







Mindvalley Supercoach Experience 2023 Attendee Guide

June 30 - July 2, 2023

Tallinn, Estonia

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About Tallinn, Estonia

Tallinn is the capital city of Estonia and a perfect holiday destination if you want to combine the comforts of the modern world, versatile nightlife and luxurious adventures with rich cultural scenes in the local historical setting.

First established in the early medieval era, today's Tallinn is an exciting mix of old and new. Here's the good news: with Tallinn being such a compact, green capital, you can cover a lot in just a weekend and enjoy short scenic strolls while at it.

Tallinn Old Town is one of the best preserved Hanseatic town centers in the world. A stone's throw away you'll find the city's business center with modern towers and luxurious hotels, trendy neighborhoods and large shopping centers. In 2021, Tallinn ranked as the top city for digital nomads.

Interesting facts:

1. Tallinn was part of the World's Greatest Places of 2021, [a list created by the Time Magazine](#).
2. Estonia was the first country in the world to introduce online political voting.
3. By 2021, Estonia had raised the most investment per capita of any country in Europe.
4. With [Estonia's e-Residency](#), a government-issued digital identity entrepreneurs all over the world can start an EU-based company and manage business from anywhere.
5. More than half of Estonia is covered by forested land and almost a quarter is protected nature. As a result, Estonia is among the countries with the cleanest air.
6. There's no denying the Baltics are as flat as a pancake, which is why the few hilly exceptions are so notable. Estonia has the highest of those - Suur Munamägi rises 318m above sea level.
7. Estonians have invented their own sports - kiiking. It involves fastening yourself to a giant standing swing and making a 360 degree rotation.
8. Estonians speak Estonian, an elvish-sounding Finno-Ugric language related to Finnish and Hungarian. Besides their native language, Estonians tend to speak at least one more language fluently. Most often, it's English, Russian, Finnish, or German.

[Read more on Tallinn](#)



About the Hub - Kultuurikatel

Kultuurikatel (Tallinn Creative Hub) is a creative center in the heart of Tallinn located on the border between Kalamaja and the city center between the passenger port and medieval Old Town.

The building of the Creative Hub was completed as Tallinn City Central Power Station in 1913. After a long hiatus, the stunning industrial complex was re-opened in 2015 as a renovated universal creative and event center.

You can have a virtual tour around the Hub [here](#).

During the Mindvalley Coaching Event in Tallinn, Kultuurikatel will be the main Hub for all the speaking and learning sessions. It will also have various lounge areas for networking and co-working purposes.

[Address: Põhja puiestee 27a, 10415 Tallinn](#)

How to get to the Hub?



Taxi

In Bolt search for **Tallinn Creative Hub** (Põhja pst 27a, Tallinn)

In Yandex: **KultuuriKatel** (Pohja boulevard, 27A)

How to get a taxi you can find [here](#).



Public transport

With the tram №1 and 2, you need to get off at the stop [Linnahall](#).

With bus: **Linnahall bus stop**



Scooters

There is plenty of space available for scooter parking next to the Hub + on the way you can explore beautiful landscapes (safely, as Tallinn is equipped with cycling paths).

How to rent a scooter you can find [here](#).



Bicycle

Tallinn is adapting to climate change and reducing greenhouse gas emissions by 40% by 2030 (the base year is 2007). You can support this initiative and use a bicycle as the transportation to the Hub:)

How to rent a bicycle you can find [here](#).

By car

We **don't recommend** renting a car for daily trips to Kultuurikatel (the Hub) because **parking is NOT FREE** around that area (Tallinn City Centre). The first 15 minutes of parking is free if using the parking clock (parking starting time). This is valid in the city paid parking zone only, and not valid in private parking spaces.

In case if you arrived with your own car: info on parking and rates is [here](#).
If you want to **rent a car:** info is [here](#).

What's located around the Hub

The Creative Hub is located in the heart of Tallinn within walking distance from the Old Town on the border of Kalamaja. Viru Gate and the Port of Tallinn are only a few hundred meters away. The distance to the airport is 6.5 kilometers.

It's always a challenge in a new city to guess which supermarket is okay and where to fix the laptop.

No more struggles: we covered it for you!

We marked all the essential locations nearby (supermarkets, pharmacy, electronics repair points, etc.):

Google Maps [here](#).

Apple Maps [here](#).

Food and coffee places you can find [here](#).

Accommodation

July is a busy month in Tallinn's tourist season. Our team will be on the lookout for housing opportunities, however, we recommend that you research and book your accommodation ASAP.

Your first option is to book through [Airbnb](#) or [Booking.com](#).

You should choose your location filter as 'Kalamaja, Tallinn, Tallinna linn, Estonia' or 'Kesklinn, Tallinn, Tallinna linn, Estonia' (city centre) or 'Vanalinn, Tallinn, Tallinna linn, Estonia' (old town).

They all are located near our Mindvalley University Hub, Kultuurikatel. **If you need wheelchair access** ensure you select the filter 'wheelchair accessibility'.

Your second option is to book a room in a hotel or hostel. This option is only advised for short term stay.

