

SURVIVAL GUIDE

for International Students and Scholars in Turku/Åbo

2009



TURUN YLIOPISTO
UNIVERSITY OF TURKU



ÅBO AKADEMI UNIVERSITY



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WELCOME TO TURKU/ÅBO!

This guide is aimed for the international students, researchers, teachers, staff and visitors of the universities of Turku/Åbo. This guide has been produced in order to assist you during your stay in Turku/Åbo. May it be just for a couple of days, months or for several years, this guide may solve some of the problems international students, staff, scholars and visitors face.

The guide is intended to serve as a quick reference whenever you have a question or a problem about life in Turku/Åbo. Use the index at the back of the guide to find the information you are looking for.

The City of Turku/Åbo is bilingual and is called Turku in Finnish and Åbo in Swedish. Due to the bilingualism in Finland, almost every town and place has a name in both Finnish and Swedish. Street names and names of official bodies usually have a name in both languages. This is why, in this guide, we state two addresses, one in Finnish and the other in Swedish. In this guide you will find that we, in places, have included a translation of some essential words; first in Finnish and then in Swedish, in parenthesis.

We have also included two checklists for those staying a bit longer; one for things to take care of during your first days here in the city and another for things to do before returning home. You can find the lists in the beginning of the guide. Please use them to check that you have taken care of everything. The lists are mainly aimed for international exchange students but other international students, scholars and guests might find them useful too!

We aim to give the most current information possible in the guide and it is updated annually. Naturally, sometimes things change after the guide is printed and we apologise for any old or incorrect information that the guide might contain. It is therefore important to check the information with the source, especially when dealing with official and suchlike institutions.

If you have any suggestions on how the guide could be improved by adding, changing or omitting things, please let us know. You, the users of the guide, know best how it actually works in practice and we would very much appreciate your comments. Suggestions can be e-mailed to international@abo.fi.

Enjoy your stay!

University of Turku

**Åbo Akademi
University**

**Turku School of
Economics**

Checklist for your first days in Turku/Åbo:

Please go through this list, and make sure you have taken care of all the points that concern your stay (these may differ for exchange students, degree students, visiting staff etc.)

- Sign your lease (*vuokrasopimus/hyreskontrakt*) at the Student Village Foundation Office if you are renting a flat with TYS. (fill in the apartment check carefully).
- Open a bank account and pay the Student Union fee (if you are allowed to join the Student Union).
- Register with your host university.
- Register with the Student Union and apply for the Finnish Student Card (if you are entitled to join the student union) at <http://portaali.lyyra.fi> (a digital photo is required).
- Register your right to reside (citizens of the EU/EEA and Switzerland only) or apply for a residence permit at the police station if you do not have the permit already. This is not necessary if you are a citizen of a Nordic country (see chapter 3.2) or if your stay does not exceed 3 months. Non-EU/EEA citizens (and equivalents) need to apply for the permit in their home countries!
- Make an official Change of Address notification (*muuttoilmoitus/flyttningsanmälan*) to the Register Office by filling in a form at e.g. any post office or electronically at <http://www.posti.fi/changeaddress/index.html>.
- If you are a citizen of a Nordic country, register yourself with the Population Information System (*Maistraatti/Magistraten*).
- Register for taxation, if so required.
- If you plan to reside in Finland for more than one year, register yourself with the Population Information System (*Maistraatti/Magistraten*).
- Attend the Orientation Course for new international students as well as all personal advising sessions and introductory meetings that are held by the International Office or department at your host university.

Checklist before going home:

Please go through this list, and make sure you have taken care of all the points that concern your stay (these may differ for exchange students, degree students, visiting staff etc.)

- Give notice to end your lease at least one month prior to moving out. A written termination of the lease must be made no less than one calendar month before moving out.
- Return all the library books you have borrowed.
- Check that your rent and other housing-related bills are paid.
- Close your bank account.
- Disconnect your phone and make sure you have paid all the phone bills.
- Make an official Change of Address notification well in advance, to ensure that your mail will be forwarded to your new address. Do this by filling in a form at e.g. any post office or at the local register office or electronically at <http://www.posti.fi/changeaddress/index.html>. For details, please see chapter 3.3.
- Return your keys to the landlord and collect your security deposit. In some cases, the deposit will be refunded later on to your bank account in your home country.
- If you had an Internet connection at your apartment, check if you have to close it. For those living in the apartments of the Student Village Foundation, see www.yok.utu.fi/termination.php.

Exchange students, please remember also:

- Return your Course Card to the Student Services (UTU) or International Office (ÅA, TSE).
- Return your Starting Package (if you have one) to the starting package storage and collect your deposit.
- Students at Åbo Akademi University, please hand in a paper signed by the Åbo Akademi University main library stating that you do not have any loans or unpaid library fines.

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1. Finland and Turku/Åbo



1.1 Finland

Finland, *Suomi* in Finnish and *Finland* in Swedish, is situated in northern Europe, approximately between 60–70°N latitude and 20–32°E longitude. A quarter of the total area lies north of the Arctic Circle. Neighbouring countries are Sweden to the west, Norway to the north, Russia to the east and Estonia to the south.

The population of Finland is approximately 5,3 million. The country is sparsely inhabited; the population density is 16 persons per sq.km. Nearly two thirds of the Finns live in urban environments. The largest cities are Helsinki/Helsingfors, the capital with a population of 578 000, Espoo/Esbo with 242 000 and Tampere/Tammerfors with 209 000. Other important cities are Turku/Åbo with a population of about 175 000, Vantaa/Vanda with 196 000 and Oulu/Uleåborg with 137 000. About 2% of the population are from abroad, of which most are Russian, Estonian and Swedish. Of the “old” EU-countries Brits and Germans are the largest groups living in Finland.

Finland is a republic that became independent in 1917 and a member of the EU in 1995. The head of state is the President, currently Tarja Halonen (2000-). She was the first woman ever to be elected as the President of Finland. In 2006 Halonen was re-elected. The 200-member single-chamber Parliament holds the supreme political power. Parliamentary elections are held every four years.

Finland is a typical advanced industrial economy: two thirds of the country’s total output is generated in the service sector. According to Statistics Finland, real estate and business activities generated 18,4% of the GDP in 2006. Transport, storage and communications generated 10,1% and

education, health, social work and other services 17,1%. About one fourth of Finland’s GDP in 2006 was created within the industry. The well-known producer of mobile phones, Nokia, has had a major impact on the Finnish economy. Originally, Nokia was a manufacturer of car tyres, rubber boots and toilet paper.

As for the affordability of higher education, the Finnish system has been remarkable in international comparisons. The good results depend on fairly limited educational costs, charitable grants and the availability of loan programmes. Also concerning accessibility, Finland runs second on the world ranking chart, due to very high participation rates. Among the strengths of the Finnish educational structure listed are high attainment rates as well as large student bodies representative of the population.

In 1860, Finland got a currency of its own: the *markka/mark* and *penni*. In 1999, the rate of the Finnish currency was pegged to the euro. Three years later, in 2002, the Finnish currency was replaced by the euro (€EUR). Coins of one and two cents, which are in use in some other countries of the euro area, were not taken into use in Finland. However, a small number of these coins were produced mainly for collectors.

Finland has six national so called nature symbols, which were chosen by popular vote in the 1980’s and 90’s. These are represented by the bear, swan, perch, birch, lily-of-the-valley and granite. The idea with the symbols is to encourage people to be aware, and also appreciative of the Finnish flora and fauna.

Finnish Nature

Finland is known for its forests, which cover three quarters of the country’s surface area of 338,000 km² (Finland is the most

forrested country in Europe). Especially eastern Finland is rich in forests, whereas arctic fells are common in the north. The coastline measures over a thousand kilometres, but including islands the total length would be as much as 40,000 kilometres. Another outstanding feature of Finland's scenery is its myriad of islands and lakes, hence the old slogan "Land of a Thousand Lakes" (there are well over 180,000 lakes in Finland).

Finland's largest, and Europe's fourth largest lake is called Saimaa/Saimen. It is situated in southeastern Finland, and is the sole home of one of Europe's most endangered mammals, the Saimaa ringed seal. Only 260 individuals were accounted for in 2009. The wolf, the brown bear, the lynx and the wolverine (the four large predators of Mainland Europe) are found in Finland, as well as the flying squirrel, which cannot be found in other EU-countries.

Anyone may wander freely in almost any part of the countryside, even on privately owned property. It is also permitted to pick wild berries, mushrooms and flowers as long as they aren't endangered. This concept is known as the everyman's right. Check the webpage www.outdoors.fi > "Hiking in Finland" > "Rights and Regulations" for a more detailed description of the dos' and dont's concerning the everyman's right. Refer to the section "What to Take" on the same webpage to familiarise yourself with insects, other wild animals and edible berries and mushrooms.

Languages in Finland

Finland is an officially **bilingual** country. The two main official languages are Finnish and Swedish.

Finnish is a Finno-Ugric language, which is closely related to Estonian and distantly to Hungarian. It is believed that Finnish set-

tlement started as early as 7000 B.C., but a permanent settlement speaking an ancient form of today's Finnish seems to have been established by 3000 B.C. The Finnish vocabulary differs widely from that of Indo-European languages thus Finnish has a reputation of being a rather challenging language. However, the grammar is systematic and logical and the pronunciation is fairly easy.

Mikael Acrigola laid the foundation for the Finnish language and literature. He translated the primer into Finnish in 1544 and the New Testament in 1548. Acrigola was also the Rector in the Schola Cathedralis Aboensis and Bishop of Turku.

Swedish belongs to the northern branch of the Germanic languages and is spoken by approximately 5,5 % of the population (as their mother tongue). There are many historical reasons for the language situation in Finland today. Finland was, for a very long time, part of the Swedish kingdom and since the 11th and 12th century, settlement in Finland of Germanic people of Sweden and Scandinavia became more permanent than before. The settlement was often driven by Christian missionary-like actions. As the country was part of the Swedish kingdom, Swedish was the only official language in Finland. Due to growing national awareness and finally, to the separation from the Swedish Crown, Finnish also became an official language in Finland.

Today most Swedish-speaking Finns live in the coastal area or in the archipelago. This is mainly due to the ancient traditions of fishing and trade with the people of the northern parts of Europe. The Swedish language of Finland is not grammatically that different from Swedish in Sweden, but in terms of pronunciation and vocabulary they may differ quite significantly.

A third official language is the **Saami** language, which is the language of the Saami people. In fact, there are several different Saami languages with their own specific region where the variant is spoken. The Saami language's official status in Finland is, however, limited to the northern regions where the language is spoken. The Saamis are indigenous people of Europe, living mainly in the Arctic area of the Scandinavian countries and the Kola Peninsula. The Saami languages are thus also to be found in Norway, Sweden and Russia and they are all related to the Finno-Ugric language.

Other languages spoken in fairly small proportions in Finland are e.g. Romani, Russian, Tatar and Estonian. English is the most commonly studied and spoken foreign language in Finland, but German, Spanish, and French are also very popular in Finnish schools and universities.

For information on language courses in Finnish and Swedish for foreigners, please see chapter 2.12.

1.2 The city of Turku/Åbo

Turku/Åbo, founded in the 13th century, is Finland's oldest city. It is one of the officially bilingual towns in Finland. Under the Kingdom of Sweden until 1809, Turku/Åbo was Finland's provincial capital. However, after Finland had become an autonomous Grand Duchy under the Tsar of Russia, the capital was considered to be too close to Sweden, which is why, in 1812, Helsinki/Helsingfors was chosen as the new capital of Finland.

In 1827 there was a great fire in Turku/Åbo, after which Finland's first volunteer fire brigade was formed. It was the most widely spread city fire throughout history

in the Nordic countries. Large parts of the city were destroyed; out of the city's 1126 houses 780 burnt down, and e.g. the Cathedral was partly damaged.

Turku/Åbo is an important Baltic port both for goods and passenger traffic, and one of the centres for the shipbuilding industry in Finland. Other major industries include pharmaceuticals, electronics and high technology. The areas of top expertise in Turku/Åbo are biosciences, ICT, logistics and tourism. Turku/Åbo is also the regional and administrative centre of southwestern Finland.

The City of Turku/Åbo is an important centre for southwestern Finland when it comes to employment and education. It is also a centre of cultural life with its theatres and events focusing on music, literature, arts and architecture. In November 2007, Turku/Åbo was nominated to be the European Capital of Culture 2011. In preparation for this important year, the city is now more than ever putting an effort into developing the cultural environment and arranging all kinds of cultural events. For more information about culture, please see section 9.1 and for further information about the city, visit www.turku.fi. At <http://kartta.turku.fi> you will find a map.

Experiencing the archipelago (*saaristo/skärgård*) when in Turku/Åbo is definitely worthwhile. With some 20,000 islands to choose from, you are bound to find peace and quiet in addition to breathtaking scenery regardless of the season. Getting around is easy thanks to the many bridges, ferries and vessels that are at your disposal. Many inhabitants of the islands engage in tourism so there are plenty of places to stay and eat in the archipelago.

Turku/Åbo has been called the Christmas City of Finland for more than ten years.

For a period of six weeks, starting on the first day of Advent and ending on January 13 (day of St. Knut), more than 400 events are offered for the public to join in. Several different sectors and groups are involved (e.g. associations, merchants, hotels) in the making of the Christmas City, which is an essential part of the city's image. The fact that numerous cultural concepts have landed in Finland through the city of Turku/Åbo (including Christmas), has paved the way for the decision to make continuous improvements to the events, exhibitions and concerts that are offered at this time of year.

At noon on Christmas Eve thousands of people gather at the Old Great Square (close to the Cathedral) to witness the Christmas Peace Declaration. This tradition has been kept alive since the Middle Ages, and was originally a municipal act.

1.3 Finnish society and customs

As every society also Finland has its own traditions and small peculiarities. Here are a few tips which will probably help you in the beginning of your stay in Finland and when first meeting with Finnish people.

Greeting

When Finns introduce themselves to people they have not met before, they often shake hands. When Finns meet friends or other people they have met before, they simply just say "Hello". You can also see people, especially younger ones, greeting each other with a hug.

When introducing themselves, Finns give their first name before their surname. At marriage couples may choose to either: adopt the surname of either spouse, spouses

may retain their own surnames or couples may use a double-barrelled name. In Finland it is not common to introduce yourself with your academic or suchlike title unless you are specifically meeting people in an official academic or professional occasion. Normally you just state your name.

Telephone etiquette

There is a lack of public phones in Finland, but practically everyone has a mobile phone. It is very impolite to use a mobile phone in situations where it could be disturbing to others, e.g. in lecture halls, meetings, concerts, theatres and church. On the other hand, when travelling in public transportation you cannot avoid overhearing people's phone calls.

Gender and sexual equality

There is a relatively high degree of equality between the two genders in Finland. In 1906 Finland was the first nation in Europe to grant women equal suffrage and the first nation in the world to allow women to be electoral candidates in parliament elections.

Very broadly speaking, the male respect towards women in Finland is partly the result of the traditions in the countryside of men and women having worked together side by side for centuries. Today most women work outside the home and it is not unusual for women to hold advanced positions. This is the way Finnish society is structured and legislated e.g. when it comes to parental leave, social benefits and family structure.

Finland is one of the countries in Europe that recognises same sex civil unions and cohabiting status.

Punctuality

Most Finns are punctual both at work and in their social life. When you are off to meet somebody you might want to arrive

five minutes early rather than five minutes late. A mobile phone comes in handy if you are delayed.

Queuing

Waiting for your turn when queuing is self-evident in Finland. Basically no excuse is good enough to try to push yourself ahead of the people who arrived before you. Finns are known to be very strict about this. However, you should be aware that “queuing” does not solely refer to standing in line, but most importantly it means waiting for one’s turn and show respect for those who started queuing before you. A queuing system with numbered note-sized pieces of paper are quite common.

Visiting

When visiting somebody’s home, people take their outdoor shoes off right inside the entrance – it is customary to walk indoors in your socks only. Most commonly, before inviting someone home, Finns have already been acquainted with the guest for quite some time. Guests need not feel obliged to bring any gifts for the host, however, to bring a bottle of wine or a bunch of flowers is considered to be a nice gesture.

Religion

Most Finns are quite secular in their religious views, although about 84 % belong to the Evangelical-Lutheran Church. Despite this, any personal religious views are respected.

Food

Nowadays Finnish cuisine is a mixture of European, Scandinavian and Russian influences. Traditional Finnish food is therefore most commonly eaten on holidays, but still there are some dishes eaten throughout the year.

Lunch is normally served between 11.00 and 13.00, and dinner around 17.00 and

19.00. Restaurants serve dinner until late at night, however, the kitchen may close about half an hour before the official closing time. Student cafeterias only serve lunch. Coffee is extremely popular; the average Finn drinks as much as five cups of coffee a day.

Be sure to sample ‘everyday’ foods such as Finnish rye bread and Karelian riisipiirakka (Karjalanpiirakka/Karelsk pirog: an oval-shaped, flat rye flour pastry with a creamy rice filling). Especially in Lapland many dishes consist of reindeer meat, and in eastern Finland the traditional kalakukko (fish served inside a bread crust) is a specialty. Finns are ecologically responsible, so do not be surprised when you find a separate bin for compost and bio-waste (*biojäte/bioavfall*) in student cafeterias. Note that napkins are biodegradable and should be thrown away with the bio-waste. For more information on recycling, please see chapter 6.4.

Tipping

Tipping is not compulsory in Finland and service is included in restaurant bills. Tips are usually given when eating in restaurants, but it is not very common when e.g. buying a drink or paying your taxi driver. If you give a tip, one would presume that you very much enjoyed your dish and that service was good. You will not be considered rude if you do not tip.

Smoking

According to Finnish law, smoking is forbidden in all public places, even in bars and restaurants. Normally Finnish people do not smoke inside. This includes both homes and public buildings. Smokers usually go outside, even in winter. When visiting a Finnish home smokers should always ask where it is allowed to smoke.

Drinking

Water, milk and juice are common drinks when eating at home. In case of a more festive dinner occasion, you would drink e.g. beer or wine, or water if so preferred. Finnish tap water is drinkable and has actually been proven to be purer than many brands of bottled water.

Beer and cider can be bought in regular grocery stores. Other alcoholic beverages can only be bought in special stores called Alko. Consumption of alcohol per person per year is at a European average. Finnish alcohol consumption and habits may vary by social group and region. Abstinence is promoted by legislation; the blood-alcohol limit e.g. for operating vehicles in Finland is considerably low, penalties are severe and the police can test drivers at any time. Additionally, laws connected to drugs are very strict: use, possession or dealing of drugs is prohibited.

Sauna

With only 5,3 million citizens and at least 1,7 million saunas in Finland, you can easily conclude that the sauna (*sauna/bastu*) is an important institution in Finnish society. It is not even an overstatement to say that every house in Finland has a sauna. Additionally, saunas are especially popular at summer cottages. Still, the importance of the sauna differs from one region of Finland to another.

Ancient traditions throughout the whole country say that you should have a sauna sweat bath at least once a week, because that was the way people washed themselves before having modern bathrooms. However, though people nowadays have other forms of bathing facilities, it is not rare to hear people talking about their weekly sweat bath in the sauna. Traditionally you would have separate turns for women and men, but not within the family. A sweat bath in the

sauna is a relaxing and refreshing experience which gets even better when you do it where you like it best, e.g. by the sea or in the snowy winter.

To learn more about the Finnish sauna, health aspects, history and recommended bathing procedures, visit the website of the Finnish Sauna Society www.sauna.fi and most importantly, try it yourself!

Dance pavilions

Almost as exotic as the sauna are the Finnish summer dance pavilions. They are traditional rustic ballroom halls in the middle of forests or by the lakes. There, people dance waltzes, polkas, foxes, *humppas* and Finnish tango. Finnish tangos have no resemblance to other tangos what so ever and lyrics are especially longing with a taste of the Slavic melancholy. There are also dance pavilions that can be visited in wintertime, but these are not as traditional as the summer pavilions.

Nordic walking

Your attention may have been caught by people walking with ski poles without wearing any skis and without there being any snow on the ground. This sport has more than half a million active participants in Finland only. Instead of regular ski poles, some shorter, specially designed poles should be used. It is said that efficiency of the exercise increases with a minimum of 20% when walking with poles compared to walking without them.

Weather and seasons

Finland has four distinct seasons and during one calendar year the weather may change from one extreme to the other. The coldest month is February when the average temperature in Turku/Åbo is -6.2 C (21 F). In practice, this means that the temperature may, even within a few days, vary from e.g. -25 C to $+5$ C ($-13/41$ F).

July is the warmest month when the average temperature in Turku/Åbo is +16.5 C (61.7 F). In reality, you experience the change of temperature from about +13 C (55.4 F) to +30 C (86 F).

In the North you can experience the “midnight sun” north of the Arctic Circle where the sun does not set for about 10 weeks in summer. In Turku/Åbo the sun only sets for about 2-4 hours per night during that same period.

Summer cottages

Summer cottages or summer houses are what you can call a Finnish institution. The cottage is like a second home situated by the sea or along a lakeshore, among the trees, in the countryside or perhaps on a small island. They often lack modern conveniences, but the contrast these cottages represent provides a real break from the stress of the working week. There are over half a million summer cottages in the countryside where Finns relax, go fishing, have a sauna bath or simply spend some quality time with friends and family.

1.4 Finnish art and culture

Finnish culture has been influenced by different styles and trends coming from both East and West. Listed below you will find some internationally known representatives of Finnish culture, sports and arts that have gained significant reputation abroad.

For information about culture, news and events in Finland, also check:
<http://virtual.finland.fi>.

Internationally known Finnish brands of products are Arabia, Artek, Fiskars, Hackmann, Iittala and Marimekko, to mention a few.

Architecture

Alvar Aalto is probably the most famous Finnish architect (more information at www.alvaraalto.fi). Eliel Saarinen and Eero Saarinen are also internationally known Finnish architects.

Art

Albert Edelfelt, Hugo Simberg, Helene Schjerfbeck and Akseli Gallen-Kallela are famous Finnish painters also known internationally. Kaj Stenvall is well known for his stylistic “portraits” of Donald Duck. Wäinö Aaltonen, born in Turku/Åbo, is a well-known sculptor of Modernist style.

Design

Aino Aalto, Alvar Aalto, Kaj Franck, Nessi Hovi, Maija Isola, Sanna Kantola, Kalle Kuusela, Stefan Lindfors, Gunnel Nyman, Armi Ratia (founder of Marimekko), Hanna Sarén, Timo Sarpaneva, Nanny Still, Paola Suhonen, Helena Tynell and Björn Weckström are important Finnish designers of different genres.

Film

Important filmmakers include Mika and Aki Kaurismäki, Pirjo Honkasalo, Klaus Härö, Katariina Lillqvist (animated films), Aku Louhimies, Riitta Nelimarkka (children’s films) and Renny Harlin (action) who has e.g. directed the action film *Die Hard 2*. For the film *The Man without a Past*, Aki Kaurismäki was awarded the Grand Prix at the 2002 Cannes Film Festival. Klaus Härö in turn has won numerous awards for *Elina - As If I Didn't Exist* (2002), as well as for *Mother of Mine* (2005).

Literature

Internationally known Finnish writers are F. E. Sillanpää (Nobel prize winner in 1939), Mika Waltari, Mauri Kunnas, Aleksis Kivi, Arto Paasilinna, Paavo Haavikko, Pentti Saarikoski, Märta Tikkanen, Bo Carpelan, Monica Fagerholm, Rosa Liksom and Tove

Jansson, the creator of *Moomins*.

The Finnish national epic *Kalevala* has gained worldwide renown especially in the science fiction and fantasy literary world. The *Kalevala* partly inspired the Lord of the Rings trilogy. In fact, J.R.R Tolkien studied Finnish so that he could read *The Kalevala* in its original language. The epic has been translated into 60 different languages, which makes it the most translated Finnish literary work in history. The father of *The Kalevala*, Elias Lönnrot, went on a tour of Finland in 1828, mainly to Karelia and Savo in the eastern parts of the country with the intention of making a compilation of poems from Finnish folklore. The first *Kalevala* manuscript was ready in 1835.

Music

Jean Sibelius is probably the best known Finn throughout time. His compositions have been played in concert halls all over the world. Other important composers are Joonas Kokkonen, Aulis Sallinen, Oskar Merikanto, Toivo Kuula, Leevi Madetoja, Erik Bergman, Osmo Vänskä, Einojuhani Rautavaara and Kaija Saariaho. Internationally known Finnish conductors are Esa-Pekka Salonen, Mikko Franck, Susanna Mälkki and Jukka-Pekka Saraste. Famous Finnish opera singers are Jorma Hynninen, Karita Mattila, Soile Isokoski and Tommi Hakala. Both Mattila and Hakala have won the BBC Singer of the World in Cardiff, making Finland the most successful country so far in this competition.

There has been a long standing joke that when hell freezes over, Finland wins the Eurovision Song Contest. In 2006, the Finnish heavy metal band Lordi came, rocked and conquered, and they did it with a new total record in points given. In May 2007 Helsinki hosted the contest for the first time in history.

Rock and heavy metal is very popular in Finland. Some famous artists include e.g. Amorphis, Apocalyptica, Children of Bodom, Finntroll and the 69 Eyes.

Other famous representatives of Finnish pop and rock music are for example HIM, The Crash, Nightwish, Sturm und Drang, Redrama, Eppu Normaali, Poets of the Fall, PMMP, Antti Tuisku, Hanoi Rocks, The Flaming Sideburns, 22-Pistepirkko and The Rasmus.

Sports

Within Finnish sports, a legendary person was Paavo Nurmi, a famous long distance runner. This original “Flying Finn” dominated middle and long distance running in the 1920’s, winning nine gold and three silver Olympic medals, and setting altogether 25 world records. In Turku/Åbo, his home town, there is a statue of him close to the crossing of Hämeenkatu/Tavastgatan and Kaskenkatu/Kaskisgatan. There is also a sports stadium named after him.

Nowadays, Finland is known for fast drivers and flying ski-jumpers. Famous Finnish Formula 1-series drivers are Mika Häkkinen, Kimi Räikkönen and Heikki Kovalainen. Several Finns have won the World Rally championship, the most recent was Marcus Grönholm in 2002. Finnish football players such as Jari Litmanen, Sami Hyypiä and Mikael Forssell are also wellknown in the soccer world.

Apart from cross-country skiing, ice hockey is often regarded as Finland’s national sport. Teemu Selänne, Saku Koivu and Miikka Kiprusoff are active, world famous ice-hockey players. In the Olympic Games in Turin 2006, Finland won the silver medal, and in the World Championships held in Canada 2008, they took the bronze. The ice-hockey team of Turku/Åbo is called TPS, and they play their home games at Turkuhalli (www.turkuhalli.fi).

Finland's unofficial national sport is, however, a type of baseball (*pesäpallo/boboll*) that is especially popular in the central and northern parts of the country.

Floorball, also known as “sähly” or “sali-bandy”, is a popular sport especially in the Nordic countries. In 2008 Finland won the gold medal in the World Championship for the first time.

Finnish alpine skier Kalle Palander won the Slalom FIS World Cup 2003 and came second in 2004. The female Finnish alpine skier Tanja Poutiainen won the World Cup Slalom and World Cup GS in the season 2004-2005, and in 2006 she won the silver medal in the Olympics. In 2008-2009 she renewed her victory in the World Cup GS.

Jarkko Nieminen is Finland's most prominent tennis player, ranking 49 on the ATP-list in May 2009 (with a best ranking of 13 in 2006).

Not every sport is taken seriously; there are also some crazy ones you may never have heard of. Take wife-carrying for example, or mobile phone-throwing. A wife-carrying competition has been organised annually in eastern Finland since 1992.

1.5 Culture shock

Culture shock, though not always as dramatic as the term might imply, is a perfectly normal and temporary reaction when adjusting to a new culture. Not everyone experiences a cultural shock. However, for some people the shock may be quite severe while for others it is easier to cope with.

When living and studying in a new culture, the integration period can take a while. Surrounded by new people, habits, values

and a new environment; one is constantly receiving new information, so it is quite common to feel a bit out of place. Individual expectations affect how one reacts to a new country, so try to be open-minded.

Culture shock is not entirely a negative phase to go through. It can be a significant learning experience, after which you are more aware of aspects of your own culture as well as the new culture you have entered. However, realising that you might go through this phase when studying abroad and recognising the symptoms will help coping with it. Common symptoms include homesickness, depression, concentration difficulty and irritability. This emotional state can also have physical symptoms such as nausea, insomnia and loss of appetite.

Stages of adaptation

When you are experiencing culture shock there are four basic identifiable stages of adaptation. Not everyone goes through these exact stages, but it is quite common to have these feelings when dealing with the positive as well as the negative aspects of a new culture.

1. Euphoria

The new environment is exciting and you are enthusiastic and curious about the new country and its culture. Your own home culture with its habits is still fresh and active in your mind.

2. Conflict

Feelings of isolation and loneliness are common as you become more aware of the cultural differences. They seem more obvious and may be frustrating. Familiar things, such as food from home and being with other students from your own country offer comfort and security. You might reject everything around you and feel hostility towards the new culture. Comparing this new culture to your own is common, and many

things seem to be much better at home.

3. Gradual recovery

You accept the differences and similarities as you become more familiar with the new culture and new situations. You may feel relaxed and more confident in dealing with different aspects of the new culture.

4. Acceptance

As you become more involved in different social activities and get to know the people and places around you, you will adapt to the new culture and create some sense of belonging. You may not even realise how well you have adjusted to the new culture until you return to your home country. Then you may experience reverse culture shock.

Coping

When you are experiencing culture shock it is important that you deal with it in a constructive way. Since you find yourself in the middle of strange surroundings and people you do not know, it is pertinent that you pursue a "normal life". Explore your new surroundings and locate useful places such as the post office, shop, bank, the Finnish Student Health Service Centre and the hospital. Get settled in your accommodation and make it cosy. Introduce yourself to your neighbours and fellow students or researchers. Other newcomers are in the same situation and you can support each other. Make the best of your exchange period by getting to know Finnish students as well.

Take part in different social activities organised by the student associations; for instance a great way to make friends is to take part in the activities organised by ESN (see chapter 10.1). If you are having a hard time coping in the new environment, do not hesitate to talk about it with friends, colleagues, your tutor, teachers or study advisors. Talk to your family and keep in touch with your friends back home. If you

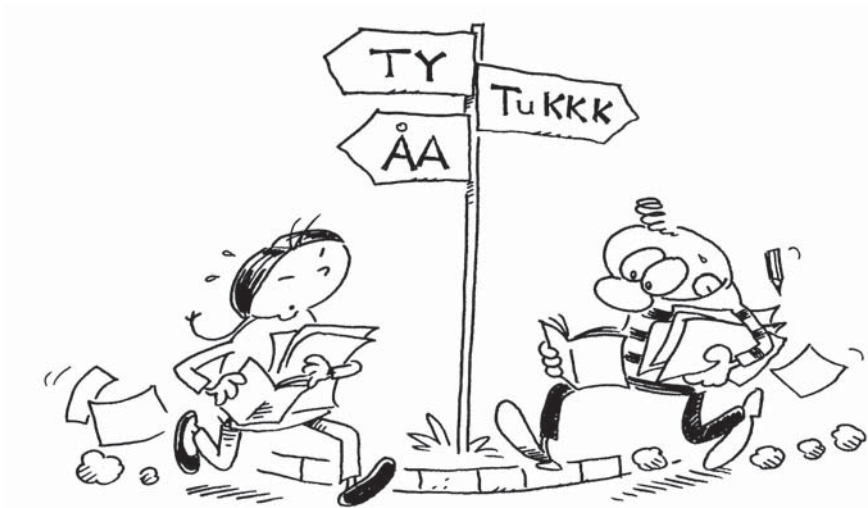
feel that you need professional help, please contact the Finnish Student Health Service (see chapter 4.2).

Have an open and curious mind

If the Finnish social customs puzzle you, do not be afraid to ask questions and get to know the culture, habits and values better. Also keep in touch with your own culture (for instance the list of churches, temples and mosques can be found in chapter 10.2).

Throughout this period of cultural adaptation, remember to take good care of yourself. Adapting to a new country, culture and social customs can sometimes be a complex and difficult process but the whole experience of a culture shock is rewarding and enriching in the end. Relax and fully enjoy your exchange period!

2. Academic Life



UTU = University of Turku
ÅA = Åbo Akademi University
TSE = Turku School of Economics

2.1 International Offices of the Universities in Turku/Åbo

University of Turku (Turun yliopisto, UTU)

Student Services/International Advisors
(Registration and general information for international students)

Main Building, Ground floor

University of Turku

20014 Turku

Tel. +358 (0)2 333 6582 or

+358 (0)2 333 6150

Fax: + 358 (0) 2 333 6370

e-mail: international@utu.fi

www.utu.fi and www.utu.fi/en/studying

Open Mon–Fri 10.00–14.00. For contact details of other staff within the International Office, please refer to www.utu.fi/en > International Office.

Ms. Tarja Malinen and Ms Virpi Lepänen

Student Services/International Advisors

Ms. Irinja Paakkanen

Head of International Affairs

(Institutional LLP, NORDPLUS and FIRST Coordinator, applications, agreements and contracts related to international education programmes and mobility)

Tel. +358 (0)2 333 6142

e-mail: irinja.paakkanen@utu.fi

Ms. Heli Hurme

International Liaison Officer

Stand-in for the Head of International Affairs

(Bilateral agreements, Coimbra Group,

SANORD Centre and University of the Arctic network contact person, ERA-MORE researcher mobility network contact person, contact person for the Tempus, AsiaLink, EU-Canada, EU-USA, and Erasmus Mundus Cooperation External Window programmes)

Tel. +358 (02) 333 6104

e-mail: heli.hurme@utu.fi

Ms. Kirsi Korpela

International Officer

(International marketing, regional cooperation, quality assurance, administration of grants for teacher and staff exchange programmes, East- and South-East Asian cooperation)

Tel. +358 (02) 333 5612

e-mail: kirsi.korpela@utu.fi

Ms. Liisa Aho

International Officer

(International student exchange (incoming students), institutional ECTS contact person, coordination of the support services and the application process of international exchange students and grants including FIRST, FIRST Teacher Exchanges, Summer School 2009 contact person, bilateral student exchange agreements)

Office hours: Wednesdays 12.00-14.00

Tel. +358 (02) 333 6145

e-mail: liisa.aho@utu.fi

Ms. Tarja Virta

International Officer

(International student exchange (outgoing students), special advice concerning studies and grants abroad, institutional ISEP, NORDLYS and Coimbra Group SEN contact person, contact person for the Jean Monnet programme, Erasmus exchange agreements)

Office hours: Wednesdays 12.00-14.00

Faculty of Social Sciences, Publicum, Assistentinkatu 7, tel. +358 (02) 333 5363

e-mail: intsoc@utu.fi

Ms. Elina Tulla
International Officer
(Coordination of Erasmus Mundus External
Cooperation Window Triple I project (ex-
changes to Russia and from Russia))
Tel. +358 (02) 333 6033
e-mail: iiiadmissions@utu.fi

Ms. Liisa Anttalainen
Departmental Secretary
(General administration, human resource,
finances, payment of grants awarded for
student exchange, travel claims related
to Erasmus partner university visits and
teacher/staff visits, archives)
Tel. +358 (02) 333 6110
e-mail: liisa.anttalainen@utu.fi

Ms. Elina Rauhalta
International Internship Coordinator
Tel. +358 (02) 333 6251
e-mail: internship@utu.fi

Ms. Marja Lehto
Study Administration Planning Officer
(acting)
(Planning, compiling and editing student
guides and printed materials,
maintenance of the web pages, organizing
the events concerning student selection,
study administration of international de-
gree students, diploma supplement contact
person)
Tel. +358 (02) 333 6397
e-mail: admissions@utu.fi

UTU Faculty International Offic- ers and visiting addresses

Please note that the campus map can be
found online at www.utu.fi/kartta.

