

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

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

Registration for the conference closes on **16 October 2025 at 6 pm CET**. Registration with the early bird 20% discount closes on **19 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)
- Estonian residents can register at the member rate.

Estonian Students Fellowship Programme: 5 full fellowships available for students under 25, offering 1-day full access.

To apply, please email your **CV and a short motivation paragraph** to vania@reseo.org

3. Accommodation

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. [AirBnb](#) is a useful website for finding private accommodation.

4. Evening programme & activities

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 & 12:45** *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

- **15.30** 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.)
- **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

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.
- Saturday, 25 October lunch is not included in the conference programme. Participants may use the canteen, which offers buffet-style service with vegetarian and vegan options, at their own cost.

6. Getting around

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

7. Contact

If you would like further information regarding the conference or have a question, please contact Müge Altay at conference@reseo.org.