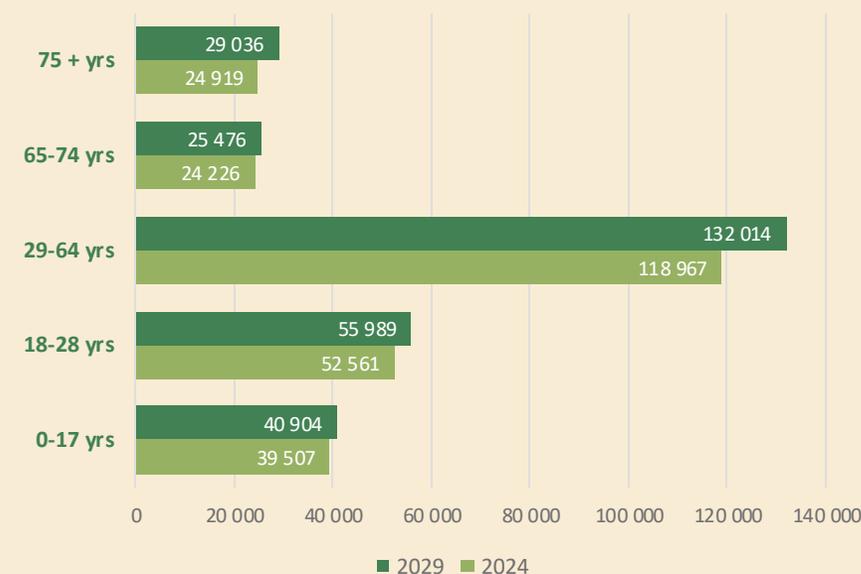
It is a statutory document prepared for each council term and approved by the City Council. The plan includes:

- Preventive Substance Abuse Plan
- Equality and Non-Discrimination Plan
- Child and Youth Wellbeing Plan
- Plan to Support the Functional Capacity of the Elderly Population

The Wellbeing Plan is centered on a human-oriented approach. It is built around five age groups, taking into account the specific wellbeing challenges of each group and providing solutions to them. Clear goals and indicators guide the work – they help us assess effectiveness.

According to the Wellbeing Report, the wellbeing and everyday lives of Tampere residents are particularly burdened by loneliness and feelings of exclusion, challenges related to mental wellbeing, reduced physical activity, and growing wellbeing disparities.

Population projection for Tampere



Goals respond to phenomena

- Loneliness
- Mental wellbeing challenges
- Lack of movement and physical activity
- Need to strengthen parenting and support everyday life
- Employment and livelihood challenges
- Sense of community, inclusion and safety
- Discrimination
- Challenges in accessing services
- Availability and use of substances

28

people-oriented goals for
strengthening wellbeing and actions
to achieve them

139

indicators to monitor the
achievement of goals

Reports on residents' wellbeing
are provided annually and at the
end of the council term.



Goals of the cross-cutting themes

Preventive Substance Abuse Work

Protective factors against substance use have been strengthened through preventive measures and actions that promote wellbeing.

Equality and Non-Discrimination

The equality and non-discrimination of Tampere residents have been strengthened through interventions against discrimination, positive special treatment, and reasonable accommodations.

Safety

Everyday life in Tampere is safe.

Nature and Environment

Residents across all Tampere neighbourhoods support their wellbeing by living a nature-oriented, healthy and sustainable everyday life.

Cultural Wellbeing

The wellbeing, joy of life, quality of life and sense of community among Tampere residents have been strengthened through culture and the arts.

Integration

The opportunities for international residents of Tampere to achieve successful integration have improved.

Participation

Objectives related to participation are incorporated into the goals and indicators of the age-group themes and the cross-cutting themes.

Income and Livelihood

Objectives related to income and livelihood are incorporated into the goals and indicators of the age-group themes and the cross-cutting themes.

Regionality

Objectives related to regionality are incorporated into the goals and indicators of the age-group themes and the cross-cutting themes.





Children and young people aged 0–17

Ensuring a safe, balanced everyday life for all children and young people, with a bright future in sight for everyone

The city invests in strengthening mental wellbeing, preventing bullying and feelings of insecurity, increasing physical activity and healthy lifestyles, reinforcing inclusion and community, and supporting families and promoting equality. Investing in these areas supports the realization of every child's rights.

The achievement of these goals is reflected in the development of everyday environments, the strengthening the opportunities for children and young people to influence matters, and improvements in family support and the accessibility of services.

The progress of the goals is monitored through indicators that reflect the wellbeing of children and young people, such as results from the School Health Survey, adherence to physical activity recommendations, and the rate of child poverty. The aim is to ensure that every child and young person has the opportunity to grow up in a safe and encouraging environment.

Goals 2026—2029

- Children and young people have a balanced everyday life, and their basic needs are met in an age-appropriate way.
- Children and young people feel they can be part of communities as their authentic selves.
- Children and young people experience their daily lives as safe.
- Children and young people view their future with hope.
- Children and young people engage in more frequent and diverse physical activity.



