

WASA DAILY

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City Orchestra goes to Museums

Two Apples a' day

Vaasa Future Festival

Butterfly-Exhibition

School starts

Future Daily Newspapers

WASA DAILY



HERE WE ARE:
vpress.ovh

Night of the Arts
14.8.2025

The Future of Daily Newspapers in the Age of the Internet, Facebook, and Instagram

THE LANDSCAPE of media consumption has been dramatically transformed by the advent of the internet and the rise of social media platforms such as Facebook and Instagram.

This transformation has cast a long shadow over the traditional daily newspaper, a staple of information dissemination for centuries. As we navigate through this digital age, the future of daily newspapers appears both challenging and promising, contingent upon their ability to adapt and innovate.

The Challenge: Competing for Attention

Daily newspapers are facing an unprecedented challenge: competing for readers' attention in a world where news is instantly accessible at the click of a button. Social media platforms have become primary sources of news for many people, offering a constant stream of updates and information tailored to individual preferences. This shift has led to declining circulation and advertising revenues for traditional newspapers, forcing many to downsize or cease operations altogether.

Moreover, the immediacy of social media means that newspapers often struggle to keep up with the pace of breaking news. By the time the morning edition hits the stands, the news cycle may have already moved on, making print media seem outdated and redundant. This has eroded the perceived value of daily newspapers as timely news sources.

The Opportunity: Reinventing the Medium

However, the digital revolution also presents significant opportunities for newspapers willing to embrace change. The key to survival lies in leveraging the unique strengths of the newspaper

format while integrating the advantages of digital media.

1. **Quality Journalism:** In an era of misinformation and fake news, newspapers can re-affirm their relevance by doubling down on high-quality, investigative journalism. Comprehensive, well-researched reporting that provides context and depth is something that quick social media posts often lack. Newspapers can build trust by being reliable sources of factual and in-depth information.

2. **Digital Integration:** Most newspapers have already established an online presence, but the future demands more than just digital replicas of print editions. Interactive features, multimedia content, and real-time updates can make online newspapers more engaging. Additionally, leveraging data analytics to understand reader preferences can help in tailoring content more effectively.

3. **Community Engagement:** Newspapers have traditionally played a vital role in their communities. By fostering a sense of community online, through forums, comment sections, and social media engagement, newspapers can create a loyal reader base. Hosting live discussions, Q&A sessions with journalists, and community events can further solidify this relationship.

4. **Subscription Models:** As advertising revenue continues to decline, newspapers must explore alternative revenue streams. Subscription-based models, particularly those offering premium content, can be a sustainable path forward. Offering exclusive articles, ad-free browsing, and other perks can incentivize readers to pay for content.

5. **Collaborations and Partnerships:** Forming partnerships with tech companies and other media outlets can help newspapers expand their reach and resources. Collaborations can also lead to innovative ways of storytelling, such as through podcasts, video series, and interactive graphics.

The Role of Social Media

While social media poses a threat, it can also be a valuable tool for newspapers. Platforms like Facebook and Instagram can be used to drive traffic to newspaper websites, reach younger audiences, and promote stories. By mastering the art of social media engagement, newspapers can remain relevant and expand their readership.

The future of daily newspapers in the digital age is not without challenges, but it is far from bleak. By embracing digital transformation, maintaining high journalistic standards, and fostering community engagement, newspapers can carve out a niche for themselves in the modern media ecosystem. The essence of a newspaper—providing reliable, in-depth news coverage—remains invaluable. The medium and the methods must evolve, but the mission endures.

Photo Supplement



Photo Supplement - vpress.obh

NEWS

NIGHT OF THE ARTS

Night of the Arts in Vaasa 14.8.2025



Vaasa is preparing for the warm August evening, when the city's streets and squares are filled with music, art and happy people. On Thursday 14 August, the Vaasa region's largest cultural event will be held at the Night of the Arts and it will once again be a party for the whole family full of experiences.

The event starts already in the afternoon and continues late into the night in different parts of the city. The programme is rich and diverse: live music, theatre, exhibitions, joint events and delicacies for many tastes.

In the courtyard of the Court of Appeal, the Old Man Rocks will play from 19:00 to 20:15 and at the Vaasa Soldiers' Home on Artellinkuja, you can enjoy traditional pea soup,

sandwiches, coffee and fresh donuts from 16:00 to 21:30. The evening's programme will also include the raising of the flag at 6 p.m., and immediately afterwards the wind symphony will perform in Sulva.

In the city hall you can hear a wide range of music: the student choir Pedavoces, Erik Nygård & Tea Polso, Miranda Huéber and the highlight of the evening, The Mamas, create an energetic atmosphere on stage.

At the Ritz, on the other hand, you can enjoy a dense selection of music from 5 pm onwards. Henri Kronqvist & the Bark Road Bandits, Zaida Viveka, Picking Locks and Blues Brains, among others, take the stage – and the evening ends at Sam's Garage at 9:30 p.m.

At 19:00, the colourful Night of the Arts Carnival parade will also start, starting from the City Hall and ending at the Market Square. The procession offers samba rhythms, flamenco, folk dance, folk costumes and happy musical performances. The programme includes Samba Energia, Wasa Flamenco, Dance Sports Club Vaasan Viuhka and Peurat Ajovalo.

The warm evening in August, the bright Vaasa and the communal celebrations make the Night of the Arts the most anticipated cultural stage of the year.

The full program can be found here:
<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/taiteiden-yo/taiteiden-yon-ohjelma-2025/>

NEWS

YOU CAN READ THIS NEWSPAPER ANYWHERE



You can read this paper wherever You are. Like here in the Parliament

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.

Interested? Send us your blog pitch or a short sample, and let's get your words published! Join us in making *Wasa Daily* a platform for meaningful conversations and inspiring stories.



Contact us at wasadagblad@gmail.com for more details. We can't wait to hear from you!

VAASA

This year, the Vaasa Council of the Elderly is looking for a promoter of the well-being of seniors



Every year, the Vaasa Senior Council recognizes a person or group that has done special work to improve the lives of the elderly. This year, the senior party will be held on 21 November at Vaasa City Hall, and who will have the honour of receiving the award will be decided on the basis of proposals from the public.

The prize is awarded to people who have developed or implemented an initiative that concretely strengthens seniors' well-being, health, quality

of life, mobility and participation – both socially and digitally. Reducing loneliness and combating social exclusion are also at the centre.

Now the residents of Vaasa are being asked to nominate worthy candidates. Send your proposal and the justification for it by 31 August 2025 by form www.vaasa.fi/sv/forslagtillaldreradet or by post to: Vaasa Senior Association, Vuorikatu 2-4, 65100 Vaasa.

NEWS

VAASA

City of Vaasa: Phones are not allowed in schools

IN SCHOOLS in Vaasa will keep their phones away from classes and meals during this school year.

The new practice is based on an amendment to the Basic Education Act, which entered into force on 1 August 2025 and aims to ensure better peace and concentration for students.

In basic education in Vaasa, the use of phones and other mobile devices is not allowed during classes or school meals. The devices are stored in a place designated by the school throughout the school day.

Here's how the rules apply:

Lessons: It is forbidden to use the phone unless the teacher gives permission to do so, for example for reasons of teaching or health.

Eat: Do not use while eating.

Break:

In the lower grades (1–6), it is forbidden to use them during breaks.

In the higher grades (7–9), it is allowed to use during breaks.

The restrictions also apply to watch phones and other mobile devices.

The schools' own rules of conduct provide more detailed information on where and how the devices are stored during the school day.

Schools in Vaasa will start the school year on Monday 11 August. This autumn, 570 first-graders will start school in the city. The academic year ends on 30 May 2026

WASA FUTURE FESTIVAL

Journalism meets the audience at Wasa Future Festival



WASA FUTURE FESTIVAL is known as a future-oriented event that is not satisfied with mere speeches – but aims for real changes.

This year, each programme includes a clear goal for the future. One of the most interesting openings of the festival is the Live Newsroom on Tuesday 12 August, where journalism will be opened to the public in an exceptional way.

From 1 pm to 3.30 pm, the Live Newsroom at the Right Wing of the Wasa Innovation Center asks: How is journalism created? How are the topics chosen? How could the audience influence the content? The event is organised by Pomedial, a media platform for young journalists, and it is organised by the University of Vaasa's communication science students.

Participants get to be at the heart of editorial work – brainstorming story topics, reflecting on perspectives and giving feedback directly to journalists. The aim is to lower the threshold for understanding journalism and dialogue with the public.

Hanna Hietikko, 31, works as the project manager of the media literacy project. She is a Master of Arts, a journalist and a teacher of Finnish language and literature. The Live Newsroom, led by him, offers a meeting place for local and national journalists and the public – in an open, conversational atmosphere.

The Wasa Future Festival will continue throughout the week, offering speeches, workshops and a cultural programme aimed at concrete solutions to future challenges.

The full program can be found at wasafuturefestival.fi.

**They, who know a little
more
are
They, who read Wasa
Daily**

NEWS

CLIMATE CHANGE

Iconic Hits and Timeless Classics – Vaasa City Orchestra's Free Concerts Take Over Local Museums



ON TUESDAY, August 12, the brass section of the Vaasa City Orchestra will perform three free concerts in two unique museum settings. The program features an exciting mix of nostalgic Finnish schlager hits and international classics, promising an unforgettable musical experience.

Concerts in Unique Museum Settings

The performances will take place at:

1:00 PM – Vaasa Car and Motor Museum (Myllykatu 18B)

Free concert (museum entry: €10 for adults, free for children under 12)

3:00 PM & 5:00 PM – Vaasa Maritime Museum (Palosaaren salmi, entrance via Salmikatu)

Free concerts (regular museum

entry: €6 for adults, €3 for children, students, and seniors)

A Program Full of Beloved Melodies

The repertoire includes a mix of Finnish and international favorites, such as:

Koivu valssi (The Birch Waltz)

Saat miehen kyyneliin (You'll Make a Man Cry)

Sata salamaa (A Hundred Lightning Bolts)

Can't Take My Eyes Off You (Frankie Valli)

My Way (Frank Sinatra)

Meet the Musicians

The concerts will be performed by a brass ensemble from the Vaasa City Orchestra, featuring:

Mari Pakarinen – trumpet

Arto Panula – trumpet

Harri Ala-Aho – French horn

Tuomas Länne – trombone

Tomas Holmström – tuba
Patrik Knif – drums

Waffles for a Good Cause

From 3:00 PM to 6:00 PM, the Maritime Museum courtyard will host a waffle sale to support the 5th-grade class of Keskuskoulu for their school trip. Enjoy delicious waffles while supporting a great cause!

Summer Music for Everyone

These concerts are part of the Vaasa City Orchestra's summer series, bringing live music to the community in accessible and unique locations.

Don't miss out on a day of music, culture, and sweet treats!

For more information:
Vaasa City Orchestra
www.vaasankaupunginorkesteri.fi

Source: Vaasa City Orchestra

NEWS

UNIVERSITY OF VAASA

Urban Studies Expert Sampo Ruoppila Appointed as Professor of Practice at the University of Vaasa



DOCTOR OF SOCIAL SCIENCES Sampo Ruoppila has been appointed as the new Professor of Practice at the University of Vaasa. Specializing in urban research, his role will focus on strengthening collaboration between the university and the city of Vaasa.

Ruoppila brings extensive expertise in urban studies, research partnerships, and practical urban development. He has previously worked as a researcher at the University of Helsinki, led the Urban Research Programme at the University of Turku and the City of Turku, and served as a visiting professor at Politecnico di Milano. Currently, he also works part-time as a senior researcher at the University of Helsinki and is a co-owner of SpinUnit Lab Oy, a company specializing in smart urban planning.

Goal: Stronger Collaboration Between

University and City

Ruoppila's key mission is to develop the so-called "Vaasa Model"—a framework for systematically linking the university's expertise to the city's development.