Sharing accommodation with other Mindvalley Coaches and tribe members is a great way to network and save costs. If you wish to find someone to share accommodation with, then you can do so in the [MV Supercoach XP official Telegram group](#). Here you will see other people requesting to share. You can also write a post with your accommodation needs (a bit about you and your travel plans, as well as any info about who you would like to share with).

Here's a list of special accommodation rates available to our group in Tallinn:

[Nordic Hotel Forum](#)

The 4 star superior hotel in the prime location in Tallinn has recently completed a full renovation to the entire hotel. With a prominent location on the edge of the Tallinn Old Town, UNESCO World Heritage Site.

If necessary, we have rooms suitable for disabled people and people with allergies. In the hotel guests can enjoy a variety of complimentary amenities – Wi-Fi all over the hotel, entrance to the leisure center on the top floor of the hotel from 07:00-22:00 which includes sauna, steam bath, an indoor pool 5x9 m and a jacuzzi.

For Mindvalley University participants, Nordic Hotel Forum offers 15% discount on daily rate. Bookings can be made by e-mail forum@nordichotels.eu or over the phone +372 6222 999 (**Promotional code "Mindvalley"**).

Accommodation with a special rate is subject to availability.

[Hektor Container Hotel](#)

Hektor Container Hotel is the only hotel in the heart of Telliskivi – the magnet of [Tallinn](#). A classical hotel room in a glass skyscraper? Nope, we're nothing like that. Hektor vibes with the local community – the hotel is created into a tsarist era railway depot and our hotel rooms are re-purposed sea containers.

Promo code *mindvalley* would give you a 20% discount.

[Go Hotel Shnelli](#)

Go Hotel Shnelli is a tourist class hotel providing personal and friendly service in the immediate vicinity of Tallinn's Old Town and the historic passenger terminal Balti Jaam.

Promo code *mindvalley* would give you a 10% discount.

[Bob W.](#)

Bob W combines the best of both worlds: hotel and apartment. Prime locations in handpicked neighborhoods. Climate-neutral stays powered by 100% renewable energy.

Fully equipped kitchens, contactless access, fast WiFi, 24/7 support, regular professional cleaning, local gym passes and more.

Promo code **MINDVALLEY2023** would give you a 10% discount. Check [here](#) to book directly.

[Citybox](#)

Citybox is not like other hotels. You handle booking, payment, check-in, and check-out yourself, and we offer low prices and high quality.

Promo code *mindvalley* would give you a discount. Important note: on 19-21.07 discount is not available.

[Hotel Telegraaf](#)

5 star hotel in Tallinn's Old Town. The hotels' 83 rooms, including 3 standard suites and 1 Presidential Suite, are designed in Modern Art style with Art Deco touches and offer refined and elegant decór. Most of the rooms feature Medieval Old town views.

Promo code **TELEMIND22** would give you a special discount. Reservations must be booked by writing an email to reservations@telegraafhotel.com

The price **is not valid** on 6th of July and 20th of July.

[Metropol Spa Hotel](#)

Metropol Spa Hotel Tallinn is located in the heart of the city in a renovated [Rotermanni section](#), just a walking distance away from the historical old town, main sights, shopping centers and port. In 8 minutes walk from the Mindvalley University Hub.

With the **code *Mindvalley23*** you would get 15-20% off the daily rate.

For booking they need to send us a request with the code to booking@metropol.ee

[FAT MARGARET'S HOSTEL](#)

Dorm style hostel needs to be pre-booked via email: kadi@16eur.ee and fully prepaid at least 20 days before your arrival.

Use **Promo Code - "MINDVALLEY"** in the title of your booking email and receive a 15% discount!

[Munkenhof Hostel](#) €

Dorm style hostels need to be pre-booked via email: peep@16eur.ee and fully prepaid at least 20 days before your arrival.

Use **Promo Code - "MINDVALLEY"** in the title of your booking email and receive a 15% discount!

[Hotel Economy](#)

The hotel was built as one of the first hotels in Tallinn in 1890 and to this day we have, inherent to the times and architecture in the area, rather compact and simple hotel rooms and narrow hallways.

Promo code *mindvalley* gives a discount of up to 20%. Booking available only on the website, please make your bookings [here](#).

[Oru Hub Hotel](#)

Combining leisure, work and food in a unique way, Oru Hub Hotel will take your stay in Tallinn to a whole new level of handiness. It's a hybrid 4-star hotel that delivers everything you want from your traveling lifestyle: cozy rest, good food, busy work, and a like-minded community.

Use promo code **CAMP- MESS2023** to get a special price. The special discount is *only valid for bookings made via website and for direct bookings by e-mail or by phone.*

Special prices: Hub Single 69 eur, Double/Twin Room 75 eur, Business Room 92 eur.

[Ibis Tallinn Center](#)

Ibis Tallinn Center hotel is not just freshly built, it is modern and stylish. There are 190 non-smoking rooms, 25 family rooms and 5 rooms with in-room sauna in the hotel. Every room is quiet, soundproof and equipped with a personal bathroom with shower and hairdryer, cable TV and air-conditioning.

