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WOMEN'S HEALTH

New information about endometriosis

When infertility, chronic pain, and years of waiting – it can be the beginning of a woman's life: a new study and doctoral thesis once again highlights how endometriosis shapes life in many, often surprising ways.

Elina Rasp's doctoral thesis examined women diagnosed with endometriosis for 25 years in connection with surgery between 1987 and 2012 and compared them with women without endometriosis.

The thesis shows that if endometriosis is diagnosed at a young age – under the age of 25 – the effects extend far beyond pain or

menstrual experiences alone. The subjects had more gynaecological infections and infertility than others in connection with the young diagnosis, but also mental health problems such as depression and anxiety. At the same time, they more often had difficulties in education and working life than others; Completion of higher education was delayed, and they were more likely to end up in lower jobs.

The study paints a gloomy picture: the disease is not always seen as just a health issue, but endometriosis can affect a person's opportunities – education, employment, relationships and mood in a comprehensive way. Because the diagnosis often comes later,



many have to live with pain and uncertainty for several years.

At the same time, re-

cent medical research has shown that endometriosis is not necessarily just a gynecological problem, but

can also be related to diseases of the immune system. Researchers report that women with endometriosis have an increased risk of developing autoimmune diseases such as rheumatoid arthritis, multiple sclerosis, psoriasis, or other inflammatory diseases. This suggests that there may be a common biological basis between endometriosis and other

chronic diseases – and opens the way for future treatment and prevention methods.

In addition, it has been observed that endometriosis can impair fertility several years before the actual diagnosis. Many women feel that their dreams are postponed – or fail – because the disease has gone unnoticed for too long.

What's changing – and why this is an important revival

Endometriosis should be identified and treated as early as possible: a diagnosis in a young person is likely to reduce later health problems and reduce quality of life.

At the healthcare and community level, it is important to understand that endometriosis is not just a "women's disease": it is a disease that has long-term effects – on mental health, family and work life, and the entire course of life.

New genetic and immunological discoveries open up hope for new treatments and better prevention.

Image of the week:



Christmas is coming

JOAKIM STRAND

Minister Joakim Strand: Ukraine's place is in the EU

In Ukraine, Finland's Minister for European Affairs and Ownership Steering Joakim Strand emphasised the importance of the European Union for Ukraine's future and key support in the membership process when he participated in the informal meeting of EU ministers for European affairs in Lviv on 10–11 December 2025.

The main objective of the event was to assess Ukraine's progress in the reforms related to EU mem-

bership and to strengthen the common commitment to supporting the country.

At the meeting, Strand stated that Finland will continue its strong support for Ukraine's rapprochement with the EU and clearly sees the country's place in the European Union. He stressed that Ukraine's work towards membership – especially in strengthening the rule of law and wide-ranging reforms – has been remarkable. At the same time, he stressed that Ukraine will defend itself and the whole of Europe against Russia's continued attack.

Strand's speech emphasised



Finland's long-term commitment to EU principles, such as democracy, the rule of law and human rights, which he sees as the basis for Ukraine's efforts. At the same time, he assured that Ukraine can count on Finland's support

at all stages of the process, provided that the implementation of the proposals and reforms progresses steadily.

The meeting in Lviv reflects a broader EU attitude, in which the membership process is seen not only as a legal and technical fulfilment of requirements, but also as a strategic commitment to regional security and common values. According to Strand, Ukraine's place is in the European Union – the next concrete goal is to advance the membership negotiations.

Source Government Communications Department. 2025. "Minister for European Affairs Strand in Ukraine: 'Ukraine's place is in the European Union'" 11.12.2025.

OSTROBOTHNIA

MUSIC IN BERGÖ

Christmas Music in Sundom, Jeppo and Bergö



Singer actor Sarah Nedergård and musician Richard Mitts invite you to three intimate Christmas concerts in Ostrobothnia: at Sundom Church on 13 December at 18:00, at Jeppo Church on 16 December at 19:00, and at Bergö Church on 20 December at 19:00.

Expect beloved classics and fresh interpretations – a blend of serene Christmas calm, joy, humour and heartfelt presence. Tickets cost €20, available at the door by cash, card or MobilePay. A perfect chance to pause, reflect and soak in the warmth of the season.

VASA SÅNGARGILLE

Vasa Sångargille: Christmas concerts

In December, the male choir Vasa Sångargille offers two traditional Christmas concerts – 19.12. in Mustasaari church and on 20.12. in the church of Vaasa.

The concerts will start on Friday 19.12 at 19.00 and Saturday 20.12 at 18.00, lasting approximately 75 minutes. The ticket price is €33.50.

The guest soloist will be tenor Markus Nykänen, who will be accompanied by the choir on piano and organ – a warm, diverse and atmospheric concert for Christmas.

TIKANOJA

Music in Tikanoja ad Dec 27

At the end of December, Tikanoja Art Home in Vaasa presents the Year End Music Salon 2025 – a refined concert series combining classical music and museum ambience.

The concerts take place on Sunday, 27 December, with three performances at 12:00, 14:00 and 16:00. The programme includes works by composers such as Debussy, Satie, Fauré, Kreisler and Pärt, performed by violinist

Maano Männi and pianist Irina Zaharenkova. Tickets are priced at €26, €15 for students, and €22 for Museum Card holders. The concert lasts about 60 minutes.

It offers a peaceful and elegant way to mark the end of the year – ideal for those seeking culture, reflection and musical beauty.

VAASA

Christmas together in Vaasa on dec 17.

The City of Vaasa invites everyone to Christmas together - Gemensam jul on 17 December at Vuorikoti. The free event is especially for those who may not have anyone to celebrate the holiday with.

Christmas is a time for togetherness, and Gemensam jul offers a warm and safe environment for all residents of Vaasa. The event runs from 6–8 p.m. and features live music by Kevätsade, communal singing, theater performances by Ukrainian children, sand art, and seasonal refreshments including porridge and mulled wine. Transportation is available for participants from Lillkyro if needed.

– “Our goal is for everyone to enjoy the Christmas spirit, meet new people, and feel safe,” says coordinator Mira Pihlaja from the city's welfare services. The event continues the positive experiences from last year's Talk to a Stranger campaign.

The event is open to all residents of Vaasa, regardless of age or background, aiming to spread joy and togetherness during the holidays.

STUNDARS

Christmas Walk 17.12



Come in a real Christmas dream! On Tuesday 17 December from 18:00 to 19:30, Stundars invites you to an unforgettable Christmas walk in the festively lit museum village.

Bring your own lantern and let yourself be enchanted by a magical evening where the light of lanterns and mar-shawls leads your way. Wander along the illuminated path through the museum area, in search of hidden gnomes, and explore the historic buildings freely. Visit the cosy country store, feel the Christmas spirit in the farmhouse where the father of the house reads from the Christmas gospel in different languages, and step into the smithy's cottage where the smell of freshly baked gingerbread welcomes you – perhaps with a small taste to enjoy.

This is a unique chance to experience the historic Christmas spirit in a beautiful, light-filled setting. Take the opportunity – admission is free for everyone!

KRISTIINANKAUPUNKI

Christmas Peace declaration

On 24 December at 12:00, the traditional Christmas Peace declaration will be read on the steps of Ulrika Eleonora Church in Kristiinestad.

The ceremony gathers residents and visitors alike to hear the Christmas Peace proclaimed at noon. It signals the start of Christmas Eve – a moment of calm, reflection and communal peace. Everyone is invited to share in this meaningful tradition, embracing the spirit of quiet celebration and togetherness.

KORSHOLM

Christmas spirit in Kors-holm – markets, hikes and the most beautiful Christmas carols

A wide range of activities are organised in the Kors-holm area during Christmas, inviting the whole family to enjoy the beautiful Christmas atmosphere

Families with children and market visitors will have the opportunity to visit the Christmas and Lucia market at Elly Sigfrids Market in Sepänkylä on Saturday, 13 December from 10 a.m. to 2 p.m.

On the same day at 6 p.m., the Most Beautiful Christmas Carols will be sung in Finnish in Korsholm Church.

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EDUCATION

27 new psychotherapists in Swedish-speaking Finland – several from Vaasa



A total of 27 new psychotherapists are currently graduating in Swedish. The group is the result of the training in "Integrative Individual Psychotherapy with Cognitive Emphasis for Adults", which started in the autumn of 2022 and ends at the turn of the year 2025.

Among the recent graduates are a couple of therapists with a connection to Vaasa: Camilla Öst and Anna Norrgård – both from Vaasa – and Natalie Victorzon from Espoo. All of them have previously worked as psychologists and have completed the training alongside their regular jobs. With the new license, they will have the right to offer both short- and long-term psychotherapy, even in more complex situations.

This is a long-awaited addition: for a long time, there has been a shortage of Swedish-speaking psychotherapists in many parts of Swedish-speaking

Finland, and not least in Ostrobothnia, waiting times and language barriers have been an obstacle for those seeking help. vasa-bladet.fi+1 The training has been organised in collaboration between Åbo Akademi University and the company Shortum Ab, with the aim of strengthening the Swedish-language range of psychotherapy throughout the country. Åbo Akademi

For the new graduates, the licence does not only mean formal qualifications – it also entitles patients to reimbursement from Kela when they receive psychotherapy. Yle.fi+1 Therapeutics emphasise that integrative training has given them a broad methodological basis, which allows for flexibility: therapy can be tailored to the individual's needs and life situation.

– "We can now use the therapy relationship as a method... build the therapy according to what is important and meaningful for the person," says Camilla Öst in a press release.

For areas with a high de-

mand for psychotherapy – such as Vaasa and Ostrobothnia – this wave of new graduates can mean a noticeable improvement in accessibility and quality of care. It remains to be seen how many of the new therapists choose to establish a clinic in the region, but their license is a prerequisite for meeting the needs that have long existed.

Åbo Akademi University announces that it will continue to invest in psychotherapist education – including a CBT-oriented education that will continue until the spring of 2027, which can contribute to even more Swedish-speaking therapists in the future.

With these 27 new licensed therapists – and several with roots in Vaasa – the situation for Swedish-language psychotherapy in Finland looks somewhat brighter.