— The Vaasa region has ambitious goals for green transition and growth. Competitive businesses need a vibrant and attractive city. Research plays a crucial role in decision-making, and I aim to build partnerships that benefit both the university and the city, says Ruoppila.

He emphasizes that university-city collaborations are vital for regional development. In Vaasa, this is already evident in initiatives like the EnergyVaasa cluster, where the university works closely with businesses and authorities.

Long-Term Collaboration Beyond Individual Projects

Ruoppila highlights the importance of creating sustainable cooperation models that go beyond single projects.

— The University of Vaasa already conducts significant research on urban and regional development. I want to bring more structure and societal impact to this work, he explains.

With a strong academic background, Ruoppila has published extensively in urban studies and holds a title of docent at the University of Turku. He has also supervised several doctoral theses.

— I look forward to discussions on how research collaboration in Vaasa can be further enhanced, says Ruoppila.

The part-time professorship runs for two years and is based in the university's leadership and management unit.

PHOTO: Sampo Ruoppila, Professor of Working Life at the University of Vaasa. Photo: Olli-Pekka Orpo. Photo freely available.

NEWS

DIET AND HEALTH

Two Apples a Day Is Good for Your Health



THE ADAGE "an apple a day keeps the doctor away" may need an update, as emerging research suggests that consuming two apples daily offers even greater health benefits. Gastroenterologist Dr. Joseph Salhab highlights that apples, rich in fiber and antioxidants, contribute to liver health, cancer prevention, weight management, and improved metabolic function (Salhab 2023). This article explores the scientific evidence supporting the claim that two apples a day can enhance overall well-being.

Health Benefits of Two Apples a Day

1. Liver Health and Reduced Risk of Fatty Liver Disease

Apples contain polyphenols, particularly flavonoids and pectin, which have been shown to reduce liver fat accumulation. A study published in *The American Journal of Clinical Nutrition* found that apple polyphenols significantly decrease markers of oxidative stress and inflammation in the liver (Koutsos et al. 2015). Dr. Salhab notes that "the antioxidants and fiber in apples help lower

the risk of liver disease" (Salhab 2023).

2. Colon Cancer Prevention

The high fiber content in apples promotes gut health by increasing beneficial bacteria and reducing carcinogenic compounds in the colon. A meta-analysis in *Public Health Nutrition* reported that regular apple consumption is associated with a 20% lower risk of colorectal cancer (Fabiani et al. 2016). Dr. Salhab emphasizes that "protective compounds in apples reduce colon cancer risk" (Salhab 2023).

3. Improved Cholesterol and Blood Sugar Control

Apples are rich in soluble fiber, particularly pectin, which binds to cholesterol in the gut and facilitates its excretion. A study in *JAMA Internal Medicine* demonstrated that daily apple intake lowers LDL cholesterol by up to 10% (Hyson et al. 2015). Additionally, the slow digestion of apple fiber helps stabilize blood sugar levels, reducing diabetes risk (Salhab 2023).

4. Weight Management and Satiety

The fiber and water content in apples increase satiety, reducing overall calorie

intake. Research in *Appetite* found that participants who ate apples before meals consumed fewer calories than those who did not (Flood-Obbagy and Rolls 2009). Dr. Salhab states that apples are "a great snack for weight management" (Salhab 2023).

5. Mental Health Benefits

Beyond physical health, apples may also support mental well-being. A study from the National University of Singapore found that fruit consumption, including apples, is linked to lower depression risk in older adults (Goh et al. 2022).

Conclusion

Scientific evidence strongly supports the health benefits of consuming two apples daily. From liver protection to mental health, apples are a cost-effective and natural way to enhance overall wellness. As Dr. Salhab concludes, "Two apples a day can significantly improve multiple aspects of health" (Salhab 2023).

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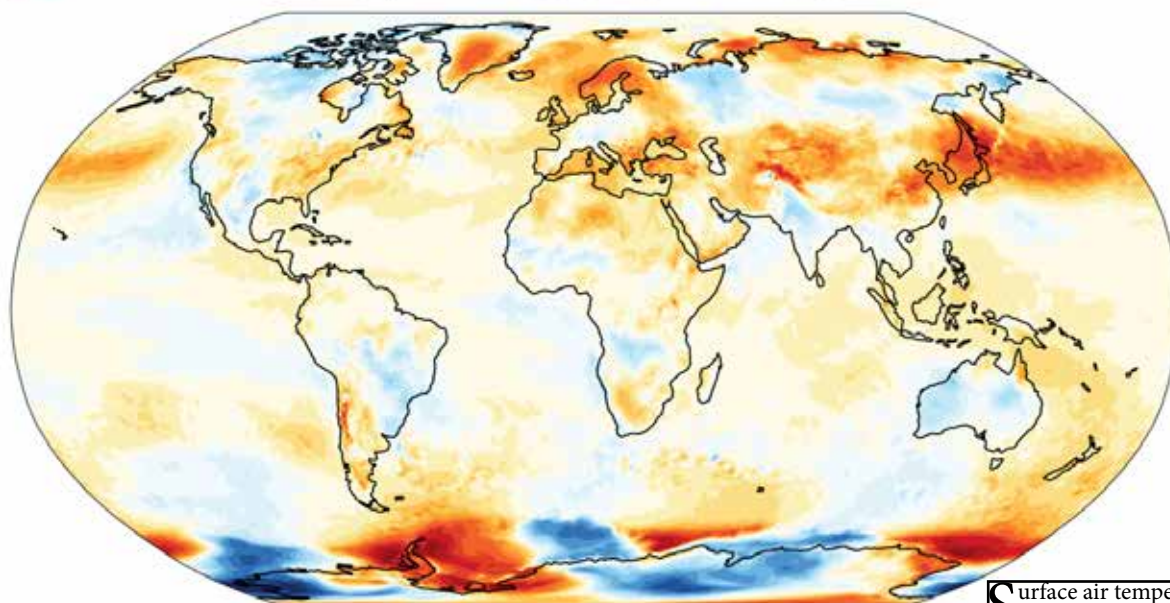
CLIMATE CHANGE

Copernicus: Third-warmest July marks slight respite from record global temperatures



Surface air temperature anomaly • July 2025

Reference period: 1991–2020 • Data: ERA5 • Credit: C3S/ECMWF



Surface air temperature anomaly for July 2025 relative to the July average for the period 1991–2020. Data source: ERA5. Credit: Copernicus Climate Change Service /



PROGRAMME OF
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According to new data from the Copernicus Climate Change Service, July 2025 was the third-warmest July ever recorded worldwide. The average global surface air temperature for the month was 16.68°C, which is 0.45°C warmer than the typical July between 1991 and 2020.

Although July 2025 was slightly cooler than the record-breaking Julys of 2023 and 2024, it was still 1.25°C warmer than the pre-industrial average from 1850–1900. This means that even with a slight drop in global temperature, the long-term warming trend continues.

Europe felt the heat – especially in the north

In Europe, July 2025 was also unusually warm. The average temperature over land was 1.30°C higher than normal. Northern Europe, especially Sweden and Finland, saw strong heatwave conditions. Southeast Europe also faced heatwaves and wildfires, and Türkiye reported a new national record of 50.5°C.

Some parts of Europe, such as central Europe, western Russia, and parts of Spain, were cooler than average.

Rest of the world: mixed temperatures

Outside Europe, above-average temperatures were seen in areas like the Himalayas, China, and Japan. On the other hand, below-average temperatures were recorded in parts of Antarctica, as well as in North and

South America, India, Australia, and areas of Africa.

Warning from climate experts

Carlo Buontempo, Director of the Copernicus Climate Change Service, commented:

“Even though the streak of record-breaking months has paused, climate change has not stopped. We still saw extreme heat and devastating floods in July. Unless we reduce greenhouse gas emissions quickly, we can expect more temperature records and worsening impacts.”

About Copernicus>: The Copernicus Climate Change Service (C3S) is run by the European Centre for Medium-Range Weather Forecasts and funded by the EU. It monitors climate using satellite and weather data from all over the world.

NEWS

WELLBEING AREA

Wellbeing Services County: Renovation of the T Building begins in the Vaasa Hospital area



Climate temperature anomaly
in July 2025 relative to the July
average for the period 1991–2020.
Data source: ERA5. Credit: Copernicus Climate Change Service /

THE RENOVATION of the T Building, which is located in the area around Vaasa Central Hospital, will begin in early autumn 2025. The building was completed in 1995 and the renovation applies to floors 2 and 3.

The construction site will be limited outdoors to the area between the T-main entrance and the customer pharmacy, but both will be in use as usual during the renovation.

New premises for childbirth and gynaecological care

After the renovation, the premises will house delivery rooms, the Seri

Support Centre and the Maternity and Gynaecology Department. Adjacent to the T-main entrance, there will also be a new space for OLKA activities and patient organisations. Occupancy of the newly renovated premises is planned for the beginning of 2027.

The number of delivery rooms will remain the same, but they will have more birthing pods. The biggest change in the ward is that all patient rooms will have their own toilet and shower.

"The premises will be made modern and adaptable. The staff is actively involved in the planning and the patients' wishes are also listened to," says Assistant Head Nurse Jaana Ekebohm.

Future needs are taken into account in the design of the

The renovation will focus on customer orientation, ergonomics and accessibility. Energy efficiency, new technical solutions and cost-effective service and maintenance are also important goals.

The functions of the other floors of the T Building, such as the physiotherapy unit, will continue as they should during the renovation. T-rakennuksen muissa kerroksissa olevat toiminnot, kuten fysiatrian yksikkö, jatkuvat ennallaan remontin aikana.

NEWS

WELLBEING AREA

Wellbeing services county: Older people have their voices heard in the assessment of functional capacity



Surface air temperature anomaly for July 2025 relative to the July average for the period 1991–2020. Data source: ERA5. Credit: Copernicus Climate Change Service /

OLDER PEOPLE CAN now assess their functional capacity themselves with a simple online form. The questions include health, mobility, eating habits, pain and social contacts. The aim is to inspire changes that can improve everyday life.

"We want to support older people in maintaining both functional capacity and well-being. It all starts with the elderly being able to tell how they feel about their situation," says Ann-Sofi Larsson, RAI expert at the Wellbeing Services County of Ostrobothnia. Good to do in case of changes in eve-

ryday life

It may be wise to fill in the form if, for example, you have stopped a hobby, see fewer friends and relatives or feel that everyday tasks have become more difficult. The cause may be memory problems, hearing loss, fear of falling or other things that make life more difficult.

Filling in the form does not automatically lead to you receiving service or being contacted by healthcare professionals. If you need help, you should contact the healthcare service yourself. Support is available

Ostrobothnia has many services that can support the elderly, such as assistive technology services, home rehabilitation, senior counselling and a memo-

ry outpatient clinic. If you wish, you can give the healthcare staff permission to read the answers in the form.

The responses can also be used anonymously to develop services and cooperation between the wellbeing services county and municipalities. More information and instructions can be found on osterbottensvalfard.fi.

Are you 65+?

Now you can assess your health, mobility and everyday life yourself with a simple online form.

☐ **Helps you see what's working well and what can be improved.**

☐ **You decide whether the healthcare provider can see your answers.**

More info: osterbottensvalfard.fi

NEWS

SCHOOLS START

The number of first-graders continues to decline – 51,000 children will start school this autumn

THE NUMBER OF first-grade pupils has decreased in all regions of mainland Finland between 2020 and 2024. In absolute numbers, the decrease was greatest in Uusimaa, with over 1,000 pupils and the highest number of pupils. In relative terms, however, the number of first-graders has decreased most in Kymenlaakso (20%), Central Finland (18%) and Kainuu (17%).

A total of approximately 546,000 pupils in grades 1–9 study in basic education each year. Of them, 6 per cent are studying at a Swedish-speaking educational institution. For 12 per cent of comprehensive school pupils, their mother tongue is something other than Finnish, Swedish or Sami. The proportion of foreign-language pupils has grown steadily.

In addition, 7,500 people study the basic education syllabus or basic education subjects for adults every year.