Promo code *MINDVALLEY UNIVERSITY* would give you special room rates:

Single room: 70 € / per room / per night

Double/twin room: 79 € / per room / per night.

Room rates include buffet breakfast, wifi and VAT.

You can book [here](#) or send an email with promo code in subject to HA9N7-RE@ACCOR.COM.

[Hestia Hotel Ilmarine](#)

Promotion is valid: 30.06-19.07.22

Promocode Mindvalley would give you a discount.

Direct link for booking [here](#)

[Unique Hotels](#)

Unique Hotels is a small group of lifestyle hotels. The hotels themselves are located in genuine historical buildings, which have been beautifully renovated and offer a combination of historical ambiance, daring design and modern conveniences.

There are 4 hotels in Tallinn: [Von Stackelberg](#), [Centennial](#), [Kreutzwald](#) and [City Hotel Tallinn](#).

Promo code *CAMP-MINDV23* would give you a discount.

Important note: on 19-21.07 discount is not available.

Booking is [here](#).

[Swissotel](#)

Step into a world of ease, luxury and Swiss hospitality at Swissotel Tallinn, the tallest building in the city, boasting impressive views of the old town and the Baltic Sea.

The booking process:

Delegates must contact the hotel to make their individual bookings and supply their own credit card details to secure the booking. The contact details are as follows:

Password to quote: "Mindvalley" gives 10% discount.

Reservations details to make a booking: reservations.tallinn@swissotel.com or +372 624 4444.

[Viru Hotel](#)

Viru is a legendary hotel in the city center with excellent views. It provides a variety of services, from a restaurant featuring entertainment, to the KGB Museum and convention center.

The widest range of hotel rooms, 516 in total, is certain to include something to suit every guest.

To get special prices, please book the room from Sokos Hotels official web page [here](#)

using the reservation code (enter the code to “Reservation code” field).

Don't forget **to enter Tallinn as a location** and Original Sokos Hotel Viru as a hotel.

[Hilton](#) 4 star hotel

Take in the spectacular views of the enchanting Old Town and harbor showcased to their fullest by the hotel's captivating modern glass structure.

Promo code *Mindvalley* would give you discounted rates through all room categories, both breakfast inclusive and exclusive rates.

Guests should contact the hotel directly via Email Tallinn.reservations@hilton.com.

! What to Pack / Bring for the Parties

This is yet to be announced.



Transportation

Tallinn is very compact and easy to get around. Reaching farther out destinations is simple thanks to the city's network of [buses](#), [trolleys](#) and [trams](#).

The public transport network operates from 6:00 to 23:00 daily (some lines until 24:00, see [timetables](#) for further information).

Public transportation

You have access to public transport in Tallinn at a very affordable price.

Taxis

Several different taxi companies and ridesharing services operate in Tallinn.

We recommend using [Bolt](#) or [Uber](#).

Bolt

Estonian unicorn, have the biggest number of cars available.

Be sure to download the app beforehand so that you can use the promotion code on your journey from the airport to your accommodation.



Scooters

A bicycle or an electric scooter (e-scooter) is a good option for exploring Tallinn and a great choice if you want to visit some of the outlying neighborhoods, take a seaside ride or explore the city's parks, beaches, and nature reserves.

Download the app from [Tuul](#) or [Bolt](#) and enjoy your ride!

Good to know info about e-scooters in Estonia:

- You can ride e-scooters both on sidewalks as well as bike lanes.
- When passing pedestrians or crossing the road, do not go faster than a normal walking speed.
- The scooter rental service is restricted to users aged 18 and older. Before finishing your ride, make sure that you have parked the e-scooter within the provider's service zone or you risk a fine.

Bicycles

You can rent a bike for different periods and with various additional equipment ([see a list of bike rentals](#)). Many operators also organize [bicycle tours](#) to different Tallinn neighborhoods.

Last year Bolt introduced e-bikes sharing. To use the bike-sharing service, users will need to switch between ride-hailing and electric bikes in [the Bolt app](#). They can unlock a bike by scanning the QR code on it. At the end of the ride, the bike can be parked in one of the dedicated parking zones displayed in the Bolt app.

Car rentals

We encourage you to use car sharing options: small cars, electric, SUVs, vans, even Teslas are available for sharing 🚀

Weekly and monthly rates are possible as well.

[Bolt Drive](#) is a low-cost, safe and convenient car-sharing solution that brings you all the benefits of owning a car, without any of the hassle!

[ELMO Rent](#) Easy, reasonable and convenient way to make your necessary trips with an environmentally friendly rental car.

[Beast](#) is offering an exclusive sharing option for Tesla cars.

Transport to and from the Tallinn airport

Tallinn Airport is located just 4 km from the city center making the airport easily accessible. The airport has good public transport connection, offers sufficient access for taxis and provides plenty of options for parking your car.

Detailed information you can find [here](#)

Food & Beverage in Tallinn

Estonia is best known for its cute and cozy cafes located in stunning historical locations, with the selection of mouth watering pastries bound to make anyone feel like a kid in a sweet shop. Many Estonian cafes are also open late and quite a few offer gourmet style dining.

