



TURUN AMMATTIKORKEAKOULU
TURKU UNIVERSITY OF APPLIED SCIENCES

INTERNATIONAL STUDENT GUIDE

2011–2013



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I. WELCOME TO TURKU UNIVERSITY OF APPLIED SCIENCES

Welcome to study at Turku University of Applied Sciences (TUAS)!

TUAS is an attractive place of study both for the Finnish and international students. This internationally oriented multidisciplinary institution of higher education enjoys an excellent location in Southwest Finland.

The whole staff at TUAS will do their best to make your arrival and first days at TUAS as pleasant as possible. Remember that you are never alone, in addition to International Coordinators and student tutors you will also have your fellow students and neighbours whom you can always turn to.

Learn more about TUAS and Finland in this guide or on our website www.tuas.fi.

Enjoy your stay in Finland!



2. YOUR ARRIVAL IN FINLAND

EXCHANGE STUDENTS

EXCHANGE STUDENT'S CHECK LIST

Before your arrival:

- Book your accommodation at least six weeks before arrival (students in Turku)
- Pay the deposit fee for the apartment
- Inform the International Office (exchange. students@turkuamk.fi) about your arrival date, time and place at least 2 weeks before your arrival to ensure that we are prepared to receive you
- Take out insurance to cover leisure time activities
- Health Care students: Make sure you have all the health and vaccination documents needed.
- If you arrive in the winter by your own car, you have to use winter tires

The arrival to Finland:

- Please note that your student tutor will meet you on your arrival only if you arrive on a working day (Mon-Fri) between 8:00 - 22:00.

Otherwise you will have to stay in a hotel for the first night(s) and you will meet your tutor on the next working day.

- Also note that your student tutor will probably take you to your flat by bus, as only a few of our students have their own cars. You can also take a taxi to your flat but you will have to pay for it yourself.

Your student tutor can meet you at the airport (applicable to the students coming to study in Turku), the bus station or the railway station (in Turku / Salo /Loimaa). You can also agree to meet her/him elsewhere. Some exchange students arrive in Turku by ferry. In this case, please make sure that your student tutor meets you in the right ferry terminal - there are different ferry companies, and they have separate terminals (Viking Line, Silja Line, Seawind Line).

After arrival:

- Sign the lease for accommodation in the Housing Office of Student Village Foundation (students in Turku)
- Sign the starting package contract at the Starting Package Storage (students in Turku)
- Attend the orientation days or go to meet you International Coordinator
- Apply for a residence permit, if necessary or go to register your stay in Finland at the local police station

Before going home:

- Return the Starting Package to the Starting Package Storage
- Meet your International Coordinator
- Make sure you have all the necessary documents concerning your exchange studies (for example the Transcript of Records)



- Return the keys of your flat and to the campus premises, books from library etc.

DEGREE-SEEKING-STUDENTS

Not later than one week before your arrival inform the degree programme of the exact date, time and place of your arrival as well as your address in Turku. You can find the email address in your acceptance letter. If you do this a student tutor will pick up the keys of your flat in Turku, meet you when you arrive in Turku and take you to your flat.

If you do not inform the degree programme on the details of your arrival, you can get the keys to your apartment and sign the rental agreement at the Housing Office of the Student Village Foundation. Please note that the keys to the apartment will be available from the **first working day** of every month.

DEGREE STUDENT'S CHECK LIST

Before arrival:

Read carefully all the information you have received with the admission letter.

If you need a **visa/residence permit** for travelling to Finland it is extremely important that you start applying for it immediately after receiving the admission letter. Contact the Finnish embassy or legation in your country for further details.

It is important that you know that costs of treatments at the municipal health centre or at a hospital may cost several thousands of euros for citizens of non-EU/EEA countries. TUAS has insurance against injuries during studies for its students but it does not cover leisure time

nor eventual illness during your stay.

If you come from a country outside EU/EEA, you must have private medical insurance to cover costs related to the treatment of sudden illnesses and accidents.

From 2007 the residence permit for studies in Finland will be granted only provided that the applicant has valid health insurance. The same kind of insurance is recommended to European citizens.

Citizens of EU/EEA countries are entitled to all health services in Finland if they are covered by health insurance in their own country. You should ask the social security authorities in your own country for the European Health Insurance Card or the document needed for social security in Finland. **Remember to bring the valid insurance certificate with you.**

You need to have an **apartment** in Turku before you arrive! TUAS does not arrange accommodation for its students. It is possible for you to apply for an apartment from Student Village Foundation of Turku (TYS). You have to submit a housing application to the Student Village Foundation not less than **six weeks prior to** the date you wish to move in. Instructions for application and application forms are available on the web-site www.tys.fi. When you have booked the flat you need to send/fax your admission certificate to the Student Village Foundation before you apply for an apartment. The Housing Office will send you a mail with information about your flat and its address. It



is very important that you pay the deposit fee in advance using the invoice (tilisiirto) which you will receive with the letter. If you decide not to take the flat, the reservation must be cancelled before the due date.

In case you accept the offered study place at TUAS you should sign and return the confirmation form you have received from us to TUAS Admissions Office by the set date (in 2011 by 2.8.2011).

In Turku

Sign the lease for accommodation in the Housing Office of Student Village Foundation.

It is very important that you participate in the orientation week of your own degree programme.

HOW TO REACH TURKU

The easiest way to travel to Turku is by plane. There are regular connections to Turku for example from Helsinki, Stockholm and Copenhagen, Riga and Gdansk. If your flight arrives in Helsinki, there are also frequent bus connections to Turku from the Helsinki-Vantaa airport.

If you want to spend some time in Helsinki before travelling to Turku, there are buses and trains from Helsinki to Turku every hour during daytime. You can check the timetables at:

- www.matkahuolto.fi (long distance buses)
- www.vr.fi (trains)

Some students might want to travel to Turku by car. There are also ferries from Tallinn to Helsinki and from Rostock to Hanko.

- Viking Line www.vikingline.fi
- Eckerö Line www.eckeroline.fi
- Tallink Silja www.tallinksilja.com
- Finnlines www.finnlines.fi

HOW TO REACH TUAS CAMPUSES IN SALO AND LOIMAA

Please see chapter 7: Living in Turku and its surroundings

VISA, RESIDENCE AND WORK PERMIT

EU citizens and citizens of Liechtenstein and Switzerland must register their right to reside in Finland at a police department, if their stay lasts for longer than three months. The precondition is that you can finance your stay in Finland for the duration of your studies. You can present this evidence of adequate financing in alternative ways. The Finnish government does not provide funding for an EU citizen to stay in Finland. Persons who come to Finland solely for the purpose of studying are not entitled to the Finnish study grant.

Citizens of the Nordic countries (Sweden, Norway, Denmark and Iceland) are registered at a Register Office if they stay in Finland longer than six (6) months.