More than 10,000 pupils participate in basic education for children and young people with an immigrant background every year. The number of pupils in preparatory education in basic education has decreased over the past two years. One of the reasons for this is that the number of children and young people coming from Ukraine has decreased.

The total number of students in upper secondary general school education has grown steadily

It is estimated that more than 37,000 students will start their upper secondary studies this autumn. The figure has remained more or less unchanged in recent years. The assessment includes those who are studying according to the

adult education course leading to the matriculation examination in upper secondary education.

By contrast, the total number of students in upper secondary general school education has grown steadily. In 2024, there were a total of about 112,200 students in upper secondary schools, compared with 111,400 in the previous year. The increase in the total number of students and the fact that the number of new students has remained unchanged means that more and more students are devoting more than three years to their studies.

Despite the increase in the total number of students, the number of students studying for the matriculation examination according to the adult syllabus has decreased by around 600 since 2021. In 2024, the number was approximately 11,100.

In absolute numbers, the number of students in general upper secondary school has grown most in Uusimaa in 2020–2024, by nearly 3,300 students. In relative terms, the growth has been highest in Central Ostrobothnia (10%) and North Ostrobothnia (5%). The number of students in upper secondary general school education has decreased most both in terms of numbers and in relative terms in South Savo (23%).

In 2024, 42 per cent of students in upper secondary general education were men and 58 per cent women.

Number of students entering vocational basic education remains stable

In education leading to a vocational upper secondary qualification, approximately 40,000 students generally start their studies in August each year. Since 2020, 8–9 per cent of this group has completed parts of a basic qualification. Initial vocational qua-

lification studies can be started throughout the year, but the share starting in August has usually been about two-thirds of those starting throughout the year.

More than 4,000 students usually start their studies for a further or specialist vocational qualification in August each year, although in 2024 there were 3,800 of them. Of those who have started a further or specialist vocational qualification, 16–19% have completed units of a qualification since 2020.

The exact number of students starting their vocational studies in August this year will be known at the beginning of September. Those who started the education also include people who did not complete basic education in the spring of the same year.

In 2024, 19% of students completing a vocational upper secondary qualification were foreign-language speakers. Of them, 40% studied in the health and well-being sector and 21% in the service sector. The share of foreign-language speakers has risen steadily since 2020, when it was 14% of all students.

Women accounted for 49 per cent of all students with a vocational upper secondary qualification, but the share of women among those having started a further or specialist vocational qualification was 59 per cent. The most popular field for women completing a bachelor's degree is health and welfare, where 39% of female students study. In further and specialist vocational qualifications, women's favourite field is the field of business and administration, where 41% of female students study.

Correspondingly, men study most in the field of technology: this is the case for 45% of men studying for a vocational upper secondary qualification and 32% for a further and specialist vocational qualification. In further and specialist vocational qualifications, the field of business and administration is also popular among men, as one third of them study in this field.

Source: _ Finnish National Agency for Education

NEWS

ASTRONOMY

Look up! The Perseids' meteor shower lights up the August nights



WIKIMEDIA COMMONS
Bill Ingalls
Public domain

Every year in August, the sky offers one of its grandest shows – the Perseid meteor shower. This year, it reaches its peak on the night of Monday 12 and Tuesday 13 August, and astronomers predict a particularly intense spectacle. Under ideal conditions, you can expect up to 90 "shooting stars" per hour.

A cosmic encounter

The Perseids occur when the Earth crosses the tail-like trail of dust and small particles left behind by Comet Swift–Tuttle during its orbits around the Sun. These dust grains, which are usually no larger than grains of sand, rush into the Earth's atmosphere at speeds of about 60 kilometers per second. The friction causes them to heat up and annihilate in the blink of an eye – and it is this fiery journey that we see as bright streaks in the sky.

The name "The Perseids" comes from the constellation Perseus, where the so-called radiant of the meteor swarm – the point in the sky where the streaks appear to emanate from – is located.

When and where to look?

In Finland, the Perseids are best seen

in the southern and central parts of the country, as the bright summer nights in the north can still interfere with visibility. The best time to look is between midnight and dawn, when the radiant is at its highest in the sky and the number of visible meteors increases.

Want to maximize the experience? Find a place with a clear horizon and minimal light pollution. Building lighting, street lamps, and illuminated facades can drastically reduce the number of meteors you see. The Ursa Astronomical Society recommends using Skywarden's Observation Service to find dark spots.

In Vaasa, Meteoriihi in Söderfjärden is an excellent observation site. Here you have an unobstructed view in all directions and plenty of space for both stargazing and picnic blankets. The address is Marenintie 292.

Perfect conditions this year

This year, the peak of the Perseids coincides with a first quarter moon, which means that the moon's light is dim and does not interfere with visibility. This is a fortunate circumstance – a strong moon can otherwise drown the fainter meteors in its light.

In addition, peak night occurs in the middle of the week, which often means fewer cars and people out in the countryside. Anyone who can sleep in the next day

has a golden opportunity for a long night under the stars.

How to prepare

Seeing the Perseids doesn't require expensive equipment – on the contrary, the best tool is your own eyes. But a few simple preparations can make the experience even better:

Arrive early so that you have time to get your eyes used to the darkness. It takes about 30 minutes for the vision to adjust.

Dress warmly – even August nights can get chilly.

Bring a blanket or chair to lie on, so you don't get a sore neck.

Be patient – the meteors come in bursts, sometimes with longer breaks in between.

More than just light

The Perseids are not just an astronomical event – it is also a cultural experience. In many cultures, shooting stars are seen as auspicious, and in modern times, it's a perfect reason to gather with family and friends to share a time together under the open sky.

For children, it can be a magical introduction to astronomy. Lying outside on a summer evening, looking up and waiting for the sudden, fleeting streak across the sky is a reminder of our little place in the universe – and of its beauty.

A recurring spectacle

The Perseids recur every year, but the strength varies depending on how dense the particle field is and what the conditions on Earth look like. Although the 2025 meteor swarm is not the most intense in history, the forecasts point to an unusually clear and bright peak.

So book the night of August 13 in your calendar, turn off your phone's screen light and turn your eyes to the northeast. With a bit of luck, you'll see about ten meteors in just a few minutes – some short, some long and sparkling, and maybe one or another with a reddish tint.

Heaven's own fireworks await.

ART EXPERIENCE OF THE WEEK



Helene Schjerfbeck

10.7.1862, Helsinki

23.1.1946, Saltsjöbaden, Ruotsi

Flickan från Lovisa, 1941 - 1942

EVENTS

UMEÅ WOMEN'S HISTORY MUSEUM

IN THE SECRET SERVICE OF THE KINGDOM

4.5 - 20.8.2025

Meet the women in the Swedish intelligence service during World War II. Hotel cleaners, cleaners and secretaries are recruited to the Swedish intelligence service. They secretly act as informants, couriers, or infiltrators. Others are employees of the Postal Service, the Telephone Control, or the Defense Staff's cryptography department to write, decipher, translate, and search through letters and calls about suspicious things."

<https://www.kvinnohistoriskt.se/>

EVENING MUSIC

In Vaasa Church – enjoy the atmosphere of a classic summer evening

Feel the atmosphere of summer evenings with high-quality music in Vaasa Church. The Evangelical Lutheran parishes are once again offering free classical music concerts, which have already established themselves as the pearls of the city's summer programme over the years.

Classical evening music on Wednesdays from 4.6.25 at 19.30

6.8. Inka Pärssinen, trumpet ja Hanna Koljonen, urut.

13.8. Noora Karhuluoma, sopraano ja Marco Bonacci, sembalo.

WASA FUTURE FESTIVAL

11-16.8.2025

The Wasa Future Festival 2026 is set to take place from 11th to 16th August.

This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies.

and ministerial corps to focus on solving issues in Vaasa and across Finland. The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center

Gerbyntie 18

65230 Vaasa

<https://wasafuturefestival.fi/>

Butterfly Exhibition

12-31 August 2025 as part of Wasa Future Festival

Butterfly Symposium 12.8.2025

Butterfly is an international interactive exhibition on new media and performance art, which is a collaboration between the University of Vaasa, Deak University, Umeå University and the University of Tampere, and which is part of the program of the Wasa Future Festival (11-16.8.2025) as well as a related program (symposium

and program for school children).

<https://sites.uwasa.fi/butterfly/>



NIGHT OF THE ARTS

14.8.2025

"Toivottavasti näemme taas ensi vuoden Taiteiden yössä"

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/taiteiden-yo/>

KOKKOLA SKI CHAMBER – KOKKOLA AUTUMN CHAMBER

August 2025 & 2026

www.kokkolansyyskamari.com

MALAX

Late summer at Söderfjärdsbacken
6.9.2025 at 13-16

Come and check out the Söderfjärdsbacken residential area and visit the brand new daycare centre!

Representatives from various house manufacturers are on site. The municipality will provide information about vacant residential plots and it is possible to get to know the area and the daycare centre.

www.malax.fi

VAASA CITY THEATRE

PIAF

Premiere 11.9.2025 AT 6 PM

Romeo Hall

"In September 2025, the musical play Piau – I Don't Regret Anything will premiere on the Romeo stage of the Vaasa City Theatre, which tells the unique and multi-stage life story of Édith Piaf, who rose to world fame from the streets of Paris."

The role of Piaf is interpreted by theatre actress Sonja Halla-aho.

<https://www.netticket.fi/piaf-vaasa>

Jorma Panula - Conductor Course Concert

19.9.2025 at 6 pm

Vaasa City Hall

In cooperation with Panula Academy.

Vaasa City Orchestra

cond. Students of the conducting course
"Over the decades, Jorma Panula's courses in Vaasa have seen both future world stars in the world of conducting and pedagogues doing important basic work. Maestro Panula, who has an enormous amount of experience, finds the essence in music, and the popularity of the courses shows that he also knows how to pass it on to his students. In the final concert of the conducting course, we will put the lessons learned during the week to full use!"

Las Vegas

2.10.2025 at 6 pm

Vaasa City Orchestra

cond. Antti Rissanen

sol. Juki Välipakka & Chiara Orlandi

Come Fly With Me, Fly Me to the Moon, My Way, I want to be Loved by You....

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupunginorkesteri/las-vegas/>

VAASA CITY THEATRE

UNNECESSARY PEOPLE

Premiere 23.10.2025 AT 7 PM

Juliet Hall

One of the most influential dramas in Finnish playwriting.

<https://www.netticket.fi/tarpeettomia-ihmisia-vaasa>

VAASA CITY THEATRE

FOREVER YOUNG

Premiere 31.10.2025 AT 7 PM

Romeo Hall

"Forever Young is a joyful musical comedy full of vibrant joy. As we get older, do we get old? Or are we always forever young?"

<https://www.netticket.fi/ikuisesti-nuori-vaasa>

VAASA LITTFEST 2025

13.-15.11.2025.

Vaasa LittFest is a bilingual literary festival that has been held in Vaasa since 2001. The festival offers in-depth discussions that open up important themes and ideas. This year's theme is Border(s), in-depth days of literature have been promised!

vaasa.fi/littfest

KÄLKÄBRA Kokkola Opera Festival

14-16.11.25

"From people to people and opera for opera's sake"

www.kpkamariooppera.fi

RUSK

18-22.11.2025

Chamber music at Jakbostad

Artistic Director

Anna-Maria Helsing

SUMMER HOUSES

DIY BUILDERS

Good to remember if you want to build a warehouse! A reminder for DIY builders



SUMMER IS THE PERFECT time for construction projects, but be sure to check the rules before you start building – especially if your plot is close to a road! Although the new Building Act (2025) facilitated the permit practice for small buildings, a separate permit from the ELY Centre is still required for construction in a protected area on a motorway.

What is a road protection zone?

A protected area is an area adjacent to a road area where construction is restricted due to traffic safety and road maintenance. Its width depends on the type of road:

Main and main roads: 30 metres

Motorways: 50 metres

Regional roads and connecting roads: 20 metres

The distance is measured from the centre

line of the road, and nothing – not even a fence or a shed – can be built in the area without a special permit from the Centre for Economic Development, Transport and the Environment.