Photo: Camilla Öst, Anna Norrgård and Natalie Victorzon are among the 27 new psychotherapists who are now graduating. Photo: Mia Henriksson

VAASA

Vaasa's museums offer free admission and special programs before Christmas



The museums in Vaasa will open their doors during Christmas with exceptional opening hours and offer free admission to the public on Saturday, 19 December. On the same day, a children's Christmas event will be held, inviting families and young visitors to enjoy the museum experience.

The museum offering includes several exhibition sites where it is possible to get acquainted with both art and the history of the area.

The Tikanoja Art Museum shows, for example, the exhibitions *I Am Not Afraid* – Finnish

Contemporary Illustrators and *Quiet Life, Glowing Colours*.

At the Ostrobothnian Museum, you can explore exhibitions such as *Lay Off(f) The Land* and *Night and Day Wanderers*, as well as permanent collections, such as *Treasures from Us* and *Beyond the Seas* and Vaasa400.

The museum's permanent exhibition on natural history, Terranova, is also open.

In addition, Jan Olof Mallander – *Extended Play* is on display at the Kuntsi Museum of Modern Art (the exhibition is only open until 13 December).

As the highlight of the Christmas museum day, the Children's Christ-

mas event will be held at the Terranova Museum of Ostrobothnia on 19 December at 2 pm in Swedish and at 3 pm in Finnish. In the programme, the museum elf leads children on an adventure in which they search for porridge supplies and get to know the winter nature and animal tracks.

The event is mainly aimed at 3–10-year-olds and their families, and it is free of charge. On the same day, you can also visit other exhibitions at the Ostrobothnian Museum and the Tikanoja Art Museum without an entrance fee.

Source: Vaasa.fi

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The traditional Christmas hike continues this weekend: at Sommarö Fortress in Södra Vallgrund on Sunday 14 December at 16–18 and at Stundars on Tuesday 17 December at 18–19.30.

The season will culminate in a Swedish-language event called The Most Beautiful Christmas Carols at Korsholm Church on Thursday 21 December at 7 pm. The programme offers traditional Christmas carols, atmospheric hikes and products from local artisans at the market, and invites participants to experience the warm community spirit of Christmas.

JULFIILIS

Christmas mood in Vaasa 12–14 Dec 2025



Get into the holiday spirit at Julfiilis @Funkkis in Vaasa

This year, Julfiilis @Funkkis takes place from Friday to Sunday, December 12–14, in Vaasa. The event is hosted indoors in Funkkis (Sepänkyläntie 2).

Entrance and parking are free

Opening hours: Fri 14:00–19:00, Sat–Sun 11:00–19:00. Visitors can browse handcrafted gifts, enjoy warm glögg and food, listen to live music, and take part in children's activities. Julfiilis is the perfect way to kick off the holiday season with friends and family, in a cozy, festive atmosphere.

Photo: Julfiilis some years ago

CITY ORCHESTRA

The theater production Katrina returns to Vaasa, now as a musical theatre.

Katrina returns to Vaasa – this time at the city theater in January 2026, with new collaborators and musical elements.

After last year's success at Wasa Teater, where the show received high praise from critics and audiences alike, *Katrina* comes back in a new musical theater version at Vaasan kaupunginteatteri on 15–16 January 2026. The production is a collaboration between *Katrina Musiikkiteatteri*, Vaasa City Orchestra, and the Åland cultural association *Katrina*. Based on Sally Salmi's classic novel, the show has been praised for both its dramatic beauty and musical achievements.

Katrina also opens the city orchestra's spring season, which features further surprises, including performances with Pauli Hanhiniemi, flamenco dancers, humor group Retuperän WBK, and the internationally acclaimed conductor Félix Benatin. The season emphasizes expanded collaborations with young musicians, regional partners, and international guests.

BERGÖ

14.12 Christmas market at Bergö

Bergö Island Council and Bergö Youth Association are arranging a Christmas market on Saturday 14 December at 12–14 at Bergö school.

The market sells mulled wine, Christmas cakes, sausages, lottery tickets, handicrafts, pastries, Christmas wreaths, spruce twig gnomes, books, mutton, fish and this year's Bergö aanakkon 2026.

In case of bad weather, the market is moved indoors. Anyone who wants to participate as a vendor must register by December 7 to Sofia Skog (050 363 0138) or Carola West (050 363 8073). The fee for a marketplace is 10 euros, and vendors bring their own tables. The market welcomes everyone to the Christmas atmosphere and local offerings.

FIMLAB

Fimlab's Special Holiday Opening Hours During Christmas & New Year

The laboratory network Fimlab has announced adjusted opening hours for its service points in

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TODAY

EDITORIAL

The Story of Lucia



For more than a century, the celebration of Saint Lucia has held a distinctive place in Finland's winter darkness. Although the tradition is often associated with Sweden and with Saint Lucia of Syracuse, a Catholic martyr from Sicily, it established itself in Finland in the early twentieth century, first among students and later as a nationwide festival of light.

In 1949, Finland elected its first official Lucia, and ever since, the annual celebration has united people across the country around one central symbol: the bearer of light who brings comfort, hope, and compassion.

The story of Lucia is a meeting point between legend and devotion. According to tradition, Saint Lucia brought food and assistance to the poor and persecuted hiding in the Roman catacombs, wearing a crown of candles so that her hands would be free. In the Nordic countries, this Christian narrative merged with older midwinter beliefs and the longing for light during the darkest time of year. The result was a luminous celebration at winter's height, a reminder that the light will return and that renewal is possible.

In Finland, the Lucia tradition gradually became something more than a folk celebration. It developed into a national institution, closely tied to annual charity campaigns. Finland's Lucia is chosen by public vote, and her mission is as much social as ceremonial. She visits hospitals, care homes, schools,

and events where presence and human warmth matter most. Through these encounters, the core values of the tradition are made visible: empathy, solidarity, and care for others.

In contemporary Finland, the Lucia celebration retains a clear and relevant role. Even in an increasingly secular society, people continue to seek rituals and symbols that offer continuity, meaning, and calm. Lucia is seen as a reassuring tradition, a recurring moment that connects generations and language communities. For many Finland-Swedes, the celebration also serves as an important cultural marker, a cherished part of their heritage.

At the same time, Lucia has become a mirror reflecting broader societal debates. The selection of Lucia often touches on questions of representation, diversity, and modernization. The expanding interpretations of the tradition demonstrate that cultural heritage can be both rooted in history and responsive to change.

Thus, the Lucia celebration in Finland is far more than a beautiful procession in white. It is a ritual that weaves together past and present, darkness and light, tradition and social responsibility. In December, when daylight is at its briefest, Lucia reminds us of the returning light—and of our own capacity to carry it forward.

Photo: Brage Lucia 2023, Cajsa sundqvist from Korsholm

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Vaasa, a city where we walk



Vaasa has been named Municipality of the Year 2025, a new national award that has been awarded for the first time this year by the industry organisation Pyöräilykuntien verkostory. The award is given to the municipality that best promotes walking and pedestrian traffic through long-term and strategic work.

The citation highlights Vaasa's determined investment in expanding the pedestrian centre, improving winter road maintenance and making walking a natural choice both in everyday life and leisure. The jury emphasizes that Vaasa has not been satisfied with individual efforts, but has integrated walking into urban planning and put it in focus as part of sustainable mobility.

The cityscape of Vaasa also reflects this focus. The pedestrian centre has been extended from the Travel Centre to the Market Square, and new quality routes such as the Metvikinbanan and the Dragnäsback pedestrian and bicycle bridge have improved connec-

tions within the centre. At the beginning of 2024, more than 330,000 daily walks were recorded between the Kulosaari University campus and the city centre, which shows the importance of walking for both residents and students.

A particularly notable detail in Vaasa's work is the investment in walkways even in winter. The city not only uses traditional snow removal, but also engages over 100 volunteer "winter agents" who assess the condition of the walkways and report their observations, which has led to higher satisfaction among residents with the seasonal walking conditions.

The Walking Municipality of the Year award is linked to Vaasa's broader work for sustainable development. The city has also been designated a European Green Leaf city in 2026 and wants to become climate neutral in the 2020s. Promoting walking in everyday life is a key part of the strategy for a more climate-friendly, safe and pleasant urban environment.

Walking is more than just a means of trans-

port in Vaasa — it is part of the urban identity. By prioritizing pedestrians in planning and investments, Vaasa shows that the city wants to be both greener and more vibrant, all year round.

If you want to read more about Vaasa's award and the city's investments, the press material is available on the City of Vaasa's website.

Sources:Vaasa receives the Walking Municipality of the Year award. City of Vaasa, published 10.12.2025.

Vaasa palkittiin Vuoden kävelykuntana 2025. STT Info, 11.12.2025.

Photo: City of Vaasa, Mikael Matikainen

Onkilahti nature trail completed

The new accessible nature trail in Onkilahti has now been opened to the public. The approximately 220-metre-long trail, located on the east side of the Onkilahti activity park near the cemetery and the Paper Bridge, was opened to visitors



on 10 December 2025.

The path is built on metal gratings with railings on both sides, which increases safety and makes it easy for many different users to get around.

The construction of the nature trail began in August and has been carried out taking into account the natural environment: no machines have been used in the terrain, but the assembly has been done by hand to protect the surrounding forest and land. The project has also been developed in cooperation with the

city's accessibility coordination group, and the views arising from the tests have been taken into account in the final plan.

Pets are welcome on the trail, although the wire mesh can be a challenging surface for little paws.

At the beginning of 2026, more benches and signs are planned along the route about the nature of the area. The signs also have Braille, which further improves accessibility for the visually impaired. The Onkilahti nature trail is part of the City of Vaasa's investment in making green

areas and nature experiences more accessible to both residents and visitors. The route offers an opportunity to walk in nature regardless of age and mobility and strengthens Vaasa's role as a city where outdoor life and health are at the center. Please note that there is no winter maintenance along the trail; However, if the winter turns mild, it can be tested before the snow comes.

Source:City of Vaasa – City of Vaasa. "The accessible nature trail in Onkilahti has been opened to visitors." 10.12.2025.

DARK NIGHTS AND HEALTH

Nights should be dark. At least in the bedroom

A landmark study made by Daniel P Windred and his colleagues in Australia published in JAMA Network Open reveals a striking association between night time light exposure and elevated risk of cardiovascular disease—serving as a wake up call to prioritize darkness in our bedrooms.