National cuisine

Estonian food stems from ancient traditions and pure nature. Even though Estonia has been affected by numerous cultures, our food has maintained its authentic Estonian taste.

One smart person said: “You miss 100% of the shots you don't take”.

We would say: “You would miss out for 100%, if you won't try Estonian food”.

Local food experience

[Olde Hansa](#) €€€

The medieval restaurant Olde Hansa is the home of a rich merchant, whose guests enjoy delicious, authentic Hansa-era meals, drinks and music.

Address: Vana turg 1 ([on the map](#))

[III Draakon](#) €

The Third Dragon is an old-fashioned tavern. Customers with heftier purses will be kings, but do keep in mind that the Tavern Frump will always have the last word! It's also good to remember that our house is intended for those looking for extreme experiences, who value a decent sense of humour and wish to experience something completely different from a regular visit to a restaurant.

Address: Vana turg 1 ([on the map](#))

Top restaurants of Tallinn

[Restaurant NOA](#)

Noa is remarkable for its location, architecture and interior design. Naturally, you can find the best flavors here accompanied by a million dollar view of the Tallinn skyline and the sea.

Address: Ranna tee 3, Pirita linnaosa ([on the map](#))

[Restaurant Tchaikovsky](#)

In the evenings, you can enjoy live music, musical medleys and fantasies from operas, operettas, ballets, and arrangements of symphonic pieces. The winner of many awards, Tchaikovsky, is a genuine and high quality restaurant for real gourmets, where even the tiniest details are important.

Address: Vene tänav 9 ([on the map](#))

[Lee Restaurant](#)

Lee offers local ingredients combined with international skills and playful curiosity to create a fine dining experience. Focus is always on local produce from small producers and friends in Estonian farms and forests. The menu also has **options for vegans** and children.

Address: Uus tänav 31 ([on the map](#))

[Restaurant Tuljak](#)

The menu of the restaurant includes hints at the glory times of the previous Tuljak: large sandwiches, Baltic herring in tomato sauce and cognac-flavoured cakes have received a contemporary makeover from our excellent chefs. The menu also has **options for vegans**.

Address: Piritä tee 26e ([on the map](#))

[Restaurant Cru](#)

Restaurant Cru aims to strike a balance between classic and modern cuisine, making any culinary experience truly timeless.

Address: Viru 8 ([on the map](#))

[Restaurant Art Priori](#)

In Art Priori high-level art is elegantly combined with excellent food. The restaurant's interior has been executed according to special creative projects in the spirit of Gothic architecture characteristic of Tallinn. Ideas of the old world are linked with the new in a modern way. The menu also **has options for vegans**.

Address: Olevimägi 7 ([on the map](#))

[Restaurant Kolm Sibulat](#)

Stripey inside, golden outside... (Estonian riddle for onion). Kolm Sibulat (The Three Onions) serves food that is somewhere in the middle of fast and slow food, and combines the best from both. The menu also **has options for vegans**.

Address: Telliskivi tänav 2 ([on the map](#))

[Rataskaevu 16](#)

Delicious food, nice people and rooms you want to be in. The menu also **has options for vegans**.

Address: Rataskaevu 16 ([on the map](#))

[Pegasus](#)

Amazing food and service. The menu also **has options for vegans.**

Address: Harju 1 ([on the map](#))

[Chedi](#)

Contemporary treatment of Asian food culture

Address: Sulevimägi 1 ([on the map](#))

[Tai Boh](#)

Most exquisite new Asian fusion restaurant with crazy amazing interior and authentic top chef from Thailand running the show.

Address: Mere puiestee 1 ([on the map](#))

[Kaerajaan](#)

The Modern Estonian Cuisine is an exciting combination of Estonian ingredients and world tastes.

Address: Raekoja plats 17 ([on the map](#))



Co-working spaces

In case you would like to accomplish your work-related tasks out of agenda hours, below you can find some coworking recommendations.

- [Lift99](#)

The two locations of LIFT99 Tallinn Hub - Telliskivi Hub and RED Hub - are neatly located in the heart of Telliskivi Creative City, one of the hippest areas in Tallinn.

LIFT99 is a fully functional workspace surrounded by our community-first network of startup founders, freelancers, nomads and other creatives.

Membership plans

FLEX DESK	FIX DESK	TEAM SPACE	DAY PASS	COMMUNITY MEMBERSHIP
Ideal for those who want to combine working from home with an onsite office	Best for freelancers, remote workers, entrepreneurs and start-ups	Best for small and medium-size teams (6-13) with private space in the office in the Fotografiska building!	Ideal for people who need to escape from the home office or need a place to land for a couple of hours	Ideal for people who occasionally need to escape from the home office and want to be part of the community

€200 / mo + VAT	€250 / mo + VAT	€1,900 - €4,225 / mo + VAT	€17 / daily + VAT	€125 / 10 days per month + VAT
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More details [here](#)

- [Workland](#)

The flexible options of Workland's private offices and coworking spaces fit everybody, from freelancers to larger companies.