Faculty of Humanities
Ms. Laura Keihäs
Horttokuja/Hortogränd 2
Reception hours:
Tue and Thu 12.00–14.00

Tel. +358 (0)2 333 6090,
e-mail: kv-hum@utu.fi
www.hum.utu.fi/en

Faculty of Mathematics and Natural Sci- ences

Ms. Pia Le Grand
Natural Sciences Building II, ground floor
Reception hours:
During opening hours of the Faculty office,
whenever available (appointment recom-
mended)
Tel. +358 (0)2 333 5662,
e-mail: intsci@utu.fi
www.sci.utu.fi/tdk/en

Faculty of Medicine

Ms. Kaija Kangasjärvi
Kiinamylynkatu/Kinakvarnsvägen 13
Reception hours:
Call or e-mail to set a meeting
Tel. +358 (0)2 333 8405,
e-mail: intmedi@utu.fi
www.med.utu.fi/en/

Faculty of Law

Ms. Mirkka Ruotsalainen
Calonia, Värikinkatu/Fänriksgatan 2
Reception hours:
Tue and Thu 12.00–14.00
Tel. +358 (0)2 333 6307,
e-mail: tls@utu.fi
<http://www.law.utu.fi/en/>

Faculty of Social Sciences

Ms. Tarja Virta
Publicum, Assistentinkatu/Assistentgatan 7
Reception hours: Wed 12.00–14.00
Tel. +358 (0)2 333 5363,
e-mail: intsoc@utu.fi
<http://www.soc.utu.fi/en>

Faculty of Education

Ms. Henriikka Salminen
Educarium, Assistentinkatu/Assistentgatan
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Reception hours:

Tue and Thu 12.00–14.00
Tel. +358 (0)2 333 8846,
e-mail: education@utu.fi
<http://www.edu.utu.fi/en>

Åbo Akademi University (Åbo Akademi, ÅA)

International Office

(Registration and general information for international students)

Åbo Akademi University

Gripen, Hämeenkatu/Tavastgatan 13

20500 Turku/Åbo

Tel. +358 (0)2 215 4836

Fax: +358 (0)2 215 3230

e-mail: international@abo.fi

www.abo.fi/exchange

Open Mon–Fri 10.00–12.00, 13.00–15.00

Ms. Harriet Klåvus

Head of International Office

(Erasmus, FIRST, CG SEN, NORDPLUS Coordinator, bilateral agreements with Latin America and Russia,

Hospitality Scheme)

Reception hours:

Mon, Tue, Thu, Fri 10.00–12.00

Tel. +358 (0)2 215 4510

e-mail: harriet.klavus@abo.fi

Ms. Monica Nylund

International Officer (ISEP-Coordinator, Beltzner, Bilateral agreements with North America, CREPUQ)

Reception hours:

Mon, Tue, Thu and Fri 10.00–12.00.

Tel. +358 (0)2 215 4790

e-mail: monica.nylund@abo.fi

Ms. Gurli-Maria Gardberg

International Officer (Admission, International degree students, Master's Degree Programmes, Tutors, Bilateral agreements with Asia, Africa, Australia, New Zealand)

Reception hours:

Mon, Tue, Thu and Fri 10.00–12.00.

Tel. +358 (0)2 215 4891

e-mail: admission@abo.fi

Ms. Annikki Abrahamsson

Secretary (Transcript of records, General questions)

Tel. +358 (0)2 215 4836

e-mail: annikki.abrahamsson@abo.fi

Turku School of Economics (Turun kauppakorkeakoulu, TSE)

Office for Academic Affairs

(Registration and general information for international students)

Turku School of Economics

Rehtorinpellonkatu/Rektorsåkersgatan 3

20500 Turku/Åbo

Tel. +358 (0)2 481 4206

Fax: +358 (0)2 481 4270

e-mail: international@tse.fi

www.tse.fi

Open Mon–Fri 10.00–14.00 and

Thu 10.00–16.15.

The Office for Academic Affairs is located on the ground floor.

Ms. Anu Kulta-Haapalainen

Assistant (International Exchange Programmes)

Tel. + 358 (0)2 481 4 205

e-mail: anu.kulta-haapalainen@tse.fi

Ms. Eeva Schoultz

Coordinator (International Exchange Programs, Student Exchanges)

Tel. + 358 (0)2 481 4 208

e-mail: eeva.schoultz@tse.fi

2.2 Services for people with disabilities

In the universities, you can contact the following persons regarding disability issues:

- UTU: Ms. Paula Pietilä, Advisor of Disability Issues, tel. 333 6235, vammaisasiat@utu.fi
- ÅA: Ms. Regina Shariatmadari, tel. 215 4169, regina.shariatmadari@abo.fi
- TSE: Ms. Merja Himanka, tel. 4814 212, 050 5678 654, merja.himanka@tse.fi

2.3 Student Unions

There is a student union (*ylioppilaskunta/studentkår*) in every Finnish university. The membership of a student union is compulsory by law for all Finnish undergraduate students - and for those international students who are studying for a Finnish degree. It is possible for the postgraduate students to join a student union, too. Membership is compulsory for all exchange students at Åbo Akademi University and The Turku School of Economics. However, at the University of Turku the membership is optional for formal exchange students, whereas visiting students are not eligible to join the Student Union.

The student unions are public corporations completely independent of their respective universities. The role of the student unions is to represent their members in the university administration, to advance the position of students in society in general and to provide the members with services ranging from consultations with lawyers to free time activities.

The Student Union of the University of Turku (*TYY*), the Student Union of Åbo Akademi University (*ÅAS*) and the Student Union of the Turku School of Economics (*TuKY*) are interest groups and service organisations for the students of their universities. Together with other student unions in Finland they form the National Union of Finnish Students (*Suomen ylioppilaskuntien*

liitto SYL/Finlands studentkårers förbund FSF).

Members of the Student Union get subsidised student lunches at the student cafeterias. With a valid Finnish student card you will also get discounts on long distance buses and trains (-50%), in museums, sports arenas and many shops. Membership in the Student Union also entitles you to basic health care at the Finnish Student Health Service (for further details, please see chapter 4.2). For a complete listing of the membership benefits, please check the web site of the respective student union.

Note that the membership benefits for the postgraduate students are fewer than those of the undergraduate students. The fee doesn't e.g. include health care. For more information, please check the web pages of the Student Union of your host university.

There are also many **student associations** within each university and within each faculty. These are sub-organisations of the student unions, and the purpose of their work is to bring forth the opinions of the different groupings within the university. Another important purpose of the student associations is to create opportunities for students to meet new and old friends by organising e.g. meetings, parties and excursions. There are also many student associations specifically for international students. Please see chapter 10.1 for further information about student associations.

Student Union of the University of Turku (Turun yliopiston ylioppilaskunta, TYY)

The Student Union of the University of Turku (Turun yliopiston ylioppilaskunta, TYY)
Rehtorinpellonkatu/
Rektorsåkersgatan 4 A
20500 Turku/Åbo

Tel. 276 9610 fax: 276 9611
e-mail: tyy@utu.fi
www.tyy.fi

The Student Union service desk is open Mon-Wed and Fri 10.00-11.00, 12.00-14.00 and Thu 12.00-15.00. The Student Union Library is open Mon 14.00-18.00 and Tue-Fri 10.00-14.30.

Secretary General
Tel. 276 9612
e-mail: tyy-paasihteeri@utu.fi

Secretary for International Affairs
Tel. 277 9615
e-mail: tyy-kvsihteeri@utu.fi

Secretary for Academic Affairs
Tel. 276 9613
e-mail: tyy-koposihteeri@utu.fi

Secretary for Social Affairs
Tel. 276 9614
e-mail: tyy-soposihteeri@utu.fi

Secretary for Student Organisations and PR
Tel. 276 9618
e-mail: tyy-jarjestosihteeri@utu.fi

The TYY membership fee for undergraduate students for the academic year 2009-2010 is 89€(44,50€for one semester). The TYY membership fee for postgraduate students for the academic year 2009-2010 is 35€

Founded in 1922, the Student Union of the University of Turku is among the oldest student unions in Finland. It has approximately 12 900 members in four different locations: Turku, Rauma, Pori and Salo, and it is the second largest student union in Finland. TYY looks after its members' interests not only within the University of Turku but also within the city of Turku and Finland.

TYY is run by the Student Union Council, but the day-to-day affairs and decisions are made by the Executive Board who is assisted by the Secretariat. The Board members are elected by the Student Union Council for one-year, half-time posts, while the members of the Secretariat work full time. Each board member has one or two specific fields to concentrate on. These fields include academic affairs, social policy, international affairs, development co-operation, public relations and sub-organisations, sports, student traditions and environmental issues.

TYY membership benefits

In addition to the general Student Union benefits mentioned in the previous chapter, TYY services for its members include the TYY Student Library, Student Loan Fund, Turku Student Newspaper (*Turun ylioppilaslehti*, nickname *Tylkkäri*) and free of charge consultations with a lawyer twice a week. The Secretariat of the Student Union offers the members general help and consultation in academic, social and international affairs.

TYY has seven Committees and many different student associations, most of them which are faculty or subject specific. They organise free time activities, parties and other social gatherings which international students are welcome to attend. There are also political and religious student organisations, student nations and cultural organisations, orchestras, choirs and a student theatre. The Erasmus Student Network (ESN, www.esntyy.eu) organises programme specifically targeted for international students. The TYY sub-organisation ISTU (International Students of Turku Universities) organises activities for international degree students.

Through the ESN mailing list of TYY you can get information about both studies and leisure. TYY also provides a mailing list

for degree students, where you can keep up to date on activities of the degree students' network in Turku (on information about mailing lists, see chapter 2.9).

Subscribe to the mailing lists: <https://lists.utu.fi/mailman/listinfo/>.

**Student Union of Åbo Akademi University
(Åbo Akademis Studentkår, ÅAS)**

Kåren
Hämeenkatu/Tavastgatan 22 (3rd floor)
20500 Turku/Åbo
Tel. 215 4650
Fax: 215 4656
www.abo.fi/karen
Open Mon–Fri 12.00–15.00

Ms. Riina Lappalainen, Secretary-General.
Tel. 215 4652
e-mail: gs-karen@abo.fi

Ms. Monika Antikainen, Secretary of Social Policy and International Affairs
Tel. 215 4653
e-mail: ssu-karen@abo.fi

Ms. Petra Lindblad, Secretary of Educational and International Affairs
Tel. 215 4139
e-mail: hs-karen@abo.fi

Mr. Matias Dahlbäck, Secretary of administrative affairs
Tel. 215 4650
e-mail: karen@abo.fi

The ÅAS membership fee for undergraduate students for the academic year 2009-2010 is 102€ (51€ for one semester). The ÅAS membership fee for the postgraduate students for the academic year 2009-2010 is 42€

The Student Union of Åbo Akademi Uni-
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versity was founded in 1919. It works for the advancement of its members and their status, community, social and academic standards. ÅAS represents its members for instance in the university administration, within local government and national government in co-operation with the *National Union of Finnish Students* (SYL/FSF).

ÅAS is also the mother-organisation of approx. 70 student societies. They can be divided into subject organisations, faculty clubs, nations, cultural organisations and religious, political and ideological organisations. Here are some examples: Stadga (law), Sigma (mathematics), RÅA (rock music), Pictura (photography) and Amnesty International at ÅA. Most of them arrange excursions, parties, cultural events etc., which usually are open for any student of ÅA to join in.

Kårbulletinen (“Bullen”) is a newsletter published every week by the ÅAS. It lists most of the events hosted by the various student associations of the ÅAS in Swedish. An extract of all the main events is given in English. You can find this bulletin in all the cafeterias of ÅA, in the library of ÅA, in the ÅAS office (Kåren) and most likely also at your study department. *Studentbladet* is a newspaper published fortnightly in Swedish for all the Swedish-speaking students in Finland.

NUNTII is a mailing list that sums up the current events within ÅAS and also contains important information for exchange students concerning courses and other relevant happenings. To receive the NUNTII e-mail you need to subscribe to it (see chapter 2.9).

There is also a mailing list for international degree students at ÅA, i.e. people taking bachelor's, master's or research degrees that will be awarded by Åbo Akademi Univer-

sity and who are staying here for more than one year (see chapter 2.9).

Student union of the Turku School of Economics (Turun Kauppakorkeakoulun Ylioppilaskunta, TuKY)

Rehtorinpellonkatu/Rektorsåkersgatan 3
20500 Turku

Tel. 481 4430, www.tuky.fi.

Open Mon-Wed 11.45-14.15 and Thu 14.00-17.00.

Ms. Johanna Kärki, Secretary General

Tel. 481 4430

e-mail: ky-paasihteeri@tse.fi

Mr. Ilkka Marja-aho, Board member (International affairs)

e-mail: ky-kv@tse.fi

TuKY membership fee for the academic year 2009-2010 is 92€ (46€ for one term) for undergraduate students and 52€ (26€ for one term) for postgraduate students.

All degree students of the Turku School of Economics are members of the Student Union and most of them take part in the Student Union activities.

The Student Union has a great variety of sub-organisations for special interests; everything from academic interest groups (e.g. accounting) to fine wines. TuKY also has its own ESN section and its own house, Parkki, which is located near the universities (address Parkinkatu/Parkgatan 6). Many parties and other events are organised at Parkki.

TuKY publishes a monthly magazine called *Kyliste*, which contains articles on matters of interest to business students and information about important events organised by the TuKY groups. You can find the publication at the student cafeteria Monttu, which is located on the ground floor of TSE.

Note that the student unions of the universities of Turku/Åbo and the Turku Ammatikorkeakoulu provide a Starting Package for exchange students. Please see chapter 6.3 for further information.

2.4 Student cards

Finnish student card

The Finnish student card is called *opiskelijakortti* (in Finnish) and *studiekort* (in Swedish). This card is issued by the National Union of Finnish Students (*SYL/FSF*).

To get a student card you have to be a member of the Student Union of your host university in Turku/Åbo. Membership is compulsory for all students studying for a Finnish degree and for all exchange students at Åbo Akademi University and the Turku School of Economics. However, at the University of Turku the membership is optional for formal exchange students, whereas the university's visiting students cannot join the Student Union.

In order to obtain the student card you need to:

- 1) Pay the Student Union fee at any bank with the special bank giro/payment slip that you can get from the university/student union office (do not forget to include your name and faculty in the bank giro form/payment slip)
- 2) Register with your host university
- 3) Order the card with an electronic ordering form at <http://portaali.lyyra.fi> (note that a digital photo is required)

It normally takes about three weeks to process the cards. You have to collect your card from the Student Union Office by showing the receipt of the paid student union membership fee. The Finnish Student Card Lyyra costs 15€ at ÅAS and TYY and 17€ at

TuKY. While you are waiting for the student card, **the receipt of the paid fee** can be used as proof of the membership.

Every autumn your student card is validated with a new sticker after you have paid your membership fee. The card is not valid without the annual sticker.

The Finnish student card entitles you to:

- subsidised lunches in the student cafeterias
- long distance bus/railway/ferry tickets at student prices in Finland
- reductions in most theatres, concerts, exhibitions, swimming pools, sports centres, and in some shops and restaurants

International Student Identity Card (ISIC)

You can obtain an International Student Identity Card (ISIC) from *Kilroy Travels*, Eerikinkatu/Eriksgatan 2. Tel. 020 354 5769. Open Mon–Fri 10.00–18.00, www.kilroytravels.fi

To get this card you need:

- one passport sized photo of yourself
- your student card/certificate of enrolment from the university

The ISIC costs 12€ and is valid for one calendar year. The card is necessary, for example, when buying tickets for international student and youth flights at special prices from Kilroy Travels. For more information on discounts on travels as well as other discounts available with the ISIC, check www.isic.org or the Kilroy Travels Finnish website.

2.5 A brief guide to studying

This section explains some main practi-

cal features of studying in Turku/Åbo. However, regulations and practices vary somewhat between the three universities. Always check details concerning registration, examinations etc. with the university or department in question. For more general information about education in Finland, visit the home page of the Finnish Ministry of Education at www.minedu.fi/OPM/?lang=en.

A new University Act has been passed by the government in June 2009 and will take effect on 1 August. The personnel and students transfer to the new universities in 1 January 2010. The aim of the university reform is to strengthen the financial and administrative status of the universities. For this purpose the universities will be made independent legal persons and thereby better be equipped to meet their own needs. Prior to the reform universities have been State accounting offices. The reform requires internal administrative changes in the universities, which will be an ongoing process until 1 January.

University registrations

Degree students register in the beginning of the term, in accordance with the instructions of the university.

Registration for the exchange students takes place at the host university during the orientation course in the beginning of each semester.

Before registering, the Student Union membership must be paid, if compulsory. Membership is compulsory for all students studying for a Finnish degree and for all formal exchange students at Åbo Akademi University and Turku School of Economics. At the University of Turku, formal exchange students can also join the Student Union but this is not possible for visiting students at the university.

Registration of studies for ex-

change students/visiting students

When registering, each exchange and visiting student will get an **course card**, in which all courses completed during the exchange year in Turku/Åbo should be filled in by the student.

Exchange students who have the right to take courses from the other two universities in Turku/Åbo, must register with them as well. This registration should be done about **two weeks after the beginning of the semester at the student office of the university**. The course card must be shown when registering with the other universities. Without a registration number of every university where courses are taken, a student cannot receive a transcript of records.

A visiting student has the right to study only in the programme to which he/she has been accepted. If the programme, however, includes courses that are arranged by another university, the visiting student has the right to participate in these courses and needs to register with the organising university.

No separate registration is needed for individual courses, unless mentioned in the description of the course. If course registration is required, follow the instructions given in the description. Note that students cannot always be accepted to all courses.

Credits

All coursework is measured in credits (*opinnotopiste/studiepoäng*). The normal amount of credits acquired during one academic year is 60. The Bachelor's Degree (*kandidaatti/kandidat*) consists of 180 credits and the Master's Degree (*maisteri/magister*) usually of 120 credits.

The universities in Turku/Åbo are part of the European Credits Transfer System

(ECTS), where a year of full-time study corresponds to 60 ECTS credits. The new credit system is compatible with ECTS.

Grades

Most courses are graded. The grading system runs from A (5) to E (1) with A (5) being the highest score and E (1) the lowest passing grade. Some courses are given on a *pass/fail* basis without further grading.

Examinations

N.B. These are only general regulations and the faculties or subjects may have additional regulations. Please check the regulations well in advance before each examination!

Most courses are assessed by a written examination at the end of the course. The lecturer will notify the students of the examination procedures in question. The lecturer should evaluate the exams within 2 weeks (UTU and ÅA) and within 4 weeks (TSE). Essays or other exercises written during the course are usually also part of the assessment. There is no set examination period, except at TSE. Since the examination is at the end of the course and the length of the courses may vary from a few weeks to a semester, there are examinations throughout the whole semester. At the University of Turku and Åbo Akademi University students must register 7–10 days in advance of the examination date if registration is needed. This is done by filling in a form or through the Internet. Please check the procedure at your department/programme. At the Turku School of Economics students must register for all examinations via Internet by computer 7 days in advance at the latest. Check the registration procedure at your faculty or department.

There are certain rules concerning examinations and essays, set out in the University Law and the regulations of each university. **Violation of these rules is considered a**

serious offence and will be punished with failure to complete the course in question, a warning by the Rector, and in serious cases, suspension from the university. The most serious violation is to cheat in examinations or to plagiarise in an examination or an essay. Any violation against these rules by exchange students will be reported to the student's home university. Before that, though, the student will always be informed of the matter and has the right to be heard. In the case of exchange students who have already returned home, the case will be dealt with by the student's home university.

The instructions and regulations concerning examinations and essays are:

- register according to the instructions (normally 7–10 days in advance, by filling in a form or by computer)
- go to the examination in time
- no books, notes or other materials are allowed at the examination, unless specifically mentioned
- talking to other students is strictly forbidden during the examination
- copying answers from other students is strictly forbidden during the examination
- you may not leave the examination hall until half an hour has passed from the beginning of the examination
- if you need to leave the examination room temporarily during the examination, you must have the permission of the supervisor
- essays are individual work and they should not be copied from other students or from the Internet
- essays should always have references to works consulted and/or quoted, with a bibliography at the end. All forms of **plagiarism**, e.g. copying from the sources without proper reference indication, is regarded as falsification, which is taken very seriously and will lead to repudiation
- please ask the teacher for advice if you are unsure of the rules

Note that when you receive a marked essay or an examination from your Finnish teacher, the √-sign would usually indicate 'wrong', 'incorrect', whereas the opposite ('correct', 'good point', 'well done') is marked %. Students at UTU and at ÅA have the right to receive their results within two weeks after an examination. At TSE, this period of time is one month. In Finland, the results are official records, as well as the basis for marking.

Transcripts

The department or faculty office registers all results with the central study registers of the universities. Exchange students should also **fill in all completed courses in their course cards** and hand in the card at the International Office (in UTU at the Student Service Office) at the end of their stay. The International Office will send an official transcript of all courses passed to the exchange student and/or his/her home university. Note that failed courses are not registered and will not show on the transcript.

Degree and visiting students can get transcripts when needed from the faculty or student office.

2.6 Flexible Right To Study For Degree Students (The JOO-agreement)

On the basis of the flexible right to study-agreement, i.e. the JOO-agreement, a student studying for a degree in one Finnish university (henceforth the home university) can apply to pursue studies at another Finnish university (henceforth the host university), provided that similar studies cannot be completed at the home university. These studies can be included in the student's degree, if the home university has entered a

JOO-agreement with the host university.

The JOO-agreement is usually a fee-based programme. The student must therefore always append a payment undertaking from the home university to the application. **Students at a graduate school must also complete a form in order to be officially accepted and receive a registration number at the host university.**

The right to pursue studies becomes effective when the host university has granted the student the right to study at the host university. Applicants granted the right to take courses at another university attend the teaching and examination of the course(s) according to the same regulations as the university's regular degree students.

Registration for examinations is done according to the procedures of each faculty. The host university's registration number should always be given when registering for an examination. Photo identification should be brought to the examination.

Students who have a registration number at another university and have registered for the term will, after having completed the course(s), upon request receive an official transcript from the study register.

A JOO-agreement has been entered between the three universities in Turku/Åbo. Similar agreements have also been entered with the polytechnics in Turku/Åbo.

For more information about taking courses at any of the other two universities in town, degree students should contact the Faculty Office of the home university. The website www.joopas.fi also contains useful information.

2.7 Finnish Virtual University

The Finnish Virtual University (FVU) is a collaboration network for all Finnish universities, founded in 2001. It gives students the possibility to pass virtual courses, given either at their home universities or at some other Finnish university. For more information, see www.vy.fi or contact:

- UTU: *Mr. Matti Lappalainen*, tel. 333 6608, matti.lappalainen@utu.fi
- ÅA: *Ms. Tove Forslund*, tel. 215 4685, tove.forslund@abo.fi
- TSE: *Ms. Riitta Koskimies*, tel. 481 4309, riitta.koskimies@tse.fi

2.8 Libraries

At the university libraries, the student card issued by your Student Union can be used as a 'library card' for borrowing and reserving material. In case you do not have a student card, you can get a library card.

Most of the university library services are free, except for interlibrary loans, certain book orders and information retrieval. If books are not returned by the due date, a fine will be charged. The lending rights may also be restricted if the books are not returned in due time and the borrower leaves the fines unpaid. **Check the terms and conditions for loans of each library you borrow books from.**

The books that are prescribed for any course should be available at the 'course book library' or 'undergraduate library' (*kurssikirjasto/kursboksbiblioteket*) of the university in question, and there should be several copies of each book.

In the university libraries, most items (especially those acquired after 1979) are listed in the computerised catalogue – VOLTER

for UTU, ALMA for ÅA and VALPURI for TSE. The union database of Finnish university libraries LINDA is also available to library users, as well as other special databases, such as ARTO. Information about the catalogues and databases is available at each library. On-line searches in these catalogues and most of the databases are free and can be conducted in Finnish, Swedish and English. Instructions on how to use the services and other facilities are available to new users. You can ask the library staff to get you started.

Turku University Library (Turun yliopiston kirjasto)

The Library of the University of Turku comprises the Main Library and five Faculty Libraries. The Main Library is located on the University Square, and is open to everybody pursuing studies or research. The collections of the Main Library may be borrowed or used in the reading room of the library. Interlibrary loan services are also available. There is a variety of international magazines and newspapers available in the periodicals reading room. You should use the online library catalogue VOLTER to search the books and journals of the library. VOLTER is located at <http://volter.linneanet.fi>.

The Main Library is open during the terms: Mon–Thu 8.00–20.00, Fri 8.00–18.00, Sat 10.00–16.00, Sun 12.00–16.00.

For more information, please visit: kirjasto.utu.fi/en or e-mail library@utu.fi.

The Faculty Libraries are usually situated adjacent to the faculties. Some of the libraries are split up into sections according to the departments. The collections of the Faculty Libraries may often be used only in the reading rooms, but home loans are also granted.

The Course Book Library, Assistentinkatu/ Assistentgatan 5 (Educarium), tel. 333 5477, e-mail: kurssikirja@utu.fi. The library is open during terms: Mon–Thu 9.00–19.00, Fri 9.00–16.00. The course book collection comprises books assigned as literature to specific courses. Books can be borrowed for 14 days. A heavy fine is charged on loans not returned by the due date. The library also has one copy of each course book for reading room use.

The Information Services carries out information retrievals and organises library skills training. The library has two information specialists, each having a special field of expertise. The information specialist for arts and humanities is located at the Main Library, tel. 333 5869 and the information specialist for sciences and medicine is located at the Library of the Medical Faculty (Kiinamyllynkatu/Kinakvarnsgatan 10, tel. 333 5919). Information specialists can be reached at their desks during weekdays from about 9.00 to 16.00 and by email: ki-tietopalvelu@utu.fi.

All electronic journals as well as the reference and full text databases acquired by the library are available via library terminals, other computers in the university network or by remote login with UTU-user accounts. Training in using online catalogues and databases is available at request. See the library pages (<http://kirjasto.utu.fi/en>) or contact the information specialists for further information.

Åbo Akademi University Library (Åbo Akademis bibliotek)

Åbo Akademi University Library is an all-around knowledge centre actively supporting research, teaching and learning. The library serves primarily teachers, researchers and students of the university, but it is also open to the general public.

Åbo Akademi University Library comprises:

- Main Library
- Undergraduate Library or Course Book Library
- Axelia Library
- Biocity Library
- Library of Economics and Business Administration
- ICT Library
- Humanities Library

and additionally some departmental libraries.

The printed material consists of approx. 2,5 million volumes, of which some are in the departmental libraries. The library offers access to a large amount of e-journals and e-books and to reference databases.

The database ALMA at <http://alma.linneanet.fi> is the online public access catalogue of the library. Most of the material at the Main Library is in closed stacks and must be requested through the database ALMA.

The reading rooms of the Main Library, Tuomiokirkonkatu/Domkyrkogatan 2–4, are open during the academic term Mon–Thu 9.00–20.00, Fri 9.00–18.00 and Sat 11.00–14.00. The lending service is open from 10.00–20.00 Mon–Thu, Fri 10.00–18.00 and Sat. 11.00–14.00. The information desk serves customers Mon–Fri 10.00–16.00. Tel. 215 4180 (lending desk). E-mail: hblan@abo.fi. For further information, check <http://www.abo.fi/library>.

The Undergraduate Library - Kursbiblioteket, Henrikinkatu/Henriksgatan 9, has the most recent textbooks used in teaching at the university. It is open during the terms Mon–Fri 10.00–16.00. On Thursdays it is open for an extra two hours 16.00–18.00. Tel. 215 4192. The opening hours for the reading room are the same as for the library.

The loan period of the books in the Un-

dergraduate Library is 14 or 28 days. The loans can be renewed unless they have been reserved by someone else. Note that one copy of each title is placed in the reading room.

Library and Information Services of the Turku School of Economics (Turun kauppakorkeakoulun kirjasto-tietopalvelu)

Library and Information Services of the Turku School of Economics is an academic library open to all users. The library operates as an information centre for economic information in its region. The library's primary task is to serve the staff and students of the university. The library collections consist of books, journals, statistical and other material, both in print and electronic form, which support teaching of economic and commercial subjects.

The library is situated on the ground floor of the main building. Most of the material is placed on open shelves in reading rooms in the library premises. Part of the collection, however, is in the closed stacks, and can be ordered via the library's website. Material from both collections can be borrowed and the loan period is usually four weeks with some exceptions. There is also a collection consisting of the textbooks listed in the study guide. Textbooks are placed near the customer service. The loan period is usually one week.

Through the library online catalogue, Valpuri, you can obtain information on all acquired books and journals and their availability. You can find more detailed instructions on the screen when you start using Valpuri. The online catalogue can be found through the university's website.

The library provides access to several electronic resources via Nelli information retrieval portal. Choose the "Search elec-

tronic resources” (Nelli) -link from the web page of the library, which will open Nelli. Electronic full-text journals and books, library catalogues, reference databases, reports, corporate and official information, statistics and dictionaries are easy to find through Nelli. It can help you search information from one or several databases at the same time.

During the academic year the library is open Mon–Thu 9.00–18.00, Fri 10.00–18.00. There is a box for returned books outside the library which you can use during closing hours.

Rules for library use, fines for delayed returns and additional information are to be found at the web page www.tse.fi/EN/units/specialunits/library. There are also various brochures by the customer service. The library staff is happy to help you with your questions.

Turku Public Library (Turun kaupunginkirjasto/Åbo stadsbibliotek)

Anyone may borrow books from the Turku Public Library free of charge. In order to obtain a library card, you have to fill in an application and present proof of identity. If books and other material are not returned by the due date, overdue fees are charged. The rate of the overdue fee increases with 0.20€/loan/day after the due date, until you return the borrowed material. The fine will however not exceed 6€/loan.

It is also possible to borrow videotapes, CDs, cassettes and CD-ROMs from the public libraries. All the basic information about the material is computerised and can be searched for in Finnish, Swedish or English.

The Main Public Library is situated at Linankatu/Slottsgatan 2. The library is open

Mon–Fri 10.00–20.00, Sat 10.00–16.00 and Sun 12.00–18.00. Tel. 02 330 000 (daytime) and 02 262 0624 (evening). In addition to a children’s and youth zone the library departments include a news area with journals and newspapers and a non-fiction department. For further information, check the library’s web page at www.turku.fi/kirjasto.

There are twelve *branch libraries* in the city area. The largest are:

- Ilpoinen, Lauklähteenkatu/Laukkällsgatan 13. Tel. 262 0764. Open Mon–Wed 10.00–20.00, Thu–Fri 10.00–18.00
- Nummi, Töykkälänkatu/Töykkälägatan 22. Tel. 262 0762. Open Mon–Thu 10.00–20.00, Fri 10.00–16.00, Sat 10.00–15.00
- Runosmäki, Piiparinpolku/Piparestigen 19. Tel. 262 0767. Open Mon–Thu 10.00–20.00, Fri 10.00–16.00, Sat 10.00–15.00
- Varissuo, Nisse Kavonkatu/Nisse Kavogatan 3. Tel. 262 0777. Open Mon–Thu 10.00–20.00, Fri 10.00–16.00, Sat 10.00–15.00

Library of the Student Union of the University of Turku

TYU has a library that offers a wide selection of course books, newspapers and magazines (also in foreign languages). The address is: Rehtorinpellonkatu /Rektorsåkersgatan 4 B, building B, 1st floor.

Tel. 276 9617. Open Mon 14.00–18.00, Tue–Fri 10.00–14.30. The collections are found on the online database VOLTER of *Turku University Library* at <http://volter.linneanet.fi>. Please see the website www.tyy.fi/kirjasto for more information in Finnish.

Special libraries

The Donner Institute/Steiner Memorial Library, Piispankatu/Biskopsgatan 13. Tel. 215 4313. Open Mon–Fri 9.00–16.00. E-mail: donner.institute@abo.fi. Visit www.abo.fi/instut/di/ for further information.

European Documentation Centre (Library of Educational and Social Sciences), Turku University, Educarium, Assistentinkatu/Assistentsgatan 5. For further information, contact Ms. Katja Halonen (Information specialist), tel. 333 5919, e-mail: katja.halonen@utu.fi. Open Mon–Thu 9.00–19.00 and Fri 9.00–16.00.

Judaica Library, Piispankatu/Biskopsgatan 16. Open Mon–Fri 12.00–14.00. On agreement with the library staff, you can have access to the library outside the normal opening hours. For further information, contact Prof. A. Laato, e-mail: antti.laato@abo.fi or librarian Airi Forsell, tel. 215 4867.

Library of The Institute for Human Rights, Piispankatu/Biskopsgatan 19 (Tryckerihuset). Open weekdays 9.00–11.00 and 13–14. For further information, contact Ms. Harriet Nyback-Alanen, tel. 215 4325, e-mail: harriet.nyback-alanen@abo.fi or visit www.abo.fi/instut/imr/.

The Council of Europe Depository Library, Piispankatu/Biskopsgatan 19 (Tryckerihuset). Open weekdays 9.00–11.00 and 13–14. For further information, contact Ms. Harriet Nyback-Alanen, tel. 215 4325, e-mail: harriet.nyback-alanen@abo.fi or visit www.abo.fi/instut/imr/.

UN Depository Library, Piispankatu/Biskopsgatan 19 (Tryckerihuset) and Gezeliuksenkatu/Gezeliusgatan 2 (Domvillan). Open by request. For further information, contact Harriet Nyback-Alanen. Tel. 215 4325, e-mail: harriet.nyback-alanen@abo.fi or visit www.abo.fi/instut/imr/.

Please note that **most of the libraries have different opening hours during summer (June–August)**. Contact the library in question for more information.

2.9 Computing services

The universities in Turku/Åbo have their own Computing Centre (*atk-keskus/dacentralen*), which provides computing services free of charge for the university's staff and students. The Computing Centres maintain and develop programmes, give instructions and information about the use of computers and develop data-processing within the universities in general.

The PCs and terminals managed by the universities are linked to a local university computer network and to the catalogue databases of the university libraries, and also to some off-campus sites. Registered students, staff, researchers and also visiting researchers can get access to the computer resources at the universities. In order to use the computer network you will need a user account, which is supplied by the Computing Centre of your university.

The addresses are:

- UTU, *Atk-keskus*, Faculty of Education building (*Educarium*, Assistentinkatu/Assistentsgatan 5, 4th floor), www.cc.utu.fi
- ÅA, *Datacentralen*, Akatemiankatu/Akademigatan 1 (*Chemicum*), www.abo.fi/dc
- TSE, *Atk-keskus*, Rehtorinpellonkatu/Rektorsåkersgatan 3, www.tse.fi/FI/yksikot/erillislaitokset/atk

After you have registered, the Computing Centre will normally grant you a user account with access information to the university's computers in the computer classes (see below) in less than a week. If you have not received the necessary information automatically, contact the Computing Centre or the International Office at your host university. You might, for example, need a recommendation from the professor or a staff member of your department.

You can get access to the computing services only at the university with which you are registered. However, if it is necessary for your studies or research to have access to the computer services at any of the other two universities as well, it may be arranged. At each university you need to get an account or user identification in order to access the computers.

N.B. University computer access/account codes are personal and **you must not give your personal codes to anyone else.**

When you need help with your computer-related problems, or if you suspect you have opened a file containing a virus on a university computer, please contact the trouble-shooters at your university.

- UTU: Call 333 6000 or e-mail: pulmalinja@utu.fi.
Office hours: Mon-Fri 8.00-16.00
- ÅA: Call 215 4777 or e-mail: oraklet@abo.fi.
Office hours: Mon-Fri 8.00-16.30
- TSE: Call 481 4100 or e-mail: helpdesk@tse.fi.
Office hours: Mon-Fri 8.30-16.00

Various kinds of software, including virus protection, word-processing and spreadsheets, are available at low prices or for free at the Computing Centres. For more information, contact the Centre at your university.

Computer labs

Every university has computer labs aimed at the university's own students and staff to use for the purpose of study and study related matters. This means that you must give the other persons in the computer classrooms peace and quiet. For example, talking with your friends and on your mobile phone, as well as playing computer games are not a suitable behaviour in the computer rooms.

For more details on where the student computers are situated at your university, contact the Computing Centre, the Student Office of your host university or your department where you study/work.

E-mail

Once you have received your user account for the host university's computer network (see above), you should be able to use your own Finnish e-mail account. It is recommended that you also use this Finnish e-mail account while staying in Finland.

