



# Sensory Accessibility and arrival instructions

## Helsinki Pride Official Women's Party: Accessibility and Sensory Guide

Sensory sensitivity is very individual, so the information about the sensory overload of the spaces is always indicative. It is important for every sensory-sensitive person to evaluate the information in the light of their self-knowledge. If you think that some space can be overloading for you, it can be so, even if it is not said so in the guide.

The Women's Party is a big party. This starting point alone means a diverse and, on average, very strong sensory load. It may be necessary for those with sensitive hearing to protect their hearing with earplugs or hearing protectors in the whole area, also in outdoor spaces. Indoor spaces are as a rule dim, but there are many colorful lights. In both party spaces (1 and 1+1) there are also light effects (moving/blinking lights/video).

Assistive devices (hearing protectors and communication cards) can be requested for loan from the Pride staff or security guards.

Pride's volunteers have received training about sensory sensitivity and supporting sensory-sensitive people in situations of overloading. If despite the precautions you feel yourself getting overloaded, you can safely ask them for help to find a calm space or to get away from the area. If communicating by talking is difficult for you when overloaded, you can download communication cards to support you or take photos of them on your phone and use them as an aid. The staff also has a few copies of communication cards to be loaned.



### COMMUNICATION CARDS

The harassment contact persons moving around at the party have communication cards, and we will also place one set in the accessible toilet.

Download Kaiaon Pride Special Edition communication cards: [KAIAO.FI/MATERIAALIT](https://kaiao.fi/materiaalit)

Communication cards in Instagram: [AVAA](https://www.instagram.com/AVAA)



## CALM AREAS

In Ääniwalli and its vicinity, there are three calmer areas which you can utilize in overload management. Please note that "calm" means here calm compared to the party's general noise and stimulus level which is very high, not a truly quiet or from-the-celebration-isolated area. If you need a break from the acoustic load, borrow hearing protectors –even if only for the duration of using a calm space!

- The calmest place is outside the event area but in its immediate vicinity, a parklet/outdoor area where there are seats. Please note that you will have to return back to the party into Ääniwalli through the queue.
- Another calmer area (especially from 22 onwards after the DJ has finished) is outdoors, right next to the entrance. Seats can be found there. Although this area is reserved as calm, it is connected to the rest of the outdoor space and its immediate environment is still busy and noisy.
- Indoors the calmest place where you can withdraw for a moment to recover is the accessible toilet. There you can be alone for a moment so that there is a little space around you. The acoustic load in this space is, however, high, so hearing protectors have also been placed there. They are meant to be used only for the duration of staying in the toilet.

There is only one accessible toilet, and it is used also by disabled people. They have permission to knock on the door. If the door is knocked on, let the one needing the toilet for its actual purpose inside, and move to continue recovering into the outdoor space. If necessary, ask for help from the staff- if you are overloaded, it is not worth staying outside the toilet to wait for the space to become free again.

## ENTRANCE, OUTSIDE SPACE & ARRIVAL

Ääniwalli is a big building. Look from the picture what the place looks like from the arrival direction! The ticket sales booth is outdoors. Near it is a calm corner. A short distance away is the DJ booth, from where music is played from 20 to 22. After 22 it is calmer outdoors, but if the weather is good, there can be a lot of people bustle there

all the time. In addition, in the outdoor space there is the Burman Tähti food truck, which serves Asian food and from which carry smells of food.



1. Ääniwalli



2. Calmer area next to the entrance

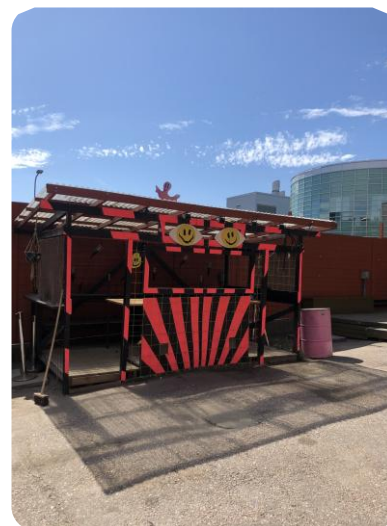
In the outdoor space, attention colors have been used in the canopy's grating and in the DJ booth. They are on opposite sides of the passageway, so it is difficult to move in the outdoor space without either hitting the field of vision. If you are sensitive to colors, be careful when moving between the ticket sales point and the entrance.



3. Tickets booth



4. Shelter



5. DJ-booth



You can leave the party area freely and return back through the queue. Nearby is a lounging area protected by bushes, where there is also a seat. This is the calmest place of the area.

The entrance of Ääniwalli is at the corner of the house, meaning you walk there through the outdoor space.

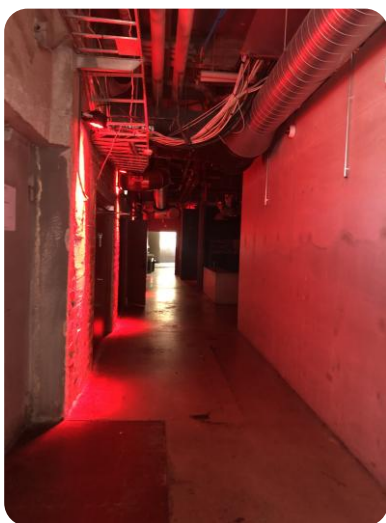


6. Bench nearby

## INDOOR SPACES

### Corridors and cloakroom

The indoor corridors are dim and quite cramped. Because of that, the indoor space can also feel a bit more labyrinthine than it actually is. However, there are only 2 rooms of actual party spaces + the toilet area.