4 premium locations around the city: [Hobujaama](#), [Maakri 19](#), [Maakri 25](#), [Vabaduse](#).

Workland's mission is to provide inspiring and scalable workspaces, professional support services and a supporting community for businesses to bloom in.

Available options

PRIVATE OFFICE	DEDICATED DESK	HOT DESK	MEETING ROOMS	PODCAST ROOM
Private offices are suitable for teams who value privacy with a possibility to network in common areas.	Workspaces in the open coworking area are perfect for flexible, innovative businesses.	Hot desk solution in the open coworking area is suitable for those who enjoy variety and would like to pick a different desk to work each day.	Ideal for people who need to escape from the home office or need a place to land for a couple of hours	Ideal for people who occasionally need to escape from the home office and want to be part of the community

More details [here](#)

Health & Wellness

Gyms

Along with its rapidly growing IT industry, startup infrastructure and appealing taxation system, the capital of Estonia is also rapidly increasing the quantity and quality of fitness-services that are offered to the local population and the ever-growing number of tourists and expatriates.

SPA

Estonian spas offer high-quality services and often boast a luxurious atmosphere.

Saunas

Interesting fact: The first written records of the sauna date back to the 13th century in Northern Estonia.

Other activities

Whichever location you choose for an event in Estonia, you'll find a wonderful selection of social programmes and incentives available – fascinating tours, creative classes, wilderness exploration and action-packed fun.

You can find different options [here](#)

[Here](#) you can find group activities

Medical help

<https://valvekliinik.ee/en/>

Highly personalized private healthcare in the city center of Tallinn. You may just visit it without a prior appointment from 9 a.m. – 8 p.m. weekdays and 12 p.m. – 4 p.m. Saturdays.

<https://www.confido.ee/en/>

Confido's employees are general practitioners, specialized doctors and specialists in their field, who provide a fast and high-quality service.

Book an appointment online [here](#)



Traveling with kids

The relaxed vibe and natural beauty make Estonia a perfect destination to enjoy with the whole family.

We DO NOT have a special kids program for the Mindvalley Coaching Event from July 1st - 3rd, however we are creating a kids program for the duration of Mindvalley University July 4th - 25th at an additional cost. We have created a series of fun, experiential, progressive education workshops for children, led by world-class educators.

This is an opportunity for your children to experience a new way of learning, going beyond what is predominantly taught in schools.

Opportunities will range from fun, light workshops focusing on all aspects of how to live a fulfilled life, fun days out, cultural visits and physical activities.

The off-days for the majority of museums in Tallinn when they are closed to visitors are Monday and Tuesday as well as during national holidays. Many museums sell family tickets for two adults and 1-2 kids. Children under 3 years old do not require a separate ticket.

One of kids' favorites is the Kalev Marzipan Museum on Pikk 12, exploring the history of the sweet almond confection and allowing visitors to try marzipan painting.

Tourist Attractions with Kids

[NUKU \(Puppet\) Museum](#)

You can touch air and see what we do with water, fire, and land here. The five best-known doll types (marionette, glove doll, stick doll, desk doll, and body doll) have each been given their own room and stage where they can tell their story and introduce the characteristics of each type.

You can try on costumes and wigs in the actors' wardrobe, build stage designs at the theatre artists' magic table, and try the weights that stage masters have to lift. Come and play with dolls that require several people working together to move them.

Adult 6€ ;

Kid 4,5€

Address: Nunne 7

Tue-Sun 10:00-18:00

[Kadrioru Children's Museum](#)
[Miiamilla](#)

Miiamilla is a place for all who enjoy playing and exploring. The museum is located in a house erected in the 1930s as the main building of the Children's Park in the middle of beautiful Kadriorg Park near the palace once built for the first Russian empress.

Children from 3 to 17 and concessions 2€ Admission is free for children under 3 years

Address: L.Koidula 21C

Tue–Sun
12:00–18:00

[Atlantis H2O Aquapark](#)

The journey in the underwater world will be made even better by swimming pools, water slides and all kinds of exciting inventions.

Address: Ravi tee 1, Viimsi

[Estonian Museum of Natural History](#)

Would you like to take a tour of the wilderness? Enjoy a moment in nature without leaving the city center?

Come with us on a journey, we will tell you stories of the wilderness of Estonia and help you decode its secret talks!

Adult 5€;
Kid 3€

Address: Lai 29a

Tue, Wed 10:00-17:00
Thu 10:00-19:00
Fri, Sat, Sun 10:00-17:00

[Energy Discovery Center](#)

The Energy Discovery Center is a science center based in the former Tallinn power plant that seeks to motivate children to study science. In order to achieve this, the Center has over one hundred exhibits, which allow kids to safely study and test physical phenomena. It's very important for us that our visitors can discover the surrounding environment themselves.