There are some mailing lists at each university and the Student Unions will provide you with information on how to join these lists. By joining the mailing list(s) of your university you will get the most updated information concerning both study and leisure. The mailing lists at each university are:

- UTU: EXCHANGE-list
- TYY: TYY-ESN-list
- TYY: TYY-DEGREESTUDENTS-list
- TYY/ÅAS: ISTU-list (International Students at Turku Universities)
- ÅAS: NUNTII-list
- ÅAS: DEGREESTUDENTS-list
- ÅAS: ESN-ÅA-list
- TSE: Exchange students -list.

The majority of all the information about parties, excursions and social events is provided via e-mail as well as all the important information about the student unions and other student organisations. Some university departments also provide students with course information via e-mail.

The e-mail list of the International Office of the University of Turku will inform you about changes in course schedules etc. Send an e-mail to majordomo@utu.fi, write *subscribe exchange* in the message – do not write anything else, not even a subject or signature. You should receive an email from

majordomo saying that your registration to the list has been successful.

To subscribe to the e-mail lists of the Student Union of Turku University (TYY ESN-list and the TYY-list for international degree students), go to www.tyy.fi/sektoir/tiedotus/listat.shtml where you can fill in your e-mail address and choose the list you want to subscribe to. For more information on this, contact TYY's Secretary for International Affairs: tyy-kvsihteeri@utu.fi.

Both the NUNTII-list of ÅAS and the ÅAS e-mail list for degree students are "mail-man"-lists. For subscribing, send an e-mail to nuntii-request@abo.fi or degreestudents-request@abo.fi. As your message text, write: *subscribe*. To unsubscribe, send it to the same recipient, but as your message text write: *unsubscribe* and the password you got when you subscribed. You can get more detailed information about this from the Secretary of Social Policy and International Affairs, e-mail: ssu-karen@abo.fi. The instructions for subscribing to NUNTII are also to be found on the notice board of ESN ÅA, at the 1st floor in *Gripen*, Hämeenkatu/ Tavastgatan 13.

Internet cafés

There are a few spots in Turku/Åbo where you can use the Internet before getting your own account.

- *Luckan* Aurakatu/Auragatan 1 B. Open Mon, Tue, Thu and Fri 11.00-17.00, Wed 12.00-19.00, abo.luckan.fi
- *Cyber Internet Café*, Hämeenkatu/ Tavastgatan 12, Eerikinkatu 15/Eriksgatan 15 (In Hansa shopping centre, 1st floor) and at Maariankatu/Mariegatan 2, Open Mon-Fri 9.00-21.00, Sat-Sun 10.00-21.00
- *Turku Public Library* (see chapter 2.6) has several computers that can be booked for an hour or half an hour. For this a library card is required. There are also computers which

can be used for 15 minutes without booking. The library has wireless Internet which you can access with your own laptop, and there is also a possibility of borrowing laptops in the library for which a library card and a photo identification card are needed.

- The *Turku City Tourist Information*, Aurakatu/Auragatan 4 also has a computer that you may use free of charge.

2.10 Photocopying

Copying machines are available in most university buildings. Each university has its own copying cards, meaning that an ÅA card will not function at UTU, for instance.

At UTU, copying machines can be found close to lecture halls and libraries. The copying centre is located in the main hall of the Natural Science Building I. You can buy copying cards from the copying centre and from the info desks.

At ÅA, you can find copying machines at *Kåren* (the Student Union) and in the libraries where you can also buy copying cards. There are copying machines in most departmental buildings for which you can buy copying cards at the student services in *Gripen* or at the information desk in *Arken*. You can also buy copying cards in the university libraries. Please note that there are two different kinds of photocopying cards at Åbo Akademi University campus.

At TSE, copying machines can be found in the Main Library, in Monttu (ground floor) and in the corridor next to the computer labs. You can buy copying cards from the Book Shop.

Karhu-Kopio is a company providing copying services at reasonable prices. It

is located at Hämeenkatu/Tavastgatan 5 and at DataCity, Lemminkäisenkatu/Lemminkäinenkatu 14-18 A.

Binding and printing of dissertations and other book products can be made for example at the university press *Uniprint*,

Kasarmikatu/Kaserngatan 2. Tel. 215 4300.

Examples of private presses are: *Kluutti*, Lemminkäisenkatu/Lemminkäinenkatu 14-18 B. Tel. 251 3013, and *Pahvivalmiste*, Hämeentie/Tavastgatan 24. Tel. 232 8879.

2.11 Fax

For academic matters, ask your host department or faculty for permission to use their fax machines. Åbo Akademi University students or researchers may also get help from the International Office.

The department store *Stockmann* at Yliopistonkatu/Universitetsgatan 22 (The Hansa block) also has a fax service. Please visit the Information desk at the department store for further information.

2.12 Language studies

Language Centres

In the Centres for Language and Communication of ÅA, in the Language Centre of UTU and in the Department of Languages at TSE courses in Finnish and Swedish are held for visitors. As a basic rule, the host university's "own" students are given priority over those of the other two universities.

N.B. The courses tend to be very popular, so be sure to check the registration procedures and sign up for the course(s) you want to take well in advance.

lar, so be sure to check the registration procedures and sign up for the course(s) you want to take well in advance.

Some courses in other languages are also open for international students to join in. However, these courses use Finnish or Swedish as resource language. Additionally, degree students of the university in question tend to be prioritised. Check with the language centre of your host university for further information.

If you are a visiting or a degree student and would like to take language courses, you may contact your university's language centre for further information. At UTU, visiting teachers and researchers may participate in Finnish language courses organised by the Administrative Affairs of the university.

- UTU, Language Centre, Horttokuja/Hortogränd 2, tel. 333 5975. Open Mon–Fri 10.00–15.00. For more information, visit <http://kielikeskus.utu.fi/>
- ÅA, Centre for Language and Communication, Fabriksgatan/Tehtaankatu 2, Arken, tel. 215 4365. Open Mon–Thu 9.00–12.00, Fri –closed, www.abo.fi/csk/web
- Centre for Continuing Education at Åbo Akademi University (Fortbildningscentralen), Fabriksgatan/Tehtaankatu 2, Arken, tel. 215 4666. For the course information, visit www.abo.fi/fc/opu
- TSE, Department of Languages, Rectorinpellonkatu/Rektorsåkersgatan 3, tel. 481 481 (switchboard). For more information, visit <http://www.tse.fi/FI/yksikot/laitokset/jaaineet/kielet> (the information only available in Finnish).

Courses in Finnish in Turku/Åbo

At the following websites of some institutions you may find courses in Finnish as a foreign language in Turku/Åbo:

- *Turun Iltalukio/Åbo Kvällsgymnasium*,

www.turuniltalukio.fi

- *Turku Cultural Centre*, www.turku.fi/kulttuurikeskus
- *Turku Summer University*, www.turunkesayliopisto.fi
- *Turun Aikuiskoulutuskeskus*, www.tuakk.fi
- *Turku Vocational Institute* (Turun Ammatti-instituutti/Åbo Arbetarinstitut), www.turkuai.fi
- *Worker's Educational Association in Finland* (Työväen Sivistysliitto/Arbetarnas Bildningsförbund), www.tsl.fi
- *Turun Suomenkielinen Työväenopisto*, www.tkukoulu.fi/~tsuto
- *Turun Yliopiston Täydennyskoulutuskeskus*, www.tkk.utu.fi
- *Turku Christian Institute* (Turun Kristillinen Opisto/Åbo Kristliga Institut), www.tk-opisto.fi

Courses and information available on the Internet:

- www.opintoluotsi.fi/english
- <http://donnerwetter.kielikeskus.helsinki.fi/FinnishForForeigners/parts-index.htm>
- www.edu.fi/english
- www.yle.fi/opinportti/supisuomea

You can also get some information from the *Turku Employment Office*, www.mol.fi/migration.

General information on the Internet about the Finnish language:

- www.uuno.tamk.fi
- <http://virtual.finland.fi/speak/speak.html>
- <http://finland.cimo.fi/studyingfinnish>
- www.cs.tut.fi/~jkorpele/Finnish

Courses in Swedish in Turku/Åbo

Apart from Åbo Akademi University's Language Centre's courses in Swedish for beginners (see above), you may find some similar courses at the following institutions in Turku/Åbo:

- *Turun Suomenkielinen Työväenopisto*, www.tkukoulu.fi/~tsuto
- *Turun Yliopiston Täydennyskoulutuskeskus*, www.tkk.utu.fi
- *Turku Christian Institute* (Turun Kristillinen Opisto/Åbo Kristliga Institut), www.tk-opisto.fi
- Centre for Continuing Education at Åbo Akademi University arranges a beginner's course in Swedish (also for visitors) and guarantees 5 places on the continued levels. For further information, please contact fc-info@abo.fi or opu@abo.fi.

You can also find some information at the *Turku Employment Office*, www.mol.fi/migration.

Advanced Finnish and Swedish

Students who plan to stay and work in Finland, and already have a good level of Finnish, can study advanced Finnish at the Faculty of Humanities of UTU. The advanced programmes in the Faculty are the following: Finnish Language and Culture (non-degree programme) and the Master's Programme in Finnish and other Finno-Ugric Languages (degree programme). The language of instruction in both programmes is Finnish. Look for more information at www.hum.utu.fi/suomi.

For advanced or specialised courses in Swedish, you can contact *Åbo Svenska Arbetarinstitut* (Arbis), tel 262 9895, www.tkukoulu.fi/~arbis. Open Mon-Fri 11.00-15.00. Their range of courses depends on what their customers are interested in.

Language skill certificates

Certificates of Finnish or Swedish skills are sometimes needed when e.g. applying to a university as a degree student. Contact the language centres when you need a certificate of your language skills.

2.13 Grants and Scholarships

There are a few grants (*apurahoja/stipendier*) available for international students from private foundations and institutions. The universities publish booklets listing the different grants and contact persons. These booklets, often published in Finnish/Swedish only, are available at the Offices of Student and Academic Affairs as well as at the web sites of the universities. **Please note that grants and scholarships for international students are few and may therefore be very difficult to get, even for degree students.** For more information and various links concerning different grants and scholarships, visit <http://fyruk.luckan.fi/> (in Swedish only).

On www.syl.fi/english, the home page of *The National Union of Finnish Students* (SYL), a list of grants that international students can apply for is available in English. Please note that this list is not continuously updated.

Information on grants available for international students is more accurately updated at the home page of *The Finnish Cultural Foundation* at www.skr.fi or at www.saatiopalvelu.fi (not available in English).

The *Finnish Cultural Foundation* supports advanced studies (master-level degree required) at Finnish universities preferably in fields relating to Finnish history, culture and literature. For more information, contact:
Finnish Cultural Foundation,
(Suomen Kulttuurirahasto/Finlands kulturfond),
 Bulevardi/Bulevarden 5 A, 5th floor,
 P.O. Box 203
 00121 Helsinki/Helsingfors
 Tel. 09 - 612 810, e-mail: info@skr.fi or visit their website www.skr.fi.

The *Centre for International Mobility* (CIMO) grants a limited amount of scholarships:

- Scholarships for young researchers (post-graduates/post-doctorates) from all countries. The Finnish receiving university department applies for the grant at CIMO
- Bilateral scholarships based on cultural agreements with over 30 countries
- Scholarships for advanced Finnish studies and research

For more information, please contact:

CIMO

P.O. Box 343

FI-00531 Helsinki/Helsingfors

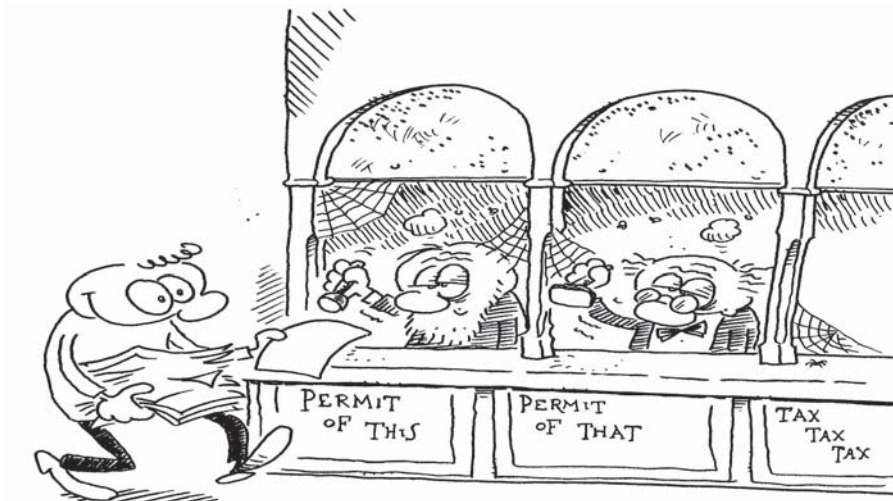
Tel. 020 690 501 (Mon-Thu 13-16)

e-mail: cimoinfo@cimo.fi

<http://finland.cimo.fi>

At the website of the *Social Insurance Institution of Finland* (KELA/FPA) you can find some useful information about state financial aid for students (both international and national) in Finland. However, an international exchange student is not granted any financial aid from the Finnish state. You need, among other things, to be permanently residing in Finland for some other purpose than studying. Other exceptions may also give you the right to get state financial aid. International degree students are usually not eligible for the Finnish state grant, as their residence in Finland is not considered permanent. For further information, visit the local KELA/FPA or read the informative web pages at www.kela.fi/english.

3. State Regulations and Public Services



Here is a quick guide to the bureaucratic procedures you need to know about depending on the duration of your stay in Finland. Remember that this is only a guideline, if you feel unsure or need more information about the different procedures please

contact the authorities in question (which are mentioned in the chapters). Also check the website of the Finnish Ministry of Foreign Affairs (<http://formin.finland.fi>).

Duration of Stay		
3 months or less	3 - 12 months	Over 12 months
See chapter 3.1 (Visa)	See chapter 3.2 (Residence permits for students and scholars)	See chapter 3.2 (Residence permits for students and scholars)
	See chapter 3.3 (Civil Registration)	See chapter 3.3 (Civil Registration)
If you intend to work, see chapters 3.4 (Permission to work in Finland), 3.5 (Employment) and 3.6 (Taxation)		If you intend to work, see chapters 3.4 (Permission to work in Finland), 3.5 (Employment) and 3.6 (Taxation)
	See chapter 3.10 (Governmental aid for studies)	
Also see chapters 3.7 (Legal Advice) and 3.8 (Consulates [konsulaatti/konsulat] in Turku/Åbo)	Also see chapters 3.7 (Legal Advice) and 3.8 (Consulates [konsulaatti/konsulat] in Turku/Åbo)	See chapter 3.11 (Financial support for adult education)
		If you intend to work, see chapters 3.4 (Permission to work in Finland), 3.5 (Employment) and 3.6 (Taxation)
		Also see chapters 3.7 (Legal Advice) and 3.8 (Consulates [konsulaatti/konsulat] in Turku/Åbo)

3.1 Visa

Normally, for a stay in Finland lasting 3 months or less a visa (*viisumi/visum*) is needed. Please check with the local Finnish diplomatic consulate or embassy in your home country for details on applying for a visa. Finland is, however, part of the Schengen area whose policies now rule over other, former bilateral agreements. In practice this means that if you need a visa to enter the Schengen area, you also need a visa to Finland.

Citizens of Nordic countries, EU-countries and Lichtenstein or Switzerland do not need a visa, but they must, however, be able to verify their identity and citizenship with some document of identification upon request.

More information on the visa requirements can be obtained at the local Finnish mission and Ministry for Foreign Affairs' website: <http://formin.finland.fi/> (Countries and Regions > Travel documents accepted by Finland by country). Questions concerning visas (and passports) can be e-mailed to the ministry, visas.passports@formin.fi. You can also visit the Turku/Åbo police station where you can get help concerning visa matters. For more information about immigration regulations and policies contact the *Finnish Immigration Service* or visit the website at www.migri.fi where you also find the different telephone service numbers and the office hours.

Finnish Immigration Service
Panimokatu/Bryggerigatan 2 A
FI-00580 Helsinki/Helsingfors
Tel. 09-476 5500 (Switchboard)
Fax: 09-4765 5858

Customer services:
Lautatarhankatu/Brädgårdsgatan 10

P.O. Box 18
FI-00581 Helsinki/Helsingfors
www.migri.fi

3.2 Residence permits for students and scholars

Citizens of Nordic Countries

Citizens of Nordic countries do not need to register their right to reside in Finland due to inter-Nordic agreements, nor do they need to provide proof of funding for their stay in Finland. However, Nordic citizens who intend to stay in Finland for more than six months have to inform the local registration authority. For the registration, a passport or other photo identification is needed. More information about the civil registration process is found in chapter 3.3.

Citizens of EU-countries, Lichtenstein and Switzerland

Citizens of EU-countries, Liechtenstein and Switzerland must register their right to reside (*oleskeluoikeus/uppehållsrätt*) in Finland if they intend to stay longer than 3 months. You register at the local police authority after the registration with your host university in Finland. A registration fee of 40€ will be charged at the police station. This registration of your right to reside as a student (*opiskelijan oleskeluoikeus/uppehållsrätt för studerande*) will thus be your equivalence of a residence permit for students. For the registration you will need:

- A completed application form (can be collected at the local police station).
- A valid passport or other ID accepted by the authorities.
- The acceptance, or appointment letter issued by the university.
- An account of the financial situation (proof of funding).
- One passport-sized photograph.
- 40 €

Please see below for contact information to the Turku/Åbo police station.

Citizens from non-EU/EEA countries

Citizens of other than EU/EEA-countries and equivalents: If your studies or research work in Finland lasts for more than 3 months, a residence permit (*oleskelulupa/uppehållstillstånd*) must be obtained from the Finnish mission in the student's or researcher's home country (hence visas are only granted for shorter periods than three months). Generally, the residence permit is valid for up to one year and can be extended at the local police station in Finland. An application for an extension of the residence permit should be made well before the current permit expires.

Please note that you need to provide proof of funding each time you apply for a residence permit. See below for further details on how to apply for a residence permit.

A student from a non-EU/EEA-country, who has come to Finland in order to participate in an entrance examination and has passed it, should apply for a residence permit in his/her home country at the nearest Finnish diplomatic mission.

N.B. In exceptional cases, he/she is allowed to apply for the residence permit in Finland. Such an exception could be, e.g., if the period between the entrance examination and the beginning of the studies is too short to make the necessary trip to the home country.

For students a residence permit costs 55€
For researchers, who are employed in Finland, a residence permit costs 200€

How to apply for a residence permit

Along with the completed application/

registration form, the following enclosures are needed:

- A valid passport (or other officially accepted travel document)
- A photograph conforming to the guidelines issued by the police (please see [www.poliisi.fi/poliisi/home.nsf/files/Valokuvaohje_EN/\\$file/Valokuvaohje_EN.pdf](http://www.poliisi.fi/poliisi/home.nsf/files/Valokuvaohje_EN/$file/Valokuvaohje_EN.pdf))
- Certificate of registration with the Finnish university (visiting scholars: other relevant proof showing the reason for your stay)
- Proof of funds or scholarship to cover the expenses in Finland
- A valid health insurance for the entire study period (only needed for citizens from non-EU/EEA countries)

If you are financing your studies yourself, you should have a minimum of 6000€ deposit in your bank account to cover expenses during one year, that is, 500€/month of stay in Finland. The bank account does not have to be in Finland. However, there should not be any conditions attached to this account. In other words, you should be able to use this money and transfer it to Finland at any time. A new proof of funding is required at the beginning of each academic year.

A student who has been granted a scholarship or who is taking part in an exchange programme must show proof of acceptance to this programme from the sponsor in lieu of this deposit.

When citizens of other than EU/EEA-countries and equivalent apply for the residence permit for the first time, the application is forwarded to the *Finnish Immigration Service* by the Finnish mission abroad or the local police in Finland. It usually takes one to two months to process the application. However, extension of the residence permit only takes about a few weeks.

Extension of a residence permit

Please note that when applying for an

extension of the residence permit, all the previously mentioned enclosures must be submitted with the application form. Additionally a copy of the register of studies needs to be enclosed which will show that the studies have proceeded as planned. If the studies have not proceeded as planned, the student may also be asked to submit a plan of studies showing that he/she intends to finish his/her studies.

More information on the residence permits is available at the Finnish mission in your country and at the website of the *Finnish Immigration Service*. If you wish to discuss your personal case in particular, then visit the local police authorities in Turku/Åbo who is the responsible unit for residence permits of persons residing in this area.

Turku/Åbo police station:
*Turun kihlakunnan poliisitalo/
Polisinrättningen i Åbo härad,
Eerikinkatu/Eriksgatan 40–42,
FI-20101 Turku/Åbo
Tel. 071 87 40261 (switchboard), 071 87
47057 (alien affairs).
Office hours: Mon–Fri 8.00–16.15,
Thu 8.00–17.30, www.poliisi.fi/turku.*

3.3 Civil registration

The Population Information System is maintained by local register offices (*maistraatti/magistrat*) and keeps record of the Finnish population data. Everyone residing in Finland for periods exceeding three months is registered with this system. The information collected by the Population Information System is used for purposes like organisation of elections, employment and taxation, health care, statistical purposes, and in judicial administration. Naturally, all information is treated confidentially.

*Turun maistraatti/Magistraten i Åbo
Aurakatu/Auragatan 8
P.O. Box 372
FI – 20101 Turku/Åbo
Finland
Tel. 071 87 41330 (switchboard)
e-mail: info.turku@maistraatti.fi*

Below an overview on what is included in the process of civil registration. The different kinds of registrations vary mainly depending on the length of your stay in Finland

N.B. All registrations at *Turun maistraatti/Magistraten i Åbo* are free of charge. You can also register at the local tax office or at the *Kela/FPA* office in Turku/Åbo.

Temporary residence – less than three months

Citizens of the EU/EEA-countries and Switzerland who stay less than three months in Finland do not need to register their stay in Finland in any way.

Citizens of other countries than the above mentioned, need a visa to stay in Finland and no further registration with the Population Information System is needed. However, Finland has some bilateral agreements with other countries which entitle the citizens to a stay in Finland without a visa. If you are not sure of what the requirements are, check with the local Finnish embassy or consulate in your home country or with your country's corresponding instances in Finland (the consulates in Turku/Åbo are listed in section 8).

Temporary residence – from 3 to 12 months

If you intend to stay longer than three months, you need to make an official Change of Address Notification to the local register office of the Population Information System. It is recommended that you

What to bring when making the notification:

- your document of identification (e.g. your passport)
- a valid residence permit
- optional: original certificate of marital status

This registration gives you the right to apply for a Finnish personal number (see below). Additionally, a notification of your temporary address in Finland will be made (see below).

Please remember that students of Nordic countries who intend to study in Finland for more than six months need immediately to register with the local register office of the Population Information System. Remember to bring a travel document (e.g. passport) with you. A Joint Nordic Document of Moving **is no longer needed**. Please visit www.hallonorden.org for more information.

Permanent residence

If you intend to stay longer than one year, you are considered to be residing permanently in Finland and need to register your stay accordingly with the local register office. This registration will give you Municipality of Residence (*kotikuntaoikeus/hemortsrätt*) that entitles you, as a permanently residing person, to municipal health care and many local benefits such as reduced prices on local buses. Naturally, you will also get a Finnish personal number (see above).

What to bring when registering:

- the birth certificate
- documents of marriage(s)/divorce(s) (and deceased spouse(s) as well)
- the birth certificate(s) of child(ren)
- a valid residence permit

All documents are required to be originals and legalised documents, and if written in

a non-European language or in other letters than of the Latin alphabet, it needs to be translated by an official translator. For more information about legalisation of the documents and the need of Finnish translations, please contact the local *maistraatti/magistrat*.

After the completed registration of permanent residence, you will get an extract from the Public Information System which you need in order to apply for residence based social security at *the Finnish Social Insurance Institution* (see section 9 for further details).

N.B. If you are an international student and married to a Finn, your right to reside is different to other international students. Please contact the local *maistraatti/magistrat* for further information.

Change of Address Notification

A Change of Address Notification (*muuttoilmoitus/flyttningsanmälan*) must be made every time a person moves within or away from Finland. Notification forms are available at all post offices and *maistraatti/magistrat*, and are also printable from the Internet.

The notification can also be made by calling the nationwide change of address-service line 0203 456 456 (in Finnish, 24h/day) or 0203 457457 (in Swedish). The latter service number is only open weekdays 8.00-20.00 and on Saturdays 9.00-14.00. The call will cost you about 0,15€ from a fixed phone and about 0,60€ from a mobile. Normal fees apply for queuing. You can also make the notification on the Internet, see www.posti.fi/changeaddress/index.html

Before you leave Finland, please remember to submit a Change of Address Notification to the local *maistraatti/magistrat*.

Finnish personal identity number

Students are allowed to work with some restrictions (see section 4) and if you intend to take up an employment you need to have a Finnish personal identity number (*henkilötunnus/personnummer*). This number is needed mainly for taxation purposes if you wish to work during your stay in Finland. When you are in a situation where you have a valid reason for obtaining a personal number, the local *maistraatti/magistrat* will provide you with one. The personal number is valid for life and active as long as your right to reside is valid. You can leave the country for several years and return and have the number reactivated at the *maistraatti/magistrat*. N.B. The personal number does not entitle you to residence-based social security unless you have Municipality of Residence.

3.4 Permission to work in Finland

Since May 1, 2004, based on the new Aliens Act, foreigners in Finland get a residence permit depending on the reason of their stay in Finland and separate work permits are no longer issued. Thus, e.g., for working in Finland, a residence permit for an employed person is needed (*työntekijän oleskelulupa/uppehållstillstånd för arbetstagare*) and if you are an international student you will get a residence permit for students (*opiskelijan oleskelulupa/uppehållstillstånd för studerande*).

International exchange or degree students

All international exchange and degree students are, however, allowed to work, with certain restrictions, on the basis of their residence permit for students. These restrictions depend on what kind of work

the student will do and the nationality of the student. See below for the main regulations for international students who wish to work in Finland. Please also see www.mol.fi > Foreigners working in Finland, where you will find country-specific information.

- EU/EEA and Swiss citizens can work without residence permit for an employed person. They only need to have registered their right to reside as a student at the local police station, which needs to be done if the student intends to stay in Finland longer than three months. If you plan to start working while studying in Finland, contact the Academic Career Services or the Turku Employment Office for further information about the regulations for students who work (see section 5 for contact information).

- Other than EU-citizens and equivalent persons may, on the basis of their residence permit for students, work part-time for maximum 25h/week during the academic year, or fulltime during school holidays. If a non-EU/EEA-student wishes to work part-time for more than 25h/week he/she needs to change the residence permit from being a student's one to being a residence permit for an employed person. In addition, the person may, in principle, continue studying if only possible in practice.

However, if the employment is part of his/her thesis or is a compulsory trainee period in his/her field of study, the person might be allowed work without limitations on the basis of the residence permit for students. Study-related work differs by every case, so each case will be dealt with and decided by the local Employment Office in cooperation with the employer in question. For further information, contact the local Employment Office.

International post-graduates conducting research

The regulations are quite vague for international post-graduates who are in the process of conducting research for their licentiate or doctoral thesis on behalf of, or in cooperation with, an institution or company that pays the post-graduate for the work. Therefore, each case will be dealt with separately. Firstly, the post-graduate, as well as the employer, need to check with the local employment office (*työvoimatoimisto/arbetskraftsbyrå*) to ensure that, e.g., the stay in Finland of the future employee is registered in the correct way. For further information on how to deal with the researcher employment, check with both your university and your employer, as well as with the local employment office (see below).

International visiting scholars and teaching staff

International visiting researchers and any teaching staff who have been invited to conduct research or do academic work in Finland will get a residence permit, or will be registered on the basis of their right to reside as visiting staff. This means that no work permit is needed, nor are there any restrictions on working for up to one year. It is generally the inviting university or institution that needs to apply for the residence permit on behalf of a future academic guest.

If the person stays longer than a year, he/she will need to change the residence permit to one for employed persons since the stay in Finland is then considered to be a stay for the purpose of working only.

Below, the different kinds of work permits needed if you stay longer than a year in Finland.

- Citizens of the “old” EU/EEA-countries, Cyprus, Malta and Switzerland need to get a statement of permission to work from the lo-

cal employment office (*työvoima-toimisto/arbetskraftsbyrå*). This permission should be applied for by the employer.

- Citizens of the new EU-countries (excluding Cyprus and Malta) need to apply for a residence permit for an employed person at the local police station.
- Citizens of other countries than the ones mentioned above, need to change their residence permit so that it is instead based on employment.

For further information contact the local employment office (*työvoimatoimisto/arbetskraftsbyrå*). Turku/Åbo Employment Office, tel. 010 60 40180 (switchboard), www.mol.fi/finnwork.

3.5 Employment

N.B. Non-Finnish and non-Swedish speaking people ought to be aware of the negative impact the lack of language skills has on the person’s competitive strength on the Finnish labour market. Knowledge of English is usually not sufficient. This is also true when it comes to part-time jobs.

The Academic Career Services (*Rekrytointipalvelut/Arbetsforum*), of the three Universities in Turku/Åbo are specialised in finding employment for students. Their services for students include:

- Information about jobs available
- Career guidance
- Facilities for students where they can write their job applications, CVs etc.
- Information about trainee-programmes

For further information, contact all three Academic Career Services at Henrikinkatu/Henriksgatan 1 B (Agricola).

UTU: <http://rekrytointi.utu.fi>, e-mail: rekrytointi@utu.fi, tel. 333 5873.

ÅA: www.abo.fi/arbetsforum, e-mail:

arbetsforum@abo.fi, tel. 215 4116, or 215 4961.

TSE: <http://www.tse.fi/EN/cooperation/Pages/CareerServices.aspx>, e-mail: rekrytointi@tse.fi, tel. 4814 426.

The *Aarresaari* is a nationwide Academic Career Service, where you can find further useful tips concerning job opportunities in Finland. Visit www.aarresaari.net for more information.

At the Turku/Åbo Employment Office (*Turun työvoimatoimisto/Åbo arbetskraftsbyrå*) scholars and students living in Turku/Åbo can search for job opportunities. The office will give information about jobs available based on qualifications and experience, which in practice means that you need at least some basic knowledge of Finnish. They will also provide you with information about permission to work in Finland and about Finnish legislation concerning the matter. It is advisable to call or e-mail for an appointment:

Turku/Åbo Employment Office
Linnankatu/Slottsgatan 52
FI-20101 Turku/Åbo
Tel. 010 60 40180 (switchboard)
e-mail: turku@mol.fi

N.B. The Academic Career Services Offices also have the exact same information about nationwide job opportunities as the Turku Employment Office.

Vacant jobs can be sought nationwide at the website of the Ministry of Labour www.mol.fi.

The *Job Café* is a centre offering a wide range of services concerning employment and education. However, the website www.jobcafeturku.net is only in Finnish. You can visit the *Job Café* at Yliopistonkatu/Universitetsgatan 29 b A, 3rd floor. Computers

for work related issues are available at the *Job Café*.

3.6 Taxation

The Finnish tax system concerning foreigners is explained in brief below. For more information contact the Turku Tax office:

Turun verotoimisto/Åbo skattebyrå
Aninkaistenkatu/Aningaisgatan 1 D
P.O. Box 921
FI-20101 Turku/Åbo
Tel. 521 2700 (switchboard)
Open Mon 9.00-17.00 Tue-Fri 9.00-16.15
Information on international taxation is also available at the nationwide telephone service 010 320 465 and at www.vero.fi/english/taxguide.

Any person working in Finland is liable to pay tax on his income. The taxes to be paid are determined in accordance with the statutes of the Law on Income and Property Tax. Foreign persons are, however, entitled to tax exemption with certain restrictions. The policies depend on how long the person is staying in Finland and on what kind of employment he has (see the list of criteria set by the Finnish Tax Administration below). Additionally, tax agreements between Finland and the person's home country may also affect the regulations ruling the taxation of the salary. Below is a brief guide to taxation for non-Finnish citizens in Finland.

A stay of six months or less in Finland

If the stay in Finland lasts six months or less, your tax liability is limited. The Finnish employer is obliged to withhold a 35% final withholding tax on the salary and pay it directly to the tax authorities. This is a final tax and no tax return is needed in Finland.

Before collecting the tax, the employer may exempt 17€ per day. This deduction is applicable only if the local tax office has recorded it in your tax-at-source card.

If an employee's stay in Finland lasts at least four months, he normally has to pay a health insurance premium in connection with the taxation (2,1% in the year of 2006) unless he has a certificate of a posted employee (E101) or similar.

A person coming from EU/EEA-states and paying the 35% tax can afterwards get a tax return in Finland if the salary he receives from Finland is at least 75% of his worldwide earned income per year. In this tax return he can apply to be taxed progressively instead of the 35% final withholding tax. To the tax return must be enclosed a certificate signed by the tax authorities in the person's home country.

Over six months stay in Finland

Persons who move to Finland permanently, or for a longer period than six months, will be taxed as residents in which case the taxation is progressive.

A permanent resident of Finland must pay the following charges:

- progressive state income tax on earned income (*ansiotulo/förvärvsinkomst*).
- flat 28% rate state income tax on capital income (*pääomaverokapitalskatt*).
- municipal tax on earned income (*kunnallisvero/kommunalskatt*), which varies from 16 to 20% depending on your domicile.
- church tax (*kirkollisvero/kyrkoskatt*), only for the members of the Evangelical Lutheran or Orthodox Church of Finland, varies from 1% to 2% depending on the domicile
- health insurance premium (*sairasvakuutusmaksu/sjukförsäkringsavgift*), 2,1%.
- the employees pension insurance contribution is 4,6%. (*työeläkemaksu/löntagares*

pensionsavgift)

- unemployment insurance contribution is 0,58% (*työttömyysvakuutusmaksu/arbet-slöshetsförsäkringsavgift*)

In the beginning of the employment the employer needs the employee's tax card (*verokortti/skattekort*), which is available at the tax office. If the employee does not present this card, 60% tax is automatically withheld from the salary. In order to receive the tax card you have to ask for a social security number from the Turku register office (see section 3.3).

To obtain a tax card, an application form (also available in English) with a reasonable estimate of the total income must be submitted to the tax office for the calendar year. The tax percentage will be calculated based on this estimate and recorded on a tax card. Usually the card will be submitted on the same day.

The tax office confirms your tax percentage on the basis of the estimated income during the year. A tax return must be given in Finland in May following the income year. Tax return forms and instructions are also available in English at the tax administration office or www.vero.fi/english; Forms and publications.

The types of income or expenditure that are exempted from taxation may vary each year. If, for example, research scholars purchase books and other material essential to their research, it may be possible to get a tax deduction on the costs. Check with the local tax administration office for further information. Note that students who are studying for a basic degree are not eligible for this type of tax deduction.

Taxation for working students

International tax agreements also have

provisions concerning students' tax relieves that might allow greater exemption than what was referred to above. For more information, please read the publication no. 278e: "Foreign Students and Trainees", available on the tax administration's web site, or visit the tax office.

Taxation for working researchers

Also for researchers, the division of tax liability apply according to the length of your stay in Finland. Moreover, the following is to be taken into consideration:

If your tax liability is limited, that is, if you are staying for less than six months in Finland, you are only obliged to pay tax in Finland on the income you have earned in this country. A final withholding tax of 35% is to be withheld and the above-mentioned non-resident's deductions applies when mentioned in the final withholding tax card. Depending on national requirements, you might have to report this income in your home country. As for scholarships, you normally have to pay tax on them only in your home country.

If you are staying in Finland for more than six months, your tax liability is not limited. In this case, all your income will affect your taxation in Finland, independent of where you have earned it. For income you have earned in Finland, you will have to pay tax. Also for salary from a foreign private body, you will normally have to pay tax in Finland. If you have come to Finland to do research for a foreign state-owned body, the tax on this income will normally be deduced in the country where this body is located. However, this income will affect the tax percentage you have to pay on other income in Finland. Researchers staying for more than six months in Finland can make certain tax deductions.