If you are a citizen of a Nordic country or an EU/EEA member country, you can work without any restrictions during your studies. You do not need a work permit for any kind of work.

As for non-EU citizens:

A visa is needed if the student has to participate in an entrance exam in Finland prior to being accepted at the educational institution and if he or she is a citizen of a country that has not signed an agreement on the abolition of visa with Finland. For current information on visa applications, please see the Ministry for Foreign Affairs website, www.formin.fi.

If your studies last in Finland for more

than three months, you must acquire a **residence permit**.

As a rule, you submit your application for a first residence permit before entering Finland to a Finnish diplomatic mission in your home country or in a country in which you reside legally. If your home country or country of residence has no Finnish diplomatic mission, you can apply for the permit at the nearest Finnish diplomatic mission abroad. Application forms and a list of required appendices are available at Finnish diplomatic missions or they can be printed out on the Finnish Immigration Service website under application forms. The Finnish embassies and legations abroad charge for the first residence permit 250 €.

The requirements for a student's right to reside in Finland include among other things are as follows:

- be at least 18 years old
- show proof that you have been accepted as a full-time student at an institution of higher education
- show that your application indicates the estimated length and the final degree of your studies
- show that you have either 6000 € on a Finnish bank account (a new deposit is required every year) or a scholarship/grant that will cover your expenses for the academic year
- attach details of the comprehensive health insurance cover. Note that a student must have insurance cover when applying for a residence permit as without it a residence permit cannot be granted. In principle a residence permit cannot be issued for a period exceeding the period of the insurance cover.

A residence permit granted to a student is temporary by its nature. If the studies last for more than a year, the residence permit is usually granted for one year at a time. A temporary residence permit bears the letter B. An extension of the permit requires that the student is still registered at the educational institution, is a full-time student and has completed the required courses in the institution's study programme. Extended permits should always be applied for in Finland by the police.

A foreigner who has moved to Finland and plans on staying here at least one year, must also register his/her **Finnish municipality of residence** at the local register office. The registered information is used, amongst other things, in the organisation of elections, and for taxation, health care, juridical administration and statistical purposes.

Students are permitted to do a limited amount of paid work under a residence permit issued for studies if the work in question is practical training included in the studies or final project work. Part-time employment is also possible, if the working time comes to an average of 25 hours per week at most. There are no limitations on working hours in full-time employment during holidays, specifically summer and Christmas holidays. You must obtain a **work permit** if you intend to work more than 25 per week during term-time. The work permit is subject to a charge and the application should be submitted to your local police.

For the current rules and regulations concerning the residence permits etc., please check the website of the Finnish Immigration Service, www.migri.fi

3. STUDYING AT TURKU UNIVERSITY OF APPLIED SCIENCES (TUAS)

TURKU UNIVERSITY OF APPLIED SCIENCES (TUAS)

TUAS, one of the leading universities of applied sciences in Finland, hosts over 9500 students studying for their Bachelor's or Master's degree. The range of our degree programmes covers seven fields of education, providing a good platform for inter-disciplinary learning.

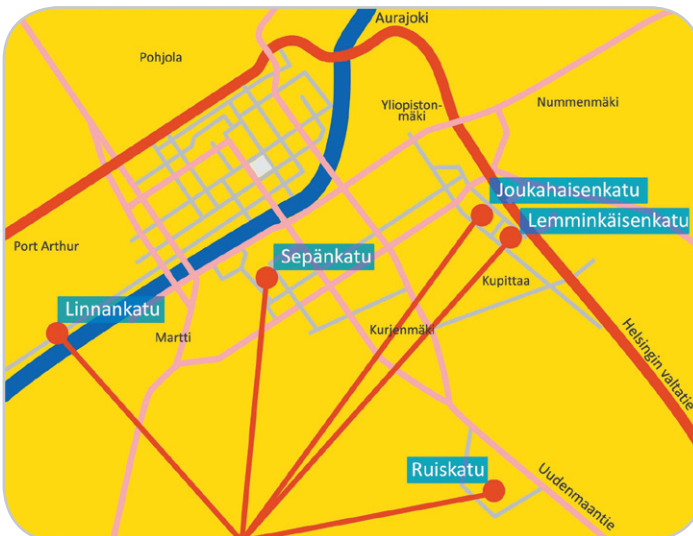
Studies at TUAS are working life oriented, combining theoretical studies with professional skills. At the core of our teaching is Innovation Pedagogy, a new approach to learning developed at TUAS. Innovation Pedagogy emphasizes the viewpoints of R&D and working life, making our graduates independently-minded professionals with excellent international and communication skills.

TUAS is a popular destination amongst international students both for exchange studies or a full degree. We have a wide selection of courses taught in English. Find out more about our course selection at: www.tuas.fi/exchangestudents

FACULTIES AND CAMPUSES

TUAS has 6 faculties:

- Arts Academy
- Faculty of Health Care
- Faculty of Life Sciences and Business
- Faculty of Technology, Environment and Business
- Faculty of Telecommunication and e-Business
- Faculty of Well-being Services.



TUAS has five campuses in Turku (see the map) and campuses in Salo and Loimaa.

D SCIENCES

FIELDS OF STUDY AND DEGREE PROGRAMMES

	FACULTIES	ARTS ACADEMY	HEALTH CARE	LIFE SCIENCES AND BUSINESS	TECHNOLOGY, ENVIRONMENT AND BUSINESS	TELECOMMUNICATION AND E-BUSINESS	WELL-BEING SERVICES
BACHELOR'S PROGRAMMES							
ARTS AND MEDIA							
Media Arts		●					
Design					●		
Fine Arts		●					
Library and Information Services						●	
Music		●					
Performing Arts		●					
Journalism		●					
SOCIAL SCIENCES, BUSINESS AND ADMINISTRATION							
Business				●		●	●
Business Logistics					●		
Professional Sales					●		
HEALTH CARE AND SOCIAL SERVICES							
Beauty Care							●
Biomedical Laboratory Science			●				
Dental Hygiene			●				
Emergency Care			●				
Nursing			●				
Occupational Therapy							●
Physiotherapy							●
Radiography and Radiotherapy			●				
Social Services							●
HOSPITALITY MANAGEMENT							
Hospitality Management							●
NATURAL RESOURCES AND THE ENVIRONMENT							
Fisheries and Environmental Care					●		
Sustainable Development					●		
NATURAL SCIENCES							
Business Information Technology				●		●	●

(to continue >)

FACULTIES

ARTS ACADEMY

HEALTH CARE

LIFE SCIENCES AND BUSINESS

TECHNOLOGY, ENVIRONMENT
AND BUSINESSTELECOMMUNICATION AND
E-BUSINESS

WELL-BEING SERVICES

TECHNOLOGY, COMMUNICATION AND TRANSPORT						
Automotive and Transportation Engineering				●		
Biotechnology and Food Technology			●			
Construction				●		
Construction Management				●		
Electronics					●	
Industrial Management				●		
Information Technology					●	
Mechanical and Production Engineering				●		
BACHELOR'S PROGRAMMES CONDUCTED IN ENGLISH						
Information Technology					●	
International Business			●			
Nursing		●				
MASTER'S PROGRAMMES						
Construction				●		
Entrepreneurship and Business			●			
Environmental Technology				●		
Advanced Nursing Practice		●				
Health Promotion		●				
Hospitality Management						●
Leadership and Management in Social and Health Care		●				
Rehabilitation						●
Social Services						●
Technological Competence Management					●	
Library and Information Services					●	
MASTER'S PROGRAMMES CONDUCTED IN ENGLISH						
Business Information Systems			●			

ACADEMIC YEAR

The academic year is divided into autumn (August /September – December) and spring (January – May) semester. The semester dates may vary depending on a degree programme. Please check the dates from your international coordinator (exchange students) or study counsellors (degree students).