In the study of 88 905 adults over an average 9.5 year follow up, participants whose bedrooms registered the highest levels of light during typical sleeping hours (the 91st 100th percentile of night light exposure) faced significantly higher risks of coronary artery disease (HR ~1.32), heart attack (~1.47), heart failure (~1.56), atrial fibrillation (~1.32), and stroke (~1.28), compared with those in the darkest conditions. These associations held even after controlling for lifestyle factors, sleep duration/efficiency, socioeconomic status and genetic risk.

The mechanism is elegantly straightforward: exposure to light at night disrupts circadian rhythms, suppresses melatonin, heightens blood pressure, spurs inflammation and disturbs heart rate variability—each a recognized contributor to cardiovascular pathologies.



What makes this finding particularly sobering is that we often assume light during sleep is benign—after all, a night light, a softly lit street lamp through the window, or a bright smartphone screen may seem harmless. But this research elevates such ambient light from trivial nuisance to genuine health hazard.

What can you do?

1. Darken your sleeping environment. Invest in blackout curtains or blinds, cover up glowing electronic indicators, and avoid leaving bright over-

head lights on while you sleep.

2. Limit evening screen time and bedroom light exposures. Even moderate light emerging from TVs, smartphones or ambient room lighting can shift circadian cues.

3. Keep a consistent bedtime routine. Reduce ambient light and allow your internal clock to wind down naturally.

4. Consider bedroom layout. Position beds away from windows or light sources; switch off unnecessary lights before going to sleep.

Certainly, more research is needed—this is observational data, and causality cannot be proven definitively. The cohort was predominately White and aged over 40, limiting generalisability. JAMA Network Yet given the magnitude of risk and the minimal cost of implementation, the precautionary message is clear: when it comes to sleep, the darker the better.

In an era of ubiquitous screens, smart home lighting, and round the clock ambient illumination, reclaiming darkness for our bedrooms is both simple and potent. So turn down the lights, draw the curtains, and give your heart—and your health—the darkness it deserves.

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Ostrobothnia during the 2025 holiday season

Specifically, Fimlab's branches in Alaveteli will be closed on 31 December 2025, and in Kruunupyy from 22 to 31 December. Quick blood sampling (Nopsa) at Vaasa Central Hospital, as well as spirometry and ECG services, will be suspended from 22 December 2025 to 4 January 2026.

All service points will also be closed on Christmas Eve (24 Dec), New Year's Day (1 Jan) and Epiphany (6 Jan). Other branches will maintain normal opening hours — check fimlab.fi for the latest updates.

SAS

The airline SAS will increase the range of routes at Vaasa Airport next spring 2026



Scandinavian Airlines (SAS) announces a significant expansion on the route between Vaasa and Stockholm when the summer schedule goes into effect on March 25, 2026.

With the new timetables, the number of weekly flights will increase from the current six to eleven, and on Wednesdays, Thursdays, Fridays and Sundays, flights will be operated twice a day. This nearly doubled connection will offer passengers more flexibility and better connections to Scandinavia and more widely to Europe and beyond.

The expansion is the result of cooperation between Vaasa Region Development Ltd (VASEK) and SAS, and it is expected to benefit both business and leisure travelers. Peter Källberg, Project Manager at VASEK, says that the additional services will improve the accessibility of the area and strengthen the airport's position as a significant hub. Increasing the number of trunk connections can also further support the region's businesses and international connections.

The new schedules will apply after the Easter holidays, but passengers will soon be able to book their flights for the 2026 season. The situation follows broader growth in the Vaasa airport area, where the aim is to develop air traffic and attract more connections both in Finland and abroad.

Photo: Adrian Pingstone, Wikimedia Commons, Public Domain

RITZ

Noora Louhimo's Christmas concert in Vaasa – a warm "Christmas moment"

Club Ritz in Vaasa offers a Christmas atmosphere when singer Noora Louhimo performs at the concert Christmas Moment on Thursday 18 December at 19.00.

"The Moment of Christmas" is an intimate and atmospheric concert in which Louhimo interprets his own songs as well as classics and Christmas carols with piano and guitar accompaniment. The concert offers an opportunity to escape the hustle and bustle and experience the peace and nostalgia of Christmas — like a moment to stop, to the smell of the tree, the light of the fireplace and Christmas memories.

Tickets cost €35 (reduced by €32) and are aimed at the whole family.

Come and enjoy the music and peace — "Christmas Moment" promises to be a warm-hearted start to the anticipation of Christmas.

NIGHT OF SCIENCE

The Night of Science – when will one come to Vaasa?

On 22 January 2026, Helsinki hosts the Night of Science with lectures, workshops, and experiments that make research alive and accessible.

Vaasa, however, still lacks a similar event despite having two universities and many researchers. Science should not stay behind university gates – it should be

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CULTURE HERITAGE

Kanttila – Minna Canth’s dilapidated cultural heritage in the heart of Kuopio

Kanttila, in the centre of Kuopio, is the building where writer and social influencer Minna Canth lived and worked. .

Minna Canth (born Ulrika Wilhelmina Johnson; Tampere (19 March 1844 – 12 May 1897) was a Finnish writer, journalist and businesswoman. As a writer, Canth was one of the pioneers of Finnish realism.

He wrote plays, mini-novels and short stories. She was the first significant Finnish-language playwright and prose writer after Aleksis Kivi and the first Finnish-language female journalist [Source: Wikipedia].

This simple but historically significant building was completed in 1820 and has been a central part of Kuopio’s cultural history through many stages and owners. Canth moved to Kanttila with his family in the mid-1800s and also ran a yarn shop in the house, which provided the family with income.

Kanttila’s significance extends beyond the building itself; At the end of the 1800s, the city was one of the focal points of Finnish cultural life. Minna’s salon, as the house’s large room was called, was an open place for discussion for writers, artists and social thinkers alike. There were heated debates about gender equality, women’s rights and changes in society.

Although Kanttila has been threatened with demolition and structural challenges over the years, the building has remained part of Kuopio’s cityscape. The Minna Canth Association’s House, founded in 2017, bought the building and started renovating it, but it is still far from finished.

The goal is to restore Kanttila to its original glory and turn it into a vibrant cultural center that pays homage to Canth’s heritage. It is to be hoped that this will succeed and save this cultural treasure from its present decay.

Kanttila is not just a building; It is a symbol of progress and courage – values that Minna Canth represented. The house still reminds us of how one person can make a difference for the whole of society.



From page 3

seen, heard, and experienced by everyone.

When will Vassa take the initiative? When will we have our own Night of Science, a celebration of curiosity, learning, and inspiration?

ALMA

The renovation of Kirkko-esplanadi 15 will be completed on schedule

The renovation of Kirkko-esplanadi 15 will be completed on schedule

The technology-oriented renovation of Alma’s premises at Kirkkopuistikko 15, the former Arbis building, will be completed according to plan by the end of 2025. The work has been part of the City of Vaasa’s re-novation programme. In connection with the renovation, the building technology has been updated and the general appearance and colour scheme of the premises have been modernised

Ventilation has been improved, and surfaces have been renewed and repaired. The dignity of the building has been increased, for example, by restoring the original ceiling height and the curved edges of the reading corner lobby on the second floor. The 150-year-old building was last renovated in the early 1980s.

The courses will return to the Church Esplanade from 7 January 2026. The temporary premises at Raastuvankatu 33 will be taken out of use. Operations in Alma’s main building at Raastuvankatu 31 will continue as normal.

Source: vaasa.fi

ALMA

Vaasa Adult Education Centre Alma: Spring term starts 7.1.2026

Adult Education Centre Alma will start its spring term on Wednesday 7 January 2026 – and there will be about 200 courses available. The list covers a wide range of hobby and skills courses, and there are also places left for several courses that have been running throughout the academic year.

At the institute, it is possible to study languages, civic education, art courses, handicrafts, well-being and many other subjects both in Vaasa and in nearby municipalities such as Likkyrö, Laihia and Isokyrö. The spring courses are open to everyone – whether you have a career, are a student or not – and the courses are suitable for both a new hobby and professional development or additional skills.

Alma emphasizes that study-ing can be just as much for your own enjoyment as for everyday life or working life. Registration is still ongoing, and those interested are encouraged to check out the courses and make their selections soon – spots fill up quickly.

In addition to online registration, you can also register on site or by phone at Alma’s service points in Vaasa: Raastuvankatu 31, tel. 0400 868 110 (Mon–Fri 8 am–4 pm) Raastuvankatu 33 / Kirkko-esplanadi 15 (7.1. onwards), tel. 040 6299 133 (Mon–Thu 10 am–2 pm).

On Thursday 11 December at 5.30 p.m. to 7.30 p.m., the open event Christmas in Alma will be held at Raastuvankatu 31. In addition to a diverse programme, you can also register for spring courses.

More information about the event: vaasa.fi/alma – Events

WELLBEING SERVICES COUNTY

The indoor air problem in the H building is a mystery



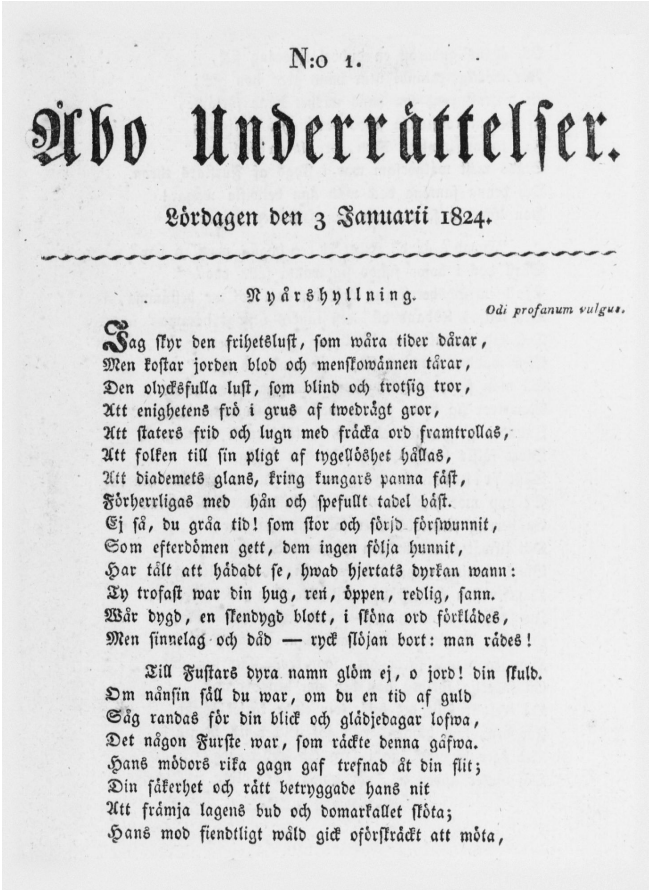
The cause of the indoor air symptoms on the sixth floor of the H-building in Vaasa has not yet been found, although the investigations continue, says the Wellbeing Services County of Ostrobothnia.