According to the provisions of the international tax agreements, teachers and researchers from certain countries may be entitled to a full exemption of income tax in Finland. The following countries have special agreements regarding researchers' taxation: Egypt, Spain, United Kingdom, Japan, France, Morocco and China. For more information, contact the tax office.

3.7 Legal advice

If you are a victim of a legal offence you should contact a person or an institution close to you, for example the Student's Lawyer, one of the offices mentioned below, or the Turku Police Station where you can find information about reporting a crime. In acute situations, call the national emergency number 112.

It is recommended that you visit www.ihmisoikeusliitto.fi, the home page of the Finnish League for Human Rights. There you can find some very useful information about what to do if you are a victim of a crime in Finland. Click on "Julkaisut", and "Ohjeita rikoksen uhreille" and you can then choose the language of the Guide for the Victims of a Crime. The guide is available in several European languages.

Students' lawyer

Students can get legal advice free of charge from the student lawyers of the three Student Unions in Turku/Åbo: lawyers *Mr. Petteri Sihvonen* and *Mrs. Eeva Ryödi*. During the academic year, visit or call for consultation during consultation hours only: Tue and Thu 18.00–19.00. TYY Office, Rehtorinpellonkatu/Rektorsåkersgatan 4 A, Tel. 276 9614.

Stadga student legal advising

Stadga is a student association run by law

students at Åbo Akademi. They offer legal advice every second Tuesday of the month, at *Luckan*, Aurakatu/Auragatan 1 from 16.00 to 17.00. Right of inheritance, work contracts and housing contracts is their main area of expertise, but potentially they can assist you with any matter related to Finnish law.

The Finnish Ministry of Justice

On the web page of the Ministry of Justice (www.om.fi) you can find general information about the legal system in Finland.

State legal advice in Turku/Åbo

You can get legal advice from any of the municipalities if you are of Finnish nationality, you are residing in Finland or the case is processed in Finland. In Turku/Åbo this can be obtained from the *State Legal Aid office*:

Oikeusaputoimisto/Rättshjälpsbyrån
Aurakatu/Auragatan 12 A, 4th floor
20100 Turku/Åbo
Tel. 010 366 0420 (switchboard)
Fax: 0103660439
e-mail: turku.oikapu@om.fi
Open Mon–Fri 8.00–16.15

Turun Seudun Oikeusaputoimisto /Åbonejdens rättshjälpsbyrå
Yliopistonkatu/Universitetsgatan 12 A
20100 Turku/Åbo
Tel. 010 366 0450
Fax: 010 366 0460
e-mail: turunseutu.oikapu@om.fi
Open Mon-Fri 8-16.15

Legal advice is free of charge for students having a netto-income of 500€monthly or less. For those earning more than 500€the cost of legal aid is charged according to your income. More information in English about the charges and services of legal aid under www.oikeus.fi/8108.htm.

If you do not speak Finnish or Swedish, an interpreter who speaks one of these languages will have to accompany you. As a rule, you must arrange the interpreter yourself. However, depending on the situation, you may manage by using English. The website www.oikeus.fi provides you with some basic, but useful information about the Finnish judicial system. The website of the local state legal aid office in Turku/Åbo is www.oikeus.fi/oikapu/turku.

Ombudsman for minorities

The Ombudsman for Minorities (*Vähemmistövaltuutettu/Minoritetsombudsman*) is an independent authority administratively affiliated with the Ministry of Labour. The tasks of the Ombudsman include promoting good ethnic relations, monitoring and improving the status and rights of ethnic minorities, reporting and informing. In addition, the Ombudsman for Minorities will, together with other officials, supervise that everyone is treated equally regardless of their ethnic background. In Finnish legislation discrimination based on ethnicity is explicitly prohibited in employment (including self-employment), education and when providing and provided any public service, e.g. social services, public health care, social security benefits, housing, and the right to buy or keep real property.

The Ombudsman for Minorities or his office helps persons who have faced discrimination by giving recommendations, instructions and advice. The office may also direct you to other offices in order to ensure that the serious crime of discrimination will be dealt with accordingly. Contact information:

Ombudsman for Minorities
Ministry of Labour
P.O. Box 34
FI – 00023 Government
Customer service tel. 010 60 47048
e-mail: vahemmistovaltuutetun.toimisto@mol.fi.

Private lawyers

To find private lawyers, look in the yellow pages of the telephone directory (or web pages www.keltaisetsivut.fi) under *asianajaja/advokatbyrå* or visit the home page of the Association of Finnish Lawyers (*Suomen Lakimiesliitto/Finlands Juristförbund*) at www.lakimiesliitto.fi/english. Generally, the legal fees are very high.

Refugee Advice Centre

It is also possible to get legal advice from the lawyers at the *Refugee Advice Centre (Pakolaisneuvontakeskus)*. For more information, contact the office at:

Refugee Advice Centre

Mannerheimintie/Mannerheimvägen 40
D 79

00100 Helsinki/Helsingfors

Tel. 09-2519 000

Fax: 2519 0020

E-mail: pan@pakolaisneuvonta.fi

www.pakolaisneuvonta.fi

Open Mon–Fri 9.00–16.00.

The Finnish Consumer Agency and the Consumer Ombudsman

The Finnish Consumer Agency (*kuluttajavirasto/konsumentverket*) and the Consumer Ombudsman (*kuluttajasiames/konsumentombudsman*) supervises compliance through the Consumer Protection Act. The main purpose of this Act is to prevent any inappropriate marketing directed at the consumers. A victim of illegal or deceptive advertising and/or unreasonable contract terms should contact the Consumer Ombudsman. For more information, contact the Consumer Agency:

Kuluttajavirasto/Konsumentverket

Haapaniemenkatu/Aspnäsgatan 4, PL 5

FI-00531 Helsinki/Helsingfors

Tel. 09-772 61

Fax: 09-7726 7557

E-mail: posti@kuluttajavirasto.fi

www.kuluttajavirasto.fi

Municipal consumer advice

To get personal advice, you can contact the local Turku/Åbo office for consumer advice at:

Kuluttajaneuvoja/Konsumentrådgivaren

Yliopistonkatu/Universitetsgatan 25A

FI-20100 Turku/Åbo

Tel. 262 7811

Fax: 262 7809

Open Mon–Fri 9.00–13.00 and Tue 15.00–17.00.

Consumer Complaint Board

The Consumer Complaint Board (*Kuluttajavalituslautakunta/Konsumentklagonämnden*) is an independent and neutral body consisting of representatives from a wide range of sectors in today's consumer society. The functions of the Board are:

- To render, free of charge, recommendatory decisions concerning complaints made by the consumers due to the quality of goods or service.
- To provide the courts with opinions concerning each complaint.

Complaints can be sent to the board, for example, if the goods you have purchased are defective; the goods are not in conformity with the promises made by the seller; service or repair has not been done with professional care, etc. However, the board wishes to emphasize the strict policies they enforce and it is therefore advisable for you to firstly visit their website. After that, you can decide what action you want to take concerning your discontent. E.g., the board does not give general information by phone or e-mail, nor can the complaint be sent electronically since it needs a genuine handwritten signature of the person filing the complaint. Contact information:

Consumer Complaint Board

Kaikukatu/Ekogatan 3 A
P.O. Box 306
FI – 00531 Helsinki/Helsingfors
Tel. 010-366 5200
www.kuluttajavirasto.fi

The board also operates under the name *Kuluttajariitalautakunta/Konsumenttvistenämnden*.

3.8 Consulates (konsulaatti/konsulat) in Turku/Åbo

Austria: *Itävallan Konsulaatti*, Linnankatu/Slottsgatan 36 B 11. Tel. 232 3948, *Mr. Heikki Sipolainen*

Belgium: *Belgian Konsulaatti*, Läntinen Rantakatu/Västra Strandgatan 35. Tel. 515 1555

Colombia: *Kolumbian Konsulaatti*, Sukkulakuja/Skyttelgränd 3 A 8
Mr. Arno Leino

Denmark: *Tanskan Konsulaatti*, Itäinen Pitkätatu/Östra Långgatan 4. Tel. 276 5000, *Mr. Leif Jokinen*

France: *Ranskan Konsulaatti*, Linnankatu/Slottsgatan 3 A. Tel. 250 061

Great Britain: *Ison-Britannian Konsulaatti*, Turun Kauppakamari, Puolalankatu/Puolalagatan 1. Tel. 274 3400, *Mr. Jari Lähteenmäki*

Greece: *Kreikan Konsulaatti*, Nordea, Kauppiaskatu/Köpmanngatan 9 B. Tel. 334 4201, *Mr. Fredrik Sunde*

Honduras: *Hondurasin Tasavallan Konsulaatti*, Eristäjänmutka/Isolerarekrök 17. Tel. 239 5495, *Mr. Eric Lockmer*

Iceland: *Islannin Konsulaatti*, Lukkarinkatu/Klockargatan 6
Tel. 238 9534, *Mr. Börje Nygård*

Italy: *Italian Konsulaatti*, Linnankatu/Slottsgatan 3 A. Tel. 251 5050, *Mr. Benito Casagrande*

The Netherlands: *Alankomaiden Konsulinvirasto*, Nordea, Rantatie/Strandvägen 8, 21600 Parainen/Pargas.
Mr. Jan Söderholm

Norway: *Norjan Konsulaatti*, Olavintie/Olofsvägen 2. Tel. 010 55010

Poland: *Puolan Konsulaatti*, Niuskalanlatu/Niuskalagatan 2. Tel. 478 0352, *Mr. Jari A. Rastas*

Russia: *Venäjän Federaation Pääkonsulaatti* Vartiovuorenkatu/Vårdbergsgatan 2. Tel. 233 6441, *Mr. Alexandr Safronov*

Spain: *Espanjan Konsulinvirasto*, Linnankatu/Slottsgatan 35. Tel. 275 5333, *Mr. Torbjörn Wikeström*

Sweden: *Ruotsin Konsulinvirasto*, Kauppiaskatu/Köpmanngatan 5 A. Tel. 233 1310, *Mr. Mikko Ketonen*

3.9 Social benefits

The Finnish Social Insurance Institution (*Kansaneläkelaitos KELA/Folkpensionsanstalten FPA*) is responsible for providing most of the Finnish residence based social security benefits. Most social security benefits available in Finland are dependent on residence. Residence in Finland and eligibility for social security benefits are defined by the Act concerning Residence-Based Social Security and the Act concerning Municipality of Residence.

Even though there is a social security system, one should always consider taking a health and/or travel insurance when going abroad in order to be fully covered in case of illness or accidents.

N.B. Be sure to check with KELA/FPA well in advance to make sure you know what benefits and social insurance you are entitled to! Contact the local KELA/ FPA office for further information (see below and chapter 4.5). *The Nordic social insurance portal* is also a good source for more information on social benefits in the Nordic countries. For further information, visit their website at www.nordsoc.org.

Permanent residence in Finland

A person moving to Finland permanently must register at a population register office and in order to qualify for benefits from KELA/FPA, one must register at a KELA/FPA office and complete an Y77 form. Based on the Y77 form, KELA/FPA will determine whether the applicant is covered by the Finnish residence-based social security system or not. The applicant will be issued a written decision on the coverage under the social security system applicable. If the person is considered to be eligible for residence-based social security, he/she will be issued a Social Insurance card. Check the webpage www.intofinland.fi for more information.

A person moving to Finland immediately becomes entitled to residence based social security from the day he/she moves here, provided that their intention is to establish a permanent residence in Finland and that their residence permit is valid for one year (if required). The purpose of moving to Finland is the criterion used to determine whether the residence is permanent.

The criteria for permanent residence are usually considered to be fulfilled if the per-

son moving to Finland is a return migrant, refugee, granted seeker of asylum or has a residence permit for at least one year. Further, the residence is considered permanent if a person moves to Finland for family reasons, or has a regular employment relationship in Finland, or will work in Finland for at least two years. To be considered as a permanent resident of Finland, you must have your primary residence in Finland and continuously spend at least half of your time here.

For persons considered to be permanently residing in Finland according to the Act concerning Residence-Based Social Security, KELA/FPA provides the following benefits:

- national pension insurance
- disability allowances
- national health insurance
- rehabilitation allowance
- family allowances
- survivors' pensions
- child disability allowances
- unemployment allowances
- labour market subsidy
- rehabilitation
- maternity grant
- housing allowance for pensioners
- general housing allowance

The following benefits provided by KELA/FPA are as a rule conditional on residence in Finland according to the Municipality of Residence Act:

- child home care and private day care allowance
- financial aid for students
- school transportation subsidy

For more information about the social security provided by KELA/FPA contact the local office in Turku/Åbo:
Kansaneläkelaitos/Folkpensionsanstalten

Eerikinkatu/Eriksgatan 26.
Tel. 020 635 9880
www.kela.fi/english
Open Mon 8.00-17-00, Tue-Fri 9.00-16.00

Temporary residence in Finland

A person who comes to Finland only to study is not considered to be permanently residing in Finland according to the Act concerning Residence-Based Social Security and therefore not entitled to the benefits provided by KELA.

On 1 June 2004, the European Health Insurance Card was introduced. This card replaces the E111, E119 and E128 forms. However, E111 forms issued before this date can still be used until the date of expiry marked on the form. For citizens of countries where the European Health Insurance Card has not yet been introduced, the forms above mentioned are still valid.

People who move between the EU/EEA countries and who have a European Health Insurance Card or an E111 form with them are entitled to benefits in Finland for the same cost as for any permanent resident in Finland. A requirement is, however, that the benefits are found to be necessary because of medical reasons. When deciding whether you are entitled to a certain benefit, both the nature of the benefit and the length of your stay in Finland are taken into consideration. For further information concerning the European Health Insurance Card and the requirements to obtain and use it, see chapter 4.3.

Non-European citizens have to arrange their social security coverage before arriving in Finland. **According to new regulations an international health insurance with complete coverage is a must for non-European students arriving in Finland.** If you are a non-EU citizen or you are not

a citizen of Norway, Iceland, Liechtenstein or Switzerland, please see section 4.6 for information on mandatory health insurance.

However, international agreements on social security ratified by Finland take precedence over national laws. Such an agreement is the EU Regulation 1408/71, which aims to coordinate the social security system in EU/EEA member states. Under this regulation, people coming from an EU/EEA country to Finland to work for at least four months, but less than two years, can receive some of the social security benefits in Finland as those who permanently reside here. If the employment is at least 2 years or permanent, same social security benefits apply as for those who permanently reside here. Also, they need to fulfil the requirements in the Finnish law on unemployment benefits, *Työttömyys-turvalaki/Lag om utkomstskydd för arbetslösa* (2002/1290), and actually work in Finland. This EU regulation also applies to students. All employees in Finland are covered by the Unemployment Security Act during employment. However, only individuals who are considered permanent residents of Finland are entitled to unemployment allowances.

Finland has concluded certain other Social Security agreements which give residents of the following countries the right to some social benefits through our Social Security system, regardless of whether they fulfil the other criteria for receiving social benefits:

- USA: national pension, survivor's pension
- Canada: national pension, survivor's pension
- Québec: some health insurance and health care
- Israel: national pension, survivor's pension, health insurance, child benefit, maternity benefit

In accordance with the Act concerning Residence-Based Social Security, researchers who are pursuing full-time scientific research in Finland, and who receive a scholarship that is equal to a salary, are entitled to Finnish health insurance if their work lasts for at least four months. In order to be eligible for social benefits in Finland, it is required that the research will last for at least two years. In case the research lasts e.g. a year and is later on prolonged by another year, the researcher is entitled to social benefits as of when the condition of two years research has been fulfilled, i.e. when the decision that the research will continue has been made. For citizens of the EU/EEA-countries, a stay of at least four months is enough, provided that the criteria above mentioned for workers from the EU receiving social benefits are fulfilled. These rules also apply to the citizens of the Nordic countries.

You should check these issues in your home country, as details in each agreement vary considerably.

3.10 Governmental aid for studies

There are two main criteria that need to be fulfilled in order to be eligible for Finnish governmental aid for studies:

- The residence in Finland needs to be *permanent*.
- The reason for the residence in Finland needs to be *other than studies*.

Additional eligibility criteria depend on the applicant's nationality:

Citizens of a Nordic country

The governmental study aid will be granted from the student's home country.

In order to be eligible for Finnish governmental study aid, the Nordic citizen needs to be residing in Finland for some other reason than studying and the person's municipality of residence needs to be registered to Finland.

Citizens of the EU/EEA-countries

Generally, Finnish governmental study aid is not granted to citizens of the EU/EEA countries. However, if they originally have come to Finland for work purpose, they are under certain conditions entitled to governmental study aid. The same applies to their family members.

Citizens of other countries than the above mentioned

Finnish governmental study aid may be granted to citizens of other countries than the above mentioned if the person has a permanent residence permit (code P), a continuous (A) residence permit, or a P-EY permit (for non-EU/EEA citizens who have lived in Finland for a longer period). A person with a residence permit for students (B) is not eligible for Finnish governmental study aid.

When you apply for governmental study aid, remember to fill in and enclose the Appendix for foreigners form with the application form. For more information about Finnish governmental study aid, and to get the application forms, please contact the local KELA/FPA office and visit the web site www.kela.fi/english. See also chapter 4.5 for more information about KELA/FPA.

Please note that if you are eligible for Finnish governmental study aid you should be aware of the different conditions concerning working alongside your studies and taxation of the grants received.

3.11 Financial support for adult education

Financial study aid for adult education is intended for mature students who have been working for at least five years. The main purpose of the support is to give experienced workers the chance to update or expand their education in order to continue being attractive on the job market. The *Koulutusrahasto/Utbildningsfonden* (a fund for education) grants the study aid for adults who are eligible for the support. For more information about eligibility criteria:

Koulutusrahasto/Utbildningsfonden

P.O. Box 191,

FI-00121 Helsinki/Helsingfors

Tel. 09-680 3730

Fax: 09- 6803 7330

Service line: 0800 94949

e-mail: info@koulutusrahasto.fi

www.koulutusrahasto.fi

Please note that this allowance, as all the other financial supports for education in Finland, is usually very difficult to receive for individuals who are not Finnish citizens.

4. Health Care



4.1 In case of emergency

Action plan in case of emergency

- Call the national emergency number 112
- Make an assessment of the situation
- Attempt to save those in mortal danger
- Prevent further damage from happening
- Do not put your own life at risk

On the phone, speak clearly and calmly

- What has happened
- State the exact address
- Are there people in danger
- Who you are and where you are calling from
- Follow the instructions given
- Do not terminate the call until being told to do so

Give first aid

- Secure breathing and blood circulation
- Prevent a state of shock and stop any bleeding
- Direct the ambulance to the right place

Emergency numbers

General Emergency Number
(Ambulance, Police, Fire Department)

112

Poison Information Centre

09-471 977

The numbers above are free of charge and have a 24-hour service.

Emergency calls can be made free of charge from any phone. From mobile phones, it is possible to make an emergency call without a sim card and even if the phone is locked. The emergency numbers are also listed on the back of this book.

No area code is needed to make a 112 call from a mobile phone.

4.2 The Finnish Student Health Service (FSHS)

The Finnish Student Health Service, FSHS, (*Ylioppilaiden terveydenhuoltosäätiö/Studenternas hälsovårdsstiftelse*, abbr. *YTHS/SHVS*) offers primary health care **for members of a Finnish Student Union** (see chapters 2.3 and 2.4). These students are entitled to the services of all 16 FSHS health centres in Finland.

Please **note** that FSHS is closed in the evenings, weekends and during holidays.

Address: Kirkkotie/Kyrkogatan 13
Tel. 046 710 1002 (switch-board)
www.fshs.fi
Open Mon-Fri 8.00-16.00

Appointments for medical care
Tel. 046 710 1050
Mon-Fri 8.00-15.00, summer 8.00-14.00

Appointments for dental care
Tel. 046 710 1047
Mon-Fri 8.00-15.00, summer 8.00-14.00

Appointments for mental health care
Tel. 046 710 1045
Mon-Fri 9.00-11.00

To cancel your appointment, call 046 710 1051, or fill out the *www*-form on *www.yths.fi* > Health Centres > Turku. You must cancel the appointment at least 24 hours beforehand - otherwise, you will be charged a fee of 15€

Every first-year degree student is called to a voluntary health and dental check-up by the FSHS. If you become acutely ill, you can see or phone a nurse without an appointment at 8.00–10.00 in the morning, tel. 046 710 1052. Appointments are required for all

other consultations and treatments.

The FSHS fees for consultations and treatment are as follows:

- Consultation with a general practitioner, health nurse, X-ray examinations and lab tests on FSHS referral, basic vaccinations, mental health counselling and health check-ups – free of charge.
- Consultation with a specialist (psychiatrist excluded) – 4,50€/20 min.
- Individual/group therapy session with a psychiatrist/psychologist – 4€
- Speech therapy – 4,50€
- Dental treatment – 7€/20 min.

Remember to show your Finnish Student Union Card or the receipt of the paid student union fee with a proof that you are studying. Pay at the appointment desk.

4.3 Crisis prevention

The *Finnish Student Health Service* (FSHS) offers mental counselling and crisis therapy for students, tel. 043 710 1045 (preferably between 9.00 and 11.00). You can also find some useful information on their webpage *www.yths.fi*. See section 4.2 for further information about the FSHS.

Crisis Prevention Aid

To alleviate the psychological/social problems of foreigners and their families, the Finnish Association for Mental Health has a Crisis Prevention Centre in Turku/Åbo. For more information please contact:

Crisis Prevention Centre

The Finnish Association for Mental Health, Yliopistonkatu/Universitetsgatan 12 a B 603. Tel. 233 3442.

Open Mon–Fri 10.00–16.00. Check also *www.mielenterveysseura.fi*.

4.4 Municipal health centres and hospitals

Municipal health centres and hospitals can help you, if you become acutely ill and the FSHS is closed, or you are not entitled to use its services. The main municipal health centre in Turku/Åbo (Kunnallissairaalantie/Kommunalsjukhusvägen 20, tel. 269 2211) will tell you which regional municipal health centre to contact.

For health centre addresses and phone numbers please refer to *terveysasemat/hälsostationerna* in the blue pages of the telephone directory or the web page <http://www.turku.fi/public/default.aspx?contentid=3182>. The municipal health centres are grouped according to the different postal code areas so you need to look for the health centre area you belong to. You can also call the general medical emergency service number where you will be given further information (see below).

Emergency health care is available Mon–Fri 8.00–15.30 in the local health stations. At other times:

Main Health Service Station (Päivystys/Jouren), Kunnallissairaalantie/Kommunalsjukhusvägen 20. Tel. 100 23 or when calling from a mobile phone: 02-251 1008 or 02-231 4543.

Please listen carefully and follow the instructions that are given to you.

Please note that in Finland doctors do not make home calls!

If you have an acute health problem or have been in an accident, call the emergency line 112 and follow the instructions listed above in 4.1.

Municipal health centres and hospitals provide services for permanent residents

in Turku/Åbo, i.e. those with municipality of residence. International students whose studies can be included in a degree and who are permanently living in Turku/Åbo are normally entitled to municipal health care.

N.B. In order to avoid costs that can rise in case of intensive care or difficult operations, **students and scholars coming from outside the EU/EEA-countries must have their own medical insurance** (please see section 4.6).

Inter-Nordic Social Security Agreements

Students of Nordic countries who intend to study in Finland for more than six months need firstly to register with the local register office of the Population Information System. Secondly, he/she needs to register at the local KELA/FPA office after which the student is secured under Finnish social security. The only exception is governmental study aid, which will continue to be provided by the person's home country.

These arrangements are due to inter-Nordic agreements on social security. For more information concerning social security and inter-Nordic moves, visit www.hallonorden.org, the local register office or the local KELA/FPA office (see also chapter 3.9).

The European Health Insurance Card

The European Health Insurance card was introduced in some of the EU-countries on 1 June 2004 and is now in use throughout the EU. The idea of the European Health Insurance Card is to simplify the “transfer” of the health insurance of a European citizen to another European country where he/she is residing. Citizens of the EU/EEA-countries are thus entitled to emergency medical care or to medical care required by a pre-existing health condition at the same

costs as permanent residents of Finland. The requirement is that the person is covered by health insurance in his/her home country.

Generally speaking, it is wise to consider taking separate health or/and travel insurance before you go abroad, even if, as a European citizen, you are entitled to some municipal health care. You need to look into these matters in your home country. For more information about the European Health Insurance card, contact the local KELA/FPA office (see chapter 4.5) or visit the web site www.kela.fi/english.

More information about the European Health Insurance card can be found at http://europa.eu.int/comm/employment_social/healthcard/.

Other Bilateral Health Insurance Agreements

Finland has signed social insurance and medical care agreements with some countries. Some of these agreements include health service for students. Check if your home country has such an agreement (see also chapter 3.9).

4.5 Private clinics

In case you would like to consult a private doctor the basic consultation fee is about 45–70 €. If you are entitled to KELA/FPA benefits, doctor's fees can be partially refunded to you by the Social Insurance Institution. There are several private clinics in Turku/Åbo and most of them are specialised in some field of medical treatment. For addresses and phone numbers please refer to *lääkäripalvelua/läkartjänster* in the yellow pages of the telephone directory (or on the Internet: www.keltaisetsivut.fi).

Below you will find the largest private gen-

eral hospitals in Turku/Åbo:

Mehiläinen

Yliopistonkatu /Universitetsgatan 19 A.
Tel. 414 0730, www.mehilainen.fi.

Pulssi

Humalistonkatu/Humlegårdsgatan 9-11.
Tel. 261 61, www.pulssi.fi.

Terveystalo

Aninkaistenkatu/Aningaisgatan 13
Tel. 030 633 633 www.terveystalo.com

4.6 The Social Insurance Institution of Finland (KELA/FPA)

The Social Insurance Institution (*Kansaneläkelaitos/Folkpensionsanstalten*, abbr. *KELA/FPA*) is a state-owned institution that guarantees the national health insurance for all permanent residents in Finland. For more information about KELA/FPA, please check chapter 3.9.

4.7 Private health insurance

As of September 1, 2007 students (and in some cases unpaid trainees) who intend to stay in Finland for more than three months need to take out private health insurance prior to applying for a residence permit. Please note that this does not apply to EU-citizens, or citizens from Norway, Iceland, Switzerland and Liechtenstein.

The health insurance must:

- be valid throughout the stay in Finland
- cover medical expenses up to 100,000 euros
- be issued by a trustworthy and financially sound company

Note that a valid insurance is a prerequisite for a residence permit. Students who plan to study in Finland for a minimum of two years only need a private health insurance covering medicines (up to 30,000 euros). The above mentioned health insurance is not necessarily available in all countries. In that case an international insurance company should be consulted.

International students and scholars in a CIMO Programme

CIMO (The Centre for International Mobility) and Pohjola Insurance Company Ltd have signed a co-operation agreement. On the basis of this agreement, Eurooppalainen (a member of the Pohjola Group) offers CIMO international students, research workers and trainees insurance covering medical treatment expenses and luggage. There is a 25% discount for those coming through the CIMO Mobility Programme. The medical treatment expenses insurance is designed for international students who incur an acute illness or an accident while visiting Finland. The insurance policy is personal and covers treatment expenses for up to 2500/8500€ in case of an accident or illness. The smallest sum insured by the luggage insurance is 400€. The insurance policy is valid in Finland and covers the loss or damage of luggage.

You can take out an insurance policy at any Pohjola office. To the office you should bring with you: cash for the insurance premium as well as a Pohjola-leaflet (*vakuutussite/försäkringsbroschyr*) that proves that you are entitled to these advantages of the CIMO insurance contract. This leaflet can be obtained from the International Office of your university.

Pohjola

Aurakatu/Auragatan 12 A
(Hansa shopping centre)
20100 Turku/Åbo. Tel. 03 03 03 03,

e-mail: asiakaspalvelu@pohjola.fi,
www.pohjola.fi.

Open Mon-Fri 10.00-16.30.

Other international students and scholars in Finland

In general, it is advisable to get health and travel insurances from one's home country. There are a few international insurance companies that offer travel and health insurances for international people who are residing temporarily in a foreign country. For further details on the different prices, benefits and insurance conditions check with the insurance company in question. Please note that whether you are an international student, researcher or visiting staff, it is always good to ensure that your health and travel insurances have enough coverage, especially if you wish to travel outside Finland while residing here.

Contact information to some international insurance companies:

- *AON* has a special student insurance called ISC Complete. For more information, check the web site www.students.insurance.eu or contact AON on hannamari_serlo@aon.fi.
- *International Health Insurance company (IHI)* - represented in Finland by: *Finndealer Oy*, Oxfotintie/Oxfotvägen 3 D 16, 02340 Espoo/Esbo. Tel. 0400 648 719, e-mail: travel@finndealer.com, www.finndealer.com/eng
- *International Student Insurance (ISI)* - more information on the web site www.internationalstudentinsurance.com
- *Pohjola* has an insurance called *Foreign Citizen*, which is intended for foreign citizens in Finland. The local Pohjola office in Turku/Åbo is situated on Aurakatu/Auragatan 12 where you can get more detailed information and application forms.

4.8 Pharmacies

In Finland medicines are sold only at the pharmacies (*apteekki/apotek*). Pharmacies are normally open: Mon–Fri 9.00–18.00 and Sat 9.00–15.00.

Two pharmacies are open 8.00–23.00 every day. They are:

- *Turun Kauppatorin apteekki/Apoteket vid Salutorget i Åbo*, Aurakatu/Auragatan 10, Tel. 510 2200. (Open Mon-Fri from 7.00)
- *Yliopiston apteekki/Universitetsapoteket*, Yliopistonkatu/Universitetsgatan 25; Tel. 0300 20200.

The pharmacies situated in the centre of Turku/Åbo or close to the student apartments are:

- *Airiston apteekki/Airisto apotek*, Humalistonkatu/ Humlegårdsgatan 4 B 4. Tel. 284 5905, www.airistonapteekki.fi
- *Humaliston apteekki/Apoteket Humlegården*, Humalistonkatu/Humlegårdsgatan 11, tel. 233 6677
- *Ispoisten apteekki/Ispoisapoteket*, Rätälänkatu/Rätälälgatan 24, tel. 235 4500
- *Kasken apteekki/Kaskis apotek*, Kaskenkatu/Kaskisgatan 10, tel. 231 1030, www.kaskenapteekki.fi
- *Koivulan sivuapteekki/Koivulas filialapotek*, Kataraintentie/Kataraisvägen 7, tel. 242 5711
- *Kupittaa apteekki/Kuppis apotek*, Kunnallissairaalanatie/Kommunalsjukhusvägen 20, tel. 251 7222, www.kupittaaapteekki.fi
- *Linnan apteekki/Slottsapoteket*, Kauppiaskatu/Köpmansgatan 10, tel. 275 0400, www.linnanapteekki.fi
- *Maaria-Jäkärän sivuapteekki/St. Marie-Jäkärä apotek*, Jäkärän puistokatu/ Jäkärä parkgatan 20, tel. 247 1420
- *Martin apteekki/Martins apotek*, Kupittaankatu/Kuppisgatan 146, tel. 235 1222

- *Nova Apteekki* in the Citymarket Kupittaa supermarket, Uudenmaantie/Nylandsgatan 17, tel. 417 1700, www.novaapteekki.fi
- *Nummenmäen apteekki/Nummisbackens apotek*, Hämeentie/Tavastgatan 24, tel. 020 442 2844, www.nummenmaenapteekki.com/
- *Patterinhaan sivuapteekki/Batterihagens apotek*, Kanslerintie/Kanslersvägen 10, tel. 275 0810
- *Pyhän Henrikin apteekki/St. Henriks apotek*, Kalevantie/Kalevavägen 41, tel. 275 2150, www.pyhahenrik.com
- *Pääskylvuoren sivuapteekki/Svalberga apotek*, Kotkankatu/Örngatan 1, tel. 244 3246
- *Raunistulan apteekki/Raunistulas apotek*, Satakunnantie/Satakuntavägen 19, tel. 020 740 4300
- *Tuomiokirkkoapteekki/Domkyrkoapoteket*, Eerikinkatu/Eriksgatan 5, tel. 279 1200
- *Varissuon apteekki/Kråkkärrets apotek*, Littoistentie/Littoisvägen 81, tel. 275 2250, www.varissuonapteekki.com

For a complete list of pharmacies, see *apteekit/apotek* in the yellow pages of the telephone directory or www.apteekit.org.

If you have a Finnish social security card, remember to show it when buying prescription medicines to get a state refund.

4.9 Opticians

Opticians are normally open Mon-Fri 9.00–17.00 and Sat 9.00/10.00–14.00. Opticians in Finland are generally quite expensive. However, many of the opticians in Turku give a student reduction, for instance:

- *Hyvänäkö*, Hansa shopping centre, tel. 251 0505
- *Silmäläsiliike Ukkonen*, Hämeenkatu/

Tavastgatan 1, tel. 232 5333

- *Instrumentarium*, Eerikinkatu/Eriksgatan 17, tel. 020 170 8460
- *Nissen*, Yliopistonkatu/Universitetsgatan 27, tel. 020 110 6310
- *Optikko Hakula*, Yliopistonkatu/Universitetsgatan 25, tel. 276 1234

For a complete list of opticians, see *optikko-liikkeitä/optiker* in the yellow pages of the telephone directory (or on the Internet: www.keltaisetsivut.fi).

4.10 Having a cold

A cold is almost always caused by some kind of virus. A runny nose is a symptom of a cold, so are also a dry cough, hoarseness, muscular pain, irritation of the eyes and throat. The symptoms normally subside in 4-5 days.

Self treatment:

- avoid overexertion
- drink a lot, at least 2.5 litres/day
- keep warm

To alleviate the pain, there are many cold medicines available without a prescription at the pharmacy.

Contact the Student Health Service if:

- the symptoms have not subsided in a week
- you feel dizzy
- you have difficulty breathing and/or swallowing
- you experience pain over the forehead or cheeks
- your ears, throat or eyes ache, or if you feel pain when coughing
- you have a fever (more than 38 degrees Celsius)
- you suffer from neck stiffness

For contact information, see section 4.2.

4.11 Sexually transmitted diseases

Sexually Transmitted Diseases (STD) are diseases transmitted through some kind of sexual contact, most commonly vaginal intercourse, oral sex or anal sex. Many STDs have mild or no symptoms at all, and are therefore hard to discover. Sometimes it can take years before you notice the symptoms of an STD. Even though the carrier of an STD has no symptoms, he/she can pass on the STD to another person. STDs that are not discovered and treated can lead to more serious diseases and infertility. A condom is the only contraceptive that can prevent you from getting an STD, but not even condoms are fool-proof.

Information about STDs can be found on the homepages of the Finnish Student Health Care, www.yths.fi > Health Issues. If you have any questions about STDs, or if you believe that you might have an STD, do not hesitate to contact the Student Health Service. Examinations are free of charge, and all information about such examinations are treated confidentially.

4.12 HIV/AIDS care

- *Turku AIDS Council (Turun AIDS-tukikeskus/AIDS stödscentralen i Åbo)*
Yliopistonkatu/Universitetsgatan 24 A
Tel. 0207 465 764, turku@aidstukikeskus.fi www.aidsCouncil.fi. The AIDS Council Centre offers information about HIV and AIDS and anonymous HIV-testing free of charge. The common room with newspapers, magazines and a TV is open during office hours. A meal for the HIV-positive is organised every week. For other activities contact Turku AIDS Council, which is open Mon–Fri 10.00–15.00.

- **Finnish Red Cross AIDS** helpline gives counselling Mon–Thu 17.00–20.00.
Tel. 020 327 000.

5. Families with Children



5.1 Benefits for parents and expecting mothers

The Finnish Social Insurance Institution (*Kansaneläkelaitos, KELA/Folkpensionsanstalten, FPA*) is responsible for providing residence-based social security benefits for the Finnish people. There are some benefits available for foreign families with children that you can apply for if you are eligible for these social security benefits. The eligibility criteria are mainly based on the reason and length of your stay in Finland, how far a pregnancy is when it is reported to the local KELA/FPA office, whether the parents are employed in Finland or not, and what kind of bilateral agreements Finland has with the person's home country. It is most likely that you are eligible to some benefits whereas other benefits are designed to fill the needs of some other kind of family structure. Adoptive parents are eligible for largely the same family benefits as biological parents.

