



VTT

Happiness Solutions from Finland

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Why Finland is the world's happiest country?

1. **Less of a desire to lie about emotions**
2. **Work-life-balance** is prioritized
3. We have lots of **access to nature**
4. **Learning new skills** is encouraged
5. We have a very **trusting society**
6. In Finland, folks **experience a feeling of contentment** rather than overwhelming happiness

Source: [Huff Post](#)





VTT's angle to happiness

We do not solve the happiness itself but its enablers in the built environment. We will develop and modify personal devices & applications, buildings, transport systems and urban areas to support happiness.

Happiness Solution examples already on radar at VTT and multiple Finnish companies working on the topics

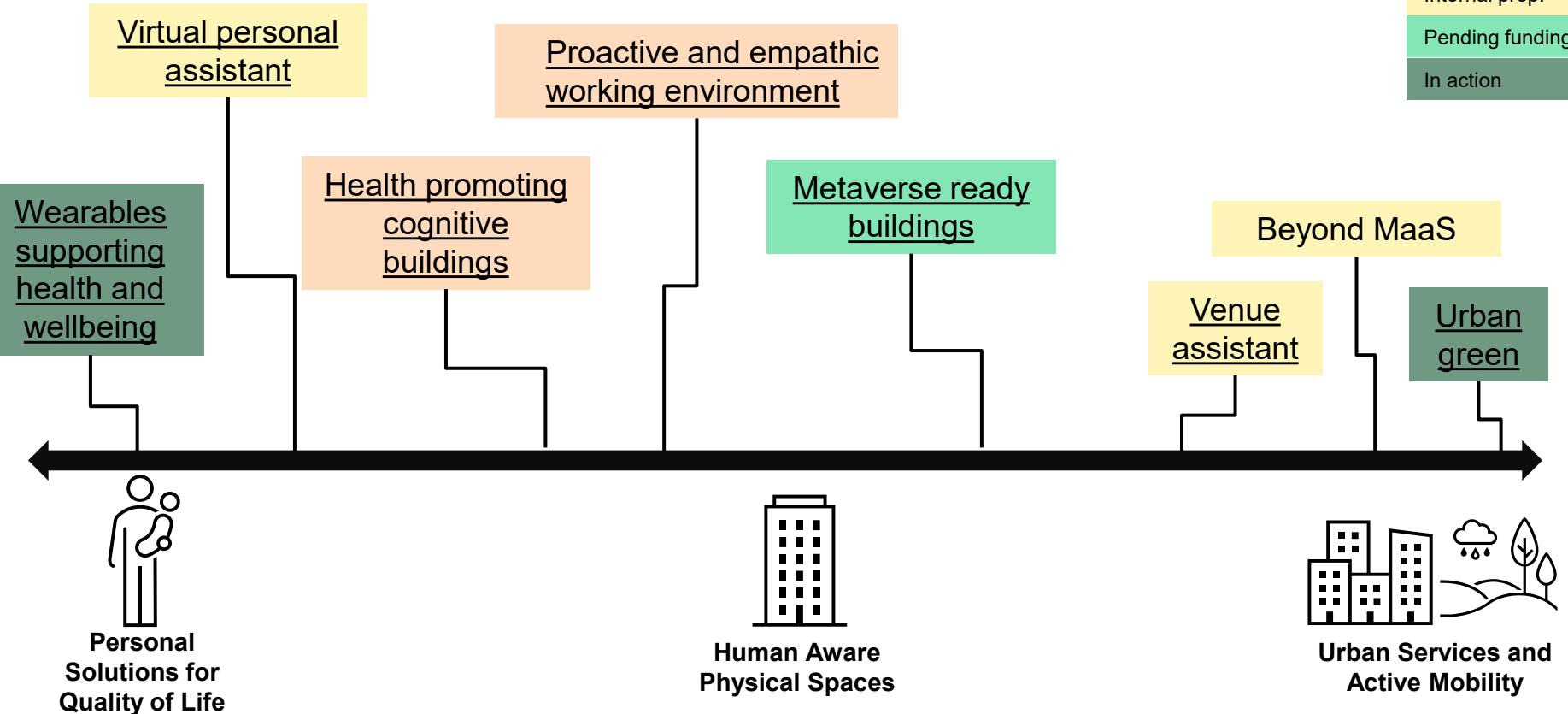
VTT

In strategy

Internal prep.