There is no teaching at weekends or Bank Holidays.

EXCHANGE STUDENTS' LANGUAGE REQUIREMENTS

TUAS does not require an English Language Proficiency test from the students, i.e. they do not have to submit a TOEFL, IELTS etc. score to be admitted to TUAS.

However, the students should at least meet the following requirements to be able to successfully complete their semesters at our institutions. These requirements are:

- English Language proficiency of minimum TOEFL 550, IELTS 6 or equivalent
- CGPA of 2.5 and above.

ACCESS TO THE TUAS PREMISES

Access to some of the classrooms, laboratories and computer classrooms is possible only with a special pass card. You can apply for the pass card at the student counselling office and get it upon your signature. The pass card is free of charge, but if you haven't returned it before your departure from Finland you will be charged 50 €.

The campus buildings' front doors are locked in the evenings. If you need to gain access to the campus after this, you will need a special permit. You can find the opening hours of the campus buildings in intranet Messi.

TUAS NETWORK AND THE USE OF COMPUTERS

All the students get the user IDs and passwords for the TUAS network during the first days of their stay. There are computer rooms on all our campuses, and you can use them when there are no classes going on. On TUAS campuses you can also access the wireless network Sparknet with your own laptop computer.

RIGHT TO STUDY

Degree students: Non-Finnish applicants are accepted as students by the Director of Education. They can apply to study in the degree programmes conducted in English. However, if their Finnish language skills are sufficient, they can also apply to study in the degree programmes taught in Finnish. The student selection is based on the selection criteria of TUAS. More information: www.admissions.fi

Exchange students: A student registered at a foreign higher education institution can apply to study as an exchange student at TUAS without having to pay tuition fees if their home university is a TUAS partner institution. More information about this from the International Office.

Other foreign non-degree students:

Non-Finnish students who are not participating in an exchange programme, can apply to study courses or modules, which do not lead to a Bachelor's or Master's degree at TUAS. These students are accepted to the Open University of Applied Sciences. More information about Open UAS at www.tuas.fi/openuas

LANGUAGE STUDIES AT TUAS

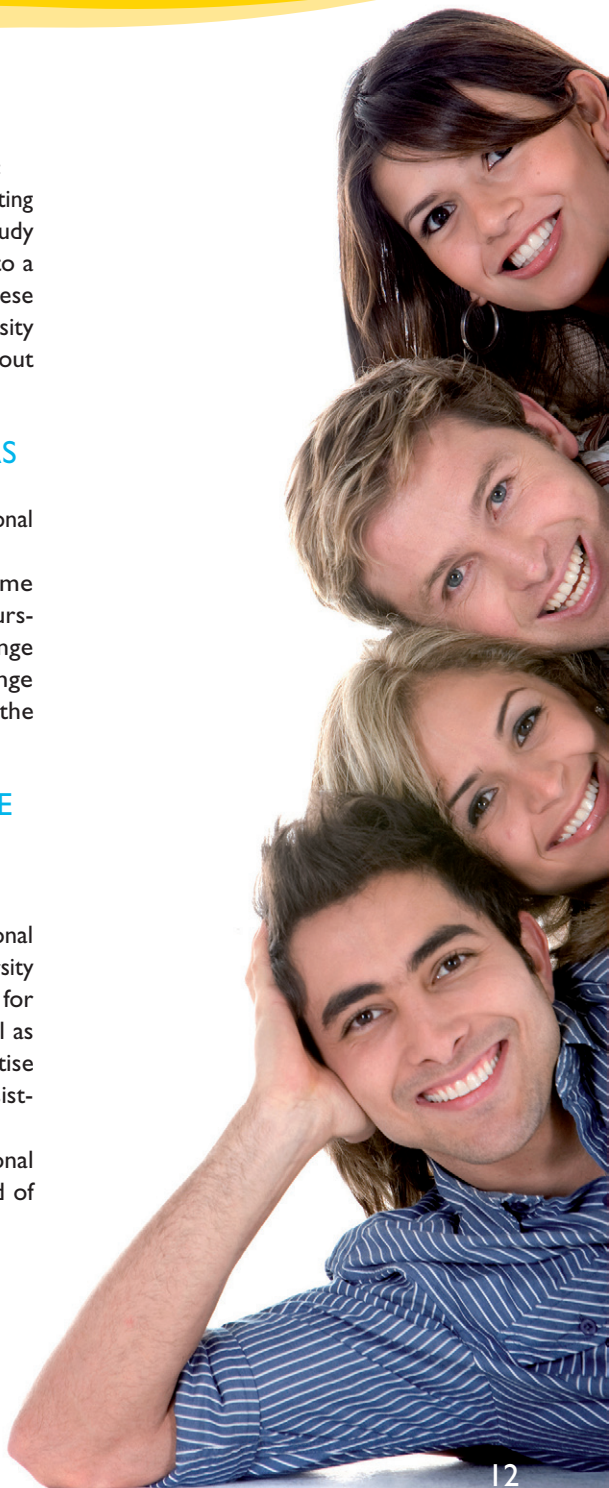
The Language Centre coordinates the optional language studies at TUAS.

The international degree programme students are offered Finnish language courses throughout their studies. The exchange students can take a Finnish for Exchange Students course to learn the basics of the Finnish language.

THE INTERNATIONAL OFFICE AND THE INTERNATIONAL COORDINATORS

The International Office and the international coordinators at the faculties of Turku University of Applied Sciences provide information for both foreign and Finnish students as well as staff members. This organisation of expertise is at the disposal of anyone who needs assistance or support in international affairs.

Contact information of the international contact persons can be found at the end of this guide.



4. STUDENT LIFE

STUDENT TUTORS

Exchange students

Each exchange student will have a personal student tutor, who will help him/her with different practical issues. The student tutor is a Finnish degree student who is interested in different cultures and languages. The tutor will meet the exchange student upon the arrival and take him/her to the flat. The tutor will also take the student to the school and help with getting a bank account, bus card and other practicalities. The tutor is the exchange student's first Finnish friend. For more information about the student tutors, please contact the International Office.