The reform eased the rules for small buildings

From the beginning of 2025, building permits are no longer required for warehouses, garages and saunas of less than 30 square meters, provided that they:

They are not intended for residential use.

Follow the plan and building regulations (e.g. distances to plot boundaries).

Similarly, it is now possible to erect tree canopies of less than 50 square meters without bureaucracy.

The proximity to the road? Check the permit!

If your plot borders a road, the restrictions in the protected area still apply. For instance:

You want to build a 25 square meter warehouse next to the road. According to the new law, a building permit is not required, but if the building is located in a protected

area (e.g. less than 30 metres from the centre of the motorway), you will need a special permit from the Centre for Economic Development, Transport and the Environment.

When applying for a permit, an assessment is made as to whether the construction will pose a danger to traffic or a nuisance to road maintenance. The process includes listening to the neighbours and producing a situation map (site plan).

Tips for builders

Measure the distance from the road – Is your plot part of a protected area?

Request from the ELY Centre – Confirm the requirements before you start construction.

Follow the rules – Even if you don't need a permit, distance and safety are important.

Don't let surprises slow down your summer building dreams – check the rules and enjoy a successful project!

Source: Centre for Economic Development, Transport and the Environment of Southeast Finland

THE GREAT FIRE OF VAASA

The Great Fire of Vaasa in 1852

Looking back fifty years later – originally published in the magazine Brandluren in 1902, now in modern English.

Few towns in Finland have been spared from the ravages of fire, and among the worst disasters stands the great fire of Vaasa, which occurred fifty years ago. We believe readers will find the following account—originally published in the press of that time—both interesting and moving:

Hardly had the smoke from the great fire in Pori cleared* when another, equally dreadful calamity struck and wiped out yet another thriving Finnish town. On Tuesday, August 3, 1852, the weather was hot and cloudless. A light southwesterly breeze, growing stronger as the day went on, swept through the town when a fire broke out shortly before 10 a.m. in the two-storey wooden house of Councillor Aurén on Kauppakatu—right in the town's most densely built block, surrounded by similar wooden houses. The fire began when a maid attempted to smoke flies out of the cowshed by throwing glowing bricks into an empty tar barrel, which caught fire. In panic, she carried the burning barrel outside, placing it among hay and old baskets—materials that ignited instantly.

That summer was unusually dry and hot. Forest fires raged over a vast area, from Vöyri in the north to Kristiinankaupunki in the south. As soon as the fire began in Vaasa, people feared that the entire downwind part of the town was lost. Water was scarce—most wells had dried up. All efforts to extinguish the fire were in vain. The flames advanced rapidly, consuming the homes of Borgenström and Mannelin, the Hägglund and Vaakman houses (on the current site of the Exchange Bank), and the residence of merchant Wolff, the church, and the entire neighborhood.

The fire spread with terrifying speed and ferocity, moving not only in the direction of the wind but also against it and sideways. By 7 p.m., virtually all of Vaasa had been reduced to ashes, except for the county hospital, the prison, the Orthodox church, and a few buildings south of the Court of Appeal park. The Court of Appeal building—the town's pride, built during the reign of Gustav III—survived.

The following notable buildings were destroyed: the town hall, the Exchange Bank, the upper secondary school and its associated institutions, the real school, the beautiful church (although the altarpiece was saved), the Society House, and the governor's office (then

located in the Eoschier residence), where the archives were lost, along with the records of the town council and the schools. Only a small portion of the school library and its collections was saved. Vast quantities of personal property vanished—inside houses, on streets, in carts, during rescue attempts and looting. The government granary remained standing. But major commercial stockpiles, cash, accounting books, the contents of the bookshop, and much of the printing press's inventory were lost.

Three deaths were recorded: a Russian barber, a laborer, and an elderly woman. Several soldiers went missing. The chaos was overwhelming—but so too were the selflessness, helpfulness, and patriotic spirit that arose. Aid poured in from all directions—especially food supplies.

Vaasa was left desolate. The destruction was so complete that barely any timber remained standing. Smoke continued to rise from the soil, from moss and debris. Hundreds of scorched chimneys stood like gravestones in a cemetery of a once-thriving town—a sight not soon forgotten. Most of the population fled. Only a tenth of the former inhabitants remained. The rest took refuge in Palosaari and the surrounding countryside.

God and the compassion of the people, may they help poor Vaasa!

Another contemporary writer remarked:

“In the twelve years that had passed since the destruction of Hamina, Finland had grown complacent. Each year, as the fire insurance companies reported rising profits and only a few thousand rubles paid in damages, people began to believe that modern building regulations and improved fire protection had made our towns safe. Cities almost forgot the danger entirely, and the early enthusiasm for organized fire brigades had faded.

Then nature gave us a warning and destroyed Pori. A terrible misfortune, people said—but a rare one, they added. Only an extraordinary combination of factors could cause such a disaster, believed those who had the greatest faith in modernity.

But God gave a second sign. Two months and twelve days after the fall of Pori, disaster struck Vaasa. In broad daylight, in the middle of a workday, at the busiest hour of town life, the red bird (fire) landed on a quiet rooftop. Nine hours later, Old Vaasa—a town that had never burned before—was nothing but a smoking ruin.



Det första fotografiet i Finland hade tagits tio år tidigare men det fanns säkerligen inga kameror i Vasa denna ödesdigra dag. De första färgfotografierna togs först på 1940-talet. De bilder som här finns publicerade är rekonstruktioner för hur det kunde se ut i Vasa den 3 augusti år 1852, gjorda av AI.

Ensimmäinen valokuva Suomessa oli otettu kymmenen vuotta aiemmin, mutta Vaasassa ei tuona kohtalokkaana päivänä varmasti ollut kameroita. Ensimmäiset värivalokuvat otettiin vasta 1940-luvulla.

Tässä julkaistut kuvat ovat tekoälyn tekemiä rekonstruktioita siitä, miltä Vaasa on saattanut näyttää 3. elokuuta 1852.

The first photograph in Finland had been taken ten years earlier, but there were certainly no cameras in Vaasa on that fateful day. The first color photographs were not taken until the 1940s. The images published here are reconstructions of what Vaasa might have looked like on August 3, 1852, made by AI.

HISTORY

VAASA CITY FIRE ON AUG 3, 1852

Pali-Maja and the poem about the fire in the city of Wasa

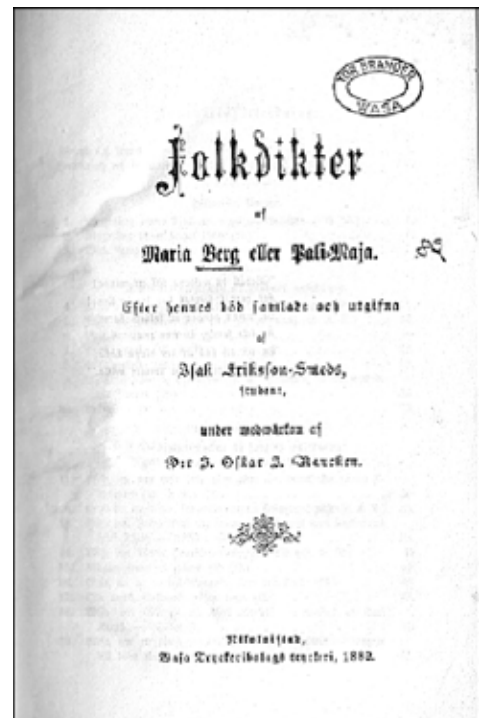


According to her, fire was God's punishment for the sins of humanity—and many of his contemporaries, including priests, probably agreed.

Marie Johansdotter Berg, known by her pseudonym Pali-Maja, was born on 10 December 1784 in Pali, a farm group on Österlandsvägen in Pörtom. Her father, Johan Hansson Uppgård, had moved to Pörtom from Pjelas in Närpes, after he married Maria Greta Uppgård and thus became the owner of half of a homestead called Uppgård. When the homestead was changed, the family had to move to a meadow called Pala or Pali, a name that lives on to this day. The family had 14 children, 9 of whom survived to adulthood. Isak Smeds tells about the family in the book of poems published in 1882: "All the children were endowed with a wise head and a happy disposition to learn everything that came to their minds."

She died on 11 October 1867 in Närpes. In her time, she was the most prolific female poet in our country.

In her time, she was one of the most respected people in the Närpes area. In 1882 a book was published con-



taining the poems that had been found and in the preface to it, lecturer Isak Smeds from Petalax writes: "The poetess, whose songs are undoubtedly most commonly sung throughout Ostrobothnia and whom I heard in my childhood in my homeland with such great admiration and respect."

Pali-Maj must have been very talented, because already at the age of 18 she became a "schoolmaster" and in that role she was responsible for the education of children in many villages in Närpes. Already at the age of 18 she started writing poems. As a 20-year-old, she visited Stockholm, a trip that went by boat from Närpes. Her fellow travellers are said to have described her as a "songbird".

Vaasa fire and the people's lamentation

One of Palis-Maja's most famous poems is about the great Vasa fire on 3 August 1852, when almost the entire city was destroyed by fire. The fire is one of Finland's largest city fires, and over 2500 people were left homeless. Several died, entire neighborhoods were reduced to ashes and churches and schools were destroyed. She wrote the poem to comfort all those who have been left homeless because of the terrible fire

Palis-Maja's poem about this event, "The Fire of Wasa City", is a unique document of the time. In strong religious images, she describes the despair of people, children fleeing from the fire, church bells falling, and a city punished by an angry God. Pali-Maja was deeply aware of the sinful life that was led in Vaasa before the fire. Entertainment flourished, taverns were plentiful, dances were arranged one after another, travelling theatre companies delighted the townspeople. According to her, the fire was God's punishment for the sins of mankind – and many of her contemporaries, including the clergy, were probably of the same opinion.

At the same time, she appeals to God's mercy, calls for repentance and solidarity with those in need. It is a poem that both mourns and exhorts – it is as much intercession as the collective lament of the people.

Here is Pali-Maja's poem about the fire in the city of Vaasa:

My God, the source of all that's good,
I fall with humble heart to you.
Let all my sighs be understood—
I pray in Jesus' name, so true.
O Holy Spirit, plead for me,
That I in prayer heard may be.

I pray for those, so crushed and poor,
In Vasa's city, burned and lost.

O Father, show your grace once more,
And turn their grief to joy, no cost.
Your stream of mercy flows again,
From heaven's heights to broken men.

I seem to hear the bitter cries,
The weeping rising from each soul.
As flames devoured the darkened skies,
Despair took hold and stole control.
No time remained for prayer or flight,
As hope was lost in fire and night.

The little ones who just could walk
Were snatched from fire's fierce advance.
The sleeping babes no time to talk—
They fled in fear with not a chance.
Their cribs replaced by earth and sky,
The only shelter left nearby.

Wasa stads brand.

Könnämligast efter Smeds' uppteckning. I Händens samling finnas två varianter, som sakna någon strof: den ena upptecknad af rektor A. O. J. Hallström, den andra af dåvarande lyceisten J. Dahlb.

Utgäfves som No 288 i gila hv. psalmb.: "Min hjärt och sinne" m. m.

Min Gud, min Gud, all godhetskälla,
jag faller ödmjukt i din samn;
låt mina suckar för dig gälla,
dem jag frambär i Jesu namn!
o, Helge Ande, för mig be',
Så vinner jag bönhörelse.

Jag beder för de usla, arma
i nys förbrända Wasa stad.
O, Fader, nådigt dig förbarma,
gör dessa sorgsna åter glad!
Din godhets källa flödar än
af nåde ifrån himmelen.

Älsk tycks, jag hör den bittra qvida,
den gråt och låt af hvarje man,
hur mången der fick händer wrida,
när staden stod i eld och brand,
när godsats frälsning war förment
och rop till Herren war för sent.