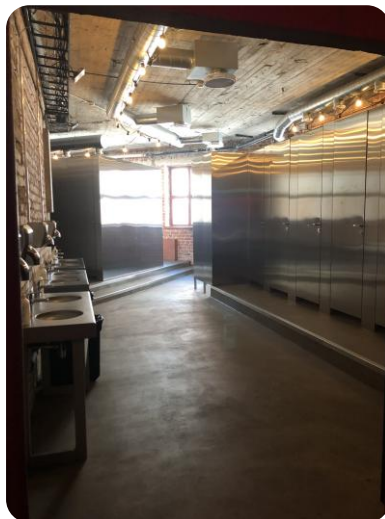
7. Hallway



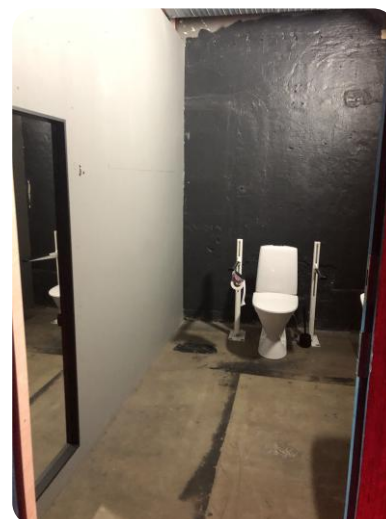
8. Coatroom

## Toilet area and accessible toilet

The toilet area is a big, continuous space where there are many toilet cubicles and a handwashing area. There is normal lighting. The accessible toilet is the calmest space indoors. You can withdraw there to recover for a moment if overload surprises you and you need a bit of space around you. The sound of the ventilation is, however, loud. Also the ceiling is



9. WC-area



10. Accessible WC

open, so sound carries into the space from around. In the space there are hearing protectors with which you can ease the acoustic load. They are meant to be used only in the toilet- please do not take them away. If you notice that you need hearing protectors outside the toilet, turn to the staff so you will get hearing protectors to loan.

## l-space

The biggest space, meaning the l-space, is a big hall. At one end there is a performance stage, at the other end a big bar. In between there is open space and at the edges seats. There are speakers around the space, and the acoustic load is high in the whole space. On the performance stage there are additionally bright blinking lights. To the space also comes a screen placed between the stage's center pillars, where there is both moving and still image.

Although the sensory load of the space is generally speaking very high, there is variation in the load in different parts of the space in a way that you can utilize especially regarding the visual load. For example, concrete pillars block in places



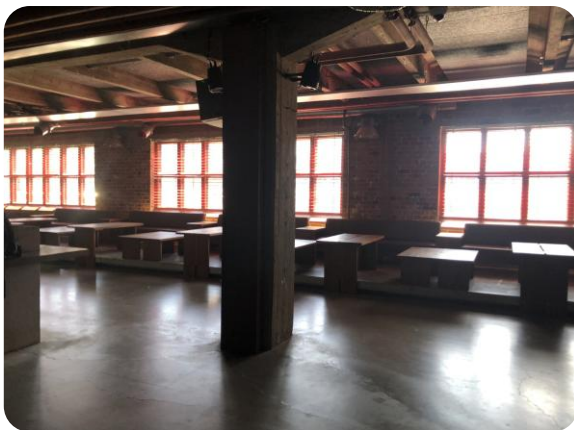
visibility to the stage, or you can choose a seat where you are with your back towards the direction of the stage, etc.



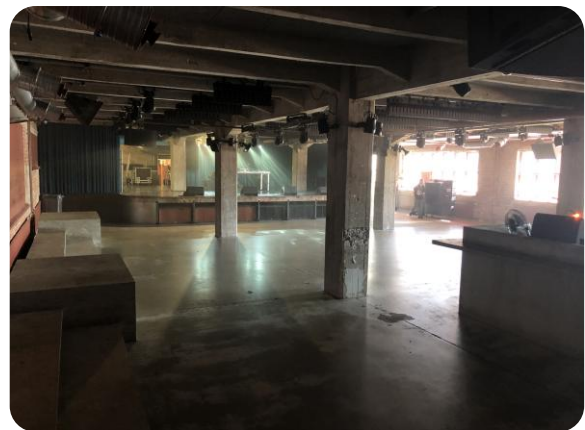
14. 1-space hall



12. Bar



13. Seats



11. View towards the stage

[+]

The smaller party space is 1+1. It will presumably be the most sensory-overloading space. You will recognize the space easily from the high-visibility colored painting on the entrance pathway.

The space is small but open. There are seats there, but no shelter from sensory stimuli. A DJ plays in the space, and in addition there is a VJ who projects video image onto 3 walls. In addition to the dance floor, the space contains a bar and a few tables with seats.

Because of the smallness of the space, the sensory load is even throughout the whole space.

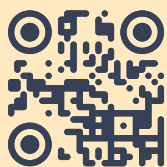


15. Painting by the entrance

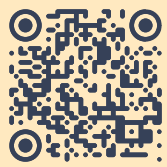


16. 1+1-space

Helsinki Pride Accessibility page: <https://pride.fi/helsinki-pride-2026/helsinki-pride-esteettomyys-ja-aistiesteettomyys-2026/>



Kaiaon kotisivut



Kaiaon aistipalvelut

Kaiaon **Aistikävely-** ja **Aistiopastus**palvelut auttavat luomaan aistiystävällisiä toimi- ja asiakastiloja. Niiden avulla tavoittaa aistiherkän kokemuksen ja saa aistiherkkien tarpeisiin nähden riittävän yksityiskohtaista havaintotietoa aistiympäristöstä. Tutustu Kaiaon Aistiympäristöpalveluihin tarkemmin kotisivuilla.



**Kaiao**

YHDENVERTAISUUDEN PUOLUSTAJA  
– MYÖS KOKO SATEENKAAREN LEVEYDELTA