Degree students

Student tutors are Turku University of Applied Sciences' degree students who are interested in helping the new students. They support the new degree programme students particularly at the beginning of their studies, to know their way around the campus and to know where to find information. The student tutors will also pick up the degree students on their arrival to Turku, and take him/her to the flat.

STUDENT ORGANISATIONS

TURKU UNIVERSITY OF APPLIED SCIENCES STUDENT UNION – TUO

Turku University of Applied Sciences is a versatile, international institution with an active Student Union. It is a non-political and non-trade union organisation which aims to improve and defend its members' benefits in all

social and educational areas. It participates in decision-making concerning the whole institution and keeps up relations with local and national student organisations. Nationally the Student Union works mostly through the Union of Students in Finnish Universities of Applied Sciences -SAMOK ry. Not only does the Union concentrate on official matters, but also arranges sports activities and student parties.

You can contact the Student Union anytime you have a problem or you need help or to give your suggestions or initiatives for events or other topics!

STUDENT UNION CONTACT INFORMATION:

Office:

Turku University of Applied Sciences
Student Union TUO
Lemminkäisenkatu 30, inner yard

Secretary general:

Kimmo Hollmén
kimmo.hollmen@opiskelijakunta.net
Mobile tel. +358 (0)45 6706 650

Secretary of the student affairs:

Paula Pernu
paula.pernu@opiskelijakunta.net
Mobile tel. +358 (0)45 635 7480



ESN-IAC INTERNATIONAL ACTION CLUB

ESN-IAC is a club aiming to bring together international and Finnish students, both exchange and degree students. ESN-IAC arranges different kind of leisure time activities, for example parties and other events where you can meet other students. Finnish students will introduce you to local 'peculiarities' such as sauna and traditional Finnish food. ESN-IAC also organises excursions in Finland, for example a five-day trip to Lapland. Besides getting to know the Finnish culture, you have an opportunity to meet people from other countries and learn about them as well.

ESN-IAC is a section of the international Erasmus Student Network.

If you want to join ESN-IAC, you only need to tell them your e-mail address, the one you will use when staying in Finland. You can contact ESN-IAC at this address:

iac@students.turkuamk.fi

If you want to know more about ESN-IAC, check: **www.esn-iac.fi**

STUDENT IDENTITY CARDS

TURKU UNIVERSITY OF APPLIED SCIENCES STUDENT CARD

Foreign students can obtain a Turku University of Applied Sciences Student Card which entitles them to benefits such as student discounts. You can get the card from the Student Counselling Office, free of charge. Please bring one passport photo with you.

STUDENT UNION TUO MEMBERSHIP CARD

You become a member of the Student Union after you have registered and got your student card (=blue card, SAMOK-card). You can order the card by getting a form from the Student Union office or from your local Student body office/bookstore. The membership fees can be found at TUO website at www.opiskelijakunta.net.

With the Student Union Membership card you get lots of benefits:

- You travel half price on the Finnish Railways (VR) and long distance buses
- You get cheaper hotel rooms for example at Rantasipi, Cumulus and Ramada
- IF insurance company offers you student priced insurance policies
- You get local benefits from book stores, pharmacies, swimming halls, gyms, theatres, movies, restaurants, etc
- As a member you'll get free legal counselling
- More information about the benefits at www.opiskelijakunta.net

VR AND MATKAHUOLTO DISCOUNT CARD

You can get yourself a Student Card for VR (Finnish Railways) and Matkahuolto (long distance buses). With this VR/Matkahuolto card you will get 50% off from the train and long distance bus tickets. You will need one passport photo, your ID and a VR/Matkahuolto certificate from the Student Counselling Office when picking up the card from a railway station or bus station. The card is free of charge, but you will have to validate it each study year. In 2011 the validation costs 8€.

STUDENT MEALS

There is a student restaurant on each TUAS campus. There you can buy yourself low-price student meals (about 2,60€ in 2011). In order to get the lunch at student price, you must show your SAMOK student card or KELA's meal supplement card.

The meal comprises of a main course dish served with potatoes, pasta or rice, and vegetables or fresh salad with dressing, bread and a drink. Student restaurants offer at least three choices every day, one of which is a vegetarian dish. There are also à la carte dishes which are also subject to the discount.

Exchange students and students taking a basic degree on a full-time basis and those postgraduate or continuing education students who are eligible for student financial aid are entitled to these state subsidised meals.

Other restaurants may also give a student discount with TUAS or SAMOK student card.



5. LIVING IN TURKU AND ITS SURROUNDINGS

CITY OF TURKU

Turku, the oldest and one of the largest cities in Finland, lies on the southwestern coast, sheltered by a unique archipelago of over 20 000 islands. Because of its location and history, Turku is a perfect combination of city and nature, past and present.

Turku is a dynamic city with 177 000 inhabitants. The modern city centre and the historical sights are all within walking distance. With 6 institutions of higher education and nearly 40 000 students, it is also a busy student town with numerous leisure-time activities.

More information: www.turku.fi,
www.turkutouring.fi

ACCOMMODATION

You must book your own accommodation at least 6 weeks before your arrival. This way we can guarantee you a flat. Accommodation can be booked from the Student Village foundation of Turku (in Finnish: Turun Ylioppilaskyläsäätiö, TYS.).

The Student Village Foundation is a separate organisation of its own and not a part of TUAS. The standard of student housing at TYS is good and the services are well arranged.

Fill in the application form at www.tys.fi. Please note that there are separate application forms for exchange students and degree students. On the web-pages, you can also find a lot of information about the flats, such as rents, locations and photos of the flats.

If you have further questions about accommodation, please contact: info@tys.fi

Turku Student Village Foundation

Student Housing Office (TYS)

Address: Inspehtorinkatu 4, 20540 Turku

Tel. +358 (0)2 275 0200

www.tys.fi

Office hours

Mon-Wed 9-15.45, Thu 9-17.45, Fri 9-14.45

Summertime

Mon-Wed, Fri 9-14.45, Thu 9-17.45

Serviceman on duty

tel. +358 (0)2 04 28 2000

You will get a copy of the Tenant's Guide from the Student Housing Office when arriving in Turku.

Before arriving to Turku

- After you have paid the deposit (250 €) send the payment receipt to TYS by email to info@tys.fi or fax it (+358 2 237 6932).

During the first days in Turku

- you will have to sign the lease for your accommodation

Before leaving

- Degree students: please give notice during the month preceding the month of your departure at the latest.
- Return the key to the housing office

Starting packages for exchange students

There are basic items of furniture in the Student village flats but no pillow, blanket, curtains or kitchen utensils, so please bring as many items as possible with you.