The Cancer and Blood Diseases Ward will continue to operate in temporary premises in the S building, but

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PRESS

Åbo Underrättelser almost entirely digital – the paper newspaper will only be published once a week



Åbo Underrättelser is the oldest daily newspaper in Finland. Its first issue appeared on 3 January 1824

Finland's oldest newspaper, Åbo Underrättelser, is significantly reducing the number of printed newspapers.

From October onwards, the magazine will be delivered on paper only once a week, whereas it is currently published five days a week. However, digital publishing will continue five times a week. The first to report on the change was Turun Sanomat.

The decision is based on rising production costs. In particular, the increase in postage and the price of paper has forced the newspaper to consider the cost-effectiveness of distribution and printing.

"I know that changes evoke emotions. But by reducing the number of publication days and investing in

a carefully produced printed magazine once a week, instead of paying distribution and printing costs for five publication days a week, we can preserve what is most important: reliable, local and unique Swedish-language journalism that lives on the terms of its time," says Susanna Landor, CEO and Publisher of ÅU Media, according to Turun Sanomat.

Founded in 1824, Åbo Underrättelser (ÅU) is the oldest newspaper still published in Finland. The magazine is in Swedish and its circulation area covers the whole of Southwest Finland, especially the regions of Turku, Pargas, Kaarina and Kimitön.

ÅU is distributed several times a year as a blanket distribution to all bilingual households in Southwest Finland, to all households and busi-



The front page of Åbo Undrrättelser on 1.12.1939. The Soviet Union had attacked Finland the day before, and that was the beginning of the Winter War

nesses in the centre of Turku and in the archipelago areas. According to Wikipedia, the circulation of blanket distribution is about 60,000 copies at a time.

At the moment, ÅU is published from Tuesday to Saturday, but the exact day of the week when the paper version will be published in the future has not yet been announced.

The magazine is published by ÅU Media Ab, which rose to an exceptional position in the Finnish press after the Swedish media company Bonnier acquired the majority of other Swedish-language newspapers in Finland. In 2023, Bonnier acquired a majority stake in KSF Media (e.g. *Hufvudstadsbladet*, *Västra Nyland*, *Östnyland*) and in 2024 the entire HSS Media (e.g. *Vasabladet*, *Syd-Österbotten*, which will as a result be layout-

ed in Sundsvall, Sweden). In this way, ÅU Media became the only Swedish-language media house in mainland Finland that is fully Finnish-owned.

The Swedish-language press is undergoing a transformation in other ways as well. For example, *Vasabladet* is published only digitally on Mondays, and the other main newspaper in Vaasa, *Ilkka-Pohjalainen*, is published in print six days a week. Vaasa's newest newspaper, *Vaasa-Pohjanmaa*, is mainly digital, but is also published a few times a year as a paper newspaper – usually free of charge. And perhaps we can mention our own newspaper, *Wasa Daily*, one of the very few newspapers in English in Finland. This magazine is also part of a new trend: it is published digitally on Sundays.

most income, a total of EUR 37.8 billion. Ten years ago, the highest earners were those aged 50 to 59. Ageing is clearly visible: there are more income earners aged over 70 than in 2014, and the share of wage and salary income among those aged 60 to 69 has increased due to the rise in the retirement age and the increase in work done while retired.

However, the gender pay gap has not narrowed. In 2014–2024, men's wage and salary income grew by around EUR 2.3 billion more than women's, even though the percentage growth in women's wage and salary income was slightly higher. Last year, men's median wage income was EUR 37,723 and women's EUR 32,291. According to the Tax Administration, part-time work is more common among women, which partly explains the difference, but as a whole, the pay gap has remained almost unchanged.

WAGES

Tax Administration: 40-year-olds have the highest income

The focus of Finnish income has shifted to the younger age group – people in their forties now earn the most income, according to the Tax Administration's latest statistics.



According to the income tax statistics published by the Tax Administration, in 2024, people aged 40 to 49 received the most income, a total of EUR 37.8 billion. Ten years earlier, the largest group of income earners was those aged 50 to 59, but the distribution of income has changed in both earned income and capital income.

Capital income accrued most to those aged 50 to 59, while in 2014 the largest capital income went to those aged 60 to 69. According to the Tax Administration, the change reflects both the structure of working life and the ageing of the population: there are now clearly more income earners over the age of 70 than ten years ago, and people aged 60–69 work more during retirement.

Income tax statistics include taxable earnings and certain tax-exempt items, such as fringe benefits and reimbursements of expenses. Matti Luokkanen, Senior Officer at the Finnish Tax Administration, says that the development of income reflects a longer working career and a changing age structure at the same time.

FAMILY PHYSICIAN

Family doctor for everyone - in Kainuu

Kainuu is the first Finnish wellbeing services county to appoint a family doctor for all its residents, according to the Finnish Institute for Health and Welfare (THL).

The model is part of the effort to increase the continuity of care and improve the quality of primary health care.

With the new family doctor model, each Kainuu resident has a designated doctor and their own care team, who are comprehensively responsible for the patient's health. The aim of the model is to reduce morbidity and mortality, improve the quality of care and patient satisfaction, and curb overall costs.

"According to international research evidence, the continuity of the personal care relationship is key to high-quality primary health care," says Sara Launio, Chief Physician at the Finnish Institute for Health and Welfare.

Seven wellbeing services counties received additional funding from the 2025 Sustainable Growth Programme for the development of family physician models. Kainuu is a pioneer, and other regions intend to gradually expand their models to the entire population. In practice, this means that more and more Finns will be able to have a long-term personal contact with health care in the future, which will improve the quality of care and patient safety.

HEALTH

HEALTH

Ozempic can be dangerous for your eyes

Ozempic, which enjoys great popularity as a diabetes medication and weight loss product, and the ingredient semaglutide it contains received an

important warning from the European Medicines Agency (EMA). A possible, albeit very rare, side effect of the drug has been identified as the eye disease NAION (non-arteritic atic ischemic neuro-pathy).

WHAT IS NAION?

NAION is a serious but rare eye disease that damages the optic nerve. It originates from a disturbance in the blood supply to the optic nerve and can lead to sudden and permanent loss of vision in one eye. Usually, impaired vision is the only symptom of the disease and is not accompanied by pain. People with diabetes, high blood pressure or elevated blood lipid levels, for example, are at the highest risk of developing NAION. There is currently no permanent treatment for the disease.

The decision was taken by the EMA's Pharmacovigilance Committee (PRAC) after reviewing available data, including small studies suggesting an increased risk in patients taking semaglutide. It is important to emphasize that this is still a very rare side effect and that the majority of people who use the drug do not have any risk of it.

What does this mean for patients?

The most important thing is to be aware of the possible symptoms. If you experience a sudden decrease in vision, blurred vision or dark areas in your field of vision, contact your family doctor or ophthalmologist immediately. Always mention to your healthcare professional that you are taking a medicine containing semaglutide.

Finally, it can be said that all medications have possible side effects, and it is important to have regular medical check-ups and be aware of the possible risk factors in your own health. Although NAION is rare, it is essential that patients and doctors are aware of this potential connection in order to be able to act quickly if necessary.

GPS

Chief Physician Susanna Satuli-Autere from Hyvinkää has been selected as the General Practitioner of the Year

The Finnish General Practitioners GPF awarded the recognition to Susanna Satuli-Autere, in recognition of her long-term work in the development, education and patient work of primary health care.

Satuli-Autere works in the wellbeing services county of Central Uusimaa, and she is known as a versatile doctor in charge of medical care, as well as a mentor and trainer. According to his colleagues, the choice was based on his long-term career at the health centre and, in particular, on his investments in the development of care chains and training. He has been described as approachable, responsible and supportive – traits that make him a respected family doctor and supervisor. Patients praise him for being friendly, attentive and professional.

The recognition emphasises the importance of primary health care and highlights the work that doctors do to ensure the everyday well-being of patients. Satuli-Autere's selection as the General Practitioner of the Year returns to the annual tradition of allowing colleagues to nominate distinguished professionals.

WHO

WHO warns of a new wave of antibiotic resistance

According to the World Health Organization, antibiotic-resistant bacteria are spreading faster than before.

According to a recent WHO report, infections caused by antibiotic resistance increased by 15 per cent in Europe over the past three years. Especially in intensive care units, bacterial strains are found against which no known antibiotic is effective. Experts stress that a more prudent use of antibiotics and the development of new drugs are necessary to prevent a "silent pandemic" that could threaten health systems worldwide.

HEALTH

Study: Daily Walking Reduces Risk of Heart Attack

10,000 steps a day provides significant health benefitsAn extensive study from the United States confirms the importance of daily exercise for heart health.

Researchers at Boston University analyzed health data from nearly 50,000 adults over a period of ten years. The effect was clear: those who walked at least 10,000 steps a day were 40% less likely to develop cardiovascular disease than those who walked less than 4,000. According to experts, short walks during the day are just as effective as a long run – the most important thing is movement, not effort.

AGING

Japan approves first gene therapy for age-related di-

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staying in other facilities in the H building has not been found to be harmful to health.

Since May, the studies have focused especially on ventilation and air circulation. Previously, it was suspected that carpets cause symptoms, but this has not been confirmed or ruled out. Measurements made at different times have shown variation in fibre concentrations. Next, the researchers will find out where the fibres may come from – ventilation ducts or structures.

The aim is to get the facilities in the H building in order and use as soon as possible, and the causes of the symptoms are being investigated in close cooperation with the Bothnia High 5 alliance, which was responsible for the construction. The Wellbeing Services County of Ostrobothnia emphasises that although the symptoms are still a mystery, further measures are underway to ensure a safe working environment.

LAIHIA

Nominate Laihia's laureates

The municipality of Laihia invites organisations, associations and private individuals to make proposals for the 2025 awardees and scholarship recipients.

The award winners are sought in several categories: Athlete of the Year, Decent Citizen, Posture Youth, Exemplary Youth and Veteran Athlete of the Year.