The old with silver in their hair
Had never seen such dreadful pain.
The fire consumed without a care—
And many lives it sought to claim.
Those who would save both wealth and breath
Were taken by the fire to death.

There rose a cry on every side—
From human lips and creatures' moan.
In helpless grief they testified,
Though guilt was not the beasts' alone.



They suffered for the sins of man
Against the holy, just God's plan.

No force could stop the fire's spread,
It raced with fury, none could tame.
All human effort fell and bled—
A day of loss, of ash and flame.
How wretched was that fate and day
When all they had was swept away.

To see one's home in ashes lie,
To watch the walls collapse in dust,
And not to know where one might cry,
Or find a place to sleep or trust—
What pain, what sorrow words can't bear,
To know no haven anywhere.

How mournful was the ringing sound
When church bells fell and broke apart.
As if the angels wept around,
When God, in wrath, withdrew His heart.
The temple burned before their eyes,
Unshielded from the stormy skies.

O Vasa, crown of this proud land,
Who stood in beauty just before—
Have you let go of God's command,
And lived in pride He can't ignore?
For God who will not suffer pride,

Poured out His wrath, no place to hide.

Were there not five who still were just,
Whose prayers might turn the flame away?
The prayers of righteous ones are trust—
They calm the fire, they light the way.
Yes, even greater grief can bend,
When holy hearts to heaven send.

What heart does not in sorrow break
To see the children roam alone?
O God, You weep for mercy's sake—
Give them a roof, a bed, a home.
Bring shelter to the ones who weep,
And food for those who none can keep.

The heart that feels no pity here,
Nor lifts a hand to heal this pain,
Deserves no comfort, help, or cheer
When faced with hardship's own domain.
For God will meet each soul in turn—
No wealth can make His justice burn.

Now I shall end these mournful lines,
Written in tears that cloud my sight.
With heartfelt prayer my hope aligns—
To God, whose wealth is endless light:
Help all who suffer, cold and poor,
And grant them daily bread once more.

VAASA FUTURE FESTIVAL

VAASA FUTURE FESTIVAL

International Art Exhibition Makes Digital Butterfly Effects Visible in Vaasa



An exceptional art exhibition opening in Vaasa this August combines art and science to examine the real environmental impacts of digitalization. The Butterfly exhibition asks what happens to the planet when every click and ChatGPT search consumes natural resources.

The exhibition, running August 12-31, 2025 in the "Catacombs" at Wasa Innovation Center, is a joint international project between the University of Vaasa, Deakin University, Umeå University, and the University of Tampere's Games Research Lab. It is part of the Wasa Future Festival program and critically examines the development between humans and nature globally.

Technology Critiques Itself

The exhibition's central idea is paradoxical: it utilizes the same

technology it problematizes. Artificial intelligence, virtual reality, and audio data technology function both as medium and object of critique. The exhibition demonstrates how these technologies define our lives and how art can use technology to critique itself.

"The more digital we become in one area, the more significant digitalization's impact may become in another area," describes producer Elina Melgin from the University of Vaasa regarding the exhibition's starting point.

The exhibition's philosophical foundation is "ecosophy" – philosophy about the interconnection between ecological systems and human values. The concept combines "eco" (ecology) and "sophy" (wisdom) to reflect on how technological development affects the environment and people.

International Artist Group The Butterfly exhibition presents internationally recognized artists from around the world. Participants include Moa Cederberg from Finland, Jurgis

Peters from Latvia and Finland, Samuel Kujala from Finland, and a broad Australian artist group from Cameron Bishop to Spencer Rose.

Particularly interesting is the collaboration between award-winning Jack Manning Bancroft and Tyson Yunkaporta, who contribute new vocabulary to the rapidly developing digital landscape through Australian Indigenous knowledge systems.

The artists address questions about artificial intelligence, sustainability, and ecosophy, and their impacts on culture, language, society, environment, human agency, and human relationships.

Smart Industry Requires Sustainable Energy Solutions

The exhibition highlights a current challenge: industry is becoming not only digital but presumably "smart" as well. The challenge is finding sustainable energy solutions to maintain the technology that drives this intelligence. Every small click and search on

Google or ChatGPT consumes natural resources. The exhibition makes these hidden environmental impacts visible and reflects on how we can develop technology more sustainably.

Curatorial Team and Side Programming

The exhibition has been curated by an international team including Associate Professor Rebekah Rousi from the University of Vaasa, Associate Professor Toija Cinque from Deakin University in Australia, Dr. Anne Scott Wilson from Deakin University, Aska Mayer from the University of Tampere, and Associate Professor Esteban Guerrero Rosero from Umeå University in Sweden. The exhibition's architecture is handled by Lyndsey Morley from Britain and Finland together with the curatorial group.

The exhibition's side programming includes the Butterfly symposium on August 12, 2025, and programs for school children. The exhibition opening for invited guests is arranged on August 11 at 5:30-7:30 PM.

Catalog and Additional Information

An approximately 80-page art exhibition catalog will be published in July. It contains 18 artist presentations and five scientific articles. The catalog's editors are Rebekah Rousi, Toija Cinque, and Katey O'Sullivan.

The exhibition has emerged through grants and partnerships, with Wasa Innovation Center being the most significant. The exhibition is open to the public August 12-31, 2025, as part of the Wasa Future Festival at Gerbynvägen 16 in Pukinkulma, Vaasa.

SCIENCE

BILINGUALISM

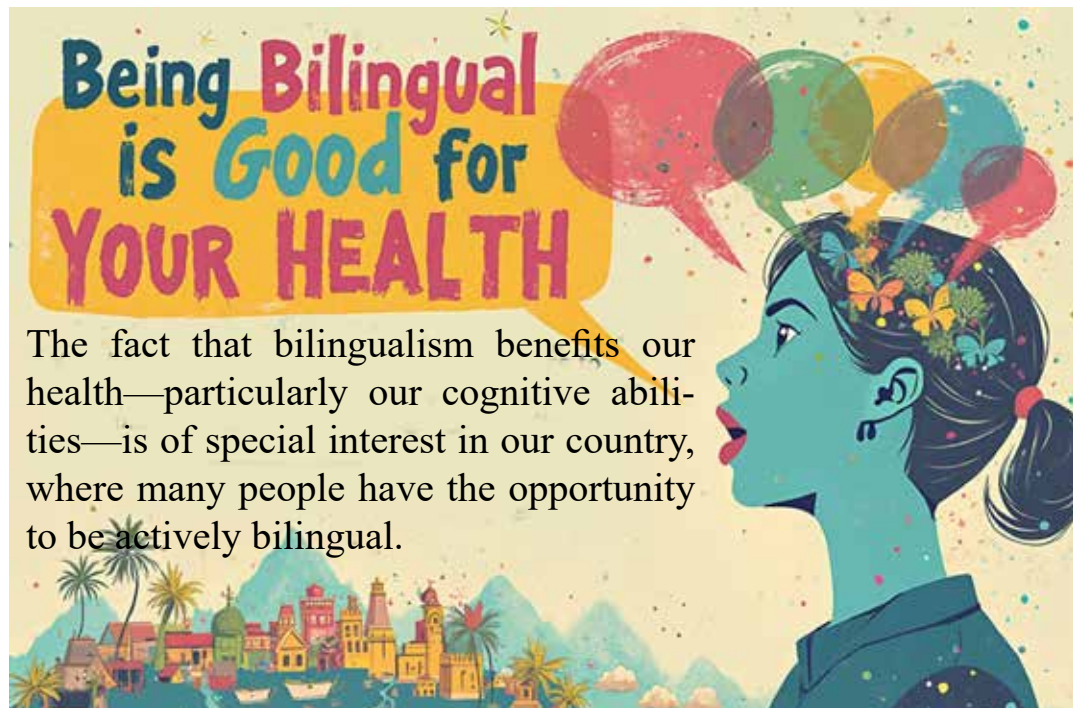
Being Bilingual Is Good for Your Brain

THE ABILITY to speak more than one language has long been associated with cognitive, social, and professional advantages. However, recent neuroscientific research has revealed that bilingualism also confers significant neurological benefits, enhancing brain function, delaying cognitive decline, and even protecting against neurodegenerative diseases such as Alzheimer's (Bialystok 2011, 229).

This article examines the cognitive advantages of bilingualism, drawing on empirical studies in psychology, neuroscience, and linguistics to demonstrate how speaking multiple languages reshapes the brain and improves mental resilience.

The ability to speak more than one language has long been associated with cognitive, social, and professional advantages. However, recent neuroscientific research has revealed that bilingualism also confers significant neurological benefits, enhancing brain function, delaying cognitive decline, and even protecting against neurodegenerative diseases such as Alzheimer's (Bialystok 2011, 229). This article examines the cognitive advantages of bilingualism, drawing on empirical studies in psychology, neuroscience, and linguistics to demonstrate how speaking multiple languages reshapes the brain and improves mental resilience.

The fact that bilingualism benefits our health—particularly our cognitive abilities—is of special interest in our



The fact that bilingualism benefits our health—particularly our cognitive abilities—is of special interest in our country, where many people have the opportunity to be actively bilingual.

country, where many people have the opportunity to be actively bilingual.

Cognitive Benefits of Bilingualism

1. Enhanced Executive Function

Bilingual individuals constantly switch between languages, a process that engages the brain's executive control system. This mental exercise strengthens cognitive flexibility, attention regulation, and problem-solving skills. According to a study by Costa et al. (2008, 280), "Bilinguals outperform monolinguals in tasks requiring inhibition of irrelevant information and task-switching, suggesting that bilingualism enhances executive control mechanisms."

Neuroimaging studies support these findings, showing that bilinguals exhibit increased gray matter density in the prefrontal cortex—the brain

region responsible for decision-making and self-regulation (Abutalebi et al. 2012, 1056).

2. Delayed Cognitive Decline and Dementia

One of the most striking benefits of bilingualism is its protective effect against age-related cognitive decline. Research by Bialystok et al. (2007, 459) found that bilingual individuals developed symptoms of Alzheimer's disease four to five years later than monolinguals, despite having similar levels of brain pathology.

A longitudinal study by Craik et al. (2010, 1378) corroborated these findings, concluding that "the constant mental juggling required by bilingualism builds cognitive reserve, effectively shielding the brain from neurodegeneration."

3. Improved Memory

and Learning Abilities

Bilingualism enhances working memory—the ability to hold and manipulate information in the mind—which is crucial for learning and comprehension (Morales et al. 2013, 225). Children raised in bilingual environments often exhibit superior metalinguistic awareness, allowing them to better understand grammar rules and language structures (Kovács & Mehler 2009, 6556).

Neurological Adaptations in Bilingual Brains

1. Structural Brain Changes Bilingual individuals show increased connectivity in the anterior cingulate cortex (ACC) and left inferior frontal gyrus, areas linked to language control and conflict resolution (García-Pentón et al. 2016, 118). Diffusion tensor imaging (DTI) studies reveal that bilinguals have



more robust white matter integrity, indicating faster neural communication (Luk et al. 2011, 3942).

2. Enhanced Neuroplasticity

Learning and using multiple languages promote neuroplasticity—the brain’s ability to reorganize itself by forming new neural connections. A study by Li et al. (2014, 8) found that bilingual seniors maintained better cognitive function than monolinguals, suggesting that bilingualism helps preserve brain plasticity well into old age.

Social and Psychological Benefits

Beyond cognitive advantages, bilingualism fosters greater empathy and cultural adaptability. Research by Fan et al. (2015, 120) indicates that bilingual children are better at perspective-taking, as they must constantly navigate different linguistic and cultural contexts. Additionally, bilingualism has been linked to hig-

her academic achievement and career opportunities, as multilingual individuals often possess superior problem-solving skills and adaptability (Dewaele & Wei 2013, 231).

The scientific consensus is clear: bilingualism enhances brain function, delays cognitive decline, and improves mental flexibility. From structural brain changes to improved executive control, the benefits of speaking multiple languages extend far beyond mere communication. As societies become increasingly multilingual, fostering bilingual education could be a powerful tool for cognitive health and lifelong learning.