Young adults aged 18–28

Strengthening young adults' faith in the future and community

The city supports the wellbeing of young adults by offering diverse educational opportunities and working to prevent loneliness, as well as to strengthen the sense of belonging, employment prospects, and hopefulness. The aim is to reduce discrimination and harassment and to prevent social exclusion. This requires accessible leisure opportunities, support for progressing in studies, and ways to gain work-life experience. Through partnerships, the city also promotes the integration of international students into society.

Clear operational models will be introduced to prevent discrimination, and staff will be trained to promote equality. Social exclusion is addressed through low-threshold services and information related to housing, studies, financial management, and mental wellbeing.

Progress is monitored through wellbeing surveys and indicators of employment and income. The goal is that every young person finds their place in society.

Goals 2026—2029

- Young adults' sense of belonging to communities has strengthened.
- Young adults' financial stability and integration into society have improved.
- Experiences of discrimination and harassment among young adults have decreased.
- Young adults' faith in the future has strengthened.
- The number of young adults at risk of social exclusion, or already experiencing exclusion, has decreased.



Working-age adults aged 29–64

Supporting working-age adults in building a life that feels safe and personally meaningful

The city promotes the wellbeing of working-age adults by increasing opportunities to participate, engage in hobbies, and be physically active, and by strengthening mental wellbeing through community and peer support. Employment is supported through skills development, educational pathways, and active measures. Awareness of the risks of substance use and domestic violence is increased, and people are encouraged to engage in sustainable everyday mobility and enjoy nature equally.

The implementation of these goals is reflected in the development of everyday environments, employment-supportive actions, open communication about the harms of substance use, and improvements to local exercise facilities and green areas. Wellbeing is promoted by expanding opportunities for participation and hobbies, and by developing meeting places and group activities. The aim is to ensure that every working-age adult has the opportunity to live a wellbeing-oriented and safe daily life, where inclusion, functional capacity, and equality are strengthened. Progress toward the goals is monitored through wellbeing surveys, service usage statistics, and indicators of employment and income.

Goals 2026—2029

- Working-age adults have a daily life that reflects their own needs and supports their wellbeing.
- An increasing number of working-age adults have their basic life circumstances in balance, and everyone has a safe everyday life.
- Unemployment gaps between working-age adults from different backgrounds have narrowed through active measures that support employment.
- Working-age adults have received information about the risk factors of substance use and its effects on wellbeing, and they are able to make choices that reduce substance use.
- Working-age adults are more physically active in their daily lives, making use of opportunities for local and nature-based physical activity.



Adults aged 65–74

Supporting the participation and functional ability of older adults in diverse ways

The city invests in strengthening the physical activity and participation of older adults, maintaining functional ability, reducing the risk of falls, and increasing opportunities for mobility and social interaction.

The implementation of these goals is reflected in the development of accessible environments and nearby exercise facilities, the diversification of sports and hobby opportunities, and increased cooperation with various organisations and stakeholders. Wellbeing is promoted by offering affordable and accessible opportunities for hobbies suitable for everyone, as well as by creating opportunities for community activities and volunteering.

Cooperation with organisations will be strengthened, and grant criteria will be developed to better respond to wellbeing challenges. Clear and easily accessible information will be provided to older adults about substances and how they affect personal endurance and everyday life. Everyone in this age group has the opportunity to live an active and safe daily life, where functional ability, participation, and equality are strengthened. The achievement of the goals is monitored through wellbeing surveys and national statistical data.

Goals 2026—2029

- Physical activity supports wellbeing and helps maintain functional ability in daily life also in the years to come.
- An active everyday life supports wellbeing and provides opportunities for meaningful connection and social relationships.
- Good opportunities for hobbies and participation support making healthy choices that promote personal wellbeing.



Adults aged 75+

Services and housing that support independence and quality of life provide safety and enable a smooth everyday life

The city invests in preventing falls, strengthening mobility and functional ability, increasing participation, and improving the accessibility of services. In addition, housing solutions and digital services are developed to support smooth daily living and equality. The implementation of these goals is reflected in the development of safe walking environments and accessible services, the expansion of guided exercise and physical activity counselling, and the diversification of meeting places and hobby opportunities. Wellbeing is promoted by providing clear information, support for participation, cooperation with organisations, and by developing structures that support living at home in collaboration with the wellbeing services county.

The aim is to ensure that every older adult has the opportunity to live a safe and wellbeing-oriented everyday life, where functional ability, participation, and equality are strengthened.

Goals 2026—2029

- Everyone has the opportunity to access wellbeing-supporting services in a timely manner and based on their individual needs.
- Falls have decreased, and functional ability has strengthened.
- Everyone is able to age as their authentic self and as part of their communities.
- Neighbourhoods offer diverse and appropriate housing options, enabling relocation within the area as needs change with age.

Read more about the Tampere City Wellbeing Plan 2026-2029

www.tampere.fi/en/promotingwellbeing

Pictures on the slides 6, 8-10:
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Pictures on the slides 1, 3, 5, 7:
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