Pending funding

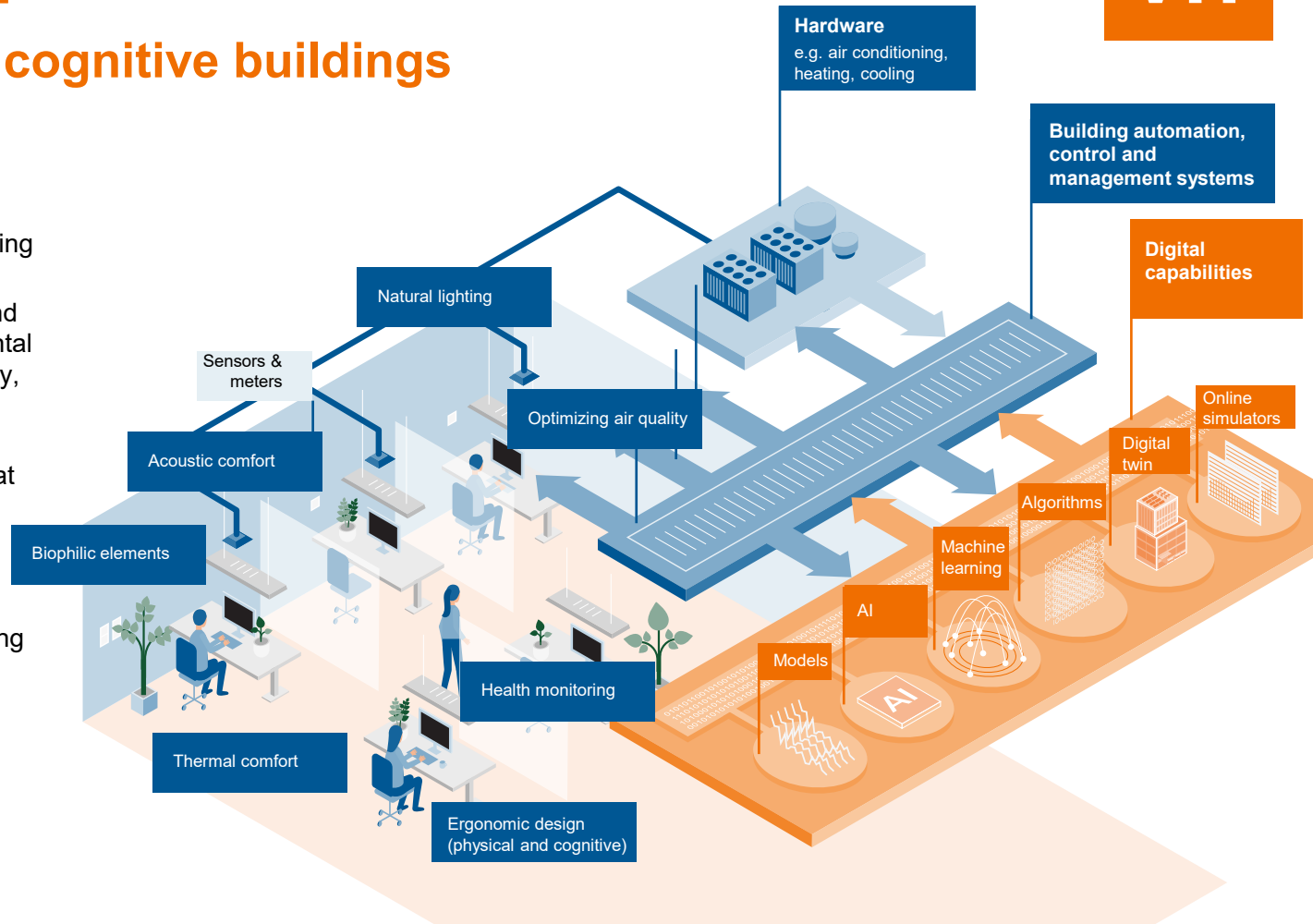
In action



Health promoting cognitive buildings for happiness

Main design principles:

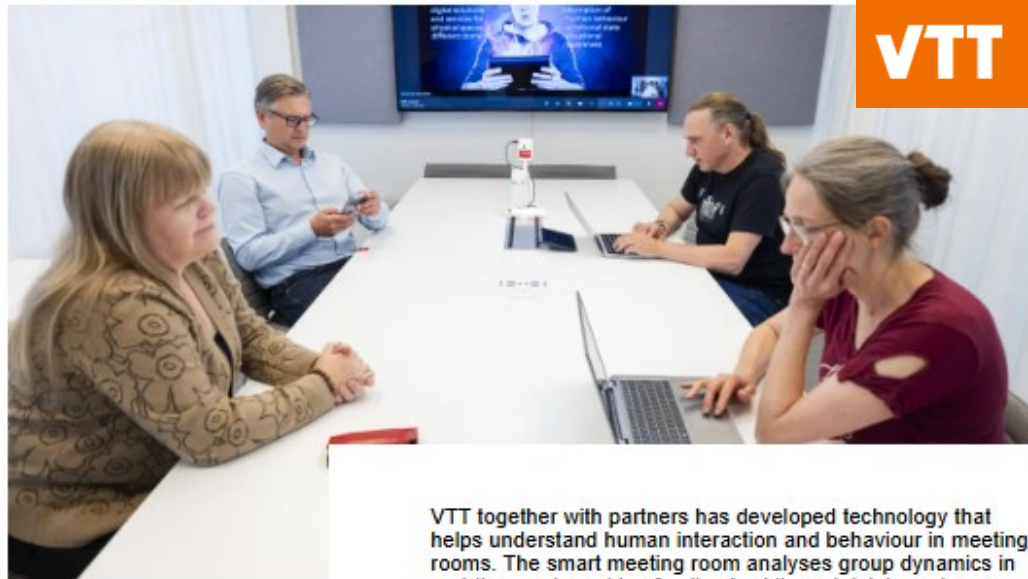
- **Human centricity:** Building that adapts to the user, not user adapting to the building
- **Health:** Ensuring that buildings and spaces promote physical and mental health by providing good air quality, natural light, and access to green spaces
- **Safety:** Creating environments that are safe and secure, reducing the risk of accidents and crime
- **Social wellbeing:** Designing spaces that encourage social interactions and community building – “Mindful Meetings” concept
- **Environment:** Ensuring good air quality and creating sustainable structures that can be modified based on the needs
- **Accessibility:** Spaces are accessible to all individuals



Mindful Meetings by VTT

**Meeting room senses activity
– VTT technology identifies
when meetings aren't working –
precursor to measuring human
interaction and happiness in
Human Aware Physical Spaces**

[Meeting room senses activity – VTT | VTT News](#)



VTT together with partners has developed technology that helps understand human interaction and behaviour in meeting rooms. The smart meeting room analyses group dynamics in real-time and provides feedback while maintaining privacy protection. The goal is smoother meetings, better workplace wellbeing, and purposeful use of workspaces.



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Read the summary

- The VTT-coordinated HIPE project has developed a sensing office environment that uses AI and sensor data to enhance meeting room effectiveness by analysing human interactions.
- The system provides real-time feedback and post-meeting summaries without compromising privacy, focusing on group dynamics rather than individual data.
- The Mindful Meetings concept incorporates technologies from partners like Helvar and Framery to evaluate and improve factors such as lighting, sound, and participant engagement.
- By identifying inefficiencies and unproductive interactions, the technology aims to optimise organisational productivity, space planning, and meeting practices, enhancing the overall workday experience.

Example: AI powered tram by VTT

AI-powered tram senses mood on board and prevents disturbances – new technology reshapes passenger experience and enables safe autonomous public transport without driver on board

[AI-powered tram senses mood on board | VTT News](#)



A tram or bus may in the future be able to sense the atmosphere inside the vehicle. Coordinated by VTT Technical Research Centre of Finland, the research project explores how artificial intelligence can be used to build situation-aware services for physical spaces. For example, in public transport it would enable measurement of passenger experience for improving both safety and comfort on board while preserving the privacy.