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SHORT STORY

STRÖMSÖ

Not everything goes like in Strömsö



Matti had watched every single episode of Strömsö for the past fifteen years. He knew exactly how to prune roses in March, could recite the perfect rye bread recipe from memory, and had memorized the precise angle for hanging Christmas lights that would make his neighbors weep with envy. So when he decided to renovate his own summer cottage on the Ostrobothnian coast, he figured it would be a breeze.

"How hard can it be?" he muttered, adjusting his brand-new checkered shirt that looked suspiciously like the ones worn by the TV hosts. "I've practically got a PhD in cottage renovation from the University of Strömsö."

The first sign of trouble came when Matti tried to install what the show called "charming vintage shutters." In the program, this task took exactly three minutes and resulted in perfect symmetry and rustic charm. In reality, Matti spent four hours with a crooked drill, three bent nails, and shutters that made his cottage look like it was permanently winking at passersby.

Next came the garden makeover. On Strömsö, wildflowers bloomed in perfect disorder, creating that effortless "natural" look that screamed sophisticated design. Matti's wildflower seeds, however, seemed to have attended a different design school. Half refused to grow entirely, while the other half grew with such enthusiasm

that his cottage disappeared behind a wall of aggressive lupins that towered over the windows.

The pièce de résistance was supposed to be a cozy outdoor sauna renovation. The TV version featured smooth-talking carpenters who made it look like adult Legos. Matti's version featured a lot of colorful Finnish swearing and a sauna door that opened inward, trapping him inside for twenty minutes until his neighbor heard the muffled cries for help.

By midsummer, Matti's cottage looked less like a Strömsö showcase and more like a cautionary tale about the dangers of DIY enthusiasm. But as he sat on his wonky deck, watching the sunset through his crooked shutters while his jungle of lupins swayed in the coastal breeze, he realized something: his imperfect cottage had more character than any TV renovation ever could.

"Well," he chuckled, raising his coffee mug to toast his wonderfully flawed creation, "at least the coffee still tastes perfect. Some things you just can't mess up."

The mug promptly slipped from his hand and shattered on the deck.

Even the coffee, apparently, doesn't always go like in Strömsö.

IMAGE: Reality is not all here in the world.

CULTURE

VAASA LITTFEST

Vaasa LittFest in November – A Cultural Festival to Look Forward To



Pajtim Statovci. Foto: Ano Kurki / Otava

As November's darkness settles over the city, Vasa will once again light up—through literature, culture, and engaging dialogue. Vasa LittFest, taking place from November 13 to 15, 2025, brings together literature enthusiasts, renowned authors, and timely themes for a unique and thought-provoking festival weekend.

The theme of the 2025 festival is Border(s), inviting reflection on physical, cultural, linguistic, and mental boundaries—and the ways literature helps us cross them. Literature, by its nature, constantly moves beyond borders, opening windows into other realities.

Among the first confirmed

guests are a number of celebrated Finnish and Nordic authors. *Pajtim Statovci*, twice awarded the Finlandia Prize, will present his latest novel *Lehmä synnyttää yöllä* (2024), which has become an international literary sensation. Translation rights have already been sold to publishers in the U.S., Germany, Italy, and beyond. Statovci's previous works, including *My Cat Yugoslavia* and *Bolla*, have earned critical acclaim at home and abroad.

From Sweden, *Mikael Niemi* will join the festival. He is best known for his August Prize-winning novel *Popular Music from Vittula* (2000). Niemi's storytelling explores life in Tornedalen, where three cultures intersect. His latest novel, *Sten i siden* (2025), is a multigeneratio-

nal family saga set in the far north.

The festival will also feature multi-talented artist *Laura Malmivaara*, who performs with the Vaasa City Orchestra and composer-percussionist Arttu Takalo. Together, they will present excerpts from Malmivaara's recent novel *Iltatähti* through a unique combination of literature and live music—a rare treat for festival audiences.

Among the featured Finnish authors is folklorist and novelist Mikko Kamula, known for his popular *Metsän kansa* series. Kamula delves into the historical borders of Finland through richly detailed novels rooted in 15th-century Finnish folk beliefs.

Science journalist and author *Marcus Rosenlund* will explore the planet's natural boundaries. His works traverse the realms of meteorology, outer space, and microorganisms. His latest book takes a closer look at the underground world—the life and systems that exist beneath our feet.

But the tone isn't all serious. Beloved dialect poet and author *Heli Laaksonen* will bring laughter and warmth to the stage at Vaasa City Theatre. Known for her witty and nature-themed verse, Laaksonen rose to fame with her debut *Pulu uis* (2000) and has since written both

poetry and nonfiction about the Finnish landscape and environment.

One of the festival's most unique events is a late-night session that explores folklore and true crime. Author duo *Tiina and Marko Hautala* will host an evening with religious studies scholar Tuomas Äystö, whose new book *Paholaisen perilliset* (2025) dives into the history of Satanic Panic. The evening will also feature a panel on mythology and magic, with folklorist and author *Jenna Kostet*, Finland's most famous modern witch Kuparikettu, and writer-crafter Riina Peltonen, who has studied magical sites in Ostrobothnia.

— The festival program offers a chance to explore identity, politics, history, and society from both personal and global perspectives. We aim to inspire dialogue not only about literature but also about contemporary issues, says cultural producer Ilkka Nyqvist.

Vasa LittFest is more than just a literary event—it is a space for encounters that transcend generations, languages, and borders.

Vasa LittFest 2025 – a festival that crosses borders and connects people through the power of stories.

VAASA UNIVERSITY

VAASA UNIVERSITY AND VAMK

University of Vaasa and VAMK - Stronger and More Competitive Together



The University of Vaasa and Vaasa University of Applied Sciences (VAMK) have taken a significant step toward a shared future - a new higher education consortium has now been officially established.

This historic merger is strengthened by the university's 70% ownership stake in VAMK, while the City of Vaasa retains 30%. Both institutions will keep their

names, but the consortium's new name will be announced this fall.

This strategic initiative creates a strong, internationally competitive higher education community in Ostrobothnia that addresses workforce skill gaps and enhances research impact. The collaboration isn't new - the institutions have long worked closely together, particularly in engineering education through Technobothnia's laboratories and the Tritonia Academic Library.

"Our goal is to create an internationally significant higher education unit that offers students flexible study paths and high-quality learning environments all the way up to doctoral education," says Minna Martikainen, Rector of the University of Vaasa.

The new consortium aims for regional, national and international influence. Resources will be used more efficiently, research groups will be strengthened, and cooperation with businesses will intensify. "We're developing research infrastructure, which will also strengthen Finland's export potential," empha-

sizes Hannu Vahtera, Managing Director of VAMK.

This merger isn't just an administrative change - it's a strategic investment in a future where education, research and working life interact even more effectively. The combined strengths of these institutions will create new opportunities for students, researchers and businesses throughout the region and beyond.

Image: Vaasa University. The image can be freely used.

WASA FUTURE FESTIVAL

The University of Vaasa participates in Wasa Future Festival 11–16.8.2025

The Wasa Future Festival, which will be held in August, will be bigger and more international than ever before.

The University of Vaasa is once again strongly involved in the festival's programme throughout the week from 11 to 16 August 2025. The event offers a wealth of content for those interested in science, energy, technology, art and social issues.

The main themes of the festival in 2025 are the environment, innovations and energy. The diverse programme consists of lectures, panel discussions, exhibitions, seminars and workshops. The event will be held at the Wasa Innovation Center (Gerbyntie 16), but the program will also be held elsewhere, such as the University of Vaasa and Tritonia.

Sustainable development, science and art meet

The festival week will open on Monday 11 August with a discussion event that will focus on the culture of overconsumption, climate change and solutions to biodiversity loss. In the evening, the spectacular Butterfly exhibition will also open, which combines art, science and technology. The exhibition examines global interactions between humanity, technology and the environment.

Tuesday 12.8. The University of Vaasa will have a strong presence in the morning when Rector Minna Martikainen, Chair of the Board Mari Kiviniemi and Vice Rectors Mika Grundström, Martin Meyer and Tanja Risikko open the day. Energy experts Jan Segerstam and Kimmo Kauhanen will also participate in the discussions. On the same day, a multidisciplinary Butterfly



Symposium will be held on sustainability in digitalisation, energy and business. Speakers include architects Juhani Risku and Anne Stenros.

Other themes on Tuesday include artificial intelligence, regional energy systems, greenhouse gas emissions and the resilience of society. The day will culminate in an international Thought Leaders Roundtable discussion on the energy transition and an interesting panel on the appeal and leadership of populism, which will include Professor Esa Hyyryläinen, Mari Kiviniemi and journalist Olli Seuri, among others.

Space, youth and lightless experiences

On Wednesday 13 August, the theme of the festival is energy and technology. The day will begin with the Space Day event, organised by the European Space Agency Business Incubation Centre and ESA PhiLab. The Butterfly Immersive Learning

Experience for young people offers an experiential way to explore future phenomena under the guidance of Rebekah Rousi. In the evening, there will be an atmospheric Lights-off experience, where works of art and performances are experienced without electric light.

Towards northern innovation

On Thursday 14 August, we will focus on the opportunities for the Nordic countries to attract investments. The panel organised by the University of Vaasa and Borenus will discuss how to make Finland a leading international investment destination. The panellists include Minister Joakim Strand, Casper Herler and Minna Martikainen.

On the same evening, the Butterfly exhibition will be open longer than usual as part of the Vaasa Night of the Arts. In addition, an art exhibition by Australian artist Katey O'Sullivan will be opened at Tritonia.

Culture and well-being

On Friday 15 August, the festival continues with a new Nordic culture and well-being. The programme includes virtual reality-based well-being at work games and classes. The weekend's program will be confirmed later.

The University is building a more sustainable future

The goal of Wasa Future Festival is to bring together experts from different fields and find solutions to society's major challenges. The participation of the University of Vaasa reflects its strategic goal to be an active player in regional development and global change.

The up-to-date programme and further information can be found on the Wasa Future Festival website: wasafuturefestival.fi

PHOTO: Vaasa Futurefestival 2023

SOURCE: University of Vaasa

ONLINE COURSES

AI-COURSE

VAMK and University of Vaasa Offer AI Course for Entrepreneurs and Professionals – Free Online Course Explores AI's Business Potential



Artificial intelligence (AI) is transforming businesses at an unprecedented pace, enabling automation, improved customer service, and even entirely new business models.

But how can small and medium-sized enterprises (SMEs) and entrepreneurs harness AI in practice? Vaasa University of Applied Sciences (VAMK) and the University of Vaasa now offer a solution: a free online course to help identify AI opportunities in business.

AI Isn't the Future—It's Here Now

The new AI2Business online course is designed for SMEs, entrepreneurs, and professionals who want to learn how AI can enhance business growth. The course provides practical knowledge without requiring deep technical expertise.

"Companies need concrete

guidance on AI implementation. Our goal is to accelerate AI competence building," says Sanna Peltonen, project manager of AI2Business at VAMK.

The self-paced course is available in English, making it ideal for busy professionals.

How AI is Reshaping Business

While many see AI as just a tool for automation, its impact is far broader. "AI doesn't just streamline processes—it changes business logic," emphasizes Marko Kohtamäki, professor at the University of Vaasa.

The course covers AI from three perspectives:

Business – How can AI create competitive advantages?

Technology – What applications exist?

Design – How to develop user-friendly AI solutions?

"AI adoption isn't just about technology. If a solution doesn't serve users, it remains disconnected," Peltonen notes.

Real-World Examples: How Businesses Use AI Today

The course features three company-driven AI experiments demonstrating practical applications:

Document processing – Automated data extraction and report generation.

Price prediction – Dynamic pricing models based on market conditions.

Production quality control – Machine learning detects defects in real time.

"These experiments are based on real business needs, showing how AI can be applied across industries," says Jani Boutellier, assistant professor at the University of Vaasa.