Exchange students can also borrow these basic items for their flat from the Starting Package Storage, which is run in co-operation with the student unions of all the universities located in Turku. The deposit fee is 65€, of which you will get 50€ back when you return the package. The deposit fee should be paid in advance to the bank account of the storage.

You will receive information about the package in the TUAS information package before your arrival. For more information, please check the Starting Package Storage web-pages at www.startingpackage.utu.fi or send an e-mail to startingpackage@utu.fi. The storage is situated in Rehtorinpellonkatu 4-6B.

TRANSPORTATION

The local bus services cover the whole area of Turku. The numbers and routes of the buses are marked on the bus stop signs. You should indicate to the driver that you wish the bus to stop and let you in – the buses do not stop automatically.

A single bus ticket in Turku costs 2.50€.

If you do not reach your destination with a single bus, you can change buses without extra charge within two hours from the first stamp on your ticket. You must pay the fare in cash to the bus driver.

Local buses use modern smart cards and optical readers for payment. You can get yourself a smart card at the Local Traffic Service Bureau. You can load money or time (monthly discounts) on the smart card at the Local Traffic Service Bureau or on the buses. With these cards, you will also get a student discount. For the student discount card you need to get a certificate from the Student Counselling Office or show the TUAS student card or study certificate at the Local Traffic Service Bureau.

Please remember that drivers might not always speak English very well.

Local Traffic Service Bureau

Eerikinkatu 10 (by the Market place)

Tel. +358 (0)2 262 4811

Open hours: Mon-Fri 9.00–17.00;

Sat 9.00–14.30

THINGS TO DO IN TURKU

CINEMAS

In the Finnish cinemas the films are shown in their original language with Finnish and Swedish subtitles. Tickets cost 6.80–13 €, but you should check the ads for special price shows and ask for student discounts. The programme usually changes on Friday. Check www.finnkino.fi for more information.

- Kinopalatsi, Kauppiaskatu 11

MUSEUMS AND SIGHTS

The most important sights in Turku are:

- Turku Cathedral and Museum
- Turku Castle and Historical Museum
- Luostarinmäki Handicrafts Museum
- Pharmacy Museum and the Qwensel House
- Turku Art Museum
- Forum Marinum
- Museum Ships Suomen Joutsen and Sigyn
- Aboa Vetus & Ars Nova
- Wäino Aaltonen Art Museum

Tourist information is available at Turku City Tourist Office, which provides brochures and details of local sightseeing tours, accommodation, events etc. Tourist information is open every day.

Turku City Tourist Office

(Turun Matkailutoimisto) Aurakatu 4
Tel. +358 (0)2 262 7444
www.turkutouring.fi

LIVE MUSIC AND NIGHTLIFE

Turku is a great place to enjoy live pop/rock music, jazz and classical music. Pop music is played in clubs, night clubs and on the Student Associations' premises throughout the year. There are also several excellent classical music concert halls. Here are just a few examples of the places you can visit:

- Dynamo, Linnankatu 7
(also dj's, club music)
- Klubi, Humalistonkatu 8a
- Apollo Live Club, Humalistonkatu 6
- Bar Kuka, Linnankatu 17
- Kåren, Hämeenkatu 22
- S-osis, Rehtorinpellonkatu 4-6B
- TVO, Itäinen pitkäkatu 1
- Monk, Humalistonkatu 3 (live jazz music)

Pubs and nightclubs

Here are some pubs that are popular among students:

- Blanko, Aurakatu 1
- Cosmic Comic Café, Kauppiaskatu 4, Forum
- Koulu, Eerikinkatu 13
- Rento Bar, Yliopistonkatu 23
- Three Beers, Inspehtorinkatu 4
- Uusi Apteekki, Kaskenkatu 1
- Bremer, Uudenmaankatu 1

... and some nightclubs to visit:

- The Monkey, Aurakatu 3
- Börs Night Club, Kauppiaskatu 6
- Forte, Kristiinankatu 8
- Marilyn, Eerikinkatu 19
- Onnela, Yliopistonkatu 23
- Amarillo, Aurakatu 5



SAUNA

There are many saunas available for the residents of the Student Village. In addition, you will also find a sauna at each swimming hall in town.

SPORTS

Sports are a national pastime, both in winter and summer. Some of the most popular sports are ice hockey, cross-country skiing and skating in the winter; soccer, Finnish baseball, athletics and sailing in the summer. The facilities available for sports are excellent, including swimming pools, ice rinks, indoor sport pitches, jogging tracks and gyms.

Detailed information on sport activities in Turku are provided at the **Turku Sports and Recreation Bureau**:

Turun kaupungin liikuntatoimisto
Hippoksentie 6, tel. +358 (0)2 262 3111.

TUAS Sport Club TULI organises different kinds of sports for the students. You can also use the gym and swimming pool on our Ruiskatu campus for 15€ fee per term. Please note that there are specific times for students. You can get the access and pay the fee at the information desk of the Ruiskatu campus.

For more information of the sport events organised by TULI, please visit www.tuli.opiskelijakunta.net.

THEATRE

There are 9 theatres in Turku, one of them Swedish-speaking. You can get more details from Turku City Tourist Office www.turku-touring.fi

SALO

www.salo.fi/en/
www.tuas.fi/salo

Salo is situated between Turku and Helsinki and has approximately 55,000 inhabitants. The town is growing fast and is clearly the centre of its economic region. The TUAS unit is also growing and becoming very international. In summer, the market place in Salo is a popular spot for shopping and meeting people, and every autumn the annual market fair is an important event. Salo is best known, however, as a leading centre for the electronics industry, Nokia being the most important employer. Salo provides a high level of services for its residents.

ACCOMMODATION

Please contact the International Relations Assistant in Salo. More information also on our website: <http://www.tuas.fi/salo> > Exchange Students > Living in Salo

TRANSPORTATION

Both Turku and Helsinki are easily accessible from Salo. The train will take you to Turku in just half an hour and in Helsinki in about one hour and twenty minutes. There are also frequent bus connections to both cities.

HEALTH CARE

The public health nurse is available on Mon-Thu at 9.00-15.00, and on Friday at 9.00-14.00 in D-wing, room 124. Reception without appointment at 9.00-11.00. Appointment according to agreement, tel. +358 2 26336 163. Health services are provided in the Salo Regional Hospital (Sairaalan tie 9) and in health care centres.



PUBS AND NIGHTCLUBS

- Rockin' Hood, Rummunlyöjäkatu 7 (live music)
- Drunken' Monkey, Helsingintie 2
- Bar and Cafe Volum, Horninkatu 15
- The Disco, Helsingintie 10
- Rikala Night Club, Asemakatu 13
- Tivoli, Helsingintie 7

SPORTS

Salo has a choice of leisure activities, including many sports facilities. There is a sports park near the centre of the city. There you find facilities for swimming, tennis, ice hockey and other indoor sports, as well as several football fields, tennis courts, running tracks, skiing trails, a horseback riding area and an 18-hole golf course. The surrounding countryside gives opportunities for hiking in the forests, downhill skiing in the winter etc. Salo campus has also a gym.