Athletes who represent clubs from outside the municipality but live in Laihia can also be taken into account. Proposals must be justified and submitted in writing by 2 January 2026 at 3 p.m. either by post to the registry of the municipality of Laihia (P.O. Box 13, 66401 Laihia) or by email to address laihia.kunta@laihia.fi, with the subject line "Awardees 2025".

More information on making proposals and the rules for awarding scholarships can be found on the municipality's website. The award ceremony will be held in February 2026, when the awardees and scholarship recipients will receive the recognition they deserve. Now is a great opportunity to highlight the sporty and exemplary people of your community!

FINLAND

BISHOP OF TURKU

Bishop Mari Leppänen to take a leave of absence

Bishop Mari Leppänen of the Diocese of Turku will take a leave of absence in early 2026. The Cathedral Chapter has granted Leppänen a leave of absence for the period 14 February–10 May 2026.

In addition, she will take his annual leave in connection with his leave of absence, which means that he will be absent from his duties from 19 January to 15 May 2026.



Leppänen explains the background of his decision in a post published on Facebook. According to him, the idea of a leave of absence was born last spring, and the decision is related to the need to stop after an intensive period of work. In January 2026, it will be five years since he started as bishop.

"The work has been rewarding and versatile, but also very comprehensive. In the midst of everyday life, it has been difficult to find time for slower thinking, reading and nurturing one's own spirituality, Leppänen writes.

In his publication, Leppänen refers to his experiences of a retreat of silence and reflects on the so-called "thin places" where, according to him, God's presence can be sensed in a special way. The leave of absence provides an opportunity to listen to this invitation and also give time for other important matters.

In his update, Leppänen also refers to an interview with Helsingin Sanomat, in which he discusses the reasons for the leave of absence in more detail. According to him, the solution is well thought out and has to do with coping and the rhythm of work.

INCOME INEQUALITY

The pay gap between men and women is not narrowing

The income of Finns is now distributed differently by age group than ten years ago, but the gender pay gap has remained almost unchanged.

According to the Tax Administration's recent income tax statistics, in 2024, people aged 40 to 49 received the

FOREIGN MINISTER ELINA VALTONEN

Statement by Minister Valtonen at the UN Security Council meeting on Dec 9

Statement by the OSCE Chairperson-in-Office, Minister for Foreign Affairs of Finland Elina Valtonen at the United Nations Security Council meeting in New York, 8 December 2025.

Madam President. Excellencies,

Thank you for the opportunity to address the Security Council as Chairperson-in-Office of the OSCE.

Fifty years ago, in 1975, the Conference for Security and Co-operation in Europe gathered in Finland and ad-opted the Helsinki Final Act, laying the foundation for today's OSCE.

Its principles mirror the UN Charter: sovereign equality, territorial integrity, inviolability of frontiers, refraining from the threat or use of force, and respect for human rights. For five decades, the OSCE has been the guardian of these principles, and held States accountable. It continues to do so.

In the depths of the Cold War, what made the Helsinki spirit groundbreaking, was the recognition that security is not merely a matter of regulating behaviour between governments — it is inseparable from the rights of individuals. Granting fundamental rights to their citizens is a duty for each participating state.

In the years to come, the spirit of Helsinki helped ordinary people - suffering from oppression behind the Iron Curtain - to see hope and eventually "tear down that wall".

That same spirit can still today be witnessed across the OSCE region. Again, the force for good lies with the people. And given the choice, the people choose freedom. That's what the



Helsinki principles are all about.

Madame President, Russia's war of aggression against Ukraine is the largest and longest war in Europe since the Second World War. In Ukraine, Russia is violating the UN Charter and each of the ten Helsinki principles.

Supporting Ukraine and promoting accountability for violations of international law have been at the heart of the work of our Chairpersonship of the OSCE. I call on all to support Ukraine in achieving a just and lasting peace – as soon as possible.

I am convinced that the way this war ends will decisively shape the future of peace and stability not only in Europe, but across the world.

It will also highlight the extent to which the aggressor - a Permanent Member of this Council – will respect the UN Charter and the tenth Helsinki Prin-

ciple, which requires that obligations under international law must be fulfilled in good faith.

During our Chairpersonship we have taken steps to ensure that accountability follows from Russia's violations of international law, including the unlawful deportation of children. For instance, through the OSCE Support Program for Ukraine, we have helped register missing children and support their rehabilitation.

While Ukraine has been central to our work in the OSCE, I am happy to report that our engagement with the OSCE region has been broad, with peace mediation at the core of several efforts:

In Moldova, we underlined Moldova's ownership of the Transnistrian settlement process as well as our support for revitalizing it. We remind Russia of its 1999 Istanbul Summit com-

mitment to withdraw forces and equipment – unconditionally and without delay.

The OSCE and its Mission stand ready to dismantle the Cobasna arms depot in Transnistria, which also poses an environmental risk to the local population.

In the South Caucasus, the world has witnessed positive developments in the peace process between Armenia and Azerbaijan. In August, we reached a consensus to close the Minsk Structures dealing with the Nagorno-Karabakh conflict—a vital step to support the peace process.

In Georgia, we reaffirmed our commitment to sovereignty and territorial integrity. We addressed democratic backsliding and highlighted the role of civil society. It is for the people of Georgia to decide on their own future.

In Central Asia, we shared best practices and experiences from close Nordic cooperation. The trilateral border agreement between Kyrgyz Republic, Tajikistan, and Uzbekistan is a testament to what good regional cooperation can achieve.

In Southeastern Europe, we supported Bosnia and Herzegovina's constitutional order, emphasized social dialogue in Serbia, and backed efforts to resolve Kosovo's political and institutional crisis.

Moreover – and importantly – we also looked beyond our own region, and strengthened ties with the OSCE Partners for Cooperation, recognizing that Euro-Atlantic stability is interconnected with security and stability in other regions, such as the Indo-Pacific region.

Madame President, There is no need to reinvent the European security

order.

Instead, there is a need to abide by the OSCE principles we have already agreed to, and respect international law and the UN Charter.

There is also a need to utilize the OSCE fully, for what it was created for. The OSCE has great potential.

Its comprehensive approach, autonomous institutions, and 12 field operations prevent conflicts and work to make the collective commitments of the 57 participating States a reality.

As the same time, during our Chairpersonship Finland has introduced an agenda of reform on the future of the OSCE. The Helsinki+50 Discussions have generated broad support, reinforced ownership among participating States, and produced concrete reform proposals, some already under implementation.

Like the UN, the OSCE needs efficiency, flexibility and the ability to deliver. To this end, the new Helsinki+50 Fund seeks to strengthen the operational capacity of the OSCE.

Multilateral cooperation based on international law can and must be the bedrock for international peace and security. This is also what countries and peoples around the world expect.

Effective multilateralism requires a capable and relevant UN as well as effective and relevant regional organizations. While this Council bears primary responsibility for international peace and security, regional efforts can amplify its impact. Indeed, the UN Charter itself encourages the settlement of local disputes through regional organizations, before referring them to this Council.

As Chair of the OSCE, Finland has advanced UN-OSCE cooperation under

Chapter VIII (eight) of the UN Charter. The UN-OSCE partnership is essential for peace and stability in the Euro-Atlantic region and beyond. The UN, the OSCE and their staff continue to cooperate for common goals in various contexts. And being here in New York, I want to commend the UN and its staff for their important contribution.

I am also pleased to report that we have integrated the Pact for the Future in the OSCE's activities. For instance, we have promoted the implementation of UN Security Council resolutions in the OSCE on both Women, Peace and Security as well as Youth, Peace and Security. Moreover, we have prioritized civic space and promoted civil society engagement, to ensure that their contributions are heard in shaping the future of security cooperation.

Madame President, I would like to end where I began and return to the UN Charter and the Helsinki Principles.

The world has changed a lot in the past decades. And let us not forget, most of the change has been for the better. The number of countries rated Free has nearly doubled since 1975, when the Helsinki final act was signed.

In the OSCE, the absolute number of independent, democratic, free societies has increased by around 15 to over 40. Across the world, people live longer, are healthier and better educated. They are freer than ever to shape their own future.

This is the enduring spirit of the Helsinki Final Act – a spirit that is alive in the hands, hearts and minds of those who dare to believe that freedom is a right for everyone - not a privilege for the few.

The power to tear down walls lies with the people. It always has, and it always will.

I thank you.

USING DATA

DNA: In Vaasa, young people use data up to 14 times more than older people



DNA published a new analysis that reveals significant differences in mobile data usage between different age groups in Finland's 50 largest municipalities. Young adults (18–29 years old) consume the most mobile data, with an average daily consumption of 2,975 megabytes (MB), while those over 80 only

consume a few hundred megabytes.

Especially in Vaasa, DNA's statistics highlight a large gap: young people use a huge amount of data compared to older people. The difference can be as much as 14-fold when comparing the average consumption of young and oldest age groups.

However, mobile data use is also increasing in older age groups. For ex-

ample, according to DNA, 50–59-year-olds already have a daily data use of more than 1,000 MB in all the municipalities examined. Mikko Valtonen, Director of Mobile Business at STT Info DNA, sums up the situation: "Users can be roughly divided into three groups: young adults, middle-aged people and those approaching retirement age, whose data use is clearly lower."

There are major differen-

ces between municipalities. According to DNA's statistics, Raahе, Savonlinna, Kotka, Tornio and Imatra, among others, belong to the group of young heavy consumers: 20–29-year-olds use more than 3,700 Mt per day in these municipalities. On the other hand, in Ylöjärvi, Tuusula and Vihti, for example, young people's data use is below the national average.

Valtonen also highlights the factors behind municipality-specific differences: the age structure, use of public transport and distances may explain why mobile data consumption is higher in certain areas. STT Info In addition, he emphasises that improved devices and networks will further increase data usage: better video quality consumes more, and more and more work, entertainment and social interaction are handled by phone.

DNA's statistics are based on billable consumer subscriptions for January–October 2025. The comparison is based on average daily data usage, but it is worth noting that the average is increased especially by very heavy consumers – i.e. not all users really consume the same amount.

In the end, DNA's data highlights one clear trend: young people are leading in the data age, but older generations are also joining in. This development reflects a broader digital transformation in which the mobile network is no longer just a privilege for young people.