How to Join the Free Course?
Currently in pilot phase,

the course is free and ideal for SMEs, managers, and anyone interested in AI.

Participation is simple:

Register on the AI2Business Moodle platform: <https://moodle.muovadigital.net/mod/page/view.php?id=680>

Study at your own pace – 24/7 access.

Receive a certificate upon completion.

As part of the EU-funded AI2Business project, participants are encouraged to join the project's monitoring system to help measure AI training impact in Finland.

"No need to worry about details—we guide you every step of the way," assures Peltonen.

AI is the Future—Start Learning Now

AI offers vast potential for businesses, but leveraging it requires understanding how it fits into operations. This course helps companies take their first steps into AI without major investments.

Ready to future-proof your business? Enroll now!

AI2Business is an EU-funded project promoting AI skills for SMEs. Learn more: VAMK website.

WASA DAILY
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The year of the City Theatre
Korsholm cheapest in Finland
Prostate Cancer
Inkeri Julkunen
A new era in weight loss
A New Dwarf Planet

WASA
DAILY

Wasa Daily



Welcome to a new era of newspapers! Say hello to **Wasa Daily** - the smart news source that you can read anywhere and that keeps you well-orientated.

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We at **Wasa Daily** know that Finns love their coffee. Every Sunday morning you can enjoy your favorite coffee and at the same time update yourself on world events. So take out the coffee cup, sit comfortably and read the **Wasa Daily**.

In a world full of boring news, someone like us is needed to spice things up. Welcome to **Wasa Daily** - we make news easier to swallow!

UKRAINA

UKRAINE PRESIDENT

The Answer to the Ukrainian Territorial Question Already Is in the Constitution of Ukraine, No One Will Deviate From This – and No One Will Be Able To – Address by the President



9 August 2025 - 08:47

Fellow Ukrainians!

President Trump announced preparations for his meeting with Putin in Alaska. Very far away from this war, which is raging on our land, against our people, and which anyway can't be ended without us, without Ukraine.

Putin did not believe in our people and therefore made the hopeless decision to try to take Ukraine. This was his main mistake – not taking Ukrainians into account. I believe in our people. Ukrainians are strong. Ukrainians defend what's theirs.

Many in the world have sided with Ukraine during the war. Even those who are with Russia know that Russia is doing evil. Of course, we will not reward Russia for what it has perpetrated.

The Ukrainian people deserve peace. But all partners must understand what a dignified peace is. This war must be brought to an end – and Russia must end it. Russia started it and is dragging it out, ignoring all deadlines, and that is the problem, not something else.

The answer to the Ukrainian territorial question already is in the Constitution of Ukraine. No one

will deviate from this – and no one will be able to. Ukrainians will not gift their land to the occupier.

Ukraine is ready for real decisions that can bring peace. Any decisions that are against us, any decisions that are without Ukraine, are at the same time decisions against peace. They will not achieve anything. These are stillborn decisions. They are unworkable decisions. And we all need real and genuine peace. Peace that people will respect.

We are ready to work together with President Trump, together with all our partners for real and, most importantly, lasting peace.

A peace that will not collapse because of Moscow's desires.

I thank all our people for being together. Ukraine is. I thank all our soldiers for preserving our independence. Stand firm, this is our land, we are Ukraine.

Glory to Ukraine!

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RUSSIA

ETYK

The Helsinki Spirits Ten Principles - And Russia Now



THE HELSINKI ACCORDS, signed in 1975, were a landmark achievement of Cold War diplomacy, establishing a set of ten principles to guide relations among participating states. These principles, while not legally binding, were intended to create a framework for peaceful coexistence and cooperation.

They were a cornerstone of the

Conference on Security and Cooperation in Europe (CSCE), the predecessor to the Organization for Security and Co-operation in Europe (OSCE). The very spirit of the Accords, often referred to as "The Helsinki Spirit," was a commitment to dialogue, respect for sovereignty, and the peaceful resolution of disputes.

The ten principles are:

Sovereign equality: All states are equal and possess the same rights.

Refraining from the threat or use of force: States should not use or threaten to use force against each other.

Inviolability of frontiers: Existing borders between states should be respected.

Territorial integrity of states: Each state's territory should be respected and protected.

Peaceful settlement of disputes: Conflicts should be resolved through peaceful means.

Non-intervention in internal affairs: No state should interfere in the

internal affairs of another.

Respect for human rights and fundamental freedoms: This includes freedom of thought, conscience, religion, and belief.

Equal rights and self-determination of peoples: All peoples have the right to determine their own political status.

Cooperation among States: States should cooperate in various fields.

Fulfillment in good faith of obligations under international law: States should uphold their commitments under international law.

The significance of these principles was twofold: they provided a basis for dialogue between two opposing blocs and, crucially, they opened a space for human rights activists and dissidents in the Soviet bloc to demand accountability from their governments.

Russia's Actions: A Systematic Violation

The actions of the Russian Federation since its invasion of Ukraine in 2014 and especially its full-scale invasion in 2022 represent a systematic and comprehensive rejection of every single one of these ten principles.

Sovereign equality and non-intervention: By invading Ukraine, Russia has not only denied Ukraine's sovereign equality but has actively intervened in its internal affairs, seeking to dictate its political future and territorial boundaries. The very act of invasion is a negation of these principles.

Refraining from the threat or use of force: The use of military force on a massive scale is the most flagrant violation of this principle. Russia's aggression is a direct and unprovoked war of choice.

Inviolability of frontiers and territorial integrity: The illegal annexation of Crimea in 2014, and later the proclaimed annexation of the Donbas, Kherson, and Zaporizhzhia regions, are direct assaults on

Ukraine's territorial integrity and the inviolability of its internationally recognized borders. These actions are a direct challenge to the post-war European order that the Helsinki Accords sought to solidify.

Peaceful settlement of disputes: Russia's choice to resolve its grievances with Ukraine through military force, rather than diplomatic channels, is a rejection of the peaceful settlement of disputes.

Respect for human rights and freedoms: The war has been accompanied by a litany of human rights abuses, including war crimes, targeted attacks on civilians, and the forced deportation of Ukrainian citizens. This stands in stark contrast to the human rights commitments of the Accords.

Equal rights and self-determination: Russia's stated goal of preventing Ukraine from aligning with Western institutions and its denial of Ukraine's distinct national identity directly undermine the principle of self-determination.

Cooperation among states: Russia's actions have destroyed the possibility of meaningful cooperation with many European nations, leading to a new era of confrontation and mistrust.

Fulfillment of international obligations: Russia has not only violated the Helsinki Accords but also numerous other international laws and agreements, including the UN Charter and the Budapest Memorandum of 1994, which guaranteed Ukraine's territorial integrity.

The juxtaposition of the Helsinki+50 conference and the simultaneous, deadly Russian bombing of Kyiv is not merely ironic; it is a profound and tragic demonstration of the failure of the "Helsinki Spirit" to restrain a determined aggressor.

The conference, intended to celebrate a half-century of a diplomatic achievement, was held in the shadow of its total and complete

violation. The presence of Russian and Belarusian delegates at such an event, even in a limited capacity, raises serious questions. While the argument for continued dialogue is often made, one must ask: what is the purpose of dialogue with a state that has shown such open contempt for the very principles upon which that dialogue is based? To invite a representative of a state actively engaged in a war of aggression is not a sign of diplomatic pragmatism; it risks normalizing and legitimizing that aggression. It creates a dangerous illusion that the international order, and the institutions designed to protect it, are functioning as intended, when in reality, they are under a direct and unprecedented assault.

The bombing of Kyiv during the conference

The Helsinki Accords were not just a list of principles; they were a collective act of will, a shared commitment to building a more secure and humane Europe. Russia's actions demonstrate that this shared commitment has been unilaterally abandoned. The bombing of Kyiv during the conference serves as a brutal and undeniable statement from Moscow: the "Helsinki Spirits" are, for them, nothing more than empty words on a piece of paper, to be ignored and even mocked with deadly force. The conference, therefore, becomes not a celebration of a legacy, but a wake for a lost ideal.

Image: President Leonid Brezhnev after signing the Helsinki agreement in 1975. Wikimedia Commons, Public Domain

ГЕЛЬСІНСЬКИЙ ДУХ

Десять принципів гельсінських духів - і Росія зараз



In Ukrainian

Гельсінські угоди, підписані в 1975 році, стали визначним досягненням дипломатії часів холодної війни, встановивши набір з десяти принципів, якими керувалися відносини між державами-учасниками.

Ці принципи, хоча й не є юридично обов'язковими, мали на меті створити рамки для мирного співіснування та співпраці. Вони стали наріжним каменем Наради з

безпеки і співробітництва в Європі (НБСЄ), попередниці Організації з безпеки і співробітництва в Європі (ОБСЄ). Сам дух угод, який часто називають «Гельсінським духом», полягав у прихильності до діалогу, поваги до суверенітету та мирного вирішення спорів.

Десять принципів:

Суверенна рівність: всі держави рівні і володіють однаковими правами.

Утримання від погрози силою або її застосування: держави не повинні застосовувати або погрожувати застосуванням сили

одна проти одної.

Непорушність кордонів: Необхідно поважати існуючі кордони між державами.

Територіальна цілісність держав: територія кожної держави повинна поважатися і захищатися.

Мирне врегулювання спорів: Конфлікти повинні вирішуватися мирними засобами.

Невтручання у внутрішні справи: Жодна держава не повинна втручатися у внутрішні справи іншої.

Повага до прав людини та основних свобод: це включає

свободу думки, совісті, релігії та переконань.

Рівні права і самовизначення народів: всі народи мають право визначати свій політичний статус.

Співробітництво між державами: держави повинні співпрацювати в різних сферах.

Добросовісне виконання зобов'язань за міжнародним правом: держави повинні дотримуватися своїх зобов'язань за міжнародним правом.

Значення цих принципів було подвійним: вони забезпечили основу для діалогу між двома протиборчими блоками і, що найважливіше, відкрили простір для правозахисників і дисидентів у радянському блоці, щоб вимагати від своїх урядів підзвітності.

Дії Росії: систематичне порушення

Дії Російської Федерації з моменту її вторгнення в Україну у 2014 році та особливо повномасштабного вторгнення у 2022 році є систематичною та всеосяжною відмовою від кожного з цих десяти принципів.

Суверенна рівність і невтручання: Вторгнувшись в Україну, Росія не лише заперечує суверенну рівність України, але й активно втручається в її внутрішні справи, намагаючись диктувати своє політичне майбутнє та територіальні кордони. Сам акт вторгнення є запереченням цих принципів.

Утримання від погрози силою або її застосування: Масове застосування військової сили є найбільш кричущим порушенням цього принципу. Агресія Росії – це пряма і неспровокована війна за власним вибором.

Непорушність кордонів та територіальна цілісність: Незаконна анексія Криму у 2014 році, а згодом і проголошена анексія Донбасу, Херсонської та Запорізької областей

є прямим посяганням на територіальну цілісність України та непорушність її міжнародно визнаних кордонів. Ці дії є прямим викликом післявоєнному європейському порядку, який Гельсінські угоди прагнули зміцнити.

Мирне врегулювання спорів: вибір Росії вирішити свої претензії до України за допомогою військової сили, а не дипломатичних каналів, є відмовою від мирного врегулювання суперечок.

Повага до прав і свобод людини: Війна супроводжується низкою порушень прав людини, включаючи воєнні злочини, цілеспрямовані напади на цивільне населення та примусову депортацію громадян України. Це різко контрастує із зобов'язаннями щодо прав людини, що випливають з Угод.

Рівні права та самовизначення: заявлена Росією мета не допустити приєднання України до західних інститутів та заперечення особливої національної ідентичності України безпосередньо підривають принцип самовизначення.

Співпраця між державами: дії Росії знищили можливість значущої співпраці з багатьма європейськими країнами, що призвело до нової ери конфронтації та недовіри.

Виконання міжнародних зобов'язань: Росія порушила не лише Гельсінські угоди, а й численні інші міжнародні закони та угоди, зокрема Статут ООН та Будапештський меморандум 1994 року, які гарантували територіальну цілісність України.