There is also among other things movie theatres, two theatres, art museum and choral and instrumental music groups.

LOIMAA

www.loimaa.fi

The Loimaa region offers a well-balanced combination of beautiful, well-kept countryside and modern business. No wonder the area is also known as the green triangle. There are several facilities for both indoor and outdoor activities, including, for example, cross-country skiing and skating in winter; canoeing, horse-riding, hiking – and naturally – playing or watching pesäpallo, Finnish baseball, our national game.

ACCOMMODATION

Please contact the International Coordinator in your field of study.

TRANSPORTATION

Both Turku and Tampere are easily accessible from Loimaa. It takes about 40-45 minutes to travel to Turku by train and 45 minutes to 1 hour by bus.

SIGHTS AND PLACES OF INTEREST

- Heimolinna, Culture Hall
- Art Tyynelä, The House of Loimaa Art Society
- Ateljee Hulmi, Jewellery Workshop and Gallery
- Central Park
- Church of the Evangelical Lutheran Congregation
- Vesikoski Old Mill Museum
- Sarka, The Finnish Museum of Agriculture

OTHER SERVICES

- Health Centre, Vareliuksenkatu 1
- Loimaa District Hospital, Seppälänkatu 15
- Pharmacy, Väinämöisenkatu 10
- Cinema, Vesikoskenkatu 21
- Town Library, Kauppalankatu 17

SPORTS

- Domus Arena (ice hockey, curling), Kaunismäenkatu 15
- Loimaa Tennis Court (tennis, squash, basketball, badminton etc.), Kaunismäenkatu 11
- Sports Center (football, tennis, athletics, running track etc.)

6. FACTS ABOUT FINLAND

FINLAND IN A NUTSHELL

Population:	5,3 million
Area:	338,144 km ²
• water	10%
• forest	69%
• cultivated land	8%
• other	13%
Average temperature:	
January	-5°C
April	+3.5°C
July	+18°C
November	+1°C
Government:	Republic, parliamentary democracy
Capital:	Helsinki (population 568 531)
Time Zone:	GMT+2
Languages:	
• Finnish	92%
• Swedish	5,5%
Religion:	
• Evangelic-Lutheran	82,4%
• Orthodox	1%
Currency:	Euro (€)
GDP/per capita:	35 041 € (in 2010)

BRIEF HISTORY OF FINLAND

8000 B.C.	The first settlers arrive to Finland
13th Cent.	The building of Turku Cathedral and Turku Castle begins
1543	The first book written in Finnish ('ABC Book') is published
1640	Turku Academy is founded
1808-09	War of Finland: Sweden loses Finland to Russia and Finland becomes an autonomous Grand Duchy of Russia
1812	Helsinki replaces Turku as the capital of Finland
1827	The great fire of Turku destroys most of the town
1838	Finland's first commercial school is founded in Turku
1906	Vote for women, first in Europe
1917	Finland becomes independent on December 6th
1918	Civil War between Reds and Whites
1939-45	Second World War: Winter war against Russia (1939-40); Continuation War against Russia (1941-44); Lapland War against Germany (1944-45)
1955	Finland becomes a member of the United Nations
1970	Ruisrock, Finland's oldest rock festival is arranged first time
1995	Finland becomes a member of the European Union
1997	Turku University of Applied Sciences is founded (as Turku Polytechnic)



2002	Finland starts to use Euro currency instead of the Markka
2006	Finland wins the Eurovision song contest
2008	Martti Ahtisaari, former President of Finland, wins Nobel Peace Prize
2011	Turku is the Cultural Capital of Europe

FINNISH PEOPLE

The population of Finland is 5.3 million. Although 67% of Finns live in urban areas in the southern part of the country, nature plays still an important role in the Finnish life. Many people have summer cottages in the countryside and many Finns enjoy spending their leisure-time in the nature. Finns find the basic values of life very important: honesty, modesty and friendship have traditionally been highly appreciated. Finnish people may seem to be quiet and reserved at first, but once you get to know them, you might find that they are totally the opposite!

There are, of course, some cultural features special to the Finns. A couple of examples worth mentioning are that Finns usually take their shoes off when entering someone's home, and that Finns are accustomed to queue in straight line and giving some space to each other, respecting each others personal privacy. Finns are usually very punctual, and expect that from others as well.

LANGUAGE

92% of Finns speak Finnish as their mother tongue. Finnish is a Finno-Ugric language; it is related to Estonian and remotely to Hungar-

ian. There is also a Swedish-speaking minority in Finland: 5,5% of the population speak Swedish as their mother tongue. The younger generation of Finns has also studied English, so it should be quite easy to get by in shops, banks etc. speaking English. However, you can find some basic phrases useful:

Hello	Hei/moi/terve
Good morning	(Hyvää) huomenta
Good afternoon	(Hyvää) päivää
Good evening	(Hyvää) iltaa
Good night	Hyvää yötä
Goodbye	Näkemiin
My name is..	Minun nimeni on..
What is your name?/	Mikä sinun nimesi on?
Yes/no	Kyllä/ei
Thank you	Kiitos
Here you are/	
You're welcome	Ole hyvä
Excuse me/	
I'm sorry	Anteeksi
How are you?/	Mitä kuuluu?
Where is/are..?	Missä on..?

TRADITIONAL FESTIVITIES

New Year - Uusi vuosi (January 1)

New Year is usually celebrated with family or friends. Young people gather in restaurants and discos and go out to see the fireworks at midnight. A traditional New Year custom is to melt tin over fire and pour the liquid into cold water. The solidified tin is then used in foretelling the events of the forthcoming year.

Easter – Pääsiäinen

Easter is celebrated with family. There are special Easter dishes in Finland, the most popular

being Finnish Easter pudding, Mämmi. There are also some Easter traditions: On Palm Sunday children dress up as witches and go from door to door with sprigs of willow reciting a poem that will bring good fortune to the house. The 'witches' are expected to be given sweets or small amounts of money in return.

May Day – Vappu (May 1)

May Day used to be a workers' celebration, but nowadays it is a popular student carnival. The May Day is considered as an opening of the summer season, no matter what the weather is like. On the Eve of May Day you will see lots of students wearing overalls and their white student caps.

Midsummer – Juhannus (Friday and Saturday around June 21)

Most Finns celebrate Midsummer at their summer cottages, leaving towns deserted. In the northern part of Finland the sun does not set at all. Bonfires and Midsummer spells are also popular traditions. For example: If you pick up seven different flowers and put them under your pillow when you go to sleep on Midsummer night, you will see your future husband/ wife in a dream!