For more information about the eligibility criteria and the different benefits, please **contact the local KELA/FPA office as soon as possible** from the beginning of the pregnancy or upon your family moving to Finland. The Turku/Åbo service number for parental benefits and child care allowances is 020435 9866 or visit the Turku/Åbo office

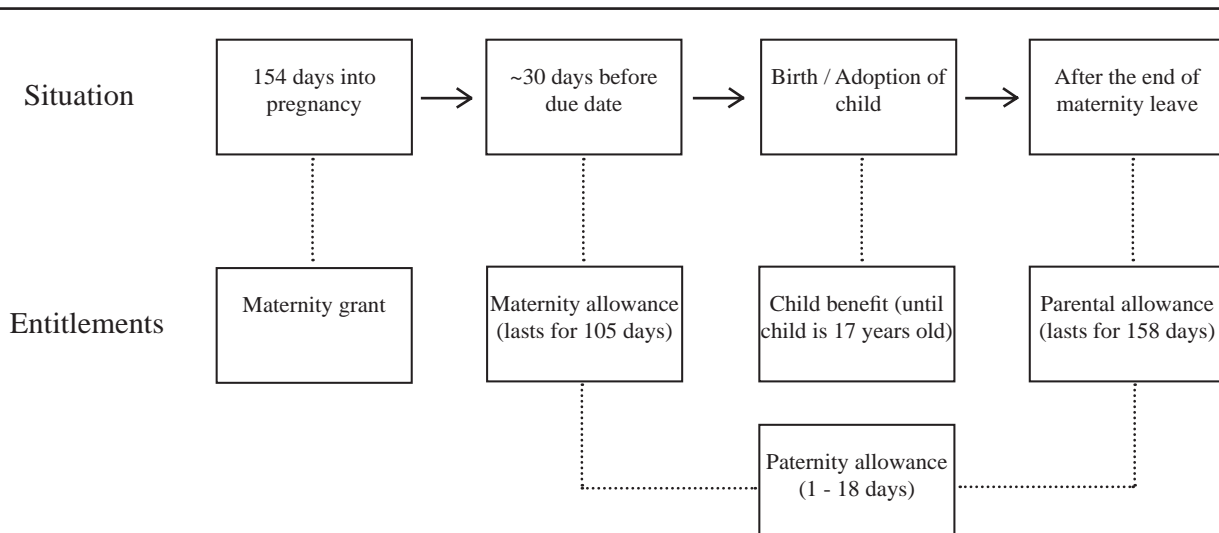
at Eerikinkatu/Eriksgatan 26. The KELA/FPA guide on the Internet in English is also very useful: www.kela.fi/english. Please see chapter 3.9 and chapter 4.5 as well.

Please note that benefit eligibility is very case sensitive, so you always need to contact the KELA/FPA to have them look into your particular case in question. The different benefits that parents may be eligible for in Finland are explained in brief below:

Maternity grant

Expecting mothers whose pregnancy has lasted for at least 154 days and who have undergone a medical examination at a maternal welfare centre or a doctor's appointment before the end of the fourth month of pregnancy may be entitled to a maternity grant. Mothers can choose between a maternity package containing childcare items and a cash benefit. The benefit is granted for each child born.

The maternity grant should be claimed at least two months before the due date from the KELA/FPA local office.



Maternity allowance

An expecting mother who is living in Finland may be eligible for maternity allowance when the pregnancy has lasted 154 days. Mothers are entitled to take maternity leave (which lasts for 105 week days, including Saturdays) while receiving Maternity Allowance from Kela. You can go on maternity leave 50 days before the due date at the earliest and 30 days before the due date at the latest. Claims for the maternity allowance should be filed with a local KELA/FPA office at least two months before the due date.

Parental allowance

The parental leave begins after the maternity leave and must be applied for at least one month before the parental allowance is set to start. During the parental leave, Kela pays Parental Allowance for 158 working days. The parental leave can be taken either by the mother or the father, or it can be shared so as to enable them to take turns looking after their child. Both cannot be on parental leave at the same time (with the exception of the parents of multiple-birth children). Both parents can take the parental leave in up to 2 separate periods of at least 12 working days each.

Paternity allowance

Fathers can take between 1 and 18 days of paternity leave after childbirth in order to look after their child at home together with the mother. You can take a paternity leave at any time after the birth of your child while Maternity or Parental Allowance is being paid. The paternity leave can be taken in up to 4 separate periods. Kela will pay you a Paternity Allowance during your leave.

Child benefit

The amount of the child benefit depends on the number of eligible children in the household. The child benefit is a tax-free benefit, paid for children under the age of

17, that cannot be recovered by forced collection.

Child home care allowance

If the father or the mother remains at home to take care of their child and does not use the services of a day-care centre, he/she may be allowed to claim child home care allowance until the child is three years old. The payment of the child home care allowance immediately follows the parental allowance.

For further information about the child home care allowance criteria, contact the local KELA/FPA office.

Special care allowance for parents

If the parent of a child under 16 years of age is treated in a hospital or in a hospital outpatient clinic, he/she may be entitled to Special Care Allowance. Contact KELA/FPA and the doctor in charge for more information.

Housing allowance

A general housing allowance can be granted to persons living in rented, right-of-occupancy, owner-occupied or subleased accommodation. Households may qualify for the general housing allowance if their housing expenses are unreasonably high compared to the household's combined income, which may not exceed a specified limit. General housing allowance is, however, paid to cover only reasonable housing costs.

If a international scholar or a student is married or cohabiting, and both partners live in Finland, the couple may be eligible for a housing allowance. For more information, contact the local KELA/FPA office.

5.2 Children's services

There are many day-care centres in Turku/Åbo. For contact information, see *päiväkodit/daghem* in the blue pages of the Turku/Åbo telephone catalogue.

Visiting couples are entitled to the services of day-care centres for their children. The fee of the day-care centres depends on the income of the family and the number of children in day-care. Couples who require day-care facilities for their children should get in touch with the nearest centre.

Centres providing day-care in other languages than Finnish or Swedish:

- English (British): *English Language Playschool Wendy House*, Puistokatu/ Parkgatan 7, tel. 2331 686, e-mail: wendyhouse@kolumbus.fi, www.kolumbus.fi/wendyhouse
- English (US): *The Finnish-American Playschool in Turku*, Kansakoulunkujanne/ Folkskolegränden 4, tel. 251 2395, e-mail: turunsay.leikkikoulu@co.inet.fi www.finnishamericanplayschool.fi
- English: *Daycare Daisy*, Student Village 25 B, tel. 232 3362 or 040-5466616 e-mail: jannika.einola@pp.inet.fi www.daisy.fi
- French: *Lastentarha L'hexagone*, Linnankatu/Slottsgatan 64, tel. 253 5969, www.hexagone.fi
- Russian-Finnish: *Miska-Talo*, Käsit-yöläiskatu/Hantverkargatan 12, tel. 250 2332, www.kolumbus.fi/miskatalo

Baby-sitters

The *Mannerheimin Lastensuojeluliitto/Mannerheims Barnskyddsförbund* runs a baby-sitting agency where baby-sitter from the age of 16 to retired people take care of your child for some hours a day. The location of the baby-sitting can be either in your home or in some other place where it suits the family and child(ren) the best. The fam-

ily pays 6,20€/hour + the travel expenses of the baby-sitter. For more information about this service and for engaging it: Tel. 235 4720. The web page of the Turku/Åbo area of the *Mannerheimin Lastensuojeluliitto/Mannerheims Barnskyddsförbund* can be found at <http://varsinaissuomenpiiri.mll.fi/lapsiperheille/lastenhoitotoiminta/>.

Landskapsföreningen Folkhälsan i Åboland r.f. acts as intermediary for baby-sitting service, in which case the parents pay 4,20€ hour and travel expenses. Tel. 278 6200, Mon-Fri 9.00-16.00. For more info you can also contact *Mrs. Margó Storm*, margo.storm@folkhalsan.fi, tel. 278 6215.

International School

If you are in Turku/Åbo for business or research purposes for a minimum period of one month, your children can be admitted to an International School in Finland. However, if the children are native speakers of Finnish or Swedish, they can pursue their education in a regular Finnish or Swedish speaking school.

At Turku International School there is a primary level class for grades 1-4 (*Aurajoki School*, which is also close to the Student Village) and a secondary level class for the grades 5-9 (*Turun Normaalikoulu*). The upper secondary education, also taught in *Turun normaalikoulu*, is based on the International Baccalaureate Diploma Programme. All levels of education are taught in English. The school was founded in 2003 and is primarily aimed for nonative children living either temporarily or permanently in Finland. Additionally, Finnish children returning home after several years abroad are welcome, as well as Finnish children who prove that they are competent enough to receive education in English. Competence tests are organised by the school itself.

For more information and application

forms, please contact the principal of *Turku International School, Mr. Vesa Valkila*. Tel. 0400-523 093, e-mail: vesa.valkila@utu.fi, www.tkukoulu.fi/~kvkoulu.

Children's cultural and social activities in Turku/Åbo

There is a vast amount of different activity possibilities for children in Turku/Åbo.

The City of Turku/Åbo has its own *Cultural Centre for children and youth*, which organises activities for children during the school terms. The activities vary from week to week and sometimes the children are shown films and theatre performances are arranged for them.

Children younger than seven years should be accompanied by their parents. At times the centre organises special activities outside regular hours. For further information, contact the centre:

Culture Center for Children and Youth (Lasten kulttuurikeskus/Barnens kulturcentrum)

Vanha Suurtori/Gamla Stortorget 3

Tel. 262 0900

E-mail: kulttuurikeskus@turku.fi

www.turku.fi/kulttuurikeskus > In English
> For Children and Youth

A large part of other children's activities are listed on the Turku/Åbo City homepage at www.turku.fi/kulttuurikeskus, which is well worth a visit. Unfortunately all the information is in Finnish, but below you can find a brief summary of the web page:

- *Varsinais-Suomen Taidetoimikunta/Egentliga Finlands Konstkommission* operates on a larger scale with art educational projects, medieval awareness and issues grants and art scholarships for artists or artistic projects
- *Museums* in Turku/Åbo offer different guidance and/or projects aimed for children

and youths

- *Music*: Schools, courses and other child activities in the field of music in Turku/Åbo
- *Visual Art and Handicraft*: Schools, courses and other activities in these artistic genres
- *Dance and Dance Theatre*: Schools, courses and associations for children who like to dance and perform
- *Theatre*: Contact information to some theatre groups for young people in the Turku/Åbo region
- *Film and Video*: *Varsinais-Suomen Elokuvakeskus/Egentliga Finlands Filmcentrum*, a local film association that annually organises a fairly small film festival in Turku/Åbo and other film-related happenings. It also offers a film renting service
- *Television and Radio*: Contact information to the national broadcasting company *Yleisradio/Rundradion* that is responsible for televised children's programmes in Finland.
- *Culture and Art Education* in Turku/Åbo on upper-secondary educational level and adult education
- *Verbal Art*: Literary and music related verbal art in Turku/Åbo for children
- *Other Associations and Organisations*: Useful information about other child-related organisations and groups in the Turku/Åbo area

6. Housing



There are several alternatives for arranging your accommodation in Turku/Åbo. Please note that most visiting scholars stay in the guesthouse or guest apartments of their host university. These apartments need to be booked by the host department well in advance. However, the Student Village Foundation also houses visiting staff and their families regularly.

6.1 Student Village Foundation

The Student Village Foundation of Turku, *Turun Ylioppilaskyläsäätiö (TYS)/Studentbystiftelsen i Åbo*, is an independent foundation that provides housing for students and post-graduate researchers in Turku/Åbo and Rauma/Raumo. Contact information:

Student Village Foundation of Turku

Inspektorinkatu/Inspektorsgatan 4

20540 Turku/20540 Åbo

Tel. 275 0200

e-mail: info@tys.fi

www.tys.fi

Open Mon–Wed 9.00–15.45, Thu 9.00–17.45, Fri 9.00–14.45

The rent for TYS flats and rooms varies from 200 to 350€/month. The rent includes electricity, water and heating. An online application for housing must be submitted to the housing office no less than six weeks before the beginning of the studies in Finland. Remember that apart from rental deposits, the Student Village Foundation also charges an **admission fee**. The fee is 60€ for admitting leases lasting up to twelve months. When signing leases that last longer than 12 months, the admission is free of charge.

Before getting the key you have to pay a **refundable deposit** of 250€(400€for fam-

ily housing). Please note that the sum is a deposit and cannot be used as payment for rent. The deposit is refunded to the tenant when he/she gives up the room or apartment, provided that it is in good condition. **The due date for the monthly rent is the 6th of each month.** When living in a TYS flat you will have saunas, laundries and common rooms at your disposal.

Note that researchers or research students are offered to rent flats with basic furniture only, which does not include mattresses or lamps.

For more information, **please read the *Tenant's guide*** - a guide on living in TYS flats. The guide is very informative and is available in Finnish, Swedish and English on the foundation's website. You should also read the *Service Guide*. All guides above mentioned can be found on the TYS home page.

The *Finland's Student Housing Ltd* also has an online guide about housing for international students in Finland. The guide is available in English at www.soa.fi/eng/international/international.html.

6.2 Private market flats

If you prefer to rent a flat elsewhere in Turku/Åbo, get in touch with any of the housing agencies. For names and addresses of the agencies, see under *asuntovuokra-toimistoja/bostadsuthyrning* in the yellow pages of the telephone directory (or on the Internet: www.keltaisetsivut.fi). There are housing agencies that specialise in serving students, for instance *Opiskelijoiden Vuokravälitys*, Hämeenkatu/Tavastgatan 14. Tel. 233 8308, www.ovv.fi.

Take a look at the frequently updated

website for housing agencies in Southwest Finland: www.teuvo.net/vuokra-asunnot.html (in Finnish only).

You can also check the advertisements in the local newspapers *Turun Sanomat* and *Åbo Underrättelser* under *vuokrattavana /uthyres*, or you can put your own request to rent a flat in any of these newspapers. The Student Unions also have a few rental flats mainly for students. Contact them for further information.

Turku City Council House

The city of Turku has some rental flats. There are certain maximum income limits for the tenants of these apartments. For more information, contact:

TVT Asunnot Oy & Kiinteistö Oy Lehtilaakso. Käsityöläiskatu/Hantverkaregatan 3. Tel. 330 000 (switch board).

Open Mon 9.00–17.00, Tue 10.00–15.45 and Wed–Fri 9.00–15.45.

Buying a flat

A foreigner living in Finland has the right to buy a flat. The statutes of certain housing associations may prohibit transfer of its shares to foreigners. If you encounter such-like restrictions, you can apply for special permission to the Advisory Committee for Foreigners' Investments of the Ministry of Trade and Industry. You can also contact a real estate agent or lawyer to assist you in such matters.

Foreigners' rights to land and house ownership are restricted only in exceptional situations. The following web resources provide information about practical matters related to buying a flat as well as information about available flats and houses (in Finnish only): www.etuovi.com and www.oikotie.fi. Information can also be found in the magazine *Etuovi* that is distributed every two weeks to private households in the Turku region.

In Turku/Åbo the provincial authority for complaints towards real estate agents is *Länsi-Suomen lääninhallitus/Länsstyrelsen i Västra Finland* and it is located at: (*Valtion virastotalo/Statens ämbetshus*), Itsenäisyydenaukio/Självständighetsplan 2. Tel. 071 874 0531.

Open Mon–Fri 8.00–16.15.

Hotels and hostels

An ample selection of hotels can be found in Turku. Here are a few of them:

- *Hostel Turku*, Linnankatu/Slottsgatan 39. Tel. 262 7680, e-mail: hostel@turku.fi. This neat hostel offers two and four-bed rooms as well as dormitory accommodation. Reservations can be made on the Internet, see www.turku.fi > tourism > accommodation

- *Bed and Breakfast Tuure*, Tuureporinkatu/Tureborgsgatan 17 C. Tel. 233 0230. www.netti.fi/~tuure2/

- *Centro Hotel*, Yliopistonkatu/Universitetsgatan 12. Tel. 211 8100. www.centrohotel.com

- *Cumulus Turku*, Eerikinkatu/Eriksgatan 30. Tel. 218 1000. www.cumulus.fi

- *Holiday Inn Turku*, Eerikinkatu/Eriksgatan 28. Tel. 338 211. www.holidayinn.fi

- *Omenahotelli Turku*, Humalistonkatu/Humlegårdsgatan 7. The Omena hotels have no reception personnel; everything works electronically, i.e. reservations are made on the Internet (and the rates are reasonable), www.omena.com

- *Radisson SAS Marina Palace Hotel*, Linnankatu/Slottsgatan 32. Tel. 1234 710 www.radissonsas.com

- *Scandic Julia*, Eerikinkatu/Eriksgatan 4. Tel. 336 000. www.scandic-hotels.com/julia

- *Sokos Hotel City Börs*, Eerikinkatu/Eriksgatan 11. Tel. 337 381, www.sokoshotels.fi

For more information, please see *hotelli/hotell* in the yellow pages of the telephone directory (or on the Internet: www.keltaiset-

sivut.fi).

6.3 Practical matters related to housing

You can find useful guides on student housing in Finland for international students, which might be helpful even if you do not live in an official student accommodation. Two of the guides are listed here:

- *Finland's Student Housing Ltd*, www.soa.fi/eng/international/international.html.
- *Turun Ylioppilaskyläsäätiö*, www.tys.fi
> Tenant

The Starting Package

TYY, ÅAS, TuKY and Turun AMK all provide a starting package service. Exchange students may borrow this package, which contains household items, after having paid the Student Union fee.

The package includes a pillow, blanket, two curtains, a cooking pot, a sharp cutting knife, a dinner and a soup plate, a glass and mug, cooking items (spatula/ladle), a knife, fork, spoon, teaspoon, and a can opener. You pay 65€ for the package, of which 50€ is refundable.

The starting package storage can be found at Rehtorinpellonkatu/Rektorsåkersvägen 4-6 B 213, www.tyy.fi/startingpackage. Please remember to bring a **receipt** (stating that you have paid the Student Union fee) when picking up the package.

Electricity

The electric current in Finland is 230 V, 50 Hz. The power sockets (plugs) are according to European standards (two-pin continental sized).

Home insurance – living in a Student Village Foundation accommodation

The foundation recommends that all tenants take out a home insurance. In addition to its own indemnity insurance, the foundation has taken out a limited insurance on the movable property of the tenants. The tenant can get compensation from this insurance for example in case of fire (the deductible sum is 200€). The insurance does not compensate bicycles.

If, for example, a tenant's carelessness or appliances cause damage to the apartment, the tenant is responsible for paying TYS the foundation's insurance policy's deductible of 1000€. This is why the foundation recommends that all tenants take out a home insurance.

Home insurance – living in a privately rented flat

For students living in private market flats it is recommendable to acquire home insurance from one of the insurance companies in Turku/Åbo. For contact information of the companies see *vakuutusyhtiötä/försäkringsbolag* in the yellow pages of the telephone directory (or on the Internet: www.keltaisetsivut.fi).

Internet connection – living in a Student Village Foundation accommodation

In all apartments of the Student Village Foundation of Turku you may connect your computer to the Internet. This, however, requires that your computer has a network card and that you apply for the connection. The connection fee is 60€. Further information on tariffs, general regulations and agreements you can find on www.yok.utu.fi. If your home university is Åbo Akademi University, then visit the website of the computer centre at www.abo.fi/dc.

Internet connection – living in a privately rented flat

Through your host university you can get

an Internet connection (most commonly ADSL) with a student discount. Contact the Computing Centre of your host university (see chapter 2.9) for further information. It is illegal to access the internet through someone else's wireless network without the owners permission.

SparkNet

SparkNet is the largest wlan (Wireless Local Area Network) in Finland. SparkNet is accessible for all public officials (in Turku/Åbo) and personell and students of institutions of higher education.

You can connect to the SparkNet using your utu, abo or tse email- and password. For further information and a complete list of hot spots, see www.sparknet.fi.

Lost keys – living in a Student Village Foundation accommodation

You usually do not need a key to lock the door of a flat in Finland. This means that you might accidentally forget the keys in your room and lock yourself out.

- If you live in a flat or room provided by the Student Village Foundation or ÅAS, you can get a spare key from their respective offices **during office hours**. It is free of charge, but you must be able to prove your identity. The spare key must be returned as soon as possible. In the Student Village area (*YO-kylä/Studentbyn*) in Turku/Åbo, the door opening fees (excluding office hours) are as follows: 12, 20€ on weekdays between 6.00 and 18.00, and 24,40€ during evenings, nights, weekends and public holidays. You can contact *G4S Security Services Oy* on Mon-Thu 16.00-7.30 and Fri-Sun 15.00-7.30, tel. 0204 28 2000.

If you lock yourself out **after office hours** or **during the weekend** and you cannot wait until the morning of the next weekday, you should call: 010 620 2000.

- If you live at *Kåren*, you should get the number of the security company from the Student Union or the janitor.
- In Rauma you can get the key from the dormitory manager. Office hours are: Mon 17-18, Wed 16-17 and Thu 17-18. At other times the tenants can contact maintenance company *RTK Palvelu Oy*, tel. 838 722 45. Opening a door is chargeable.

The caretaker will charge from about 15€ to 20€ to open your door. This fee can be paid to the service man immediately or it can be charged later. The caretaker on duty will immediately require seeing some proof of identity and will only open the door to the apartment's official tenant(s).

Lost Keys – living in a privately rented flat

If you do not live in a student flat, always call the caretaker or the caretaker company. You can find the address and telephone number of the caretaker (or company) on a notice board by the entrance of the building. You have to prove your identity. Charges for opening the door vary between companies and depending on the time of the day or night that you are in need of the spare key.

Laundry – living in a Student Village Foundation accommodation

There are washing machines in the Student Village, at *Kåren* and in other student accommodations. Please check the different terms of usage and instructions for the laundry room that you are entitled to use.

The usage of the machines in the Student Village Foundation accommodations is paid by mobile phone. The price is 1,5€/machine.

You always need to **book a time** to do your washing and the list for that is usually

placed near the washing machines or just outside the laundry room. Always follow the instructions for reserving washing times on the list provided for this purpose. Other systems may also be in use. Ask around for some help if the system is unclear to you and look in the Student Village Foundation's tenant's guide on the Internet for more detailed information.

Repairs – living in a Student Village Foundation accommodation

If you live in a Student Village Foundation flat and your residence is in need of repair (for example if the faucets leak or the door locks are broken), you should fill in a request for repair form, which is available on the Internet: www.tys.fi. Try to be as precise as possible when identifying the defect. Please note that the acquisition of light bulbs is the responsibility of the resident. Special light bulbs are sold for example at the housing office. In case of emergency repair in the Student Village Foundation flats in Turku/Åbo, contact the caretaker company *G4S Oy*, tel. 010 620 2000. For emergency repairs in Rauma/Raumo, call 823 5777.

Repairs – living in a privately rented flat

If you do not live in the Student Village Foundation flats you can call the caretaker or the caretaker company of your building. The contact information is available at the notice board of your building, usually placed by the building's main entrance.

6.4 Recycling

Recycling is quite common in Finland; in fact, especially the paper recycling rate is among the highest in the world. Being environmentally friendly requires little effort,

and recycling is the easiest way to do it.

In the beginning of 2007, the city of Turku/Åbo introduced a new waste management. Normal mixed waste should now be sorted into **burnable waste** and **landfill waste**.

Burnable waste, i.e. waste that can be used as energy, includes the following:

- plastic bags, non-returnable plastic bottles
- cleaning waste, polystyrene
- leather, shoes and worn-out garments
- hygiene products, such as nappies and sanitary towels
- food waste (if composting is not possible)

Landfill waste, which is not suitable for energy use, includes:

- PVC plastic (raincoats, ring binders)
- bulbs
- glassware, porcelain and ceramics
- pot soil, cat litter and broken tiles

The following can, and should also be recycled:

- paper – note that the following cannot be recycled: wet or dirty paper, soft tissue
- glass– do not to mix porcelain, crystal or window and mirror glass with the recyclable glass
- packaging metal – remember that batteries, paint cans, aerosol, cables and tubes must not be thrown away with the food tins and metal cans
- cardboard
- recycling bins for milk/juice cartons and other kinds of carton packaging can be found in the close vicinity of stores and big supermarkets if not found in the living area.
- batteries - all stores that sell batteries are obligated to accept any used batteries. Most stores have specially designated bins for this purpose.

Please be sure not to put mixed waste into the bins for sorted waste. You will find waste containers for different purposes in the vicinity of your housing.

Turun Ekotori accepts small amounts of hazardous waste (e.g. batteries, fluorescent lamps, different solvents). Turun Ekotori, Kirkkotie/Kyrkovägen 10, tel. 277 6300, www.turunekotori.fi
Open Mon-Fri 9.00-18.00, Sat 10.00-14.00.

For information on composting, please see www.tys.fi > Tenant > Recycling waste. Another comprehensive recycling guide can be found at www.lassila-tikanoja.fi > Environmental info > Households.

7. Transport and Travel



7.1 By the banks of River Aura

The Turku/Åbo City centre is fairly small and distances hardly get too long. The walking and cycling paths by the river offer an idyllic perspective of the city. The café and restaurant boats invite you to enjoy the city. Note, however, that you should not walk in the marked bicycler's lane, but in the lane marked for pedestrians. For your own safety, cross the street only when the light is green and wear a reflector when it is dark.

Bicycling

By bike you can go almost anywhere in Turku/Åbo, and often much faster than by car. As a bike rider in Finland you should:

- have a light installed on your bike and use it when it is dark
- install reflectors on your bike
- wear a helmet at all times
- get a proper lock for your bike

You can get fined if you violate the rule of having a light on your bike when it is dark!

You can get a map of all the cycling lanes from the *Turku Touring's* Tourist Information, Aurakatu/ Auragatan 4, Tel. 262 7444.

Most of the bicycle shops sell second hand bikes as well as new ones. Try for example:

- *Nummen Pyörä*, Hämeentie/Tavastlandsvägen 44. Tel. 469 0580.
www.nummenpyorahuolto.fi
- *Uusi Tuuli ry*, Kirkkotie/Kyrkovägen 6-10. Tel. 233 9313, www.estelle.fi
- *Turun Ekotori*, Kirkkotie/Kyrkovägen 6-10 or in Länsikeskus, Nuppulantie/Nuppulavägen 30. Tel 277 6300. At Ekotori you can also find a great variety of other second-hand things for sale.

Please check *polkupyöräkorjaamoja/cykelservice* (bicycle repairs) or *polkupyöräliikkeitä/cykelaaffärer* (bicycle shops) in the yellow pages of the telephone directory (or on the Internet: www.keltaiset-sivut.fi). For repairing bicycles, please see chapter 8.7.

Bike rental

If you want to rent a bike you can do so by contacting the *Turku Touring's* Tourist Information. Regular bikes cost around 15€/day and 75€/week, and they are usually for rent April-October. You can also ask for rental scooters. *Spa and hotel Caribia* sometimes offers bikes for rent as well, tel. 020 123 4902.

Föri – the city ferry

Do not forget to take a ride on the ferry "Föri" which travels across the River Aura free of charge! The name comes from the Turku/Åbo citizens' twist of the English word "ferry" or its Swedish correspondence "färja". The over a hundred years old "Föri" is located approximately between Itäinen Rantakatu/Östra Strandgatan 56 and Läntinen Rantakatu/Västra Strandgatan 55. From 1.10-30.4 it runs between 6.15 and 21.30 and during the summer season it does not stop until 23.00.

7.2 Public transportation

Local bus

Bus stops are marked by yellow/black or blue/white signs. The yellow ones indicate bus stops for the Turku City Transport Service and the blue ones for long distance buses. The numbers given at the bus stops with a yellow sign indicate which buses stop there.

- To get on a bus, wait at the right bus stop and be prepared to **signal**, by waving your hand, to the driver that you want to get on

the bus. You must always get on the bus through the doors closest to the front.

- To get off the bus, press the '**stop**' button at a reasonable distance beforehand to indicate to the driver that you wish to get off. You should always get off through the doors in the back of the bus.

At some stops the bus timetables are available. Note that in Turku/Åbo the timetables indicate the time when the bus sets off at the beginning of the route, not at what time it is going to be at your stop. Additionally, the timetables show the hour in the column to the left, and the rest of the columns show minutes depending on what days a week the bus is in operation. Usually, the first column to the left is Mon-Fri, the second column Saturdays and the last ones are Sundays or other holidays (*pyhäpäivä/helgdag*).

A single ticket for adults costs 2,50€ and 1,20€ for children (aged 7–14) between 4.00–23.00, and other times 3,50 and 2,20€ respectively. The tickets are valid for two hours for interchange. You can also buy a 24-hour Visitor's Pass-ticket which costs 5,50€ The 24-hour ticket can be bought with a mobile phone. There is no night fare if you have a monthly, 3-month or annual card.

The cheapest way of travelling within the Turku/Åbo transport area is to get one of the different cards and tickets available for either exchange- and degree students, or/and postgraduates. You can use these cards on all the city buses in Turku/Åbo. In order to get a student discount you have to show proof of being a formal exchange- or degree student. This is either done by showing your official student card (or if you have not received it yet, you need to get a signature and a stamp from your host university). For additional information, please visit the *Turun Joukkoliikennetoimisto/Åbo kollektivtrafikbyrå* (see below) and if pos-

sible, do so in the company of your Finnish tutor.

Turun kaupungin paikallisliikenteen palvelutoimisto/Servicebyrå för lokaltrafiken
Eerikinkatu/Eriksgatan 10 (in Forum).

Tel. 262 4811

Open Mon-Fri 9.00–17.00,

Sat 9.00–14.30.

At www.turku.fi/bussit you can find all time tables (in Finnish only) and detailed information about the different bus cards available (in English).

Long distance buses

Exchange- and degree students get a 50% reduction on the long distance buses if they travel for a minimum distance of 80 km with their student card. Postgraduate or visiting students cannot buy tickets at reduced student rates.

The main bus station at Aninkaistenkatu/Aningaisgatan 20 is open: Mon–Fri 6.30–19.00, Sat 7.30–15.30, and Sun 10.00–18.00.

For information about nationwide bus timetables, call 0200 4000 Mon–Sat 7.00–21.00 and Sun 8.00–21.00 (1,50€/call + local call charge). You can buy a timetable for 2€ from the bus station. For timetables see: www.matkahuolto.fi or www.expressbus.com (in Finnish only).

Train

Turku Railway Station (*Turun rautatieasema/Åbo järnvägsstation*)

Ratapihankatu/Bangårdsgatan 37.

Ticket sales: Mon–Sat 6.10–21.05, Sun 8.10–21.05.

Kupittaa Railway Station, (*Kupittaaan rautatieasema/Kuppis järnvägsstation*),
Joukahaisenkatu/Joukahainengatan 6.

Call 0600 41 900 for information, reservations, timetables and prices. The call will cost you 1€call + local call charge.

For timetables, tickets and other information, visit the railway stations or call the national service number. On www.vr.fi you can find timetables and buy your train ticket online, provided that you have a Finnish internet banking service or a Visa, Visa Electron or Master Card (see chapter 8.1 for information about banking services).

Trains to and from Helsinki also stop at the *Kupittaa/Kuppis* Railway Station which is close to the universities and the Student Village.

To be eligible for the special student fares you will need a Finnish student card (see chapter 2.4). The student reduction is 50%. It is possible to buy student tickets using a bank (e.g. Visa Electron) or a credit card at special ticket vending machines at the railway stations. Alternatively, you can buy a ticket via the Internet with a credit card or by using the Internet banking service which you can get free of charge at your local Finnish bank. Tickets can be bought on the train as well, but an extra fee will be added! Seat reservations are compulsory in most trains. You can get the railway timetable information in Finnish or Swedish via the ticket vending machines.

Note that postgraduate and visiting students cannot buy discounted student tickets.

7.3 Car and taxi

Driving a private car

In Finland vehicles drive on the right. At crossroads, unless there is a sign to the contrary, vehicles coming from the right have priority. In autumn and early spring

you should watch out for elk when driving in rural areas. These animals are especially active at dusk and dawn, and may cause dangerous situations, so please drive carefully.

Driving under the influence of alcohol or drugs

The law regarding the blood-alcohol level for drivers is strictly followed in Finland. The law allows a level of less than 50 mg of alcohol per 100 ml of blood, or 0,22 mg per litre of exhaled air. Driving under the influence of drugs is also regarded as a very serious offence. Offenders are subject to heavy fines, withdrawal or suspension of their driving license and/or imprisonment.

Driving license

Driving license holders from signatory states of the Road Traffic Conventions made in Geneva (1949) or in Vienna (1968) may drive in Finland with their national driving license for one year from the date of entry to Finland. However, you may apply for a Finnish driving licence after six months of residence in Finland. You have to apply at the local police station and it costs approx. 60€ If you want to exchange a foreign driving licence for a Finnish one it costs 41€

N.B. You need to meet the Finnish age requirement of eighteen years before you are allowed to drive in Finland.

Car rental

- *Autovuokraamo Sixt*, Kerttulinkatu/Gertrudsgatan 16 B. Tel. 277 9555
- *Budget*, Sirkkalankatu/Sirkkalagatan 15. Tel. 233 4040
- *Hertz*, Lonttistentie/Lonttisvägen 9. Tel. 020 555 2600, www.hertz.fi
- *Transvell*, Kerttulinkatu/Gertrudsgatan 16. Tel. 277 9555, www.transvell.fi

Buying a car

If you want to buy a car, you need an address in Finland and an identification card for the registration. Also take care of the mandatory insurances and taxes. For more information about buying a car and registration please see www.ake.fi > Registration.

Taxi

If you want to order a taxi in the Turku/Åbo region, call 100 41 (0,58€/min + local call charge) or 02-10041 when calling from a mobile phone. The taxi rank nearest to the universities is situated in front of the Central Hospital (Kiinamylynkatu/Kinakvarngatan). Taxis charge a base fee of 5,00/7,70€, depending on what time and day it is, plus 1,30-1,82€/km, depending on the number of persons sharing the taxi.

A minibus called *Kimppabus*, which transports up to 16-20 people, offers a somewhat cheaper taxi service. The principle is that the more people on the bus, the less everyone pays. Unless the *Kimppabus* is ordered, it will be on duty at the Turku Railway Station or at Turku Airport. To order the *Kimppabus*, call 0500 536 556.

7.4 Travelling in Finland

For information on travelling in Finland, please contact the local travel agencies or the *Finnish Tourist Board*. Tel. 010 605 8000, e-mail: mek@mek.fi, www.mek.fi. The following web sites may also be of use:

- *The Finnish Tourist Board*: www.visitfinland.fi
- *Travel in Finland* (a Finnish tourist service on the Internet): www.travel.fi.
- *Lomaliitto*: www.lomaliitto.fi
- *Turku Touring* (Turku/Åbo City travel agency and organisation):

www.turkutouring.fi (for destinations close to Turku/Åbo)

- *Metsähallitus*: www.outdoors.fi
- *Lonely Planet*: www.lonelyplanet.com > Destinations > Europe > Finland

7.5 Travelling abroad

Ferry

The companies *Tallink Silja* and *Viking Line* each make two trips a day between Turku/Åbo and Stockholm. There are ferry connections from Vaasa/Vasa to Umeå (Sweden) and from Helsinki/Helsingfors to Tallinn (Estonia), Travemünde/Rostock (Germany) and Stockholm.

The only company offering student discounts is Viking Line. **N.B. Some of you might need a visa to go to these countries; remember to apply for the visa in good time – it might take a while!**

For information and reservations contact:

- *Tallink Silja*, reservations: Aurakatu/Slottsgatan 5. Open Mon-Fri 9-17, Sat 9-14 and Linnankatu/Slottsgatan 91. Open daily 8.30–16.30.

Tel. 0600 174 552 (Mon–Sun 8.00–21.00, 1,64€+local call charge),

www.tallinksilja.com

- *Viking Line*, Hansa Shopping Centre. Open Mon–Fri 9.30–17.30, Sat 9.30–14.30. Tel. 0600-41577 (Mon–Sun 7.30–21.30, 1,64€+ local call charge), www.vikingline.fi

Air

Turku Airport (*Turun lentoasema/Åbo flygplats*), tel. 271 4611, www.finavia.fi/airport_turku. Bus number one (1) from the market square goes to the Airport. (N.B. Bus number 1 in the opposite direction goes to the harbour. Check for signs of either an aeroplane or a boat before you step on the

bus).