From page 5

seases

New treatment can slow down cell agingJapan's Ministry of Health has approved the world's first clinical gene therapy targeting biological aging.

The treatment uses a virus-like vector to activate cell repair mechanisms. The first patients are over 60 years old with early signs of memory impairment. The researchers emphasize that it is not a "rejuvenation vaccine", but a form of treatment that can slow down degeneration and improve quality of life. The results are expected within two years.

HEALTH

The European Union funds a programme on mental health for young people

New digital services to be introduced in schools and educational institutions

EU is investing €50 million in mental health support, especially for 13-25-year-olds.

The program includes low-threshold video meetings, text chats, and AI-assisted mood monitoring. The goal is to reduce waiting times and identify depression and anxiety earlier. The pilots will start in Germany, Finland and Spain in the spring. Experts hope that digital support will reduce the backlog in healthcare services without compromising the quality of care.

TRAVEL AND HEALTH

New malaria vaccine to be introduced in Africa

Ghana is the first country to launch a comprehensive vaccination campaignThe world's second malaria vaccine approved for the market, called R21/Matrix-M, will be introduced in West Africa.

Maaailman toinen markkinoille hyväksytty malariarokote, nimeltään R21/Matrix-M, otetaan käyttöön Länsi-Afrikassa.

Rokotteen on todettu vähentävän vakavia tautitapauksia jopa 75 prosenttia alueilla, joissa malaria on yleistä. Rokote kehitettiin Oxfordin yliopistossa yhteistyössä afrikkalaisten tutkijoiden kanssa. WHO:n mukaan rokotteen laaja käyttöönotto voi pelastaa jopa satojatuhansia lapsia vuosittain. Rahoitusta hankkeelle ohjaa Gavi, rokoteallianssi.

OBESITY

Sugar-free drinks do not reduce obesity

Extensive meta-analysis surprises nutrition researchersA new international study claims that light soft drinks do not prevent weight gain.

Researchers at Harvard University and Sydney University reviewed 20 years of research and found that consuming sugar-free beverages was just as often linked to weight gain as regular soda consumption. The explanation may lie in the fact that sweeteners increase the craving for sweets and the appetite. The researchers' recommendation is clear: the best drink for both weight management and health

MIGRAINE

New medication for chronic migraine launched in Australia

The drug is based on CGRP antibodiesThe Australian Medicines Authority has approved a new drug that prevents migraine attacks in up to half of patients.

The medication works by blocking a neurochemical called CGRP, which is associated with headaches. In patients, seizures decreased from an average of 8 to 3 per month. The treatment is given as an injection once a month. Migraine associations hope that the medication will soon also be covered by public health care reimbursement.

SLEEPING PILLS

Long-term risks of sleeping pills are being studied in the USA

Information is needed especially on the elderly populationIn the United States, a federal study was launched to investigate the effects of sleeping pills on people over 65 years of age.

Experts fear that long-term use may increase the risk of falls, memory disorders and even the development of dementia. The study will last five years and involve more than 10,000 patients from different states. For the time being, doctors are advised to favour non-pharmacological forms of treatment for sleep disorders, such as relaxation and sleep guidance.

INTERNATIONAL

AUSTRALIA

Australia bans social media for children under the age of 16



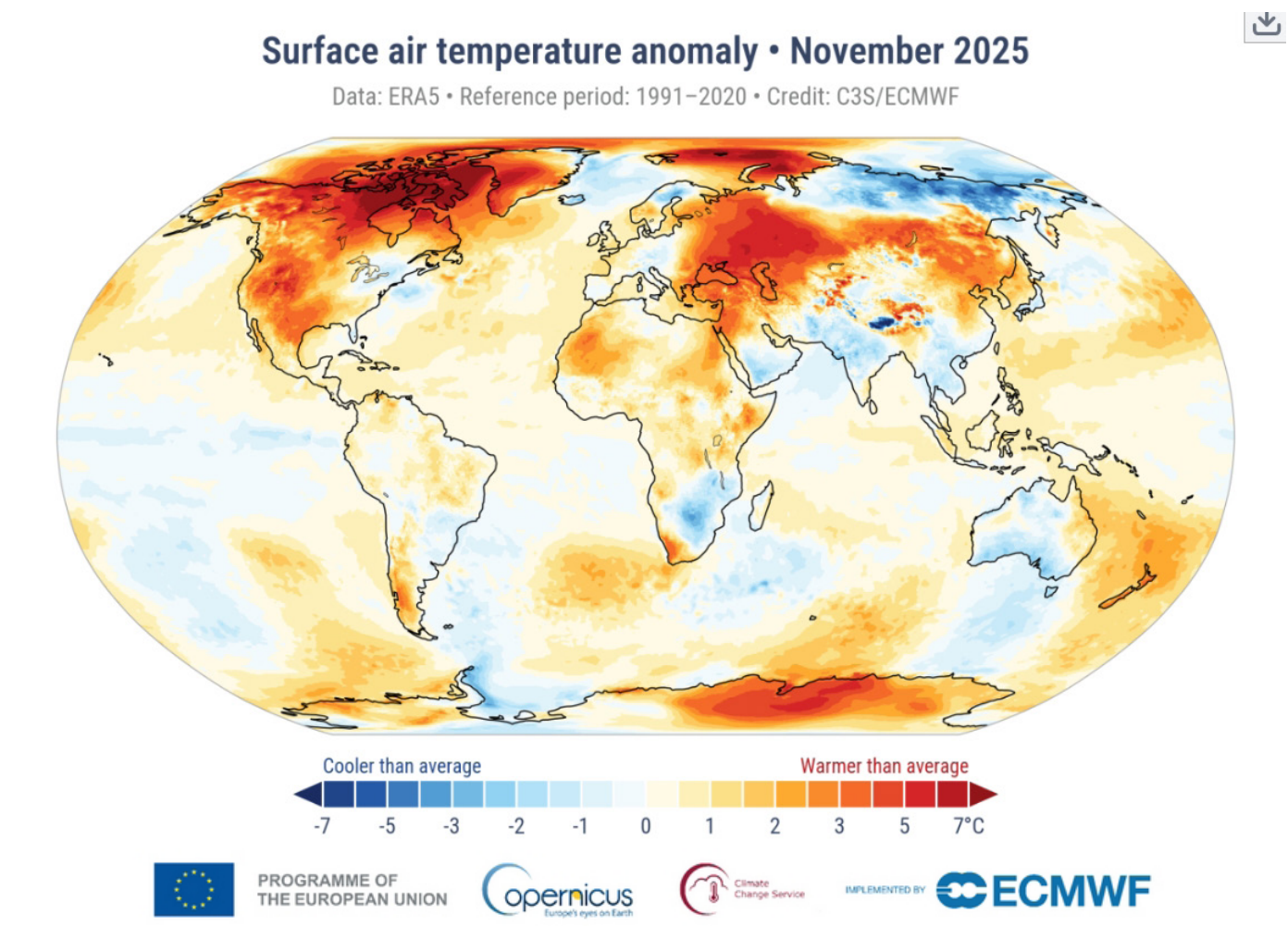
A new regulation has come into force in Australia that prohibits anyone under the age of 16 from using social media services without a parent's confirmed permission.

The aim of the Act is to strengthen the protection of the privacy of minors and reduce cyberbullying. In the future, social media companies will have to identify the age of users more reliably and delete the accounts of minors without delay if the terms of service are violated. In particular, the implementation of supervision and the risk of young people moving to unsupervised platforms have attracted criticism. However, the Government assures that the system will take into account information security and fundamental rights.

Figure; MrRendonMC, Wikimedia Commons, Public Domain

CLIMATE CHANGE

Copernicus: “2025: Earth on a Knife-Edge — Another Record-Shattering Year of Heat”



Surface air temperature anomaly for November 2025 relative to the November average for the period 1991-2020. Data source: ERA5. Credit: C3S/ECMWF.

As 2025 draws to a close, the Earth stands — once again — on a precipice. According to new data released by the Copernicus Climate Change Service, this year is “virtually certain” to become the second- or third-warmest on record, tied with 2023 and trailing only the historic spike of 2024.

In November alone, global surface air temperature soared to 1.54 °C above pre-industrial levels, making it the third-warmest November ever recorded. And when scientists look not at a single year — but at the 2023–2025 stretch — the data reveal a grim milestone: for the first time in the instrumental record, the three-year average temperature is likely to exceed 1.5 °C above the pre-industrial baseline. This is not fluctuation. It is escalation.

The Heat Intensifies — But 2025 Is Not a Blip

The surge in heat is not evenly spread across seasons. Months like October and November have logged record or near-record anomalies globally.

The elevated temperatures in November weren’t confined to the tropics or mid-latitudes. Rather, the Arctic experienced among the warmest records, with unusually high temperatures over northern Canada, the Arctic Ocean and parts of East Antarctica.

Meanwhile, ocean surfaces — another crucial climate indicator — also registered among their highest temperatures on record for the

month. Sea-ice coverage, especially in polar regions, remained well below average.

And the long-term context is stark: the past decade alone accounts for the hottest ten years in modern history

Heat, Storms, Floods — The Climate Crisis in Motion

This isn’t just data. It’s a harbinger of disruption. The warm November correlated with violent climate events across the globe. According to Copernicus, tropical cyclones ravaged parts of Southeast Asia, triggering ca-tastrophic floods and huge loss of life.

Elsewhere, unusual heat pumped energy into atmospheric and oceanic systems — fueling extreme weather, intensifying droughts, drying soils, destabilizing ecosystems, and pushing vulnerable communities ever closer to disaster. The planet’s climate system is no longer balanced: it is overstressed, unpredictable, dangerous.

And yet — this intensity is no outlier. The record-breaking warmth of 2025 continues a trend: each successive year is among the top hottest on record. As noted by the World Meteorological Organization (WMO), 2015 to 2025 will likely amount to the 11

warmest years since the advent of global record-keeping.

Why It Matters — For People, Nature, the Future

The current trajectory is not simply about “warmer weather” — it threatens the foundations of ecological balance, human health, food & water security, and social stability.