Adult 9€;
Kid 7€

Address: Põhja pst 29

Mon-Fri 10:00–19:00;

Sat-Sun 11:00–19:00

Zoo

During good weather you can go for a walk at the Tallinn Zoo where they have an insect house, a reptile house, a tropical hall, and even a venue especially for elephants. At the cages outside you can check out a snow leopard, a tiger, a polar bear, a camel, monkeys, and other animals. The zoo is quite large and if your child does grow a little bit tired, you can rent a trolley to stroll it around in.

Adult 8€;

Kid 5€

Address: Ehitajate tee 150 / Paldiski mnt. 145

Ticket office

9:00 -18:00

Nanny service options

If you're interested in daily or hourly babysitting then please pre book through the provided contact information.

Väike Päike Daycare

We welcome little sweethearts between the ages of 1,5 and 5 years. Nannies have completed a first aid course. Daycare has a fixed daily routine including morning activity, physical exercise and music classes, artwork, outdoor activities, three meals and a refreshing nap time after lunch.

Open hours: on weekdays (Monday to Friday) from 8 am to 6 pm.

Rates for both daily and monthly options you can find [here](#)

Address: Tuukri 64-46,

+372 58 866 128

Email: international@lasteklubi.ee

Things to do in Tallinn

Estonia's capital combines ease of travel with cultural richness, resulting in a destination that delights travelers of all tastes. Experience traditional 18th century Estonian life, sample handmade chocolates or jump into the contemporary art scene - these activities and sights showcase the city's best.

Tallinn surprises with its plentiful outdoor cafes, which can be found everywhere from the Old Town's main plaza to Pirita beach and all the way up to the tip of Viimsi peninsula beyond city limits.

Indeed, despite not being a big city by world standards, Tallinn offers a huge array of opportunities for spending leisure time. From culture vultures to history buffs, outdoors lovers, families with children and hipsters – the city's got them all covered.

Free time activities

Fan of walking tours?

Download the app **GPSmyCity: Walks in 1K+ Cities** [App Store](#) or [Google Play](#).

Each walk comes with a detailed tour map as well as photos and background information for the featured attractions. The app's navigation functions guide you from one attraction to the next. The app works offline, so no data plan is needed when traveling abroad.

Free

[Exit room](#)

The Exit Room is a live-action adventure that is unlike anything you've ever experienced. Come with your friends, family, colleagues or team to tackle the challenges together. You'll have a total of 60 minutes to UNPLUG from the digital world, INTERACT with your team of adventurers, and ESCAPE from your busy life.

[Culinary experience](#)

Culinary excursions are very popular. Organized in Tallinn and across Estonia, they are carried out as set programmes as well as tailor-made trips put together based on the specific interests of the customer.

[Pub Crawl](#)

This adult-themed Tallinn alcohol tour is a chance to taste world- famous traditional Estonian liqueurs Vana Tallinn, Kannu Kuk, Kiiu Torn, vodka, and wines.

29€ per person

[Hike in Viru bog](#)

Going to a bog is great fun during each season – bogs are extremely versatile and colorful, and not only during autumn. In order to understand bogs better, they should be visited with a guide.

Sightseeing

[Lennusadam \(Seaplane Harbour\)](#)

15€ entrance

Address: Vesilennuki 6

[TV tower](#)

13€ entrance

Address: Kloostrimetsa tee 58a

[Kumu Art Museum](#)

12€ entrance

Address: A. Weizenbergi tn 34

[Kadriorg Palace - Kadriorg Art Museum](#)

9€ entrance

Address: A. Weizenbergi tn 37

[Town Hall Pharmacy](#)

Free

Address: Raekoja plats 11

[Estonian Open Air Museum](#)

12€ entrance

Address: Vabaõhumuuseumi tee 12

[KGB museum](#)

11€ entrance

Address: Viru väljak 4

[Linnahall](#)

Free

Address: Mere pst 20

Bars & Pubs

Tallinn bars range from trendy cocktail lounges to hipster hangouts with late night venues doubling up as gastropubs, an affordable and popular dining option among the locals.

Cocktail bars

[Whisper Sister](#) €€€

With no sign and a door that seems closed to the public, the speakeasy cocktail bar Whisper Sister is a well-kept secret. We'll help you: Right by a busy street, Whisper Sister is a practically invisible gem, since its basement location is only **marked by a tiny plaque with a phone number. Call the number**, and they'll open the door, if there's room.

Address: Pärnu maantee 12 ([on the map](#))

[Butterfly lounge](#) €€

Creative cocktail menu with delicious and interesting drinks.

Address: Vana-Viru tn 13 ([on the map](#))

[Manna La Rosa](#) €€

Fascinating place that honorably carries the name of a lady who lived big: "Manna la Roosa".

Address: Vana-Viru 15 ([on the map](#))

[Parrot MiniBar](#) €€€

Strongly influenced by the Amazon rainforest. Descending into the basement of the bar is like Alice in Wonderland, as a 1920s-style secret bar resplendent in velvet opens up before you.

Address: Vana-Posti 7 ([on the map](#))

[Fotografiska Roofbar](#) €€€

The bar follows the zero-cost principle and works with the kitchen to find use for everything from flower to root by using different techniques.