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Read the summary

- The HIPE project has developed a new technology platform that uses AI and data from cameras, sensors, and audio-visual analysis to monitor passenger mood, provide real-time feedback, anticipate disturbances and enhance safety in trams and buses.
- Ethical considerations have been prioritised during development to ensure passenger anonymity and responsible use of AI.
- The project aims to create more responsive and comfortable public transport systems.

Research questions around Happiness

1. Defining systemic happiness

- What digital, physical, and cultural elements measurably improve well-being and how can the impact be measured?

2. Happiness & human performance

- How do space, technology, and rituals (e.g. sauna, silence, nature) impact focus, recovery & creativity?

3. Cross-modal design principles

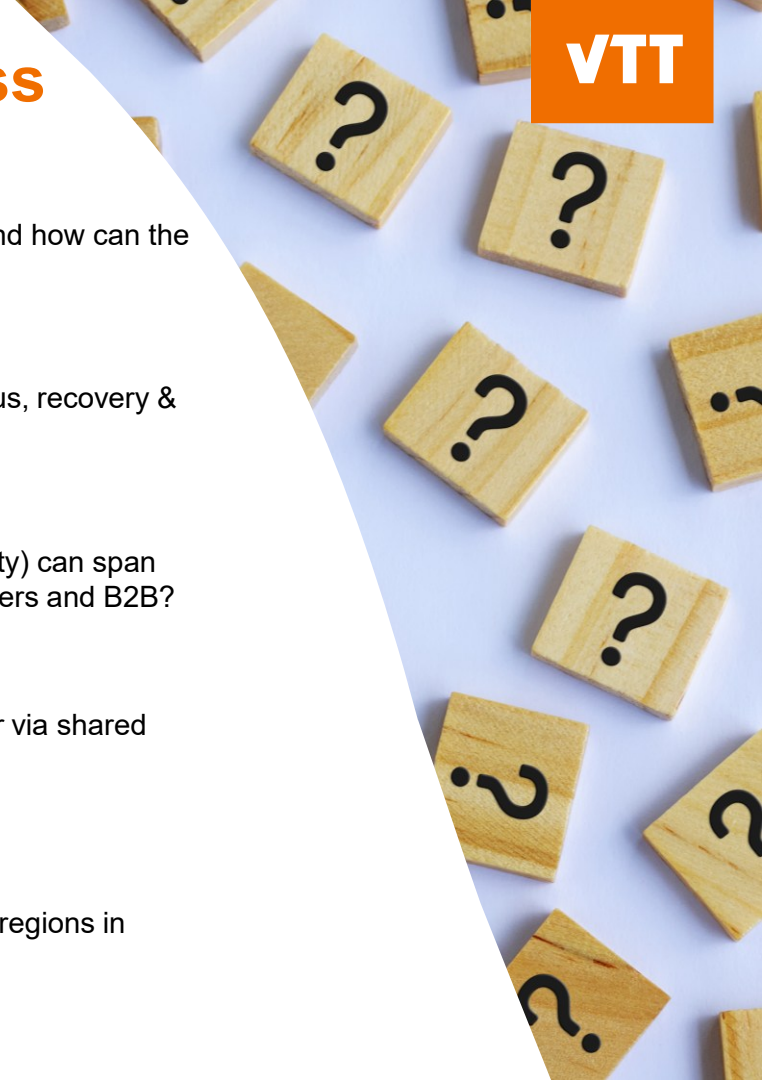
- What unifying Finnish design values and brand elements (e.g. calm, trust, clarity) can span software, materials, and architecture and how can they be bundled for consumers and B2B?

4. Interoperability & ecosystem thinking

- How can wellness tech, smart buildings, and rituals (e.g. sauna) work together via shared data & user interfaces, ethically & with privacy?

5. Business models and go-to-market

- What is the common business framework for participating companies?
- How to demonstrate the value in flagship pilots and joint promotion in different regions in high-trust, wellness aware markets?



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