- Ecosystems and biodiversity — Polar regions are heating; sea-ice is retreating; ocean warming disrupts marine ecosystems; species that evolved for cold or stable climates may not survive these rapid changes.
- Extreme weather events — Heatwaves, floods, storms — all amplified. Communities globally face increased risk of disaster, displacement, loss of livelihoods, loss of life.
- Agriculture & food security — Changing rainfall patterns, droughts, heat stress — all undermine crop yields and food supply.
- Human health & inequality — Vulnerable populations will suffer first and worst. Heat-related illnesses, climate-driven migration, infrastructure collapse — all are increasingly likely, especially

in regions lacking resilience.

- Climate feedback loops — Melting ice, warming oceans, shifting weather patterns — these accelerate warming further, locking in damage that may become irreversible.

In short: this isn’t just another “hot year.” It is a red flag — a warning.

A Call to Action — The Hour Is Late, but Not Yet Too Late

The numbers from Copernicus and WMO are not cosmic paint-by-numbers. They are clear signals: humanity must act — swiftly, decisively, at global scale.Reducing greenhouse-gas emissions, transitioning to sustainable energy, protecting forests and ecosystems, investing in resilience — the pathways forward are known, if politically and socially arduous.

Policymakers, corporations, communities — all must rise to the challenge. Because if 2025 ends among the hottest years ever recorded, 2026 — or 2030 — could shatter every record, unless we fundamentally change course.

UKRAINE PRESIDENT

Ukraine Imposed Sanctions on 656 Maritime Vessels of Russia’s Shadow Fleet



President of Ukraine Volodymyr Zelenskyy has signed a decree implementing the National Security and Defense Council’s decision to impose sanctions against 656 maritime vessels that are part of Russia’s shadow fleet. This is the largest sanctions package ever applied to Russia’s shadow fleet.

Monitoring of the Black, Red, and Baltic Seas has established that Russia used these vessels to circumvent sanctions imposed by the European Union, the G7, and other states, exporting oil, petroleum products, and liquefied gas in this manner. Shipowners and crews turned off the Automatic Identification System and employed schemes that concealed ownership and the origin of the cargo. The sanctioned vessels sailed under the flags of

more than 50 countries, most frequently those of The Gambia, Sierra Leone, Panama, and Cameroon. Ukraine will provide all relevant information to these states and will work with them to halt the issuance of licenses. In addition, Ukraine will coordinate with partners to synchronize these sanctions within their jurisdictions. At the same time, a significant portion of the vessels is already subject to sanctions by the United States, the United King-

dom, the European Union, Canada, Australia, and New Zealand. Ukraine will also continue to coordinate its efforts with partners to ensure a complete ban on the provision of maritime services to vessels involved in the export of Russian energy resources.

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ART EXPERIENCE OF THE WEEK

Albert Edelfelt
21.7.1854, Kiialan kartano, Porvoon mlk
18.8.1905, Haikko, Porvoon mlk
Parisienne Reading, 1880

George Orwell
1984
11.

Winston sank his arms to his sides and slowly refilled his lungs with air. His mind slid away into the labyrinthine world of doublethink. To know and not to know, to be conscious of complete truthfulness while telling carefully constructed lies, to hold simultaneously two opinions which cancelled out, knowing them to be contradictory and believing in both of them, to use logic against logic, to repudiate morality while laying claim to it, to believe that democracy was impossible and that the Party was the guardian of democracy, to forget whatever it was necessary to forget, then to draw it back into memory again at the moment when it was needed, and then promptly to forget it again; and above all, to apply the same process to the process itself. That was the ultimate subtlety: consciously to induce unconsciousness, and then, once again, to become unconscious of the act of hypnosis you had just performed. Even to understand the word ‘doublethink’ involved the use of doublethink.

The instructress had called them to attention again. ‘And now let’s see which of us can touch our toes!’ she said enthusiastically. ‘Right over from the hips, please, comrades. ONE-two! ONE-two!...’

Winston loathed this exercise, which sent shooting pains all the way from his heels to his buttocks and often ended by bringing on another coughing fit. The half-pleasant quality went out of his meditations. The past, he reflected, had not merely been altered, it had been actually destroyed. For



how could you establish even the most obvious fact when there existed no record outside your own memory? He tried to remember in what year he had first heard mention of Big Brother. He thought it must have been at some time in the sixties, but it was impossible to be certain. In the Party histories, of course, Big Brother figured as the leader and guardian of the Revolution since its very earliest days. His exploits had been gradually pushed backwards in time until already they extended into the fabulous world of the forties and the thirties, when the capitalists in their strange cylindrical hats still rode through the streets of London in great gleaming motor-cars or horse carriages with glass sides. There was no knowing how much of this legend was true and how much invented. Winston could not even remember at what date the Party itself had come into

existence. He did not believe he had ever heard the word Ingsoc before 1960, but it was possible that in its Oldspeak form—‘English Socialism’, that is to say—it had been current earlier. Everything melted into mist. Sometimes, indeed, you could put your finger on a definite lie. It was not true, for example, as was claimed in the Party history books, that the Party had invented aeroplanes. He remembered aeroplanes since his earliest childhood. But you could prove nothing. There was never any evidence. Just once in his whole life he had held in his hands unmistakable documentary proof of the falsification of an historical fact. And on that occasion—

‘Smith!’ screamed the shrewish voice from the telescreen. ‘6079 Smith W.! Yes, YOU! Bend lower, please! You can do better than that. You’re not trying. Lower, please! THAT’S better, comrade. Now stand at ease, the whole squad, and watch me.’

A sudden hot sweat had broken out all over Winston’s body. His face remained completely inscrutable. Never show dismay! Never show resentment! A single flicker of the eyes could give you away. He stood watching while the instructress raised her arms above her head—and one could not say gracefully, but with remarkable neatness and efficiency—bent over and tucked the first joint of her fingers under her toes.

‘THERE, comrades! THAT’S how I want to see you doing it. Watch me again. I’m thirty-nine and I’ve had four children. Now look.’ She bent over again. ‘You see MY knees aren’t bent. You can all do it if you want to,’ she added as she straightened herself up. ‘Anyone under forty-five is perfectly capable of touching his toes. We don’t all have the privilege of fighting in the front line, but at least we can all keep fit. Remember our boys on the Malabar front! And the sailors in the Floating Fortresses! Just think what THEY have to put up with. Now try again. That’s better, comrade, that’s MUCH better.’ she added encouragingly as Winston, with a violent lunge, succeeded in touching his toes with knees unbent, for the first time in several years.

Chapter 4

With the deep, unconscious sigh which not even the nearness of the telescreen could prevent him from uttering when his day’s work started, Winston pulled the speakwrite towards him, blew the dust from its mouthpiece, and put on his spectacles. Then he unrolled and clipped together four small cylinders of paper which had already flopped out of the pneumatic tube on the right-hand side of his desk.

In the walls of the cubicle there were three orifices. To the right of the speakwrite, a small pneumatic tube for written messages, to the left, a larger one for newspapers; and in the side wall, within easy reach of Winston’s arm, a large oblong slit protected by a wire grating. This last was for the disposal of waste paper. Similar slits existed in thousands or tens of thousands throughout the building, not only in every room but at short intervals in every corridor. For some reason they were nicknamed memory holes. When one knew that any document was due for destruction, or even when one saw a scrap of waste paper lying about, it was an automatic action to lift the flap of the nearest memory hole and drop it in, whereupon it would be whirled away on a current of warm air to the enormous furnaces which were hidden somewhere in the recesses of the building.

Winston examined the four slips of paper which he had unrolled. Each contained a message of only one or two lines, in the abbreviated jargon—not actually Newspeak, but consisting largely of Newspeak words—which was used in the Ministry for internal purposes. They ran:

times 17.3.84 bb speech malreported africa rectify

times 19.12.83 forecasts 3 yp 4th quarter 83 misprints verify current issue

times 14.2.84 miniplenty malquoted chocolate rectify

SHORT STORY

"A New Era in Weight Loss"



He walked into the clinic like he'd walked into a hundred dangerous places before — head high, eyes scanning, shoulders relaxed but coiled like a spring. Nobody noticed him. That was the idea.

But he noticed everything. The overweight man slumped in a plastic chair. The nurse tapping on a screen. The glossy ad on the wall: "A New Era in Weight Loss — Tirzepatide." He paused. Read it twice.

A miracle drug, they said. Better than anything before. Not some fake fat-burning pill. Not a starvation diet. Not the endless guilt of gym memberships and celery sticks. Tirzepatide worked.

And that made it dangerous.

He knew what people were saying. That this drug, this once-a-week shot, could melt away the pounds. That it was changing lives. That it could end the obesity epidemic. People who had struggled for decades were now dropping fifty, even a hundred pounds. Fast.

But he also knew something else: when something sounds too good to be true, it usually is. Unless it comes with a price.

He sat in the waiting room and listened. The

nurse called a name. A woman stood up — maybe late forties, carrying too much weight, but you could see hope in her eyes. She didn't walk. She floated. "Tirzepatide?" she asked.

The nurse nodded. "Weekly injection. You'll feel full faster. Eat less. Lose more. But we monitor closely. Nausea, constipation, even risk of pancreatitis. You need to check in weekly."

The woman didn't flinch. She'd heard it all before. What's a little nausea when you've been judged every day of your life?

He sat back and closed his eyes. Thought about what he'd read. Tirzepatide was originally for type 2 diabetes. A GLP-1 and GIP receptor agonist. Complicated words. Simple result: it mimics the hormones your body releases after eating, so you feel full. But this drug went further. Clinical trials had shown people lost up to 22 percent of their body weight. Better than anything before it. Even better than semaglutide.

A game-changer. Which meant billions were on the table.

He opened his eyes. The woman was gone. A new poster caught his attention. "One shot. Once a week. Real results."

He stood up. Walked to

the front desk. Asked for the brochure.

The receptionist looked up. "Thinking about trying it?"

He nodded slowly. "Just curious."

She smiled. "It's not just about looking better. It's about staying alive."

He didn't answer. He already knew. Obesity killed. Quietly. Heart disease, diabetes, joint failure. Tirzepatide was a weapon. A scalpel, not a hammer. And the world had been waiting.

But there were cracks in the miracle.

The cost — thousands per year. The supply — already strained. The ethics — still debated. Should healthy people use it to slim down? Should celebrities jump the line? And what happens when the weight comes back if they stop?

He walked out of the clinic and into the wind. Thought about the woman, and the hope in her eyes. About the millions waiting for salvation in a syringe. About the pharmaceutical execs who were already counting profits.

He thought about justice.

Then he turned up his collar and disappeared into the city.