Independence Day - Itsenäisyyspäivä (December 6)

Independence Day is a more solemn festival, there are for example student torch parades and patriotic speeches. It is also customary to light a blue and white candle and place it on a window. The Independence Day ball at President's palace is the biggest society event of the year. This reception is also televised

and it is a popular pastime to watch which celebrities have been invited and which one of them is wearing the most beautiful or tasteless evening gown.

Christmas - Joulukuu (December 24–26)

The Christmas celebrations begin on Christmas Eve at noon with the declaration of Christmas Peace. It is a medieval tradition and many people come to attend the event at the Old Great Square in Turku. The declaration is also televised, and it is considered as an opening of the Christmas festivities. Christmas is celebrated with the family. Presents are given on Christmas Eve. Also going to sauna on the morning of the Christmas Eve is a customary part of Christmas preparations. And of course, as everyone knows, Father Christmas comes from Finland from a place called Korvatunturi in Lapland.

Public holidays 2011–2013

Holiday	Date
All Saint's Day	2011: November 5 2012: November 2
Independence Day	December 6
Christmas	December 24–26
New Year's Day	January 1
Epiphany	January 6
Easter	2012: April 6–9 2013: March 29–April 1
May Day	May 1
Ascension Day	2012: May 17 2013: May 9
Midsummer Eve and Day	2012: June 22–23 2013: June 24–25



SAUNA

Sauna is a place to both wash oneself and relax – a place to get together with family and friends. It is also an essential part of Finnish culture and family life. It is estimated that there are as many as 1.5 million saunas in Finland!

If you are invited to sauna in a Finnish home, it is polite to accept the invitation. You can of course wear a swimsuit or a towel in sauna, if you find it more comfortable. (Public saunas are a bit different: contrary to rumours, men and women go to a public sauna separately. On the other hand, you usually don't wear a swimsuit, it is even prohibited at swimming pool saunas.) You can also stay in

the sauna for as long or as short time as you want. If you start to feel dizzy, it is better to go outside for a while. By the way – not ALL the Finns roll in the snow or take a swim in freezing cold water after sauna, but if you try it, it will surely be an interesting and unforgettable experience!

HIGHER EDUCATION IN FINLAND

The Finnish higher education system consists of universities and universities of applied sciences.

Universities perform scientific research and provide higher education based on it. Students at universities may take a lower (Bachelor's) or higher (Master's) academic degree and also academic further education, consisting of licentiate and doctoral degree.

Universities of applied sciences are regional higher education institutions which provide instruction in several fields of study. The studies at the universities of applied sciences have a professional emphasis. The extent of the degree studies is generally 210–240 study points (ECTS), which means 3.5 - 4 years of full-time study. In addition to theoretical studies, degrees also require practical training in the workplace and a diploma project.

There are both universities and universities of applied sciences all over Finland, and the ultimate aim is to ensure that all prospective students have equal opportunities for study, regardless of where they live. There are no tuition fees in the Finnish higher education institutions.

7. EVERYDAY ISSUES

HEALTH AND SAFETY

Emergency numbers in Finland

General emergency number	112
Poison Information Centre	(09) 471 977
Doctor (evenings, weekends, holidays)	(02) 100 23

Health care and Insurance

Before departing for Finland you should check up on your insurance. It is important to have an accident and health insurance covering your stay. The international co-ordinator of your school will give you advice on this. It is advisable to get the European Health Insurance Card (E111 or equivalent certificate) from your home country's social security authorities.

Student health care at Turku University of Applied Sciences

Students studying at TUAS campuses in Turku use health services in the Occupational Health Building (Työterveystalo) at Hämeenkatu 10, 3rd floor. The services include first aid treatment, medical consultations and physical examinations. Thus no extensive check-ups or treatments are provided for short-term students.

Services offered free of charge:

- Public Health Nurse for medical consulting and nursing
- General Practitioner appointments

At the student health station, you can see a public health nurse without appointment from 8:15 a.m.–11:00 a.m. daily, and by appointment at other times.

Seeing a doctor always requires an appointment. You can make one by phone at (02) 26 61570 from 8.00 a.m. –15.30 p.m.

The public health nurses can be consulted by phone daily from 12.00 noon till 12:30 p.m.

Students in Salo, see the section Salo

Health care on-call service

Tel. (02) 100 23

Address: Kunnallissairaalan tie 20

Patients in need of urgent care are treated at the patient's own health care station (determined by the client's home address) on weekdays between 8:00 and 15:30. At other times, contact the Health Centre On-Call Service.

With valid insurance policy you can also use private medical centres:

- Pulssi Medical center (also dental care), Humalistonkatu 9–11, tel. 02-26161, Mon–Fri 8–20, Sat 9–17, Sun and week holidays 12 – 20 www.pulssi.fi
- Mehiläinen, Clinic and Hospital, Kauppiaskatu 8, tel. 02- 414 00, Mon–Fri 8–19, Sat 9–13, Sun and week holidays 14–17 www.mehilainen.fi
- Terveystalo, Aninkaistenkatu 13, tel. 030 633 633, Mon–Fri 7.30–20, Fri 7.30–19, On-call services Sat 10–15, Sun 12–17 www.terveystalo.com



Pharmacies

Pharmacies are called 'Apteekki' and they are normally open between 9.00 and 17.00/18.00 on

weekdays, some even in the evening and during weekends. For example Yliopiston Apteekki, located on Yliopistonkatu 25, is open every day between 8.00 and 23.00, as well as Kauppatorin Apteekki, located by the market place.

Personal Safety

Finland is a safe country to live in. It is still advisable, especially in bigger towns, for example, to avoid walking home alone at night time. Remember also, if you live in the ground floor, to close all the windows when you go out. If you have a bicycle, always remember to lock it properly.

Lost property

Contact the local police. The Finnish word for Lost Property Office is “Löytötavara-toimisto”.

MONEY AND SHOPPING

Banks

Banks are usually open Mon-Fri 9.30–16.30.

When opening a bank account you must have your passport with you. A study certificate from TUAS may also be needed. The most practical thing to do is to open a current account (‘käyttötili’ in Finnish), so you can get a cash card for ‘OTTO’ cash machines and self-service facilities for payment of bills. You can ask your own bank if they have a corresponding bank in Finland and choose a bank accordingly.

With credit cards you can get money from ‘OTTO’ cash machines. Extra fee might be charged for cash withdrawals. Check the fees from your own bank.

You can exchange currency in all Finnish banks at the same rate but there may be differences in the commission fee. There is also a money exchange office Forex at Eerikinkatu 12.

Shopping

The opening hours of the shops vary. Most bigger shops and grocery stores are open:

Monday–Friday 9.00–21.00

Saturday 9.00–18.00

Smaller grocery stores are open also on Sundays. The opening hours of special shops (e.g. clothes or book shops) are a bit shorter.

Short shopping vocabulary:

English	Finnish
Open	Avoinna
Closed	Suljettu
Price	Hinta
Sale	Ale
Special price	Tarjous
Cashier	Kassa
Fitting rooms	Sovitukset

Please note that in the grocery stores you have to weigh the fruit and vegetables yourself.