Helsinki-Vantaa Airport (*Helsinki-Vantaan lentoasema/Helsingfors-Vanda flygplats*). Tel. 09-82 771 or the 24h Information service number: 0200 14636 (0,57€min. + local call charge), www.finavia.fi.

Finnair offers student reductions. For more information about prices, timetables and reservations call the service line, tel. 0600 140 140 (3,04€call + local call charge), www.finnair.com.

Scandinavian Airlines SAS flies from Turku/Åbo as well. *SAS* offers a youth reduction. For more information, please check www.flysas.com or call 06000 25831 (daily service in Finnish and English 8.00-22.00, service in Swedish Mon-Fri 8.00-17.00, 1,75€min + local call charge).

Wizzair, a low budget Polish airline, started its business in Turku/Åbo in the spring of 2008, and now offers inexpensive tickets to the Polish city of Gdansk. From Gdansk it is possible to fly onwards to destinations in e.g. England, Ireland, Spain and Germany. The planes are departing from Turku twice a week, on Saturday and Wednesday. For more information and booking, check the website www.wizzair.com.

There are also many other travel agencies in Turku/Åbo. If you intend to fly abroad, it is wise to compare prices between several travel agencies to get the best offer. For a list of travel agencies in Finland, see www.finavia.fi/travelagenciesinfinland. For more information, contact the local travel agencies (see *matkatoimistoja/resebyråer* in the yellow pages of the telephone directory, or on the Internet: www.keltaisetsivut.fi).

There are also some websites where you can book flights from several different companies. See for example:

- www.poptravel.fi
- www.travellink.fi
- www.ebookers.fi

For international flights from travel agencies specialised in youth travel, contact *Kilroy Travels*, Eerikinkatu/Eriksgatan 2, Tel. 020 354 5769 (national call centre). www.kilroytravels.fi
Open Mon–Fri 10.00–18.00

Another good source for inexpensive tickets may be found among the travel agencies operating on the Internet, such as *Ryanair* (www.ryanair.com) whose flights in Finland goes from Tampere to Bremen, Dublin London, Milan, Riga and Frankfurt. *Blue1* (www.blue1.fi) is another airline with inexpensive tickets, both domestic and international. One option for travelling is going by ferry to Stockholm and benefit from the *Ryanair* flights from Stockholm Skavsta airport. You can also check the Internet for travel agencies in Stockholm, Sweden.

Bus travel

Bus tours to Russia and other places:

- *Zerkalo's Trips* is a travel agency that organises bus tours to Russia and Eastern Europe especially aimed at young people and students. Address: Vaasankatu/Vasagatan 10. 00500 Helsinki/Helsingfors. Tel. 040 726 8606
E-mail: zerkalo@zerkalo.info. Call or email to arrange a meeting or check www.zerkalo.info for further information.
- *Neva Tours*, Aninkaistenkatu/Aningaisgatan 12. Tel. 2504 655 www.turunnevatours.fi. Open Mon-Fri 9.00-17.00.
- *Matka-Niinimäki*, Tel. 486 5880, www.matka-niinimaki.fi

8. Services



8.1 Bank

There are several banks (*pankki/bank*) operating in Turku/Åbo. At least the following banks provide information in English:

- *Aktia Säästöpankki*, Yliopistonkatu/Universitetsgatan 15. Tel. 010 247 5800. Open Mon–Fri 10.00–16.30. www.aktia.fi
- *Liedon Osuuspankki*, Hämeenkatu/Tavastgatan 12. Tel. 4711 470. Open Mon 10.00–18.00; Tue–Fri, 10.00–16.30. www.liedonosuuspankki.fi
- *Nordea*, Hämeenkatu/Tavastgatan 5. Tel. 334 4001. Open Mon–Fri 10.00–16.30, www.nordea.fi
- *Osuuspankki*, Hämeenkatu/Tavastgatan 2. Tel. 269 9206. Open Mon–Fri 10.00–16.30. www.osuuspankki.fi
- *Sampo*, Hämeenkatu/Tavastgatan 3 A. Tel. 010 546 0990. Open Mon–Fri 10.00–16.30. www.sampopankki.fi
- *Ålandsbanken*, Eerikinkatu/Eriksgatan 17 (Hansa Shopping Centre). Tel. 0204 29 3100, e-mail: turku@alandsbanken.fi. Open Mon–Fri 10.00–16.30. www.alandsbanken.fi

Cash withdrawal

You can use Finnish bank/credit cards and also some foreign credit cards to withdraw money from self-service cash machines – automatic teller machines (ATM) – known as "Otto", (*pikapankki/snabbank*). There are many suchlike self-service machines in Turku/Åbo and they are open round the clock. Check the website www.otto.fi where some brief information in English is found. Click on the "Missä Otto?" link and choose "Turku" and you will get all the Otto ATMs in Turku/Åbo listed, or choose your postal code from the drop-down menu and get all the ATM's in the vicinity listed. Yet another option is to write a street name in the according text box and the results will tell you whether or not there is an ATM on that street.

International credit and payment cards

The main international credit and payment cards accepted in Finland are Visa and Master Card and some of the brands' sub cards like Visa Electron and Maestro. These cards are accepted in major department stores and restaurants. Please check beforehand with the place where you wish to do your purchase if they accept the card you want to use. You can get the payment card Visa Electron for free from your bank in Finland.

Money exchange

You can change money in most banks in Finland. For more information, visit your own bank in Finland.

The money exchange bureau in Turku/Åbo: *Forex*, Eerikinkatu/Eriksgatan 13. Tel. 0207512650. Open Mon–Fri 8.00–19.00 and Sat 9.00–15.00, www.forex.fi.

Forex offers special currencies and other discounts to holders of ISIC-cards (see chapter 2.4).

Office hours

Banks in Turku/Åbo are usually open Mon–Fri 9.30/10.00–16.30. Some banks have branch offices that are open until 19.00. Please note that on Saturdays and Sundays all banks are closed.

Opening a bank account

Opening a bank account is a rather simple procedure but it might be useful to have a tutor or other native speaker with you to assist with the bureaucracy. Some banks have forms available in English.

Service fees vary from bank to bank but opening a bank account is in general free of charge. Comparing the banks is often difficult, but most of them offer students and young people under 26 self-service packages free of charge. These include an

automatic money card for cash withdrawals and paying of bills at the self-service payment machines and banks. A monthly balance sheet will be included in the package. Additional services like Internet banking and a Visa Electron-card are also often free of charge. For further additional services a fee will be charged. Price lists are available at the bank counters.

It might be a bit difficult to understand the Finnish self-service cash or payment machines if the automatic card is programmed in Finnish. A useful tip is to ask the bank to give you an automatic card in Swedish since the Swedish banking terms resemble the English/French/German ones.

Paying bills

Finns do not use cheques. During your stay there will be many different fees that you are required to pay. Most bills you have to pay through a bank giro/payment slip system, as cash is not usually accepted. Whenever you use bank giros, remember to fill in the reference number clearly.

The easiest and cheapest way to pay your bills is on the Internet or through self-service machines in the banks. The fee for a payment made at the bank counter by a bank official varies. In order to use the self-service machines you need to have a bank account at the bank.

8.2 Post

The main post office (*posti/post*) in Turku/Åbo is at Humalistonkatu/Humlegårdsgatan 1, postal code 20100. It is open Mon–Fri 8.00–20.00, Sat 10.00–14.00.

Poste Restante Turku is located at the same place and is open Mon–Fri 10.00–14.00.

For information about opening hours, postal

codes and prices, you can call the national postal service line 0200 71000, Mon–Fri 8.00–20.00 and Sat 9.00–14.00 (local call charge). For more information about postal services, visit www.posti.fi.

Stamps can also be bought at some kiosks, bookshops and department stores. A first class letter (less than 50 g) costs 0,70€ regardless of the destination (2007).

The standard way of writing to a Finnish address is:

First name Surname

Street name and number (also apt. number)

Postal code, City

Finland

If you move from your residence and want to inform the change of address to your friends, you can use cards meant for the purpose, available from the post offices in Finnish and Swedish free of charge. These cards can be mailed for free within Finland.

8.3 Telecommunication

Fixed telephone connections

Should you like to get a fixed telephone connection, contact *Sonera*, tel. 020401 (customer service), www.sonera.fi. Within the local 02 (Turku-Pori/Åbo-Björneborg) area (see below) the local call charge is 1,99 cent/call + 8,9 cent/minute. You can also buy a connection on the free market (look in the advertisement section in *Turun Sanomat*).

Mobile phones

Mobile phones are very common in Finland. The major operators in Finland are *Sonera*, *Elisa*, *Saunalahti* and *DNA*. The operators' tariffs, service fees and campaign offers

may vary significantly, so it is advisable to just ask around at the different operator offices. For more information ask any shop selling cellular phones; there are plenty of them in the centre of Turku/Åbo, e.g. in the Hansa Shopping Centre.

For exchange students, the easiest and most reasonable option is to get a pre-paid connection offered by e.g. *Sonera* and *DNA*. These pre-paid connections can be bought in any *R-Kioski* and do not require deposits or any official documents.

Long distance calls in Finland

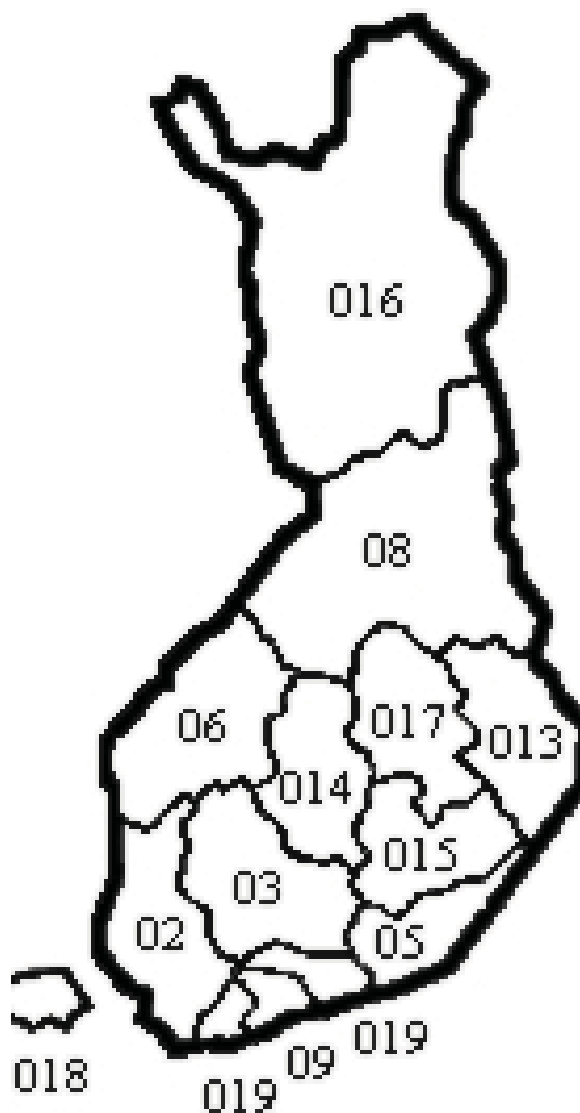
Here is a selection of telephone companies competing for long distance calls within Finland: e.g. *Finnet* (access code 109), *Sonera* (access code 101), *Saunalahti* (access code 10532) and *Elisa* (access code 90123). They charge different rates; for further information call the company in question (see below).

In order to make a long distance call within Finland dial:

1. the access code (of any of the companies operating in Finland)
2. the area code
3. the phone number

You can also simply dial the area code and then the phone number. In that case your call gets connected randomly to the network of any phone company. Therefore, you cannot know the price of your phone call in advance. If you have a telephone connection, you can make a contract with one of the companies to connect all your calls through them. Then you do not need to use the access code.

The Finnish area codes are as follows :



- 02 Turku-Pori/ Åbo-Björneborg
- 03 Häme/ Tavastland
- 05 Kymi/Kymmene
- 06 Vaasa/Vasa
- 08 Oulu/Uleåborg
- 09 Uusimaa-Helsinki/Nyland-Helsingfors
- 019 Uusimaa/Nyland
- 013 Pohjois-Karjala/Norra Karelen
- 014 Keski-Suomi/Mellersta Finland
- 015 Mikkelin/S:t Michel
- 016 Lappi/Lapland
- 017 Kuopio/Kuopio
- 018 Ahvenanmaa/Åland

N.B. In this guide, most telephone numbers in the Turku/Åbo area are written without the 02-area code. When calling from a mobile phone you need to use the area code of the place you are calling, including 02 even if you are in Turku/Åbo when you make the call.

Public phones

Unfortunately, public phones have become a thing of the past in Finland so please do not bother looking for one.

International calls

If both you and the recipient have access to a computer connected to the internet and a headset, then *Skype* or *MSN Messenger* are two excellent options for making voice calls for free.

www.skype.com

webmessenger.msn.com

With fixed or mobile phones, you can make direct calls to most countries from Finland. For a list of countries, codes and charges, please check the telephone directory. All information is given in Finnish, Swedish and English.

When calling abroad from Finland you can choose from a number of access codes which represent different telephone companies offering international calls. Here is a sample of the companies in Finland: 996 (*Finnet*), 990 (*Sonera*), 999 (*Elisa*), 991 (*Saunalahti*) or 00 (your call is directed at random to one of the companies).

Making an international call

Access code + country code + area code (usually without the general prefix 0) + phone number

Calling to Finland from abroad

International prefix + the international country code for Finland 358 + area code (without the general prefix 0) + phone number

For area codes, please check the telephone directory. The names of places are listed both in Finnish and Swedish.

Collect calls to the United States can be ordered at 0800–11 02 80 or to France at 0800–110 330. For instructions how to order a collect call to your home country, contact your national phone company.

Number inquiries

There are two service numbers for national number inquiries:

- 118 (Prices depend on service provider, see www.118info.fi for further information in Finnish)
- 020202 (Mon-Fri 8.00-18.00 90 cent/call + 20 cent/10 sec + local call charge. Other times, 90 cent/call + 25 cent/10 sec + local call charge)

There is only one service number for international number inquiries:

020208 (3,49€min + local call charge)

Telephone directory

Please note that the letters V and W should be treated as the same letter when checking the telephone directory. Also note that after Z comes Å, Ä and Ö.

8.4 Internet, newspapers, radio and tv

Internet

Internet use is very common in Finland. Note that it is illegal to access the internet through someone else's wireless network without the owners permission.

The national broadcasting company *YLE* offers news in English on www.yle.fi/news. The biggest newspaper in Finland, *Helsingin Sanomat*, offers news in English on www.hs.fi/english.

International news and news from your own country can probably best be found on the internet.

Newspapers

Newspapers are truly popular in Finland; about 86% of the population read them. Both Finnish and Swedish language newspapers are published in Finland. The two main newspapers in Finland are published in Helsinki: *Helsingin Sanomat* (HS, in Finnish) and *Hufvudstadsbladet* (HBL, in Swedish). The important newspapers published in Turku/Åbo are *Turun Sanomat* (TS) and *Åbo Underrättelser* (ÅU). The former is in Finnish and the latter in Swedish. The national and local newspapers offer a student reduction of 50% on their subscription prices (HS, HBL, TS and ÅU).

In the reading rooms of the university main libraries you can find all the main Finnish and some international newspapers of the day and some of the latest academic journals. You can also read newspapers and magazines in the Main Library.

Radio

There are six national radio channels and many local radio stations. The radio channels operate mostly in Finnish or Swedish.

News in English, German, French and Russian are broadcast daily on *Radio Suomi* 94.3 MHz.

In the evenings (19.00–06.00) and during weekends, it is possible to hear news in English and other major European languages on *YLE Puhe* at 96.7 MHz. Apart from the news, they also broadcast other programmes from major international stations (*BBC*, *VOA*, *Radio France*, *Deutsche Welle* etc.).

The local radio *Robin Hood* broadcasts

news in several languages at 91,5 MHz.

The national broadcasting company (*Yleisradio/Rundradion*) describes its programmes in the following manner:

YLE Radio 1 - 89,8 MHz

Traditional programme channel for culture, art and factual talk. Its musical fare extends from classical and religious to jazz and folk music. The channel carries concerts by the Finnish Radio Symphony Orchestra. A radio channel for culture, in-depth current affairs and talk programmes.

YLEX - 92,6 MHz

A multimedia channel for popular culture, new pop and rock, and special music programmes. The fast-paced programme flow also includes comedy programmes as well as profiled current affairs and news broadcasts.

YLE Radio Suomi - 94,3 MHz

Supplier of information to the whole of Finland and the regions, this news, current affairs, service and contact channel focuses on sport and entertainment. *YLE Radio Suomi* plays hit music, nostalgic pop and tuneful adult rock.

YLE Radio Extrem - 98,2 MHz

A Swedish-language multi-media channel for young audiences. It offers music, facts and entertainment. The channel has an active *X3M Internet community*.

YLE Radio Vega - 101,4 MHz

A national and regional Swedish-language news and current affairs channel, also offering culture, factual programmes, contact programmes and children's programmes as well as music for the adult taste.

YLE Puhe - 96,7 MHz

A speech channel carrying news and cur-

rent affairs programmes and other factual programming from YLE radio and tv channels. *Radio Peili* will be expanding in to a national FM channel in 2008, but can already be heard on the internet and digital television.

For more information about radios, contact *YLE*, 00024 Yleisradio, Finland. Tel. 09-14801, www.yle.fi.

Commercial radio channels are:

Groove FM - 106,4 MHz

This music channel targets adults and young people that are friends of rhythm music. The channel offers news broadcasting, weather reports and different competitions, but the main focus is on the music which covers funk, blues, jazz and other black rhythm music. The channel broadcasts 24 hours a day.

Radio Nova - 103,9 MHz

The channel is aiming at an adult and active audience. Its programmes comprises both discussion and interactivity with the listeners. They play mainstream classics and new pop-rock music, both by national and international artists.

Radio NRJ – 104,6

The channel is aimed at a young audience and plays only mainstream hit music. Interactivity with the listeners is often an ingredient in NRJ's programmes.

Television

There are seven national television channels broadcasted in Finland. In August 2007, the digital revolution reached Finland. Since February 2008 all TV channels are digital. This means that you need a digital receiver for watching TV. You can buy it separately or together with the television. With the receiver you can also buy the right to watch different kinds of chargeable channels like

movie channels or Cartoon Network. An excellent guide for television programmes is www.telkku.com.

YLE TV1

The main YLE news channel, with a considerable share of current affairs and factual programming. The channel keeps viewers up to date and participates in public debate also with powerful drama. The focus in entertainment is on political satire. Experiences and insights for the adult audience. www.yle.fi.

YLE TV2

The main channel for children, families, leisure, sports and events. Musical entertainment as a speciality. The focus in current affairs and factual programmes is on the citizen's viewpoint, and Finnish and regional angles. Comedies and personal relationship series are emphasised in acquisition programming. www.yle.fi.

YLE FST5

The main channel for the Swedish-speaking audience, with a distinctive profile of Swedish-language content from Finland, and Nordic content. The channel offers its viewers all the genres of television programming. All programmes apart from the news and children's programmes are subtitled in Finnish. www.yle.fi/fst.

YLE Teema

A culture channel offering films, history documentaries, science and learning programmes. Programming is arranged in thematic packages. The multifaceted cultural programming extends from the performing arts to popular cultural documentaries. The channel listens to its viewers and broadcasts repeat requests and gems from the television archive.

MTV3

A commercial channel offering series, documentaries, news and films, many of which are from English speaking countries. www.mtv3.fi.

NELONEN

A national channel, self-funded by advertising revenues. Nelonen broadcasts, among others, Grey's Anatomy, Lost, Dr. Phil and Ugly Betty. www.nelonen.fi.

SUBTV

A commercial channel which, together with MTV3 is owned by Almedia, a media company in Finland. The target group is mainly young people, or the youthful audience. www.subtv.fi.

Foreign films and programmes shown on the seven national channels are in the original language with Finnish or Swedish subtitles.

Most of the newspapers give details of the day's or week's TV and radio programmes. At www.telkku.com you can find a complete TV-guide in Finnish.

TV-license

By Finnish law, television sets must be licensed. At times TV-licence inspectors visit flats to check if there are any TV sets without license. If they notice that you have a TV that is unlicensed, you are liable to pay the licence even if the TV does not belong to you. In some cases the inspector can confiscate your TV set. The licence for a TV costs 215,45€ for one year, 108,40€ for six months and 54,85€ for three months. The tariffs are the lowest in the Nordic area with about 0,60€/day. You can apply for a TV-licence also for a shorter period of time, but at a minimum of one month.

Call 09-613 161 or visit any post office for more information. You can order the TV-licence also through the Internet at

www.tv-maksu.fi.

8.5 Shopping

We would like to emphasise that we are not advertising these shops. You should compare prices on your own. Please, also check the local newspapers for special offers.

The words 'ale' (short for *alennusmyynti*), 'tarjous', 'erikoishinta', 'erbjudande' and 'rea' (short for *realisation*), mean 'sale', 'special offer', 'discount' etc.

The opening hours of shops vary. Most department stores and grocery stores are open from 9.00/10.00 to 19.00/21.00 during weekdays and from 9.00/10.00 to 17.00/18.00 on Saturdays. Small grocery shops are also open on Sundays, usually from 12.00 to 18.00/21.00. Bookshops, clothes shops etc. are open from 9.00/10.00 to 17.00/20.00 weekdays and from 9.00/10.00 to 14.00/18.00 on Saturdays.

On public holidays all shops are closed and on the eve of a public holiday they close at the same time as on Saturdays. If a public holiday falls on a Saturday, some shops are open on the following Sunday.

Grocery stores

- *Kylän Valinta*, Student Village, Inspektorinkatu/Inspektorsgatan 4
- *Puhakka K-lähikauppa*, Hämeenkatu/Tavastgatan 5
- *Sale*: Hämeenkatu/Tavastgatan 6
- *Euromarket*: Kupittaa railway station, Joukahaisenkatu/Joukahainengatan 6
- *Siwa*: Nummenpuistokatu/Nummis-parkgatan 2, Kirkkotie/Kyrkovägen 15, Kotkankatu/Örngatan 3, Kärsämäentie/Kärsämäkivägen 62, Kaerlantie/Kaerlavägen 24, Kaivokatu/Brunnsgatan 6, Uuden-

maankatu/Nylandsvägen 7

- *S-Market*: Halinen, Gregorius IX:n tie/Gregorius IX:s väg 8, Kataraisentie/Kataraisvägen 7
- *K-Pikkolo*: Aninkaistenkatu/Aningaisgatan 6, Kiinamyllynkatu/Kinakvarngatan, Kaskenkatu/Kaskisgatan 14
- *Lidl*: Kärsämäentie/Kärsämäkivägen 2, Kollikatu/Kolligatan 1, Kalevantie/Kalevavägen 19-23
- *Valintatalo*: Itäinen Rantakatu/Östra Strandgatan 60, Kristiinankatu/Kristinegatan 8, Verkatehtaankatu/Klädesfabriksgatan 4

In these shops you can buy food and some household items. Note that grocery bags cost about 10 – 15 cents, but they are roomy, sturdy and reusable. They also double nicely as trash bags. You pack your own bags when you pay at the cashier in the grocery store. Most bottles and cans can be returned (*pantti/pant*). For small bottles you will receive 10 or 15 cents, and for larger ones 40 cents. Note that bottles bought from Lidl can only be returned to Lidl.

For fresh vegetables, fruit and fish the Market Square (*Kauppatori/Salutorget*) is a good alternative. It is open Mon-Fri 7.00–18.00, Sat 7.00–14.00. During summer it is open until 19.00 Mon-Fri. Another good, but more expensive, place for fresh vegetables, meat and exotic foods etc. is the Market Hall (*Kauppahalli/Saluhallen*), Linnankatu 15 – Eerikinkatu 16/Slottsgatan 15 – Eriksgatan 16. Open Mon–Fri 7.00–17.30, Sat 7.00–15.00. In the Market Hall at least one shop sells local products; *VarsMarkki*, tel. 234 5181.

Department stores/super markets

These department stores sell both groceries and all kinds of household items.

- *CityMarket*, Uudenmaantie/Nylandsvägen 17, Markulantie/Markulavägen 150

- *Stockmann*, Yliopistonkatu/Universitetsgatan 22
- *Wiklund*, Eerikinkatu/Eriksgatan 11.
- *Anttila*, Yliopistonkatu/Universitetsgatan 29 B
- *Prisma*, Kalevankatu/Kalevalavägen 41, Vanha Tampereentie/Gamla Tammerforsvägen 108
- *The Mall Mylly*, Myllynkatu/Myllygatan 1 (in Raisio/Reso, just outside Turku)

A good place to bargain for pots, plates curtains etc. is *Vapaa Valinta*, Brahenkatu/Brahegatan 12, *The Mall Mylly*, Myllynkatu/Myllygatan 1.

Shopping centres

Some shopping centres where you can find many of the shops listed in this chapter are:

- *The Mall Mylly*, Myllynkatu/Myllygatan 1 (in Raisio/Reso). For further info, see www.kauppakeskusmylly.fi.
- *The Mall Skanssi*, Skanssinkatu 10. For further info, see www.skanssi.fi.
- *Hansakortteli/Hansakvarteret*, next to the market square, with entrances from Yliopistonkatu/Universitetsgatan, Eerikinkatu/Eriksgatan, Kristiinankatu/Kristinegatan and Aurakatu/Auragatan (www.hansainfo.fi).
- *Forum*, Eerikinkatu/Eriksgatan 12.
- *Länsikeskus/Västra Centrum*, Viilarinkatu/Filargatan 5.

Alcohol

Alcoholic beverages can be bought in state-owned *ALKO* shops only. These are at:

- Kristiinankatu/Kristinegatan 8
- 'Alko Wine Shop' at Kauppiaskatu/ Köpmansgatan 9 (*Wiklund*), Yliopistonkatu/ Universitetsgatan 22 (*Stockmann*)
- *Citymarket Kupittaa*, Uudenmaantie/Nylandsgatan 17
- *Euromarket Länsikeskus*, Viilarinkatu/Filargatan 3
- *Vanha Tampereentien Prisma*, Vanha

Tampereentie/Gamla Tammerforsvägen 108

- Itäharju, Kalevantie/Kalevavägen 41.
- *Citymarket Länsikeskus*, Markulantie/Markulavägen 150

ALKO shops are open Mon-Fri from 9.00 to 20.00 and from 9.00 to 18.00 on Saturdays. Information about products and shops can be found at www.alko.fi.

Medium strong beer (*keskiolut/mellanöl*), light beer and cider are also sold in grocery stores. The age-limit for the purchase of beer and wine is 18, for stronger drinks 20.

Kiosks

Kiosks are usually open later than other stores. They are a bit more expensive but you can easily find magazines, snacks etc. there. You can find these small booths in all residential areas.

R-kioski:

Eerikinkatu/Eriksgatan 15, Railway station, Kataraintentie/Kataraisvägen 7, Kellonsoittajankatu/Klockringaregatan 2, Eerikinkatu/Eriksgatan 5, Humalistonkatu/Humlegårdsgatan 5, Hämeenkatu/Tavastgatan 1, Kaskenkatu/Kaskisgatan 14, Kristiinankatu/Kristinegatan 4, Maistraatipolku/Magistratsstigen 1, Maariankatu/Mariegatan 8, Eerikinkatu/Eriksgatan 14, Hämeentie/Tavastvägen 20, Puistokatu/Alégatan 8, Munterinkatu/Muntersgatan 15, Stålmarminkatu/Stålarmsgatan 2.

Clothing

Some popular shops for clothes are:

- *Anttila*, Yliopistonkatu/Universitetsgatan 29 B.
- *Dressmann* (for men only), Hansa shopping center and Yliopistonkatu/ Universitetsgatan 27.
- *H&M*, Aurakatu/Auragatan 8 (KOP shopping centre) and Hansa Shopping Centre.

- *JC*, Yliopistonkatu/Universitetsgatan 27 and The Mall Mylly.
 - *KappAhl*, Hansa shopping centre.
 - *Lindex* (for women and children only), Yliopistonkatu/Universitetsgatan 27.
 - *Seppälä*, Hansa Shopping Centre, The Mall Mylly
 - *Vila* (for women only), Hansa Shopping Centre.
 - *Zara*, Hansa Shopping Centre.
- Department stores also sell clothing.

Sport shops

- *Top-Sport*, The Mall Skanssi and The Mall Mylly.
- *Intersport*, The Mall Mylly, Hansa Shopping Centre, Länsikeskus Shopping Centre, The Mall Skanssi.

Shoes

Some common shoe chain stores are:

- *Mekka*, Hansa Shopping Centre.
- *Andiamo*, Kristiinankatu/Kristinegatan 6.
- *Kenkä-Lehtonen*, Yliopistonkatu/Universitetsgatan 14 B.
- *K-Kenkä*, Yliopistonkatu/Universitetsgatan 29.
- *Din Sko*, Aurakatu/Auragatan 8 (KOP shopping centre).
- *Bianco Footwear*, Yliopistonkatu/Universitetsgatan 24.

Shoes are also sold in department stores.

Books and stationery

- *Akateeminen Kirjakauppa/Akademiska bokhandeln*, Hansa shopping centre. Check also www.akateeminen.com.
- *Kansallinen kirjakauppa*, Hämeenkatu/Tavastgatan 7 and Linnankatu/Slottsgatan 16. Kansallinen kirjakauppa gives a 10 % reduction with your Finnish student card. www.kansallinenkirjakauppa.fi.
- *Turun yliopiston kirjakauppa/University bookstore*, Kerttulinkatu/Gertrudsgatan 1.
- *Kirjakahvila* is a bookshop and a café, and also a popular meeting place. Turku

Cultural Centre, Brinkkala House, Vanha suurtori/Gamla Stortorget 3.

- *Suomalainen Kirjakauppa*, Hansa Shopping Centre.

Less expensive stationery can be found in *Timari*: Hansa Shopping Centre and Yliopistonkatu/Universitetsgatan 14. Open Mon–Fri 10.00–20.00, Sat 10.00–17.00 and Mon–Fri 9.00–19.00, Sat 9.00–15.00 respectively. *Vapaa Valinta* and *Anttila* also sells stationery.

Electronics

- *Clas Ohlson*, Eerikinkatu/Eriksgatan 12, tel. 020 111 2320. Electronics, tools etc.
- *Gigantti*, Lukkosepätkatu/Låssmedsgatan 1, tel. 020 321 321. Big department store for electronics, computers, phones etc.

Special interest shops

There are some foreign food stores in Turku/Åbo, for example, in the Market Hall (*Kauppahalli/Saluhallen*). Other special interest shops are:

- *Kiinanmuuri Kauppa* (Chinese), Tuureporinkatu/Tureborgsgatan 8. Tel 231 6668.
- *Maailmankauppa Aamutähti*, Eerikinkatu/Eriksgatan 5. Tel. 250 2191. For clothes, stationery and other items from Third World countries. This shop also has a collection of books mostly about the Third World, or written by authors from the Third World. It is possible to borrow them as well.
- *Ekokauppa Ruohonjuuri*, Linnankatu/Slottsgatan 9–11. Tel. 478 2660. Sells environmentally friendly products, from organic food to household utensils and other.
- *Mekali Scand and Asia Food Market*, Brahenkatu/Brahegatan 4. Tel. 251 8561.
- *Venäläinen Herkkukauppa* (The Russian Food Shop), Eerikinkatu/Eriksgatan 9. Tel. 251 9566.
- *Bagdad Export & Import*, Eerikinkatu/Eriksgatan 5. Tel. 040 5126692

Second-hand shops

There is a large number of second-hand shops in Turku/Åbo and only some of them are listed here. For temporary Sunday flea markets check your local newspaper or the newspaper *Turkulainen* under *Kirpputorit*.

For second-hand clothes:

- *Pelastusarmeija* (the Salvation Army), Kupittaaankatu/Kuppisgatan 146, Virusmäentie/Virusmäkivägen 65, Aninkaistenkatu/Aningaisgatan 3 and Puutarhakatu/Trädgårdsgatan 10
- *UFF*, Humalistonkatu/Humlegårdsgatan 5, tel. 231 1761
- *Aurinkotehdas* (*Emmaus and Uusi Tuuli*), Kirkkotie/Kyrkovägen 6–10.
- *Kirppis-Center*, Pitkämäenkatu/Pitkämäkigatan 4. Tel. 239 1131 (Outside the city centre, but worth visiting. A big hall full of all kinds of second hand articles)
- *Auta Eevaa Auttamaan*, Hämeentie/Tavastvägen 16 and Linnankatu/Slottsgatan 7. Second-hand shop close to the universities.
- *Turun Ekotori*, Kirkkotie/Kyrkovägen 10.
- *Pima-Kirppis*, Vanha Hämeentie/Gamla Tavastvägen 29.

For second-hand bicycles:

- *Uusi Tuuli Bicycle Market*, *Aurinkotehdas/Solfabriken*, Kirkkotie/Kyrkovägen 6–10. *Uusi Tuuli* is also a good place to get your bicycle repaired at a low price.

Some of the bicycle shops in Turku/Åbo also sell second-hand bikes in addition to new ones (see chapter 7, section 1).

Second-hand bookshops can be good places to bargain. Some of them are:

- *Kvariaatti*, Hämeenkatu/Tavastgatan 16, tel. 233 1668
- *ABC-kirja*, Linnankatu/Slottsgatan 33, tel. 251 7252
- *Omituisten opusten kauppa*, Sibeliuk-

senkatu/Sibeliussgatan 7, tel. 251 6794

There is a second-hand bookshop at ÅA, known as *Bokkällaren (Duplettavdelningen vid Åbo Akademis bibliotek)*, Linnankatu/Slottsngatan 1. Tel. 215 4144. Open Wed–Thu 12.00–14.00. This is a shop for old and rare books in Swedish. They also have some books in other languages and you can get paperbacks at bargain prices. A list of books in the shop is found at www.abo.fi/library/daab.

8.6 Eating and drinking

Student cafeterias and lunch restaurants

In Finland, eating out is fairly expensive. Students can eat subsidised student meals at the student cafeterias. The state subsidises a part of the cost of each student lunch.

There are usually two kinds of lunches: the so-called "lunch portion" and the so-called "light alternative". The price of the student lunch is usually 1,80–2,50€ In order to get this student lunch, you need a Finnish Student Identification Card. Without the student card the price of the lunch is around 4,50€

The Student Union of Turku University runs the following student restaurants in Turku/Åbo:

- *Assarin Ullakko*, Student house A, Rehtorinpellonkatu/Rektorsåkersgatan 4 A. Open Mon–Thu 10.00–16.30, Fri 10.00–16.00 Sat 9.00–15.30, lunch Mon–Fri 10.30–15.30/16.00, Sat 11.00–15.30
- *Dental*, Lemminkäisenkatu/Lemminkäinengatan 2. Open Mon–Thu 7.45–15.15, Fri 7.45–15.00, lunch 10.30–14.00/14.30
- *ICT*, Joukahaisenkatu/Jouhakainengatan 3–5. Open Mon–Fri 7.45–15.00, lunch

10.15–14.00/14.30

- *Macchiavelli*, Assistentinkatu/Assistentgatan 5. Open Mon–Thu 8.30–16.00, Fri 8.30–15.30, lunch: 10.30–15.00/15.30.
- *Mikro*, Kiinamylynkatu/Kinakvarngatan 13. Open Mon–Thu 8.00–14.30, Fri 8.00–14.00, lunch: Mon–Thu 10.30–14.30, Fri 10.30–14.00
- *Myssy ja Silinteri* Vesilinnanmäki. Open Mon–Thu 8.00–16.00, Fri 8.00–14.15. Lunch Mon–Fri 10.30–13.00
- *Parkkis*, Vesilinnanmäki. Open Mon–Thu 10.30–14.00, Fri 10.30–13.30
- *Tottisalmi*, Kirkkotie/Kyrkovägen 13, 2nd floor. Open Mon–Fri 8.30–15.30, breakfast 8.30–10.00, lunch 10.30–15.30

Another option is a student cafeteria run by Amica:

- *Monttu*, Rehtorinpellonkatu/Rektorsåkersgatan 3. Open Mon–Thu 10.30–15.00, Fri 10.30–14.30.