Address: Telliskivi tänav 60a/8 ([on the map](#))

[Junimperium Distillery](#) €€

The Gin Factory is the first of its kind in Estonia, offering factory tours to those who are interested in the history of gin and the art of its production. The cosy bar offers an excellent selection of delicious cocktails made directly from our unique gin.

Address: Telliskivi tänav 60-M ([on the map](#))

[Sigmund Freud Bar](#) €€

The cocktail menu is styled as a pop art graphic novel focused on – what else – Freud, but don't go thinking this place is all style and no substance, as the drinks show some serious sophistication.

Address: Sauna tänav 8 ([on the map](#))

[Fono](#) €€

Social experiences, artisan cocktails, strong musical dna, speakeasy vibes. Opens at 18:00

Address: Telliskivi 62 ([on the map](#))

[Lounge Deja vu](#)

It covers two floors and can accommodate 80 people. The interior is designed with warm reddish colors, soft cushions and cozy lights. Lounge Deja Vu – one of the most popular entertainment venues in Tallinn – has offered its clients a wide-ranged menu, rich selection of drinks, a truly entertaining program with many different artists and high-class service for over ten years.

Address: Vana-Viru 8 ([on the map](#))

[Sessel Speakeasy](#) €€

Serve both simple and complex drinks. Sessel has a virtual kitchen Sushiro, where they offer the best pieces of Japanese cuisine. Acoustic concerts, DJs, movie nights, free stage events, etc. are there for your entertainment.

Address: Viru tänav 3 ([on the map](#))

Extra: [NoKu Club](#) (Very local and very hidden 😊) €

This place is very specific, but if you wanna enjoy an atmosphere which is a little bit retro, it offers a bohemian attitude and communication. Don't expect fancy drinks:)

It was created during the Soviet times by artists as a reaction to another artist's bar Kuku which had a strict admission policy.

Address: Pikk tänav 5

Beer places

[Tops](#) €

TOPS bar offers a nighttime Bohemian atmosphere in the wooden architectural area of Kalamaja. This simple-minded bar offers drinks, snacks and a cool atmosphere sometimes with live music.

Address: Soo 15 ([on the map](#))

[Põhjala Brewery & Tap Room](#) €€

Põhjala Tap Room serves 24 Põhjala and guest beers on tap, paired with Texas BBQ. Also have a beer and merch [shop](#), brewery [tours](#) and a private [sauna](#) for rent.

Address: Peetri 5 ([on the map](#))

[St.Vitus](#) €€

The pub is ideal for discovering Estonia's local, craft beers. Possible to order food as well, the size of the portions is quite big.

Address: Telliskivi 61b ([on the map](#))

[Hell Hunt](#) €

Hell Hunt claims to be the “first Estonian pub”.

Address: Pikk 39 ([on the map](#))

[The Dubliner](#) €€

Dubliner has all the trappings one would expect of the genre. In addition to offering an array of tasty snacks, the pub keeps its regulars happy by showing the day's sporting events on TV.

Address: Suur-Karja 18 ([on the map](#))

[BrewDog](#) €€

Tallinn bar offers a range of snacks to go with all of that incredible beer and have collaborated with an amazing 'flammkuchen' kitchen a few doors along the road on things more substantial.

Address: Rotermanni 2 ([on the map](#))

[Beer House](#) €€

Big German style brewpub in the center of Old Town - just a very short walk from Town Hall.

Address: Dunkri 5 ([on the map](#))

[Mad Murphy's](#) €€

Like fellow Dublin-style pubs elsewhere in the world, it boasts classic Irish décor and a wood-paneled bar, as well as the inevitable Guinness on tap. More pleasingly, it also does an excellent line in Irish whiskey (not just Jameson's) and hosts big football crowds on match days when it switches on its numerous televisions and pipes in games from all over Europe.

Address: Müнди 2 ([on the map](#))

Nightlife

Choose your favorite theme, whether it's electro, rock, funk or dance music, and you will find a cool place. Make sure to check out upcoming festivals and concerts by international artists.

[Club Studio](#)

Club Studio is one of the main destinations in Tallinn when it comes to a good party with mainstream beats mixed with alternative electro music. The club is full most of the time, so make sure to come early, otherwise, you might spend most of your night outside standing in a queue.

Address: Sauna 1 ([on the map](#))

[Von Krahl](#)

Technically the place is a theater bar attracting local art patrons and other colorful characters with their tasty menu and short-but-sweet beer selection.

Address: Rataskaevu 10/12 ([on the map](#))

[Sveta Baar](#)

From club nights to live concerts, Sveta Baar is always trying to bring people together. The building was once part of the main train stations outbuildings during Soviet times. LGBTQ+ friendly place.

Weekdays: from 17:00

Weekends: 12:30

Address: Telliskivi 62 ([on the map](#))

[Hall](#)

Platform offering a stage to electronic music and visual arts, introducing Eastern European underdogs to the world. Entry age: 21+

Address: Peetri 6 ([on the map](#))

? Frequently asked questions

Can I bring my kids to the event?