Because something big was coming. And he'd be ready.

HUMOUR ONE

HUNDRED YEARS AGO

WEIGHT

Two families, in Tampere, who used to socialize fairly frequently, had been separated during the summer holidays. On the autumn side, the association would be resumed through a visit by director A. and the wife of director S. Mr. A. is received in the tambourine by S., who at the sight of Mr. A., who has become corpulent during the summer, exclaims: — That was a hoot, you've gotten fat! Mrs. A. (pleasantly touched): — Yes, look he eats such good food. Mr. A.: — Well — well, I guess I sometimes eat at home too.

AGE

Two newly married young wives sit and chat. One talks about his marriage: »Think - my husband is twice as old as me, it's a shame anyway!« The other: How old is he then?? — Yes, I'm 22(!) as you know and he's 44. Isn't that right?? — Yes, they're terrible — think when you'll be 44, then he'll be — 88 years old!!!

FOOD AND DRINKS

Some Americans were hiking in the Scottish Highlands. The provisions ran out, so one of the participants was sent to the nearest town to get provisions for a week. He returned with 20 whole John Begg's whiskey and a loaf of bread. When he showed his companions what he had bought, one of them exclaimed: — excellent, but who the hell is going to eat the bread? !

WHERE THE CHILDREN COME FROM

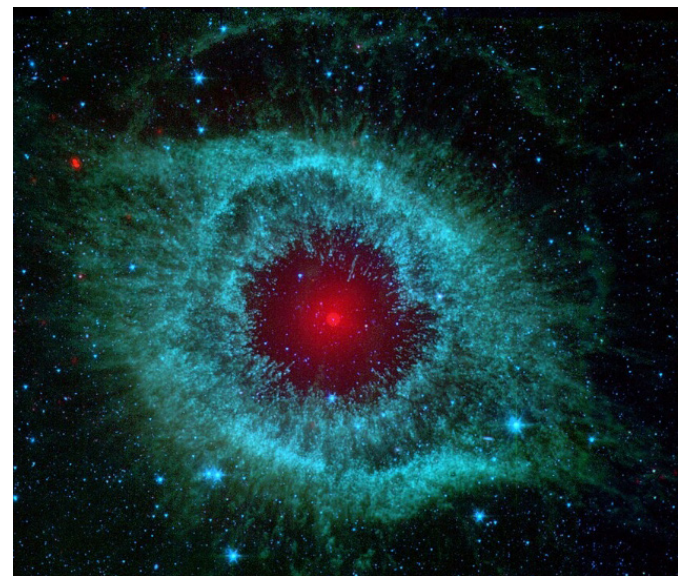
There was a group of three flamboyantly dressed very little girls, with barks and ribbons and precious toys and neighbor dolls, and near them was playing on the sand a poor little girl of about the same age, scantily clad and with a home-made primitive doll in her arms. The three fine children discussed the interesting question of where they came from, which proved a highly interesting topic for toddler speculation. — I come from a rose, mother said, uttered one of the little living dolls. — And me again, interjected No. 2, I must have come from a head of cabbage. "I, yes I was picked up by a stork," said number three. Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantily clad girl child, and said nobly: — And you, there, where did you come from? — Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to make their children themselves.

DAMN LUCK

— Hello, my lord, cried the energetic flower seller, buy some flowers for your darling. - I have no sweetheart, said the young man. - Then buy some flowers for your wife. — I have no wife. — Well, lucky cheese, then buy some flowers to celebrate your damn luck.

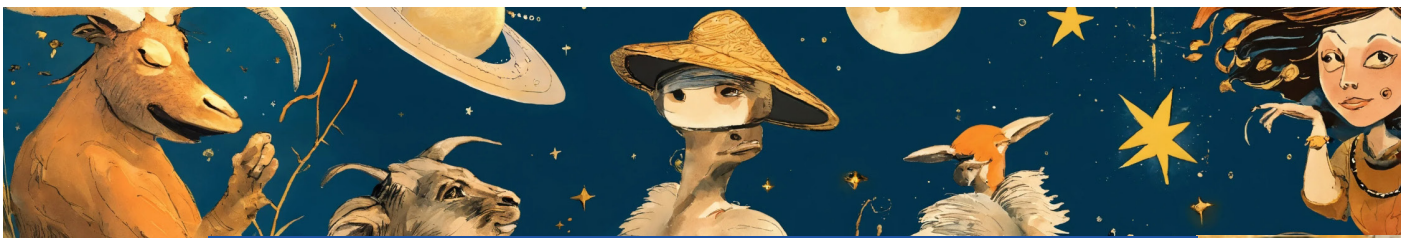
Astronomic picture of the week:

Helix Nebula



This infrared image from NASA's Spitzer Space Telescope shows the Helix Nebula, a cosmic starlet often photographed by amateur astronomers for its vivid colors and eerie resemblance to a giant eye. The nebula, located about 700 light-years away in the constellation Aquarius, belongs to a class of objects called planetary nebulae. Discovered in the 18th century, these colorful beauties were named for their resemblance to gas-giant planets like Jupiter. Planetary nebulae are the remains of stars that once looked a lot like our sun. Credit: NASA/JPL-Caltech/Univ. of Ariz. Public domain

Next week:



HOROSCOPE FOR DECEMBER 2025

December Horoscope: What the Stars Have in Store for You

Aries (Mar 21–Apr 19) Santa knows if you've been naughty or nice, Aries. But knowing you, you're probably organizing his gift list and suggesting a reindeer rebrand. Take a breath—December's all about fun, not micromanagement.

Taurus (Apr 20–May 20) Your love for all things cozy hits its peak this month. Expect a lot of fuzzy socks, mulled wine, and arguments over whether the tree is perfectly symmetrical. Spoiler: It's not, but that's okay.

Gemini (May 21–Jun 20) You're the life of every holiday party... unless there are three at the same time, which you'll somehow attend simultaneously. Just remember: you can't RSVP "Yes" to everything—unless you clone yourself.

Cancer (Jun 21–Jul 22) Cancers, December is your time to shine... in the kitchen, wrapping gifts, and orchestrating heartfelt traditions. But be careful: not everyone appreciates hand-knit elf costumes for their pets.

Leo (Jul 23–Aug 22) You're the star at the top of the tree this month, Leo. But don't hog the spotlight too much; let someone else light a candle or two. Sharing is the greatest gift, even if it's just the last gingerbread cookie.

Virgo (Aug 23–Sep 22) Your December checklist includes organizing Secret Santa, color-coding decorations, and perfecting your "surprised" face for predictable gifts. Try to relax. Even if the bows aren't perfectly tied, the world will keep spinning.

Libra (Sep 23–Oct 22) December has you torn between binge-watching holiday movies or handmaking snowflakes for every window. Tip: Do both. Balance is your superpower—just don't try to bake and gift-wrap at the same time.

Scorpio (Oct 23–Nov 21) You've got strong opinions about eggnog and even stronger ones about who gets to control the holiday playlist. Channel that passion into spreading joy, not just enforcing Mariah Carey exclusivity.

Sagittarius (Nov 22–Dec 21) Sagittarius, you're practically a snow globe of che-

er this month. Travel, adventure, and mistletoe shenanigans are in your stars. Just don't forget to text your family back between ski runs and mulled cider.

Capricorn (Dec 22–Jan 19) You've probably planned your New Year's resolutions already, Capricorn. Take a break and enjoy the moment. Life isn't just about productivity—sometimes it's about eating your weight in holiday fudge.

Aquarius (Jan 20–Feb 18) Your unconventional spirit makes for unique celebrations. A disco ball instead of a star on the tree? Genius. Just don't expect Grandma to embrace your "ugly sweater/dance-off" theme immediately.

Pisces (Feb 19–Mar 20) Pisces, you're a soft-hearted snowflake this December. Embrace your dreamy side, but don't get so lost in holiday sentimentality that you forget where you hid the gifts. Hint: Check the freezer.

And - A Merry Christmas!



BLOG WRITERS

Join Wasa Daily as a Blog Writer!

Are you passionate about sharing your thoughts, stories, or expertise with the community? Wasa Daily is looking for enthusiastic blog writers to contribute engaging content for our readers.

Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!

Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.

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Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Osthrobotnia region

The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini, Aria and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts. Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future.

The magazine is available online for free. Editor-in-chief Hans Björknäs. Readers' writings are welcome! The magazine is locally owned and will remain so. For ever! Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455. Helsinki editorial office: Wasa Daily, Toineen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455. Email: wasadagblad@gmail.com

From our readers

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: wasadagblad@gmail.com

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AI

AI-Generated Podcasts: A New Era in Audio Content

In the rapidly changing world of digital media, artificial intelligence (AI) continues to push boundaries and shape industries and redefine creative processes.

One of the most significant advancements is Google's NotebookLM, an advanced language technology that has the potential to revolutionize the podcast world. Its ability to produce high-quality audio content that matches that produced by humans opens up new and exciting possibilities for AI-powered storytelling, education, and entertainment.

The rise of AI-generated podcasts As the podcast industry grows at breakneck speed, content creators

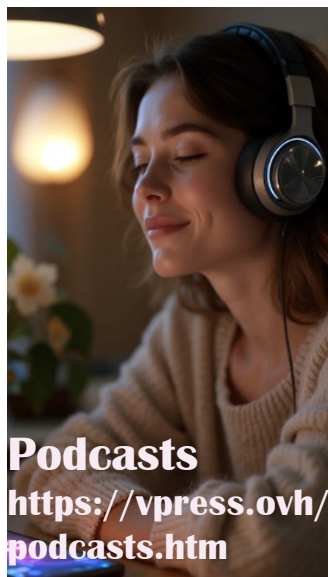
and media companies are constantly looking for innovative tools to boost production and boost creativity. NotebookLM, which initially gained attention for its ability to produce high-quality texts, has now made the leap into audio content. This cutting-edge technology can produce podcasts that are almost indistinguishable from human creation, opening up new possibilities for the future.

NotebookLM

The appeal of podcasts is based on a number of unique features that set them apart from traditional podcasts:

Natural sound: NotebookLM can produce audio content that mimics the natural rhythm and tone of human speech. This ensures a smooth experience for the listener, where it is difficult to detect that the podcast is generated by AI.

Variety of topics: Whether it's news, current events, or light sto-



ries, NotebookLM can cover a wide range of topics. Its flexibility makes it an ideal tool for content creators.

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