Зіставлення конференції «Гельсінкі+50» та одночасного смертоносного російського бомбардування Києва не є просто іронічним; це глибока і трагічна демонстрація неспроможності «Гельсінського духу» стримати

рішучого агресора.

Конференція, покликана відзначити півстолітнє дипломатичне досягнення, проходила в тіні його тотального і повного порушення. Присутність російських і білоруських делегатів на такому заході, навіть в обмеженій кількості, викликає серйозні питання. Хоча аргументи на користь продовження діалогу часто наводяться, слід запитати: яка мета діалогу з державою, яка продемонструвала таку відкриту зневагу до самих принципів, на яких цей діалог ґрунтується? Запрошувати представника держави, яка бере активну участь у загарбницькій війні, не є ознакою дипломатичного прагматизму; Це ризикує нормалізувати та легітимізувати цю агресію. Це створює небезпечну ілюзію, що міжнародний порядок та інституції, покликані його захищати, функціонують так, як задумано, тоді як насправді вони зазнають прямого та безпрецедентного нападу.

Гельсінські угоди були не просто переліком принципів; вони були колективним актом волі, спільним зобов'язанням побудувати більш безпечну та гуманну Європу. Дії Росії свідчать про те, що від цього спільного зобов'язання відмовилися в односторонньому порядку. Бомбардування Києва під час конференції слугує брутальною і незаперечною заявою з Москви: «гельсінські духи» для них – це не більше ніж порожні слова на аркуші паперу, які можна ігнорувати і навіть висміювати зі смертоносною силою. Тому конференція стає не святкуванням спадщини, а поминком за втраченим ідеалом.

Зображення: Президент Леонід Брежнєв після підписання Гельсінської угоди в 1975 році. Wikimedia Commons, Public Domain

AI

AI MUSIC

The Best AI Music Generators in 2025 – From Rap Beats to Opera Masterpieces



Imagine a 16-year-old aspiring rapper who wants to craft the next viral hit but doesn't know how to produce beats. Or a retired music teacher dreaming of composing an opera but lacking the technical skills. Maybe even a podcaster looking for the perfect background track without paying expensive licensing fees.

In 2025, AI music generators have become so advanced that they can turn anyone—regardless of musical training—into a composer.

But with so many options available, which AI tools truly stand out? We tested the top platforms to find the best AI music generators of 2025, catering to different needs, genres, and skill levels.

Suno AI 3.0 – The King of AI-Generated Songs

Suno AI made waves in 2024 with its ability to generate full songs—lyrics, vocals, and instrumentals—from simple text prompts. In 2025, Suno AI 3.0 has refined its algorithms to produce even more natural-sounding vocals and genre-specific compositions.

Best for: Aspiring singers, songwri-

ters, and content creators.

Why it's great: Type in a prompt like "upbeat pop-punk song about summer love", and Suno generates a complete track in seconds

Perfect for: Our teen rapper who just typed "hard-hitting trap beat with aggressive flow" and got a studio-quality demo in minutes.

Udio Pro – The Ultimate AI Music Collaboration Tool

Udio took a different approach by focusing on human-AI collaboration. Its 2025 "Pro" version lets users start with a melody, hum a tune, or even upload a rough recording, which the AI then refines into a polished track.

Best for: Musicians who want AI assistance rather than full automation.

Why it's great: Udio Pro's "Smart Remix" feature can transform a simple piano riff into a full orchestral arrangement or a synth-heavy EDM drop.

Perfect for: Our opera-loving senior, who hummed an aria idea and watched Udio turn it into a sweeping, orchestrated piece complete with synthetic operatic vocals.

AIVA 4.0 – The Classical and Film

Score Specialist

While many AI tools focus on pop and electronic music, AIVA 4.0 remains the go-to for classical, jazz, and cinematic compositions. It's used by indie filmmakers, game developers, and even professional composers for inspiration.

Best for: Composers, filmmakers, and game devs.

Why it's great: AIVA's "Emotion Engine" lets users adjust the mood of a piece (e.g., "more melancholic" or "heroic climax"), making it ideal for scoring scenes.

The Future of AI Music?

While AI music tools still can't fully replace human creativity, they've become indispensable assistants—helping beginners create professional-sounding tracks and giving experts new ways to experiment.

The best part? Most of these tools offer free tiers, so anyone can start composing today. Whether you're a teen rapper, a retired opera enthusiast, or just someone who loves making music, 2025's AI music generators have something for you.

AI

AI-Generated Podcasts: A New Era of Audio Content with NotebookLM



**Podcast in English:
Russian disinformation**
<https://vpress.ovh/podcasts.htm>

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and re-defining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge

technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of NotebookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

Natural-Sounding Voice: NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

Diverse Range of Topics: Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.

20 Everyday Abbreviations You Need to Know (and Maybe a Few You Don't)



Abbreviations are everywhere these days. From texting acronyms to technical jargon, those handy 3-letter (and sometimes longer) combos can be confusing if you're not in the know. But fear not, fellow abbreviation adventurer! This article will equip you with the knowledge to decipher 20 of the most common abbreviations you'll encounter in everyday life.

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:** As Soon As Possible (Lights a fire under someone... nicely)
6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an

invitation)

9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positioning System (Helps you navigate the world)
16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring the wonderful world of shorthand communication!

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 (digikansalliskirjasto.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.

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HOROSCOPE FOR AUGUST 2025

August Horoscope – The Stars Are Mumbling (And Maybe Making Some Sense)

Aries (Mar 21 – Apr 19)
You'll have a brilliant idea this August! Unfortunately, someone already had it in 2003. Console yourself with ice cream. And more ice cream. With sprinkles – obviously.

Taurus (Apr 20 – May 20)
Money is coming your way! Well, a discount coupon at best. Love may blossom – but only if you remember to water it. (Yes, this includes your plants.)

Gemini (May 21 – Jun 20)
You're everywhere and nowhere – just like your vacation plans. Try deep breathing. It won't help, but at least you'll look peaceful while searching for your keys.

Cancer (Jun 21 – Jul 22)
You're feeling emotional. That's okay. Everyone cries over overcooked

pasta now and then. A surprise awaits at the end of the month – possibly pizza.

Leo (Jul 23 – Aug 22)
It's YOUR month! The world revolves around you – just the way you like it. Enjoy the spotlight, but remember: other people exist too. Sadly.

Virgo (Aug 23 – Sep 22)
You try to control everything. August has other plans. Let go – at least of your color-coded to-do list. But keep the Excel sheet. We're not crazy.

Libra (Sep 23 – Oct 22)
You can't decide: sunhat or raincoat? Take both. August weather can't decide either. Love? Yes. Confusion? Also yes.

Scorpio (Oct 23 – Nov 21)
Mysteries attract you this month: "Who took my charger?" "Why aren't they texting back?" Keep your cool – and your sting sharp, just in case.

Sagittarius (Nov 22 – Dec 21)
Adventure calls! Unfortunately, only to the corner store. Still, every bagu-

ette run is a journey. Remember: all epic tales start small – often with snacks.

Capricorn (Dec 22 – Jan 19)
You're trying to be responsible – but August wants you to chill. Ditch the blazer, wear flip-flops. The world will survive without your spreadsheets for two days. Maybe.

Aquarius (Jan 20 – Feb 18)
Your head is full of wild ideas. Some are even good! Don't start a podcast. Or do – but only if it's about guinea pigs and existential dread. That could work.

Pisces (Feb 19 – Mar 20)
You're daydreaming more than doing. And that's fine. August feels like a watercolor painting – beautiful but slightly soggy. Write your thoughts down. They may become a book. Or a very weird shopping list.



HUMOUR ONE HUNDRED YEARS AGO

IN TEN YEARS

Affectionate husband (sitting on bench, counting):
My lady weighs 80 kilos;
every summer She travels to
MariEHAMN to bathe and
loses 8 kilos; in ten years I
will be free of HER!

DOCTOR

Doctor: »Listen, I have to
tell you. Something has hap-
pened to me today that has
never happened to me in my
entire time as a doctor.
- Well, tell me, you must
have cured someone.

RELIGION

Where did religion origina-
te?
From laziness! They didn't
bother to clarify things, but
believed that it was as they
said.

DEATH

Death is not evil. It is even
better not to be born at all.
But that luck hardly comes
to one in a thousand.

FIRST LOVE

He: Unfortunately, first love
is sweet! It's still the best,
isn't it, Berta?
She: "yes... But I also like
you so terribly. dear August!

HAPPY MOVIE STAR

He; Are you happy in your
marriage? Film Divan: Yes,
I think so, but I'll ask my
press agent to find out just
in case.

LOTS OF HATS

Customer: Is it true that you
have received 1,500 new
hats from Paris?
Contributor: Of course!
Customer: Oh, so lovely. I
need to try them right away!

DIRTY ANIMAL

Teacher: Now there is
only one animal left that
you have not listed. It has
brushed hair, hates washing
and cleanliness, and likes
to crawl in the soil. What
kind of animal is that, little
Thomas?
Tomas: It's me

CRUISE

Mom, on the way: Please,
Captain, if my little boy
wants to steer, don't let him
steer!

STUPID AS USUAL

He: You have to forgive me
if I was a little stupid last
night.
She: I didn't notice any-
thing particularly unusual,
I thought you were just like
usual.

Astronomic picture of the week:

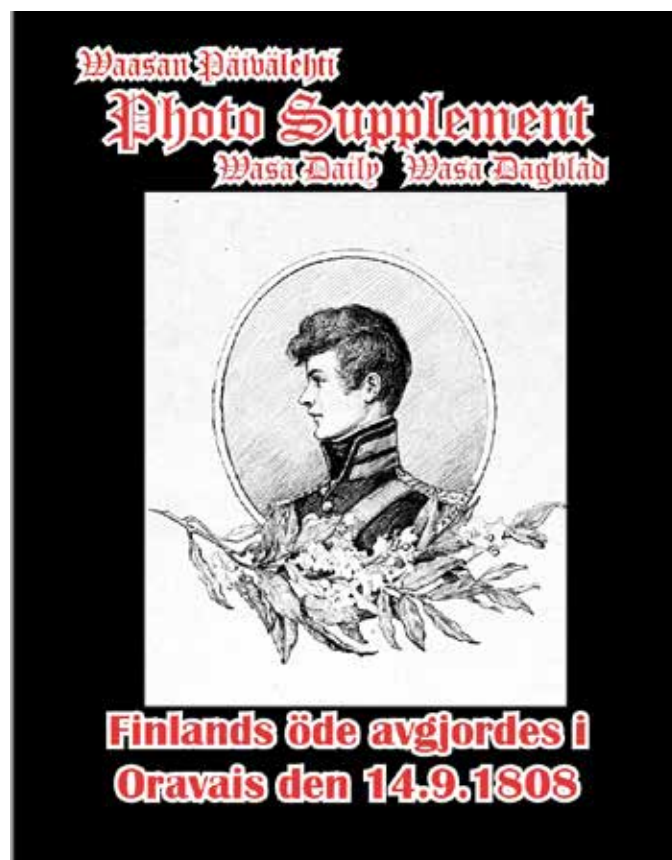


NASA-SNR0519690-

ChandraXRayObservatory-20150122.jpg

X-ray & Optical Images of SNR E0519-69.0 - When a
massive star exploded in the Large Magellanic Cloud,
a satellite galaxy to the Milky Way, it left behind an
expanding shell of debris called SNR 0519-69.0. Here,
multimillion degree gas is seen in X-rays from Chandra
(blue). The outer edge of the explosion (red) and stars in
the field of view are seen in visible light from Hubble.
X-ray: NASA/CXC/Rutgers/J.Hughes; Optical: NASA/STScI
Public domain

Next week:



From our readers

We very much welcome sub-
missions from our readers.
Comments, stories, me-
mories, debate, news from
home. Probably this will be
the most important part of
this spring paper. But space
is limited, so please write as
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