Alcohol and age limits

State-owned ALKO has the monopoly for sales of alcoholic beverages. Medium strength beer (keskiolut) and light beer as well as some light wines are also sold in supermarkets and other food stores. Also a wide range of different ciders is available.

The age limit for purchase of beer and wine is 18 and for spirits 20.

Barbers, hairdressers

The barber is called 'parturi' and the hairdresser 'kampaamo'.

Prices for regular haircuts start from 20€ and with colouring from 60€. Check the price beforehand since they vary. Ask for student discounts as some of them have special rates for students.

Tipping

In Finland service is included in the prices and therefore tipping is not very common.

TELEPHONE

When calling within Finland, leave out the country code 358 and add the zero in parenthesis. In Finland, the area code (for example 02), is only needed when making long

distance calls. **However, if you are calling from a mobile phone, the area code is needed always.**

The telephone number for the name or number enquiries in Finland is 118.

International calls

The exit code for international calls depends on which telephone company you choose. The alternatives are 990, 996, 999 or 00.

After the exit code, dial country code + area code + receiver's telephone number.

If you want to call to Finland from abroad, the country code is 358. The area code is used without 0.

Mobile phones

If you are interested in having a mobile phone in Finland the easiest way to get a phone connection is to buy a pre-paid card. You can buy these cards from shops which sell mobile phones and from some kiosks (R-kioski).

It is always worthwhile to check the services and fees, as there are plenty of different operators in Finland.

Please note that there are no public phones anymore, as almost everybody has a mobile phone of their own.





COMMUNICATION AND MEDIA

Internet connections

You will have user IDs and passwords for the TUAS network, and you can use computers at every campus. Also all the apartments of Student Village Foundation (TYS) have internet connection, you only need to have a network cable.

You can also use the internet in public libraries and internet cafés.

Libraries

Finland has a well-organised public library system and books can be borrowed from the libraries free of charge. To obtain a library card, you have to fill in an application form and present a proof of identity. Fines are charged for overdue books.

Each campus of the Turku University of Ap-

plied Sciences has a library with an extensive collection of literature in their special field. All of these libraries are open to the public. You can find additional information on the TUAS webpage.

Media

You can find foreign language newspapers and magazines in the reading rooms of bigger libraries.

Foreign TV programs in Finland are subtitled, not dubbed.

If you have a TV, you should also have a TV licence for it. The licence costs (in 2011) 21,15€ for a month, 62,35€ for 3 months and 123,25€ for 6 months. For 12 months, the licence costs 244,90€.

RELIGION AND CHURCH

There are 14 Lutheran churches in Turku. Services are held in Finnish/Swedish every Sunday at 10 am. For further information, please see www.turunseurakunnat.fi/portal/en

Student Chaplaincy

Student Chaplain Atte Airaksinen

Tel. + 358 (0) 40 341 7349

e-mail: atte.airaksinen@evl.fi

Services in English on Sundays at 4pm (except on the last Sunday of each month).

Other churches

- Orthodox Church of St. Alexandra, Yliopistonkatu 19, tel. +358 (0)2 277 5440, email: turku@ort.fi. Services in Finnish.

- Roman Catholic Church, Ursininkatu 15, tel. +358 (0)2 231 4389, email: birgitta@catholic.fi

- Jewish Congregation and synagogue, Brahenkatu 17 B, tel. +358 (0)2 231 2557.

- Islamic Congregation, Yliopistonkatu 5, tel. +358 (0)2 233 2822.

- International Evangelical Church, Tarkk'ampujankappeli (in Turku Cathedral) Services in English. More information: Pastor Mia Pusa, tel +358 (0)40 341 7308.

- United Methodist Church, Hämeenkatu 4, tel. +358 (0)2 231 5976, email: metsku@metsku.fi. Services in Swedish and English.

OTHER PRACTICAL MATTERS RELATED TO LIVING IN FINLAND

COST OF LIVING IN FINLAND

The average cost of living for a single student who lives in a student flat is estimated to be around 700€ per month (includes rent and other living costs). If you live in a private rented flat, your costs will likely be at least 800–900€ per month (includes rent and other living costs).

CLIMATE

The climate in Finland is temperate. The summer is usually warm, lasting from May to August. The average summer temperature is 20 to 23 degrees Celsius, with cooler mornings and evenings.

The first snow usually falls in late November or early December. Even though in Turku area the winter is sometimes more rainy than really cold, it is advisable to bring warm clothes, especially if you are not accustomed to cold. You can be prepared for –5 to –15 degrees Celsius, but sometimes it can be as cold as –25 degrees Celsius.

NATURE

It is an 'everyman's right' to hike freely in forests, even though they might be private property. You can also pick berries and mushrooms from any forest. However, you should not leave litter, cause any damage or disturb the owner's privacy.

DRIVING LICENCE

Driving licences from countries that have joined the Road Traffic Convention are valid in Finland for one year from the date of the licence holder's entry to Finland. After six months it is possible to obtain a Finnish licence. You can get more information on this at the local Police Station. The age requirement for a licence is eighteen.

In Finland you drive on the right side of the road. It is compulsory to wear seat belts both at the front and back seats. Regulations on the permissible level of alcohol for drivers is very strict, allowing less than 0.5‰, and all offences are liable to heavy penalties. Also note that if you are coming to Finland by your own car, you have to use winter tires in winter.

SMOKING REGULATIONS

Finland has very strict regulations regarding smoking in public. Smoking is forbidden in public places such as offices, shops and public transport and also in pubs and restaurants. Smoking in the work place is not allowed, unless there is a specific room provided for smokers. Otherwise you will have to smoke outdoors.

ELECTRICITY

The electric current in Finland is 220V, 50 Hz. The plugs conform to European standards.

MEASUREMENTS

Finland uses the metric system. Below you will find some of the most common measurements and their equivalents.

- 1 cm = 0.39 inches
- 1 metre = 3.28 feet
- 1 kilometre = 0.62 mile
- 1 square kilometre = 0.38 sq. mile
- 1 hectare = 2.47 acres
- 1 litre = 1.76 pints (Brit.)
- 1 litre = 2.1 pints (Am.)
- 1 litre = 0.22 gallons (Brit.)
- 1 litre = 0.26 gallons (Am.)
- 1 kilogram = 2.2 pounds

To convert Centigrade to Fahrenheit: multiply by 9, divide by 5 and add 32.

To convert Fahrenheit to Centigrade: subtract 32, multiply by 5 and divide by 9.



8. INTERNATIONAL COORDINATORS AND

email: firstname.lastname@turkuamk.fi

INTERNATIONAL OFFICE

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International Relations Manager
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Wednesdays in Salo

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Business Information Technology

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Production and Management of Services, Beauty Care

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