

RESEO Conference 2025

# Making Sense(s): Wellbeing through the arts



23 - 25 October 2025  
Tallinn, Estonia

*In partnership with Estonian National Opera*

Practical Information

## 1. Conference venue

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The conference will take place between 12:30 on Thursday 23 October and 13:30 on Saturday 25 October at the [Estonia National Opera](#), Estonia pst 4, 10148 Tallinn, Estonia. Please note that there are optional pre-conference sessions on the first day and post-conference sessions on the last day of the conference.

The sessions will be held at the theatre hall, White hall, Estonia Restaurant and rehearsal rooms. The Estonian National Opera team will guide you to the rooms.

Meeting point for the guided tour is at the foyer, on the first floor.

All times on the programme are local time, Eastern European Summer Time (EEST).

This is a paperless event, so no documentation will be distributed on-site. The venues are equipped with WiFi.

## 2. Registration

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Registration for the conference closes on 16 October 2025 at 6 pm CET. Registration with the early bird 20% discount closes on 15 September at 6 pm CET 2025.

To register, please fill in the online registration [form](#).

Conference rates:

- First delegate of a member organisation: 319 EUR (early bird rate: 255 EUR)
- Additional delegate of the same member organisation: 209 EUR (early bird rate: 167 EUR)
- Individual member: 209 EUR (early bird rate: 167 EUR)
- First delegate of a non-member organisation: 495 EUR (early bird rate: 396 EUR)
- Additional delegate of the same non-member organisation: 319 EUR (early bird rate: 255 EUR)
- Students and seniors: 132 EUR (early bird rate: 105 EUR)

### 3. Accommodation

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The following hotel deals have been organised for the conference participants. The preferential rates are for a limited contingent of rooms, therefore we advise you to reserve as soon as possible. Please observe the different booking procedures for each hotel.

#### [My City Hotel Tallinn](#)\*\*\*\*

Vana posti 11, 10146 Tallinn, Eesti

- Standard single room: €60/night, breakfast included
- Standard twin room: €70/night, breakfast included
- Superior single room: €73/night, breakfast included
- Superior twin room: €83/night, breakfast included

You can book your room with the discounted rate [here](#) by adding the promotional code "RESEO". Please note that the rooms have limited availability.

#### [Tallink City Hotel](#)\*\*\*\*

- Standard single room: 70/night, breakfast included
- Standard twin room: 84/night, breakfast included
- Premium single room: 80/night, breakfast included
- Premium twin room: 94/night, breakfast included

You can reserve your room with the special RESEO price through this link [here](#). Please note that the rooms have limited availability.

There is a wide range of accommodation options, which can be accessed via any internet hotel search engine such as [www.booking.com](http://www.booking.com). [AirBnb](#) is a useful website for finding private accommodation.

## 4. Evening programme & activities

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### Thursday, 23 October

- 10:30 & 11:30 *Carnival of the Animals*: Young audiences production (ages 3 and up) nominated for the 2023 Salme Reek Children's Theatre Award. More info [here](#).  
Duration: 35 min  
*(Tickets courtesy of Estonian National Opera. Limited availability, please reserve on the registration form. First come first served basis.)*
- 10:30 & 11:30 Guided tour of Estonian National Opera  
Duration: 1 hour  
*(Limited availability, please reserve on the registration form. First come first served basis.)*
- 21:00 Late night social club: Meet us at the late night social club to connect with your fellow participants for a drink and a chat. Address: Restaurant F-Hoone, Telliskivi tn 60a, 10412 Tallinn, Estonia (Google maps [link](#))

### Friday, 24 October

- 10:00 & 11:30 *Ballet Story: A Sensory Friendly Relaxed Performance*: Production designed for children living with sensory issues, autism or intellectual disabilities. The first production of its kind in Estonia, winner of the 2025 Salme Reek Children's Theatre Award. More info [here](#).  
Duration: 45 minutes  
*(Tickets courtesy of Estonian National Opera. Limited availability, please reserve on the registration form. First come first served basis.)*
- 11:15 Guided tour of Estonian National Opera  
Duration: 1 hour  
*(Limited availability, please reserve on the registration form. First come first served basis.)*
- 19:00 Ballet performance Anna Karenina by Marina Kesler to the music of Dmitry Shostakovich at the theatre hall.  
Duration: 2 hours  
*(Not included in the conference fee, €20)*

- 21:30 Late night social club: Meet us at the late night social club to connect with your fellow participants for a drink and a chat. Address: Restaurant F-Hoone, Telliskivi tn 60a, 10412 Tallinn, Estonia (Google maps [link](#))

#### Saturday, 25 October

- 14:00 KUMU - Estonian Art Museum guided tour  
Duration: 1 hour  
*(Free of charge, limited availability please reserve on the registration form. First come first served basis.)*
- 15:00 Training workshop - more info soon  
Duration: 2 hours 30 minutes
- 19:00 Lohengrin: Opera production by Richard Wagner. More info [here](#).  
*(Not included in the conference fee, €20)*

#### Sunday, 26 October

- 12:00 Ballet performance Alice in Wonderland, choreography by Gianluca Schiavoni. More info [here](#).  
*(Not included in the conference fee, €20)*

## 5. Meals

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The following meals are organised for the group:

- Thursday, 23 October at 13:15: Group lunch at the White Hall, included in the conference fee.
- Thursday, 23 October at 19:30: Group dinner at the Estonia Restaurant, 1st floor.  
(Not included in the conference fee, €31)
- Friday, 24 October at 12:15: Group lunch at the White Hall, included in the conference fee.

## 6. Getting around

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The closest airport to the city center is [Tallinn Airport](#), check [here](#) for transfer information.

## 7. Contact

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If you would like further information regarding the conference or have a question, please contact Müge Altay at [conference@reseo.org](mailto:conference@reseo.org).