You may bring your kids with you to Tallinn. That being said, this event is for Certified Mindvalley Coaches only. We encourage you to find a weekend activity for your kids that better suits them or a nanny to take care of your kids while you're at the event. You may also collaborate with other parents who come to the event and bring their kids to find the easiest solution.

If you'd like to sign up your kids for a Mindvalley event you can consider Mindvalley University which happens July 4th - 25th. It's right after Mindvalley Supercoach Experience and designed with its own program for children and teens. Tickets for Mindvalley University can be purchased [here](#).

Do I need a visa to enter?

Nationals of the European Union (EU), the European Economic Area (EEA) and any third-country national holding a residence permit of a Schengen State do not need a visa to enter Estonia. Read more [here](#). In case you need a visa, apply [here](#).

How long does the passport need to be valid?

To travel to a Schengen country, passports need to be valid for at least another three months after the end of your trip.

What currency can I use?

The national currency in Estonia is the Euro. Larger hotels, stores and restaurants accept Visa, MasterCard, Eurocard and American Express debit and credit cards. However, it is advisable to carry some cash with you.

Where can I exchange money? Do I have to pay a service fee?

Money can be exchanged at currency exchanges (Tavid, Monex, Eurex) and banks (Swedbank, SEB, Nordea). Service fees are charged both by currency exchanges and banks. Currency exchange available [in the airport](#) as well.

Which vaccines do I need to do beforehand?

No vaccinations or health certificates are required for entry into Estonia.

What is the weather like?

Tallinn is located on the north shore of Estonia by the Baltic Sea. We don't have fire spitting mountains or earthquakes, but we do have spring, summer, autumn and winter – sometimes even during one day. Therefore, be prepared to have layered clothing on you. Also, keep in mind to bring summer and spring selection because it might not be as warm as you would hope for.

Do people speak English in Tallinn?

English is the most widely known foreign language in Tallinn. In most hospitality establishments you can speak in English, Finnish, Russian and German.

Which power plugs to use?

The electrical current is 220 volts AC, 50Hz, European-style 2-pin plugs are in use.

Can I drink tap water?

Tap water in Tallinn is completely safe to drink.

How much should I tip?

Tipping is not compulsory in Tallinn, but if the service or food is exceptionally good, then it is common to leave a tip of about 5 to 10% of the bill.

Do I need health insurance?

Yes you do need it! Health insurance is important because that covers the whole or a part of the expenses of a person needing medical treatment.

What if I have an emergency?

Emergency medicine, also known as accident and emergency medicine, is the medical specialty involving care for undifferentiated and unscheduled patients with illnesses or injuries requiring immediate medical attention. In case of emergency call an ambulance or the police free-of-charge from any phone: **112**.

Hospitals with emergency rooms:

[Ida-Tallinna Keskhaigla](#)

Address: Ravi 18

[PERH](#)

Address: J. Sütiste tee 19

Pharmacies are usually open from 10:00-19:00.

Two of them stay open all night:

Südameapteek – Tõnismägi 5, ph: +372 644 2282 and Vikerlase 19, ph: +372 638 4338.

Pharmacies in shopping centres are usually open from 9:00-21:00.

Where to buy sim cards?

There are three main phone operators in Estonia: Telia, Elisa and Tele2. All operators go through a strict approval process before being allowed to operate in the country, and each one competes with the others to offer the best deals.

Possible to get from the airport; R-kiosks or supermarkets info desks.

What about Internet connection in Estonia?

Internet access has been made available to almost anyone in Estonia. In many public places you can use free WIFI, also in universities and libraries.

Where is the post office?

Estonian national postal service is provided by [Omniva](#) who has post offices all over Estonia.

Estonian mailboxes are orange. You'll see them outside post offices, in shopping centres and at most gas stations.

To send mail, just drop your letters and postcards in the official mailbox.

Pickup times are noted on each box. **Most letters take between 1-3 days to arrive within the Baltic and Nordic countries.** If you send **mail overseas**, the arrival can take **up to a week.**

Stamps are sold at post offices, kiosks and most grocery stores.

Mail is **delivered daily from Monday to Saturday**, except on holidays.

Other postal and courier services

[TNT](#) ; [DHL](#) ; [UPS](#) ; [Itella](#) ; [Express Post](#)

Basic vocabulary

Estonian is the official language of Estonia, it belongs to the Finnic branch of the Uralic language family and therefore is really similar to Finnish. The main difference between these two languages is that Finnish has many loanwords from Swedish, while Estonian contains many words of German origin, plus some from Russian, Latin, Greek and English. There is considerable mutual intelligibility between Estonian and Finnish.

The Uralic languages do not belong to the Indo-European languages. Estonian is distantly related to Hungarian and to the Sami languages.

Estonian has two groups of dialects: northern and southern. The northern dialects are associated with the city of Tallinn, and the southern ones with Tartu. Standard Estonian is based on the northern dialects. The southern dialects are sometimes considered separate languages.

Keep in mind that Russian is not as widespread as would be expected, with many locals preferring to pretend they don't even speak it. English is common enough.

Some basic Estonian phrases you can find [here](#)