The Student Union of Åbo Akademi University (ÅAS/"Kåren") runs several Student cafeterias in Turku/Åbo:

- *Gadolinia*, Porthaninkatu/Porthansgatan 3, 2nd floor. Open Mon–Fri 7.45–16.15, lunch: Mon–Fri 11.00–15.00/16.00.
- *Kåren*, Hämeenkatu/Tavastgatan 22, 2nd Floor. Open Mon–Fri 11.00–15.00.
- *Café Arken*, Tehtaankatu/Fabriksgatan 2. Open Mon–Thu 8.00–17.00, Fri 8.00–16.30, lunch 10.30–15.00/15.30.
- *Sydväst*, Nunnankatu/Nunnegatan 4. Open Mon–Fri 8.45–15.15, lunch 11.00–14.00
- *Café Hanken*, Henrikinkatu/Henriksgatan 7. Open Mon–Fri 9.00–15.15, lunch 11.00–14.30

Feedback and improvement ideas concerning these restaurants can be sent to lunch@abo.fi. For more information about ÅAS student cafés and lunch restaurants, visit www.abo.fi/karen/lunch.

Vegetarian food

There is always a vegetarian alternative in the student cafeterias and lunch restaurants. This is also generally true concerning any other, regular restaurants. Especially the ethnic restaurants have a good selection of vegetarian food. At the moment there are three vegetarian restaurants in Turku/Åbo:

- *Eliksiiri*, Kauppiaskatu/Köpmansgatan 8, Tel. 250 5340. Open Mon-Thu 8.30–17.30, Fri 8.30-16.30
- *Kasviskeidas*, Itäinen Rantakatu/Östra Strandgatan 61 (Wanha Rahtilaiva, beside the “Föri” ferry), Henrikinkatu/Henriksgatan 4. Open Mon-Fri 11.00-18.00, Sat 14.00-20.00
www.kasviskeidas.com
- *KASVIS*, Yliopistonkatu/Universitetsgatan 29 A. Open Mon-Fri 11.00-15.00
turku.adventtikirkko.fi/kasvisravintola
- See also *Via* under “Ethnic Restaurants”

Cafés

In the University buildings:

- *Café Myssy* in the “tube” connecting the Main Building and the Natural Sciences Block (TY).
- *Café Brygge* in the Student house A, next to Assari, also serves lunch (TY).
- *Café Arcanum* in Arcanum (TY).
- *Library Café*, in the Åbo Akademi University main library. Open in the afternoons.

A selection of the numerous cafés on Hämeenkatu/Tavastgatan, near university campus:

- *Aschan*, Hämeenkatu/Tavastgatan 8
- *Naantalın Aurinkoinen Ky*, Hämeenkatu/Tavastgatan 3. Ask for student reductions.
- *Nurmi & Sulonen*, Hämeenkatu/Tavastgatan 12.

Other cafés close to university campus or Turku/Åbo City Centre:

- *Enkeliravintola*, Kauppiaskatu/Köpmansgatan 16. This former café is now a café

restaurant filled with angels.

- *Golden Café*, Kauppiaskatu/Köpmansgatan 15.
- *Kirjakahvila/Bokcafé*, Vanha Suurtori/Gamla Stortorget 3. In the *Book Café* you can relax as well as buy periodicals/books. This is also a place where you can meet the arty crowd.
- *Mansikkapaikka*, Piispankatu/Biskopsgatan 11. Near the universities, a cute little café.

Restaurants

Turku/Åbo has many different restaurants. Whether you would like to have lunch, some snacks or a proper dinner, you will always find a place to go. For a list of restaurants, please check: www.turkutouring.fi

There is a range of ethnic restaurants in Turku/Åbo, for instance:

- *Baan Thai* (Thai restaurant), Kauppiaskatu/Köpmansgatan 15
- *Bossa restaurante* (Brazilian restaurant), Kauppiaskatu/Köpmansgatan 12
- *Indima* (Indian restaurant), Maariankatu/Mariegatan 2
- *Nori Sushi Bar* (Japanese restaurant), Kauppahalli/Saluhallen, Linnankatu 15 – Eerikinatu 16/Slottsgatan 15 – Eriksgatan 16
- *Panini* (Italian restaurant), Linnankatu/Slottsgatan 3
- *Sergio's* (Italian restaurant), Läntinen Rantakatu/Västra Strandgatan 27 C.
- *Tomate* (Spanish restaurant), Brahenkatu/Brahegatan 20
- *Trattoria Romana* (Italian restaurant), Hämeenkatu/Tavastgatan 9
- *Via* (Vegetarian, Italian and Asian food), Linnankatu/Slottsgatan 3, www.viaravintola.com
- *Yasukon keittiö* (Japanese restaurant), Yliopistonkatu/Universitetsgatan 26

There are a lot of fast food restaurants all over Turku. Some examples are:

- *Milan*, Eerikinkatu/Eriksgatan 5. The best pizza and kebab restaurant in town, according to the vote of the students of Turku/Åbo.
- *Hesburger*, e.g. Rehtoripellonkatu/Rektorsåkersgatan 2, Kristiinankatu/Kristinegatan 9, Kongressikatu/Kongressgatan 1. Founded in Turku 1980, this is Finland's largest chain of hamburger restaurants. Students favour the coupons distributed to all households several times a year.
- *Ada Kebab*, Kauppiaskatu/Köpmanngatan 5.
- *Subway*, Forum shopping centre, Linnankatu/Slottsgatan 9-11.

Boat restaurants and cafés

Because Turku has the River Aura running through it, there are many boats that have been transformed into restaurants. During summer, it is especially nice to sit out on an open deck on the riverfront. There are boat restaurants and cafés on both sides of the river, some of them which are listed below.

- *Donna*, Itäinen Rantakatu/Östra Strandgatan
- *Esposito Laivakahvila*, Läntinen Rantakatu/Västra Strandgatan.
- *Lulu*, Itäinen Rantakatu/Östra Strandgatan
- *m/s Katarina*, Itäinen Rantakatu/Östra Strandgatan
- *m/s Rudolfina*, Läntinen Rantakatu/Västra Strandgatan
- *Papa Joe*, Itäinen Rantakatu/Östra Strandgatan
- *Restaurant Ship Cindy*, Itäinen Rantakatu/Östra Strandgatan (www.cindy.fi).
- *Svarte Rudolf*, Itäinen Rantakatu/Östra Strandgatan
- *Keidas*, Itäinen Rantakatu 61/Östra Strandgatan (Vegetarian restaurant, student prices)

Pubs and night clubs

Serving alcohol to minors under 18 is strictly forbidden and you may be asked to show some proof of your age in restaurants and pubs. Note also, that even though the legal age limit for establishments serving alcohol is 18, restaurants, pubs and night clubs have the right to set higher age limits for their clients if they wish to do so.

Turku/Åbo has a wide range of clubs. Some are managed by the students' associations and unions, and are relatively inexpensive. They include:

- *S-OSIS*, Rehtoripellonkatu/Rektorsåkersvägen 4 B.
- *TVO*, Rehtoripellonkatu/Rektorsåkersvägen 4 C.

Both of them work on a reservation basis.

Other pubs/nightclubs/bars patronised by students include:

- *Barbi*, Eerikinkatu/Eriksgatan 30. For nightlife only.
- *Bar Bristol*, Hämeenkatu/Tavastgatan 16. Traditional bar for beer and coffee.
- *Blanko*, Aurakatu/Auragatan 1. A trendy bar by the River Aura.
- *Bremer*, Uudenmaankatu/Nylandsgatan 1. Cosy atmosphere where texmex and fairly cheap beer is served.
- *Castle Bar*, Erikinkatu/Eriksgatan 6. One of the few Irish pubs in town.
- *The Club*, Kauppiaskatu/Köpmanngatan 8. Popular club for dancing.
- *Cosmic Comic Café*, Forum Shopping Centre. The place to go for comic-lovers.
- *The Cow*, Aurakatu/Auragatan 3. Trendy and cosy bar.
- *Daily News*, Yliopistonkatu/Universitetsgatan 33. Cheap, free internet.
- *Bar Kuka*, Linnankatu/Slottsgatan 17. Live music.
- *Dynamo*, Linnankatu/Slottsgatan 7. An alternative nightclub with tolerant atmosphere.

- *Edison*, Kauppiaskatu/Köpmansgatan 4. Popular bar with a nice atmosphere. Free Internet connections.
- *Giggling Marlin*, Humalistonkatu/Humlegårdsgatan 6. Nightclub that also offers concerts.
- *Hotel Börs Club/ShamRock Café*, Kauppiaskatu/Köpmansgatan 6. Popular nightclub and bar.
- *Hunters Inn*, Brahenkatu/Brahegatan 3. Specifically for those who prefer beer.
- *Klubi*, Humalistonkatu/Humlegårdsgatan 8. A venue for concerts. The Turku branch of SETA, the organisation for sexual equality, have parties in Klubi about once a month.
- *Kortteliravintola Kerttu*, Läntinen Pitkätatu/Västra Strandgatan 35. Neat pub with a reasonably priced menu and laundromat.
- *Koulu*, Eerikinkatu/Eriksgatan 18. Tall lecture rooms give air to breathe and room for discussions where they serve beer and cider from their own brewery.
- *Marilyn*, Eerikinkatu/Eriksgatan 19. Night club open every day, favoured by mainly very young people.
- *Old Bank*, Aurakatu/Auragatan 3. This former bank hall has the best selection of beers in town.
- *Oluthuone Olkkone*, Brahenkatu/Brahegatan 2. Somewhat cheap.
- *Onnela*, Aurakatu/Auragatan 14. For dancers and nightbirds.
- *Proffan kellari*, Rehtorinpellonkatu/Rektorsåkersgatan 4–6. Very friendly and probably closest to the universities of all the pubs. Very reasonable happy hour prices.
- *Suxes*, Yliopistonkatu/Universitetsgatan 9. Gay pub for men and women, straight friendly. www.suxes.fi
- *Three Beers*, Inspektorinkatu/Inspektorsgatan 4, Student Village. Especially favoured by international students.
- *Uusi Apteekki*, Kaskenkatu/Kaskisgatan 1. Pub specialised in beer located in an old pharmacy building.

- *Åbo Diskotek*, Aurakatu/Auragatan 3. Trendy night club and bar featuring different music styles. Also offers occasional gigs and live music.
- *Monk*, Humalistonkatu/Humlegårdsgatan 3. Turku's only live jazz venue. For information about gigs and jams, see www.monk.fi

Some popular pubs where you can watch sport events are:

- *Bar Bristol*, Hämeenkatu/Tavastgatan 16
- *Bavaria Club*, Brahenkatu/Brahegatan 12 B. Two big screens, 4 TVs.
- *Pikku-Torre*, Yliopistonkatu/Universitetsgatan 30

8.7 Other services

Barbers, hairdressers

A haircut at the barber's – *parturi* (for men) and *kampaamo* (for women) – costs around 18€ It will cost much more at the hairdresser's (*kampaamo/kampaaja*). Some of them give a special rate for students. Some examples:

- *Tyyluhiukset*, Hämeenkatu/Tavastgatan 1, tel. 232 4818
- *Parturiitta*, Sibeliuksenkatu/Sibeliusgatan 5, tel. 231 3795
- *Parturi-kampaamo Hairhouse*, DataCity; Lemminkäisenkatu/Lemminkäinengatan 14-18 B, tel. 233 1009.
- *Parturi-kampaamo Kosmos*, Hämeenkatu/Tavastgatan 2 A, tel. 231 4000
- *Antintalon hiuskeskus*, Eerikinkatu/Eriksgatan 15, tel. 232 2220
- *Ada & Olexi*, Aurakatu/Auragatan 1, tel. 251 0102

Look in the yellow pages of the Turku/Åbo telephone directory (or on the Internet, www.keltaisetsivut.fi) at *kampaamo* for more barbers and hairdressers.

Another less expensive choice is the barber-shop run by the barber/hairdressing school. The school in Turku/Åbo is:
TYA, Maariankatu/Mariegatan 2. Tel. 4778 734. A simple haircut at this school costs about 10€ One has to make an appointment for a haircut or styling. The students also provide beautician services, tel. 4778 733. www.tya.fi > TYA-hoitolat.

Beauty salons

You can find beauty salons in almost every corner of the city centre. Here is a small selection;

- *Hoitola Woman*, Eerikinkatu/Eriksgatan 4 (in Julin corner, 1st floor), tel. 250 5056
- *Kauneuskeskus Make-Up Star*, Kristiinankatu/Kristinegatan 9 (in Hansa, 2nd floor), tel. 251 5100
- *Kauneuskeskus Nefer*, Kauppiaskatu/Köpmansgatan 10, tel. 5369 777.
- *Kauniit ja Ruskeat*, Yliopistonkatu/Universitetsgatan 26 C, tel. 2333 215
- *Kosmetologinen Hoitola Nina*, Vanha Hämeentie/Gamla Tavastlandsvägen 69, tel. 243 3931
- *Turun Hyvä Ilme Oy*, Yliopistonkatu /Universitetsgatan 12 a B, tel. 233 4290

For more beauty salons, consult the yellow pages of the Turku/Åbo telephone directory (*kauneushoitola/skönhetssalong*) or on the Internet: www.keltaisetsivut.fi.

Dress hire

Evening gowns, tuxedos and tails are sometimes needed for academic festivities. They can be hired for example at:

- *Lainahöyhenet*, Humalistonkatu/Humlegårdsgatan 15 A, tel. 251 6806
- *Pukuvuokraamo Sanelma*, Tuureporinkatu/Tureborgsgatan 19, tel. 231 3902

Laundry

Sol Pesupalvelu, Kauppiaskatu/Köpmansgatan 11, tel. 0424 576 043. Kerttulinkatu/

Gertrudsgatan 3, tel. 0424 576 042. Kristiinankatu/Kristinegatan 6, tel. 0424 576 041.

For more laundries, dry-cleaning etc. see *pesulat/tvätterier* in the yellow pages of the telephone directory (or on the Internet: www.keltaisetsivut.fi).

Photo

To have your photo taken, especially for residence permit renewals or other, you can go to any studio, and it will cost around 10–20€ You can also get inexpensive passport sized photos at a photo booth, which would only cost about 5€ for four copies. There are at least three of them in Turku/Åbo. One inside the railway station (Ratapihankatu/Bangårdsgatan 37), in Hansa Shopping Centre (near the entrance between Åbo Svenska Teater and Restaurant Fojja, Aurakatu/Auragatan 10), and the third in the central police station, Eerinkatu/Eriksgatan 40–42.

At *Kuva-Paijula* and *Rajala Kamera* on Hämeenkatu/Tavastgatan you can also have your photo taken. At least *Rajala Kamera* has reduced prices for students.

You can develop films in any big department store or in smaller photo shops. Some photo shops offer a student discount. There are several photo shops on Hämeenkatu/Tavastgatan.

Repairs

There are some shops that specialise in repairing certain things. For repairing electrical goods see *Sähkökone- ja konekorjaamoja* and for clothes see *Vaatekorjaamoja* in the yellow pages of the Turku/Åbo telephone directory or on the Internet: www.keltaisetsivut.fi.

For shoe repairs see *Suutariliikkeitä* in the yellow pages of the Turku/Åbo telephone directory (or on the Internet:

www.keltaisetsivut.fi) or try one of these:

- *Jalkineliike ja korjaamo V. Lehto*, Hämeenkatu/Tavastgatan 12. Tel. 232 1817.

Student discount 10 %

- *Kuuvuoren suutari*, Keskikatu/Mellangatan 28. Tel. 237 7621

- *Tori-Suutari*, Eerikinkatu/Eriksgatan (Market Square). Tel. 050 552 3488

- *Korko-ja Avainpalvelu Laine T*, Kristiinankatu/Kristinegatan 10. Tel. 251 3394

Normally shoe repairers also copy keys.

For repairing bicycles:

- *Uusi Tuuli bicycle shop* (for address, see Second-hand Shops) is a place worth trying

- *Nummen Pyörä*. Hämeentie/Tavastlandsvägen 44

- *Pyörähuolto Saario*. Yliopistonkatu/Universitetsgatan 8

Please see the yellow pages, under *polkupyöräliikkeitä ja –korjaamoja/cykelservice* for more places.

Lost property

The Lost Property Office (Löytötavara-toimisto/Hittegodsbyrån)

Turku Police Station

Eerikinkatu/Eriksgatan 40–42. Tel. 281 5064.

The office holds everything found in Turku/Åbo. Some department stores, hotels, and companies also have their own 'lost and found' departments.

Property lost on the local city buses can be collected at the offices of the bus companies. The company operating the lines to the Student Village is Turku City Public Transportation, tel. 2633 2064. For a complete list of contact information, see www.turku.fi/bussit > Löytötavarat.

If your luggage was lost or damaged during the flight to Finland, look up the contact information of the airline in question through the website of the specific airport you arrived at. All this information is available at the website of the *Finnish Civil Aviation Administration*, www.finavia.fi.

9. Recreation



9.1 Culture

Bands and orchestras

If you know how to play an instrument there are some student bands, which you are more than welcome to join.

- Classical music: *Akademiska Orkestern*, Sibeliusmuseum/Sibelius-museo, Piispankatu/Biskopsgatan 17. Contact them via www.abo.fi/~ao, or via e-mail: ao@abo.fi
- Big band: *Axelbandet*. Contact them via www.axelbandet.fi, or via e-mail: ab@abo.fi
- Big band: *Sohon Torwet*, YO-talo B, first floor. Tel. 040 702 0227, www.sohontorwet.com, e-mail: info@sohontorwet.com
- Rock&Pop: *RÅA* (Rockföreningen vid Åbo Akademi). Contact them via www.abo.fi/~raa, or via e-mail: raa@abo.fi

Choirs

If you enjoy singing, you can join one of the student choirs.

At Åbo Akademi University there are two choirs: *Brahe Djäknar* for male singers and *Florakören* for female singers. For more information, contact the choirs' offices:

- *Brahe Djäknar*, Biskopsgatan/Piispankatu 17 (Sibeliusmuseum/Sibelius-museo). Tel. 232 3460, fax 232 9069, e-mail: bd@abo.fi, see also www.abo.fi/~bd
- *Florakören*, Biskopsgatan/Piispankatu 17 (Sibeliusmuseum/Sibelius-museo). Tel. 232 3460, e-mail: flora@abo.fi, see also www.abo.fi/~flora

The University of Turku has two student choirs, one general that is called *Turun Ylioppilaskunnan kuoro* and one for female medical students only, which is called *Arrhythmics*. For further information:

- *Turun Ylioppilaskunnan kuoro* (TY's choir). Tel. 041 515 9315, e-mail: kuorohallitus@utu.fi, www.tyynkuoro.fi
- *Arrhythmics*

<http://org.utu.fi/tyyala/arrhythmics>, information responsible Ms. *Elina Ojanen*, e-mail: emojan@utu.fi

Turku School of Economics also has its own choir, which is called *Cantus Mercurialis*. For more information, e-mail cantus.mercurialis@tse.fi or check www.cantusmercurialis.fi.

Concerts

Members of the Student Union can buy tickets for classical music concerts given at the city concert hall at a reduced price. For this you need to show your student card. See also www.tfo.fi. Student tickets cost around 5-10€ and at the Concert Hall only 2€ when purchased on the day of the event. For further information, contact:

- *Concert Hall* (Konserttitalo/Konserthuset) Aninkaistenkatu/Aningaisgatan 9. For tickets, tel. 262 0800 (Mon-Fri 11.00-17.00)
- *Sigyn-Sali/Sigynsalen*, Linnankatu/Slottsgatan 60. Tel. 250 7618 (tickets). www.turunkonservatorio.fi
- *Sibelius-museo/Sibeliusmuseet*, Piispankatu/Biskopsgatan 17. Tel. 215 4494
- *Wäinö Aaltosen museo*, Itäinen Rantakatu/Östra Strandgatan 38, tel. 262 0850. The museum arranges some free concerts. For further information, see www.wam.fi

Jazz/rock/pop/reggae/folk bands often give concerts in Turku/Åbo. These are usually held in discos or Student Union clubs, such as S-OSIS (TY) and Kåren (ÅAS). For more information, check local newspapers, student newspapers and bulletin boards at the universities or offices of the Student Unions. Tickets are usually a bit cheaper for students (with student cards, of course). For tickets to concerts at Kåren, call 215 4650/Kårkultur.

For information about S-OSIS, call 233 0252 or e-mail: shohallitus@utu.fi.

Music festivals

Several festivals on a smaller scale are organised in Turku, especially in spring and summer. Below you can find a short introduction to the two most prominent music festivals;

- *Ruisrock* - the festival, featuring mainly rock music, will be held for the 39th time in July 2009, making it the second oldest rock festival in Europe. Both international and Finnish artists perform at Ruisrock. In 2006 more than 65,000 people attended the festival. Ruisrock takes place on the Runsala island (a short bus ride away from the city), which boasts a nature park in addition to its golf course, spa and UTU's botanical garden. For information on artists and tickets to *Ruisrock*, please visit www.ruisrock.fi.

- *Down by the Laituri* (DBTL). *Down by the Laituri* (Finnish for pier or dock) celebrated its 20th anniversary in July 2007. Located along the River Aura, the festival offers mainly popular Finnish bands, but some international groups perform as well. www.dbtl.fi

Other cultural events

- *The Medieval Market*

The city of Turku/Åbo arranges an annual medieval market for one weekend in June. The market takes place on the old market square on Vanha Suurtori/Gamla Stortorget beside the cathedral. Here one can stroll around and enjoy a truly medieval atmosphere with jokers entertaining the crowd and knights fighting each other. One can also have a look at the handicrafts for sale in the many market stalls. The market guests do by no means have to return home on an empty stomach, since the tables are full of different dishes and drinks to wet one's throat with.

- *Aura Street Market*

Aura Street Market is a postmodern market for design products, arts and crafts, and other articles with high quality and ethical values. This happening, which is the first street market in Finland, takes place in Turku/Åbo by the river Aura during the 28.7-2.8.2009. In addition to the market, *Aura Street Market* includes lots of cultural events like film, poetry, performances, theatre, music, workshops, clubs etc. *Aura Street Market* is organised in co-operation with *The Market* in Göteborg and the City of Turku, and is intended to function as an inspiring forum and a place to exchange ideas for creative people.

Theatre

There are two main theatres in Turku/Åbo:

- The Finnish-language city theatre *Turun kaupunginteatteri/Åbo Stadsteater* at Itäinen Rantakatu/Östra Strandgatan 14. For reservations, tel. 262 0080. Open Mon–Fri 8.30–15.30. The box office is open Tue–Sat 12.00–19.00, tel. 262 0030. www.turku.fi/teatteri

- The Swedish-language *Åbo Svenska Teater* at Eerikinkatu/Eriksgatan 13 B (main entrance from the Market Square). For tickets, tel. 277 7377. Open Tue–Sat 12.00–18.00 and one hour before the show. For information on current programmes, check www.abosvenskateater.fi or the local or student newspapers. Both theatres offer student reductions on tickets.

There are also various smaller theatre companies. For information on these, check local or student newspapers.

There are two student theatre companies. *Turun Ylioppilasteatteri* (TYT) is Finnish-language and *Studentteatern i Åbo* (STÅ) is the Swedish-language one. If you are interested in acting or would like to know about their plays, contact:

- TYT, office: Uudenmaankatu/Nylandska-

tan 1, tel. 040 823 4791,
www.turunylioppilasteatteri.fi.
Theatre: Läntinen Rantakatu/Västra Strandgatan 23.

- STÅ, e-mail: steatern@abo.fi, see also www.abo.fi/~steatern

Dance

- Ballet: *Aurinkobaletti*, Manilla, Itäinen Rantakatu/Östra Strandgatan 64. Tel. 284 0100, www.aurinkobaletti.com

- Dance theatre: *Tanssiteatteri Eri*, Yliopistonkatu/Universitetsgatan 7, tel. 250 1032, www.eridance.net

- *Arts Academy at Turku Polytechnic*. Linnankatu/Slottsgatan 54-60, tel. 010 55 350 (switchboard), www.taideakatemia.turkuamk.fi

Cultural Centre Ticket Service

Tickets for most concerts and events in Turku/Åbo are sold at *Lippupalvelu*, Stockmann (Hansa Shopping Centre) and Wiklund (Eerikinkatu/Eriksgatan 11). Tel. 0600 10800. The telephone service costs 1,83€min (+ local call charge).

Cinema

There are two cinemas in Turku/Åbo, both owned by Finnish cinema company Finnkino. Films are shown in their original language with Finnish and Swedish subtitles. A cinema ticket costs around 7–11€ Usually the matinees during the weekdays are a bit cheaper. Ask also for books of tickets or special offers on certain days of the month. New films are generally featured on Fridays. Check www.finnkino.fi or the local newspapers for more information.

Addresses:

- *Julia 1–5*, Eerikinkatu/Eriksgatan 4. Tel. 232 8222

- *Kinopalatsi 1–9*, Kauppiaskatu/Köpmsgatan 11 E. Tel. 278 2000.

The ticket reservation number to both theatres is 0600 007 007 (1,15€call + local call charge)

You can also make on-line reservations around the clock. Register at www.finnkino.fi/user/register/. Note that the tickets should be picked up one hour before the movie starts.

The *Finnish Film Archive* shows old films in *Julia*: 12 films in the autumn, 12 in the spring. When buying a season card for 4€, each performance will cost you 4€. See www.sea.fi/esitykset/turku.

There are also some film clubs in Turku/Åbo:

- *Kinokopla*, TYY office Rehtorinpellonkatu/Rektorsåkersgatan 4 A. Tel. 276 9610, http://org.utu.fi/tyyala/kinokopla/ e-mail: kinokopla@utu.fi

- *Cinéphile*, a student film association at Åbo Akademi University. Contact the ÅAS for more information.

- *Turun elokuvakerho ry*, the Turku/Åbo Film Club, Uudenmaankatu/Nylandsgatan 1, tel. 251 1998. turunelokuvakerho@hotmail.com.

Varsinais-Suomen Elokuvakeskus/Egentliga Finlands Filmcentrum maintains a film archive in Turku, and arranges some cinematic events. Contact information: Uudenmaankatu/Nylandsgatan 1. Tel. 251 1998, www.vselokuvakeskus.net.

Filmfestivals with different themes are also arranged during the year. One of the bigger festivals is *VinoKino*, the national lesbian and gay film festival. The event travels around the bigger cities and is in Turku/Åbo between 24 and 26 of October this year. For more information, see www.vinokino.fi

DVD's and videos

If you wish to rent DVD's or videotapes and video decks, see www.makuuni.fi or www.filmtown.fi. Video rental costs about 2–5€ There are some bargains every week. The public libraries have DVD's and videos that you can borrow if you have a library card. *Varsinais-Suomen Elokuvakeskus/Egentliga Finlands Filmcentrum* also has a film renting service (see above.)

Museums

For a complete list of museums and current exhibitions, contact:

Tourist Information, Aurakatu/Auragatan 4. Tel. 262 7444. Open Mon–Fri 8.30–16.00, www.turkutouring.fi

A selection of some of the many museums in Turku/Åbo are listed below:

- *Turku Castle and Historical Museum*, Linnankatu/Slottsgatan 80. Tel. 262 0300. Open Tue–Sun 10.00–18.00 (5.5–27.9); Tue, Thu–Sun 10.00–18.00 Wed 12.00–20.00 (28.9–10.1).
- *Turku Cathedral and Cathedral Museum*, Tuomiokirkkotori/Domkyrkotorget 20. Tel. 261 7100. Open daily 9.00–19.00 (16.9–15.4); daily 9.00–20.00 (16.4–15.9).
- *Handicrafts Museum*, Luostarinmäki/Klosterbacken. Tel. 262 0350. Open Tue–Sun 10.00–18.00 (5.5.–26.9) and (29.11–10.1). The museum will be closed between 27 of September and 28 of November 2008.
- *Sibelius Museum*, Piispankatu/Biskopsgatan 17. Tel. 215 4494 or 215 4388. Open Tue–Sun 11.00–16.00, Wed 18.00–20.00
- *Wäinö Aaltonen Museum of Art*, Itäinen Rantakatu/Östra Strandgatan. Tel. 262 0850. Open Tue–Sun 11.00–19.00.
- *Forum Marinum*, Linnankatu/Slottsgatan 72. Tel. 282 9511. Open Tue–Sun 11.00–18.00 (1.10.–30.4); daily 11.00–19.00 (2.5–30.9).
- *Turku Art Museum*, Puolala Hill, Aurakatu/

Auragatan 26, tel. 262 7100. Open Tue–Fri 11.00–19.00, Sat–Sun 11.00–17.00. www.turuntaidemuseo.fi

- *Aboa Vetus & Ars Nova*, Itäinen Rantakatu/Östra Strandgatan 4–6. Tel. 250 0552. Open daily 11.00–19.00 (31.3–6.9); Tue–Sun 11.00–19.00 (8.9–20.12)
- *Pharmacy Museum and the Qwensel House*. Läntinen Rantakatu/Västra Strandgatan 13, tel. 262 0280. Open Tue–Sun, 10.00–18.00 (5.5.–27.9) and (29.11–10.1).

The museum is closed between 28 of September and 28 of November 2008.

Remember to show your Student Card: it may be possible to get a reduction on tickets. During summer the museums are open at different hours. Call them for more information.

9.2 Sports

You can practise virtually any sport in Turku/Åbo. The sports fee of the University of Turku is around 40€year and the university has its own gym at Educarium. The Student Unions of UTU, TSE and ÅA have their own sports secretaries. At *Kåren* there also is a gym for its members. All the sports activities of these institutions are co-ordinated by the secretaries. For information, contact:

- TYY: *Mr. Paavo Viinikainen*. Tel. 333 5946, e-mail: paaavo.viinikainen@utu.fi and *Ms. Eeva Ojanen*. Tel. 333 6495, e-mail: eeva.ojanen@utu.fi. www.utu.fi/opiskelu/hyvinvointi/liikunta.
- ÅAS: *Mr. Carl Myrberg*, tel. 215 4654, e-mail: carl.myrberg@abo.fi
- TuKY: e-mail: ky-pr@tse.fi, see www.tuky.fi > English > Activities.

Turku/Åbo City Sports Services Center

For further information about the sport activities in Turku/Åbo, contact the Turku/Åbo City Sports Services Centre (*Turun Kaupungin Liikuntapalvelukeskus/Åbo Stads Idrottsbyrå*), Blombergin aukio/Blombergsgatan 4 – Hippoksentie/Hipposvägen 6. Tel 233 0000, www.turku.fi > English > Sports and Outdoor Activities

The sports centre organises special activities for immigrants, eg. swimming, gym, skiing and ice-skating. For more information, call *Mr. Jarno Koivunen*, tel. 262 3229 or 050 554 6229.

Sports clubs in Turku/Åbo

There are also several private sport clubs in Turku/Åbo, which offer student reductions:

- *Manhattan Sport Centre*, Pitkämäenkatu/Pitkämäkigatan 4 B, tel. 239 7759 (badminton, indoor bandy, squash, basketball, tennis, floorball and table tennis)
- *M&M Kuntotalo*, Kalevantie/Kalevavägen 15, tel. 250 0054 (aerobics, gym, spinning, badminton, street basket, beach volley, table tennis etc.)
- *Caribia Fitness Centre*, Kongressikatu/Kongressgränden 1, tel. 6511 2800 (aerobics, gym and badminton)
- *Jumppala*, Siutlankatu/Siutlagatan 1, tel. 231 1769 (aerobics, badminton, volleyball)
- *Motivus Centrum*, Kristiinankatu/Kristinegatan 8, 3rd Floor (gym, spinning, body pump, aerobics), www.motivus.fi
- *Motivus Brahe*, Brahenkatu/Brahegatan 12 A 16 (Gym & aerobics, only for women), www.motivus.fi
- *Nautilus*, Kauppiaskatu/Köpmansgatan 5, tel. 232 5008 (gym, aerobics, spinning)
- *Sali 82*, Artturinkatu/Artursgatan 2, tel. 251 8507 (gym, badminton, also ask for fitness boxing)
- *SATS Trivium*, Lemminkäisenkatu/Lemminkäinengatan 32, tel. 010 309 9350 (aerobics, gym, spinning)

- *Elixia*, Itäinen rantakatu/Östra strandgatan 60, tel. 284 2500 (aerobics, gym, spinning)

Swimming pools

Out of the swimming pools in Turku/Åbo, at least the following two offer student reductions

- *Turun Uimahalli*, Rehtorinpellonkatu/Rektorsåkersgatan 4 (in Iskeri). Tel. 231 0515. Open for women: Mon 13.00–18.00, Wed 13.00–17.00 and 17.45–20.00 and Fri 13.00–18.00; for men: Tue, Thu 13.00–20.00 and Sat 12.00–18.00. Entrance 2,50€ for students. Students can also buy a “10-times” card for 20€
- *Impivaaran uimahalli*, Uimahallinpolku/Simhallsstigen 4. Tel. 262 3588. Open Mon–Thu 6.00–20.00, Fri 11.00–19.00, Sat–Sun 10.00–17.00. Entrance 2,5€ for students. Also ask for a book of tickets.

There is a spa in the Student Village, *Spa and Congress Hotel Caribia*, which is open Mon–Sat 10.00–21.00 and Sun 9.00–20.00. Student price is 8€ Mon–Thu. For more information about prices and other services, visit www.holidayclub.fi/portal/suomi/kylpylat/caribia.

In Turku there are two outdoor pools, which are open in the summer; *Kupittaa Park* and *Samppalinna*. The latter is located at Volter Kilven katu/Volter Kilpis gatan and the student price is 2,5€ *Samppalinna* is usually open from the beginning of May to the beginning of September. *Kupittaa* usually opens a bit later and closes in the middle of August.

Beaches

If you enjoy bathing in the sea there are a few beaches close to the city you can reach e.g. by bike or bus. Here is a selection:

- Ekvalla, Kaksikerrantie/Kaksikertavägen 618 (on Satava island)
- Ispoinen/Ispois, Rykmentintie/

Regementsvägen 51

- Moikoinen/Moikois, Honkaistentie/Honkaisvägen 42-52
- Saaronniemi, Ruissalo/Runsala
- Sorttamäki (opposite of Ispoinen/Ispois)

Sauna

There is a sauna at *Kåren*, *Domus* and several in the Student Village and other Student Village Foundation housing locations. Reservations for the sauna at *Kåren* or *Domus* are done on www.abo.fi/karen/index.php?page=bastu. The sauna at the Student Village Foundation can be reserved at www.tys.fi > Tenant > Sauna reservation. Have a look at chapter 1.3 for further information about traditional Finnish Sauna.

Parks

There are two main, so-called sports parks in Turku. The one next to Samppalinna Hill, called *Urheilupuisto/Idrottsparken*, offers two basket courts, a volley ball court (sand), three beach volley ball courts, two sand and two grass fields and a popular fitness path if you enjoy running.

There are also five tennis courts, which can be booked for 5-10€ depending on time and day. Single or regular times are available until the end of September. In addition to this there is a frisbee golf course and an athletics stadium (*Paavo Nurmi Stadium*).

Also at a walking distance from the city centre lies *Kupittaa Sports Arena*. Here you can find e.g. a velodrome and BMX-track, sand and grass fields, a skateboarding facility and a sports hall with an affordable gym. In the vicinity you might see football (soccer) players at *Veritas Stadium*, which is the home of Finnish Premier League teams TPS and Inter.

Other sporty activities

You can also do other sport activities like

bowling, laser fighting, shooting and paddling in Turku/Åbo. Here have we listed some of them:

- *Megazone*, Eerikinkatu/Eriksgatan 4, tel. 250 1161. www.megazone.fi
- *Aninkaisten keilahalli*, bowling alley, Aninkaistenkatu/Aningaisgatan 9. Tel. 250 3503
- *Kupittaa keilahalli*, bowling alley, Kupittaa sporting centre, tel. 233 1335
- *The River Aura Information Centre*, canoeing by the Halistenkoski rapids. Tel. 2423 441. www.aurajoki.net
- *Melontakeskus*, canoeing, Rykmentintie/Regementsvägen 55. Tel. 041 4565 223, www.melojat.net
- *Kupittaa Ampumahalli*, shooting range (Kupittaa sporting centre). Tel. 231 5738
- *Turun kiipeilypalatsi*, indoor wall-climbing, Vesilinnantie/Vattenborgsvägen 1. Tel. 231 0880. Student reduction weekdays before 16.00. For information about outdoor climbing in the Turku region, you can contact the local climbing association, *Lounais-Suomen kiipeilykerho Kruxi r.y.*, www.kruxi.fi (in Finnish)
- *Turku Karting*, Go-cart, Pollenkuja/Pållegränden 2. Tel. 242 2221. www.turkukarting.fi
- *Holiday Club Caribia*, mini golf, Kongressikatu/Kongressgatan 1. Tel. 651 111. Mini golf course during the summer season. Ask for student reduction.
- *Parkin kenttä*, ice-skating (winter season), Tuureporinkatu/Tureborgsgatan 2, tel. 262 3527
- In the Student Village you can find a tennis, basketball and volleyball court, as well as a mini golf course. For more info, see the Tenant's guide at www.tys.fi
- *Paintball house*, Eerikinkatu/Eriksgatan 4. Tel. 250 4488 or *Turun Splat*, myynti@splat.fi (offers a field and equipment, ask for student reduction during weekdays)
- *Aura Golf*, golf course, Ruissalo/Runsala, tel. 258 9221, office@auragolf.fi
- For information about winter swimming,

contact *Ms. Liisa Lemmetyinen* at Turku TouRing, tel. 262 7501

- *Aura biljardi*, pool hall, Yliopistonkatu/Universitetsgatan 14, tel. 251 0228
www.aurabiljardi.com

9.3 Other free time activities

Community Education Centres

In Turku/Åbo there are two Community Education Centres, which offer a wide range of activities such as arts, computer technology, handicrafts, health, languages, music, social subjects, etc. At *Turun suomenkielinen työväenopisto* the courses are given in Finnish and at Åbo svenska arbetarinstitut in Swedish. Most of the courses are held in the evenings during autumn and spring, and the fees vary from about 15€ to 150€ per course. If you complete a course successfully, you will be given a certificate. For more information, contact:

- *Turun suomenkielinen työväenopisto*, Kaskenkatu/Kaskisgatan 5. Open Mon–Thu 10.00–18.00, Fri 10.00–15.00. Tel. 262 9811, www.tkukoulu.fi/~tsuto
- *Åbo svenska arbetarinstitut*, Aurakatu/Auragatan 1 B. Open Mon–Fri 11.00–15.00. Tel. 262 9895, www.tkukoulu.fi/~arbis

The Association for Summer Universities

The Association for Summer Universities in Finland organises a variety of courses (for example Finnish language courses) during the summer. For more information contact:

Suomen Kesäyliopistot ry,
Rautatienkatu 26 A 4,
FI-33100 Tampere/Tammerfors
Tel. (03) 214 7626
e-mail: info@kesayliopistot.fi

www.kesayliopistot.fi

or in Turku/Åbo:

Summer University of Turku,
Tuurintie/Turevägen 3 A 5,
FI-20100 Turku/Åbo

Tel. 232 3302, e-mail: kesayliopisto@turunkesayliopisto.fi,
www.turunkesayliopisto.fi

Leisure time activities

Those who live in the apartments of the Student Village Foundation can borrow video recorders, video cameras, digital cameras, typewriters, sport kits etc. from the *Tenants' Association*, Inspektorinkatu/Inspektorsgatan 4 B, 1st floor (Next to the TYS housing office), tel. 237 5992 or 045 - 670 6921, jsihteeri@utu.fi, open Mon 12.00–18.00, Tue 10.00–14.00, Wed 10.00–14.00, Thu 12.00–18.00 and Fri 10.00–14.00. These items can be borrowed either for free or for a small fee. The monthly bulletin *Vati* gives information about these facilities and various events. All the students living in the housing areas of the Foundation receive the *Vati*.

ÅAS also arranges leisure time activities. Through “Bullen” in English and NUNTII mailing list (see chapter 2.2) you can be informed about these activities. You can contact The Board Member of International Affairs at Kåren (e-mail: ua-karen@abo.fi) for more information.

International Meeting Point

This organisation's purpose is to provide an opportunity for international visitors, students and Finns living in Turku/Åbo to meet each other and discuss common problems and interests. For more information, contact:

International Meeting Point
(*Kansainvälinen kohtauspaikka/*
Internationella Träffpunkten),

Vanha Suurtori/Gamla Stortorget 3.
Tel. 262 0973, kv.kohtauspaikka@turku.fi
Open Mon–Thu 10.00–18.00, Fri 10.00–16.00.
www.turku.fi/Public/default.aspx?contentid=57471&nodeid=11813

Environmental Protection Office
Puolalankatu/Puolalagatan 5
Tel. 262 3411 ymparistonsuojelutoimisto@turku.fi.
Open Mon-Fri 09.00-15.00.

Friendship Programme

During the autumn/spring it is possible to participate in a voluntary based Friendship-Programme. The programme aims to offer international visitors and local families a chance for mutual cultural exchange. With the friend from the local community it is possible to learn about Finnish culture and everyday life. All activities within the Friendship Programme are voluntary, which means that the international visitor and his/her friend decide on their own how much and in what way they want to spend time together. The participants of the programme are ordinary Finnish families and people of different ages living in Åbo or the neighbouring area. The programme period is one term. The application form and more information can be found at:
www.abo.fi/student/en/current.

Host families

Young Women's Christian Association (YWCA) provides information about Host Family Programs for international students. For contact information, see chapter 10, section 2.

Environmental Protection Office

The Environmental Protection Office of the City of Turku handles issues on for instance air- and water pollution, noise control, fishing and recycling. On their website, www.turku.fi/ympo, you can find information about fishing in the Turku region, Ruissalo Nature Center and the animal shelter of the City of Turku. For more information, contact:

City of Turku

10. Student Life and Associations



10.1 Student associations

The student life in Turku/Åbo can and should be a lot of fun! There are many student clubs and associations within each department or faculty. These clubs and associations arrange seminars, social events and excursions. For complete information on specific student unions, see www.tyy.fi/yhdistys/luettelo.shtml and www.abo.fi/karen/?page=foreningar.

ESN

Erasmus Student Network (www.esn.org) is an international student organisation active in 33 countries. It aims to help international students during their stay in another country. ESN sections in Turku/Åbo organise a wide range of activities for international students throughout the academic year. The sections aim to make all international students feel welcome and offer them unique Finnish experiences such as ski and skating events, sauna evenings, trips to neighbouring countries and parties. The organised events are open to all internationally minded people. For more information check the following ESN web sites:

TYE-ESN <http://esn-tyy.utu.fi>

ÅAS-ESN: <http://www.esnabo.eu>

TuKY-ESN: <http://ky.tse.fi/esn/>

AEGEE

The *Association des Etats Généraux des Etudiants de l'Europe* (AEGEE) is a non-political student association aiming to promote European co-operation among young people, especially students. AEGEE has about 70 branches and 17,000 members throughout Europe. For more information about *AEGEE-Turku*, see <http://org.utu.fi/muupisk/aegee> or email: aegeeturku@utu.fi.

AIIESEC

AIIESEC is an international student organisa-

tion which functions in over 80 countries. It is intended mainly for students of economics and business. The local branch's primary functions include organising international trainee exchange and various international projects. For further information, contact: *AIIESEC-Åbo* at ÅAS, tel. 050 575 4906 www.aiesec.org/finland/aiesecmk.

ELSA

The *European Law Students' Association* (*Elsa*) offers international activities for law students and young lawyers. Co-operation with other branches of *Elsa* as well as with other international student organisations in Turku/Åbo is seen in seminars, conferences and various parties and get-togethers. *Elsa* has also been involved in mentoring law students from abroad. For further information, see www.elsaturku.fi, e-mail: elsaturku@utu.fi.

ISHA – Turku/Åbo

International Students of History Association (ISHA) is an international, independent, non-profitable network for all who are interested in history and related subjects. The main goal of the organisation is to develop contacts between history students in different countries, in order to break the traditional interpretation of historiography for the benefit of a more international and broad viewpoint. *ISHA-Turku* is a collective organisation of history students at Åbo Akademi University and the University of Turku. Contact: *ISHA-Turku*, Department of General History, University of Turku, e-mail: ishaturku@utu.fi.

ISTU - International Students of Turku Universities

A joint network of the Student Unions of Turku Universities organises activities for degree students from free-time activities and pub-evenings to discussions on issues concerning degree students' academic affairs. To get information on the network

and its activities, subscribe to the mailing list on the address <https://lists.utu.fi/mailman/listinfo/istu> or contact the board through the e-mail address istu-board@lists.utu.fi. The name of the current chair man is *Mr. Experience Ndaugu* and he can also be reached on the address endaugu@abo.fi.

10.2 Religious communities

There are two university chaplains employed by the Lutheran Church for students and staff. For more information, please contact:

Mrs. Outi Ruohola, e-mail: outi.ruohola@evl.fi, tel. 040 341 7308. Reception hours and location: Wednesdays 11.00-13.00, Eerikinkatu/Eriksgatan 3 A, 5th floor (year-round), tel. 261 7308 and Tuesdays 14.00-15.00, Rehtorinpellonkatu/Rektorsåkersgatan 4, room 206 (building B), tel. 233 2516.

Mr. Peter Gustavson, e-mail: peter.gustavson@evl.fi, tel. 040 3417 296. Reception hours and location; Tuesdays 12.00-14.00 at Kåren, Hämeenkatu/Tavastgatan 22, 3rd floor, tel. 215 4139 and Thursdays 13.00-15.00, Rehtorinpellonkatu/Rektorsåkersvägen 4 B, room 206 (building B), tel 233 2516.

For further information, see www.turunsk.fi > International Congre

Young Women's Christian Association (YWCA) (Turun NNKY), Vähä-Hämeenkatu/Lilla Tavastgatan 12 A. Tel. 231 4011, tnnky@saunalahti.fi, www.ywca.fi. This association arranges Host Family Programs for international students, among other things.

Young Men's Christian Association (YMCA) (Turun NMKY), Sirkkalankatu/Sirkkalaga-

tan 27. Tel. 273 1011, www.tunmky.fi.

Churches and other religious congregations in Turku/Åbo

There are several churches in Turku/Åbo. Some of them are:

- *Adventist Congregation*, Yliopistonkatu/ Universitetsgatan 29 A, tel. 251 7245

- *Baptist Congregation*, Vähä Hämeenkatu/ Lilla Tavastgatan 16, tel. 232 1887.

- *The Cathedral* (which is the national shrine of Finland), *St. Mary's Church* and *St. Catherine's Church*. Services are held in Finnish every Sunday at 10 a.m. in all of these churches and in Swedish at noon in one of the three. To see in what church the Swedish service is held, see the local newspapers. There is an English Service every Sunday in Turku Cathedral at 16.00 and an Anglican Service every 3rd Sunday of the month. Every day at noon, the radio channel YLE 1 broadcasts when the clock of Turku Cathedral strikes 12. This tradition dates back to 1944, and the original idea was for the Finns to dedicate this time to praying for their country.

- *Church of the Latter Day Saints (Mormons)*, Mäntymäenaukio/Tallbackaplan 18. Tel. 235 6228.

- *Free Church Congregation*, Tuureporinkatu/Tureborgsgatan 10. Tel. 251 4300.

- *Islamic Congregation*, Yliopistonkatu/ Universitetsgatan 7. Tel. 233 2822, www.rabita.fi.

- *Jehovah's Witnesses*, Viertolantie/ Viertolavägen 27. Tel. 248 7301.

- *Jewish Congregation and synagogue*, Brahenkatu/Brahegatan 17 B. Tel. 231 2557.

- *Orthodox Church of St. Alexandra*, Yliopistonkatu/Universitetsgatan 19 B, tel. 277 5440, turku@ort.fi. The services are normally held in Finnish, but they have also been held in other languages, e.g. Swedish, Church Slavonic, Greek, English or Estonian, depending on the mother tongue of the congregation members.
- *Pentecostal Congregation*, Puistokatu/Allégatan 6 B. Tel. 231 7187, toimisto@turunhelluntaisrk.fi.
- *Roman Catholic Church*, Ursininkatu/Ursinsgatan 15 A, tel. 231 4389.
- *The United Methodist Church in Turku*, Ekmaninkatu/Ekmansgatan 4, tel. 237 1537

10.3 Miscellaneous associations

Amnesty International

AI has Finnish and Swedish sections in Turku/Åbo. For more information contact: Ms. Annukka Kolehmainen (Finnish) e-mail: annkol@utu.fi or Ms. Maria Ikola (Swedish) ria.ikola@gmail.com, www.amnesty.fi (in Finnish).

Atheist/Agnostic or sceptical associations

- *Freethinkers Union (Turun vapaa-ajattelijat)*, P.O. Box 959, 20101 Turku. Call tel. 237 9224. See also www.vapaa-ajattelijat.fi/turku (in Finnish).
- *Skepsis ry (critique of paranormal)*. Contact Mr. Heikki Kujanpää, heikki.kujanpaa@skepsis.fi, tel. 0440 220 420, www.skepsis.fi.

Environmental organisations

- *Verdi* is a green association for people interested in environmental issues, world-

wide solidarity and life in general. For more information, see www.abo.fi/karen/special/verdi.

- *Turun maailmankauppayhdistys*, Eerikinkatu/Eriksgatan 5. Tel. 250 2191, tumakaup@sci.fi.
- *Turun Luonnonsuojeluyhdistys*, Varsinais-Suomen luonnonsuojelupiiri ry, Martinkatu/Martinsgatan 5. Tel. 235 5255, sllturku@netti.fi.
- *Maan Ystävät*, (Friends of the Earth) Aurinkotehdas, Kirkkotie/Kyrkovägen 6–10. Tel. 231 0321, e-mail: toimisto@maanystavat.fi, www.maanystavat.fi.

Scouts

You can get in touch with the different scout groups in Turku/Åbo by contacting the local Scout Office (*Partiotoimisto*) at Läntinen Pitkäkatu/Västerlånggatan 13. Tel. 277 0555, fax: 277 0550. Questions concerning nationwide scouting can be directed to partiotoimisto@vsp.partio.fi. See also www.vsp.partio.fi.

Akateeminen partiokilta ry is an association for scouts studying at the Turku/Åbo universities. For more information, e-mail apk@utu.fi.

Sexual minorities

Sexual Equality (SETA) is a nationwide association for sexual minorities. For further information contact: *Turun Seudun Seta* Rauhankatu/Fredsgatan 1 c B 22 Tel. 250 0695 (office), 231 0335 (info line), fax: 251 2905, e-mail: seta@tusetta.fi. The SETA office is open Mon–Thu 12.00–17.00. Check also the website www.seta.fi and the local Turku association website www.tusetta.fi.

Homoglobiini is an organisation for lesbian, gay, bisexual and transgendered students in Turku/Åbo. *Homoglobiini* has members studying at the University of Turku, Åbo Akademi University and Turku School of Economics. *Homoglobiini* organises a mul-

titude of free time activities, such as parties, excursions, trips and cultural events. Most important is meeting nice people and having good conversations. During semesters (1.9. - 31.5.) there is a meeting on the 1st and 3rd Monday of each month at the SETA office (Rauhankatu/Fredsgatan 1 c B 22 , press "SETA"). For more information, please check the web site www.homoglobiini.fi.

Women's groups

Women's Centre (*Naiskeskus/Kvinnocentret*), Uudenmaankatu/Nylandsgatan 1, tel. 233 6895, info@naiskeskus.net. Various women's organisations and feminist groups meet here.

People with disabilities

For information about different groups of people with disabilities and their associations in Turku/Åbo is available at:

Vammaisneuvoston sihteeri
Ms. Rita Salviander
Sosiaalikeskus
Kristiinankatu/Kristinegatan 1
20101 Turku/Åbo
Tel. 2626 371

Additionally, some further links to other associations for people with disabilities can be found at the website of the *Kynnys* (Finnish for "threshold") association for people with disabilities: www.kynnys.fi. The website is in Finnish only, but for questions about the local Turku/Åbo association, contact *Mr. Olli Nordberg* at olli.nordberg@kynnys.fi, tel. 251 9521 or 0400 894 208, Yliopistonkatu/Universitetsgatan 9 B. The association also has a youth section.

10.4 Student parties and festivities

Nobody knows the exact amount of the,

more or less, public parties arranged by Turku/Åbo students. Allegedly there is at least one party every single evening, but here are some major public ones that we strongly recommend you to keep in mind:

Shrovetide -

Laskiainen/Fastlagstisdag

In the middle of February it is time to take a trip back to one's childhood and take part in a real winter party. The activities start in the morning and include almost every winter sport you can imagine and some newly invented as well. The main event is sledging down Vartiovuori/Vårdberget-hill, where hundreds of students gather for some fun winter playing in the snow. Later on, the 'After Ski' parties start and by the next morning, you have gathered some fun experiences that you will never forget!

May 1 - Vappu/Vappen

Vappu/Vappen is the official student celebration day all over the country and the best way to experience it is to get together with Finnish students. Practically everybody (students and former students of all ages) is out wearing overalls and the traditional, white student caps. The action kicks off on April 30 (and even a couple of days earlier for some) with a traditional rowing competition on the River Aura. At 18.00 it is time to move on to the Art Museum Hill (Finnish-speaking students) and Vårdberget (Swedish-speaking students) where spring is welcomed with choir songs and champagne and the white student caps are put on. At 19.00 students gather down by the River Aura to crown the statue of Lilja with a student cap. After Lilja, Vappu/Vappen and the partying continues all around town. The next morning all the students head towards Vartiovuori/Vårdberget in order to take part in the traditional May 1 picnic.

Aurasoudut - Aurarodden

A traditional rowing competition between

the three universities in Turku/Åbo with both a male and a female team of each university. This event takes place within the first two weeks of September and is therefore the last party of the summer and the first major student event of the academic year. The two races are done on the River Aura in the centre of Turku/Åbo. If you have arrived in Finland a week or two earlier, then this will be your first encounter with the student overalls and student festivities in Turku/Åbo. Enjoy!

Independence Day – December 6

The Independence Day celebrations in Finland are regarded as quite solemn. Students celebrate the independence with a torch-light procession from the student unions to the Unknown Soldier's grave at the cemetery. TYY organises its own more informal festivity with dancing, eating and drinking.

Christmas parties – Pikkujoulut/Lillajul

Most student associations start arranging Christmas parties about a month before Christmas Eve. For a small entrance fee, you will get a warm cup of Finnish Christmas drink glögi/glögg, a kind of mulled wine, and a bowl of delicious rice porridge – and of course, a great deal of Christmas spirit with old and new friends.

Annual ball – Vuosijuhlat/Årsfest

Every year the student unions, as well as many of their sub-organisations, arrange parties to celebrate their anniversaries. The nature of these parties is usually formal (dresscode: black suit), but at the same time, it is a laid back and most importantly, a fun occasion. The festivities usually begin with a cocktail-speech, which is followed by dinner, the main speech and dancing. The informal part begins when the celebrants move on to student pubs. At around noon

the next day, there is usually a brunch for those who feel up to it. An annual festival is definitely worth the experience.

10.5 Holidays 2009—2010

November 1 - All Saints' Day (Pyhäinpäivä/ Alla helgons dag)

People light candles on the graves of their loved ones. However, the western "Halloween"-like celebrations are starting to occupy youths around this date but it is not at all what All Saint's Day celebrations traditionally have been like in Finland.

December 6 - Independence Day (itsenäisyyspäivä/ självständighetsdagen)

A solemn celebration of Finnish independence. People light two candles in the windows between 18.00 and 20.00. A party is organised in the Helsinki Presidential Palace on December 6, where the president acts as host(ess) for some 2000 guests. Among the yearly invited are e.g. the government, members of parliament, the Finnish member of the European parliament and other civil servants. The party is broadcast by YLE.

December 13 - Lucia

Lucia Day (*Lucian päivä/Luciadagen*) is not a holiday, but one of the most traditional Scandinavian festivities, celebrated as well in the Swedish speaking parts of Finland as in Sweden and Norway, in memory of the Italian Santa Lucia. There are Lucia processions everywhere, and most cities and even smaller villages elect their own Lucia, a young woman dressed in white and wearing a crown of candles. In Turku/Åbo, you can witness this event for instance in the Cathedral. Assisted by at least four other girls, Lucia visits e.g. homes for the aged

people and kindergartens.

**December 24–25 - Christmas Eve and Day
(Jouluaatto/Julafton,
Joulupäivä/Juldagen)**

Christmas Eve is traditionally celebrated with family and close friends at home, whereas Christmas Day celebration traditions vary somewhat throughout the country.

**December 26 - Boxing Day
(Tapaninpäivä/Annandag jul)**

**January 1 - New Year's Day
(Uudenvuodenpäivä/Nyårsdagen)**

A relatively calm day compared to the celebrations the night before!

**January 6 - Epiphany
(Loppiainen/Trettondagen)**

**April 2–5 - Easter
(Pääsiäinen/Påsk)**

Easter is celebrated in fairly calm manners, but old traditions still endure. Try *mämmi/memma*, a traditional Finnish Easter dish, and pasha, which is more of an Orthodox tradition from Eastern Finland and Russia. Witches, trolls and other kinds of wild creatures come forth during Easter in different parts of Finland, so towards the weekend, be on your guard.

**May 1 - May Day
(Vappu/Vappen, Första maj)**

A big day of celebration among students and workers, especially the night before, April 30. The place to be during these celebrations is definitely Turku/Åbo. Try *sima/mjöd*, a traditional soft drink (also known as 'the drink of the Nordic Gods'), and *tippaleipä/struvor*, a kind of pastry typical for May Day.

**May 13 - Whit Thursday
(Ascension Day)
(Helatorstai/Kristi himmelsfärdsdag)**


May 23 - Whit Sunday (Helluntai/Pingst)

June 25–26 - Midsummer Eve and Day (Juhannus/Midsommar)

For many, the two days of Midsummer celebrations are the highlight of the year because the main features are usually plenty of food in the company of good friends out somewhere in the countryside, or preferably in the archipelago or why not by a lake shore. Additionally, there tend to be some dancing all night long since the sun barely sets here in Finland. North of the Arctic Circle, the sun does not set at all. A lot of Finnish-speaking people light bonfires, whereas Swedish-speaking Finns decorate a Midsummer pole, but both are the centre for where dancing and singing takes place.

On **public holidays** all shops are closed (with very few exceptions) and on the eve of a public holiday they close at the same time as on Saturdays. Since some of the public holidays fall on a Saturday, some shops are open on the following Sunday. Please note that the universities are also closed, and public transportation follows the timetables for Sunday.

11. Further Information

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11.1 General information

Printed material:

– *Culture shock! Finland: a guide to customs and etiquette.*

Author: Deborah Swallow. Times media Private Limited 2001. (ISBN 1-55868-592-8)

– *Finland: a Cultural Encyclopedia.* SKS 1999. (ISBN 951-717-885-9)

– *Living in Finland; a practical guide for international students and trainees.*

CIMO 2005, Helsinki.

(ISBN 951-805-044-9)

– *Finland in a small book – 265 frequently asked questions.*

Yrityskirjat Oy 2003.

(ISBN 952-9660-53-7)

– *Suomea, Finska, Finnish; A Brief Guide to Studies in Finnish Language and Culture.*

CIMO 2005, Helsinki. (ISSN 0356-5424)

A list of publications can be found on <http://virtual.finland.fi> > Facts & Figures > Informations guides and books about Finland.

Useful web-addresses:

– www.turku.fi

City of Turku/Åbo

Information about Turku/Åbo

– <http://virtual.finland.fi>

Information on Finland, Finnish language and news

– <http://finland.cimo.fi>

Discover Finland by *Centre of International Mobility*. Information on education, training and youth issues in Finland.

– www.intofinland.fi

Information for those moving to Finland.

– www.mek.fi

Finnish Tourist Board. Travel information.

– www.kela.fi/in/internet/english.nsf

Social Insurance Institution of Finland (KELA/FPA). Information about financial aid and social benefits.

– www.syl.fi/english

The National Union of Students in Finland. Information e.g. about financial and student related political matters.

– www.tys.fi

Student Housing in Turku/Åbo.

– www.fshs.fi

Finnish Student Health Service

Useful information about health related matters.

– www.wikicompass.fi

Page directed to international students and researchers living in Turku/Åbo. Facts about Finland, useful links and practical advice can be found on this page that works in the same way as Wikipedia with every user having the possibility of editing the content

– www.iuta.org

International University of Turku/Åbo.

Studying in three universities in Turku/Åbo.

– www.minedu.fi

Ministry of Education

Information about education research, culture, youth and sports.

– www.oph.fi

National Board of Education

Information about education in Finland.

– www.formin.fi

Ministry for Foreign Affairs

News, embassies, services.

– www.eduskunta.fi
Parliament of Finland

– www.valtioneuvosto.fi
Government of Finland
Current issues and press releases.

– <http://www.hs.fi/english/>
Helsingin Sanomat-newspaper international edition site. Daily news about Finland and the world in English.

– www.stat.fi
Statistics Finland. Statistical data about Finland.

– www.cimo.fi
Centre for International Mobility in Finland. Presentation of Educational programmes and link to CIMO's publications.

- <http://www.environment.fi>
The website of Finland's environmental administration.

- www.outdoors.fi
Metsähallitus
Diverse information on the Finnish wilderness, destinations, wildlife, regulations, useful advice and more.

- www.turunseutu.fi
Turku Region Development Center
Useful information about Turku/Åbo. Also links to handy websites ranging from night-life to working in Finland.

11.2 Measurements

In Finland the unit of measurement is the metric system. While attempting to convert British (or American) measures to metric equivalents or vice versa, the weights and measures listed below might be helpful. Please note that accuracy is only to some extent likely to be needed in everyday calculations.

1 mile = 1.6 kilometres
1 cm = 0.39 inches
1 metre = 3.28 feet
1 kilometre = 0.62 mile
1 acre = 0.4 hectare
1 hectare = 2.47 acres
1 square mile = 259 hectares
1 square kilometre = 0.38 sq. mile
1 litre = 1.76 pints (Brit.)
1 pint (Brit.) = 0.56 litre
1 gallon (Brit.) = 4.54 litres
1 pint (Am.) = 0.47 litre
1 gallon (Am.) = 3.78 litres
1 pound = 0.45 kilogram
1 kilogram = 2.2 pounds
1 stone = 6.35 kilograms

Fahrenheit	Celsius
0	-17.8
10	-12.2
20	-6.7
25	-3.9
32	0
40	4.4
45	7.2
50	10
55	12.8
60	15.6
70	21
80	26.7
85	29.4
90	32.2
95	35
100	37.8

Clothes converter

Occasionally it is difficult to realise what are the sizes of garments abroad. Hence the conversion tables given below. The tables are taken from the website www.onlineconversion.com/clothing.htm. Note that because of the many discrepancies between sizing systems and the differences between manufacturers, it is never a good idea to buy clothes based solely on these conversions.

Abbreviations: Am = American (US),
Br = British, Fi = Finnish.

Ladies

Blouses/Jumpers			Shoes		
Am	Br	Fi	Am	Br	Fi
4	6	32	5	2,5	35
6	8	34	6	3,5	36
8	10	36	7,5	5	38
10	12	38	8,5	6	39
12	14	40	9	6,5	40
14	16	42	9,5	7	41
16	18	44	10	7,5	42

Gents

Shirts		Shoes		
Am & Br	Fi	Am	Br	Fi
14	36	5	4,5	37
14½	37	6	5,5	38
15	38	7	6,5	39
15½	39	7,5	7	40
16	40	8	7,5	41
16½	41	8,5	8	42
17	42	9	8,5	43
17½	43	10	9,5	44

11.3 GLOSSARY OF UNIVERSITY TERMS

• ENGLISH–FINNISH–SWEDISH

1. Applying

academic year	lukuvuosi	läsår
admission criteria	valintaperusteet	urvalsgrunder
admission/entrance requirement	pääsyvaatimus	inträdeskrav
application	hakemus	ansökan
application deadline	hakuajan päätyminen	sista ansökningsdatum
application form	hakulomake	ansökningsblankett
application period	hakuaika	ansökningstid
application procedure	hakumenettely	ansökningsprocedur
basic degree/first degree	perustutkinto	grundexamen
degree programme	koulutusohjelma	utbildningsprogram
degree requirements	tutkintovaatimukset	examenskrav
entrance examination	valintakoe	urvalsprov
faculty	tiedekunta	fakultet
field of education/ branch of study	koulutusala	ämnesområde
final school certificate	päästötodistus	slutbetyg
financing	rahoitus	finansiering
matriculation examination	ylioppilastutkinto	studentexamen
open university	avoin yliopisto	öppna universitetet
postgraduate degree (after Master's level)	jatkotutkinto	postgradual examen
postgraduate education	jatkokoulutus	postgraduala studier
postgraduate student	jatko-opiskelija	doktorand/licentiand
research grant	tutkimusapuraha	forskningsstipendium
research track programme	tutkijalinja	forskningsprogram
scholarship/grant	apuraha	stipendium
science	tiede	vetenskap
semester/term	lukukausi	termin
study guide	opinto-opas	undervisningsprogram
study programme	opinto-ohjelma	utbildningsprogram
university/academic degree	korkeakoulututkinto	högskole-examen
university/institute of higher education	korkeakoulu/yliopisto	högskola/universitet

2. Registration

register/enroll	ilmoittautua	att skriva in sig
registration form	ilmoittautumislomake	inskrivningsblankett
registration period	ilmoittautumisaika	tid för inskrivning
study register	opintorekisteri	studentregister
transcript	opintosuoritusote	studieutdrag
tuition fee	lukukausimaksu	terminsavgift

3. Studying

advanced studies	syventävät opinnot	fördjupade studier
book examination	kirjatentti	boktent
course	kurssi, opintojakso	kurs
credit	opintopiste	studiepoäng
degree	tutkinto/oppiarvo	examen/(lärograd)
department	laitos	institution
elective	valinnainen	valbar
elective studies	vapaat opinnot	fritt valbara studier
essay	essee	essä/uppsats
examination/test	koe, tentti	tentamen
examination	kuulustelu	tentamenstillfälle
examiner	kuulustelija	examinator
field of research	tutkimusala	forskningsområde
final examination	loppukuulustelu, loppuentti	sluttentamen
grade	arvosana	vitsord
guest lecture	vierailuluento	gästföreläsning
hand-out/pamphlet	moniste	hand-out
intermediate studies	aineopinnot	ämnesstudier
lecture	luento	föreläsning
lecture hall	luentosali	föreläsningssal/ auditorium
major subject	pääaine	huvudämne
Master's thesis	pro gradu-tutkielma, gradu	avhandling, pro gradu
maturity test	kypsyysnäyte	mognadsprov
minor subject	sivuaine	biämne
natural sciences	luonnontieteet	naturvetenskaper
optional	vapaasti valittava	fritt valbar
proseminar	proseminaari	proseminarium
reading room	lukusali	läsesal
reform of degree structure	tutkintorakenneuudistus	examensreform
research	tutkimus	forskning
science	tiede	vetenskap
studies	opinnot	studier
study module	opintokokonaisuus	studiehelhet/modul
subject	aine, oppiaine	ämne
summer university	kesäyliopisto	sommaruniversitet
teacher	opettaja	lärare
teacher education	opettajankoulutus	lärarutbildning
textbook	kurssikirja	kursbok
thesis	tutkielma	avhandling
voluntary	vapaaehtoinen	frivillig

4. Degrees

Bachelor of Arts	humanististen tieteiden kandidaatti	filosofie kandidat
Bachelor of Arts (Education)	kasvatustieteen kandidaatti	pedagogie kandidat
Bachelor of Arts (Psychology)	psykologian kandidaatti	psykologie kandidat
Bachelor of Dentistry	hammaslääketieteen kandidaatti	odontologie kandidat
Bachelor of Health Sciences	terveystieteiden kandidaatti	kandidat i hälsovetenskaper
Bachelor of Laws	oikeusnotaari	rättsnotarie
Bachelor of Medicine	lääketieteen kandidaatti	medicine kandidat
Bachelor of Science	luonnontieteiden kandidaatti	kandidat i naturvetenskaper
Bachelor of Science (Economics and Business Administration)	kauppateiden kandidaatti	ekonomie kandidat
Bachelor of Science (Pharmacy)	farmaseutti	farmaceut
Bachelor of Science (Technology)	tekniikan kandidaatti	teknologie kandidat
Bachelor of Social Sciences	valtiotieteiden kandidaatti	politics kandidat
Bachelor of Theology	teologian kandidaatti	teologie kandidat
Doctor	tohtori	doktor
Licentiate of Dentistry	hammaslääketieteen lisensiaatti	odontologie licenciat
Licentiate of Medicine	lääketieteen lisensiaatti	medicine licenciat
Master of Arts	filosofian maisteri	filosofie magister
Master of Arts (Education)	kasvatustieteen maisteri	pedagogie magister
Master of Arts (Psychology)	psykologian maisteri	psykologie magister
Master of Health Sciences	terveystieteiden maisteri	magister i hälsovetenskaper
Master of Laws	oikeustieteen maisteri	juris magister
Master of Science	filosofian maisteri	filosofie magister
Master of Science (Economics and Business Administration)	kauppateiden maisteri	ekonomie magister
Master of Science (Technology)	diplomi-insinööri	diplomingenjör
Master of Social Sciences	valtiotieteiden maisteri	politics magister
Master of Theology	teologian maisteri	teologie magister

5. Places at the University

Computing Centre	ATK-keskus	Datacentralen, DC
Course Book Library	kurssikirjasto	kursboksbiblioteket
Faculty library	tiedekunnan kirjasto	fakultetsbiblioteket
Faculty office	tiedekunnan kanslia	fakultetskansliet
FSHS (Finnish	YTHS (Ylioppilaiden	SHVS studenternas

Student Health Service)	terveydenhoitosäätiö)	hälsovårdsstiftelse
International Office	kansainväliiset palvelut	Internationella enheten
Language Centre	kielikeskus	Centret för språk och kommunikation
library	kirjasto	biblioteket
Main Building	päärakennus	huvudbyggnaden
Student Service Office	opiskelijapalvelut	Studiebyrå
Student Village	Ylioppilaskylä (Yo-kylä)	Studentbyn
University Bookshop	yliopiston kirjakauppa	universitetsbokhandel

6. Others

acting	viransijainen (vs. or vt.)	ställföreträdande
administration	hallinto	förvaltning
adult education centre	työväenopisto	arbetarinstitutet
archives	arkisto	arkiv
Centre for Extension Studies	täydennyskoulutuskeskus	fortbildningscentral
computer	tietokone	dator
copy card	kopiokortti	kopieringskort
copying machine	kopiokone	kopieringsmaskin
degree	tutkinto	examen
degree system	tutkintojärjestelmä	examenssystem
employment office	työvoimatoimisto	arbetskraftsbyrå
excerpt	ote	utdrag
form	lomake	blankett
foundation	säätiö	stiftelse
health centre	terveyskeskus	hälsovårdscentral
international student	ulkomaalainen opiskelija	internationell student
job/profession	ammatti	yrke
leave of absence	virka vapaa	tjänsteledighet
library card	kirjastokortti	lånekort
Ministry for Foreign Affairs	ulkoasiainministeriö	utrikesdepartementet
National Student Financial Aid Centre	Valtion opintotukikeskus	Statens studiestödscentral
office/bureau	virasto, toimisto	byrå
personnel/staff	henkilökunta	personal
publication	julkaisu	publikation
rector	rehtori	rektor
researcher/scientist	tutkija	forskare
Social Insurance Institution of Finland	Kansaneläkelaitos (Kela)	Folkpensions- anstalten (Fpa)
social security number	henkilötunnus	personbeteckning
student	opiskelija	studerande
student adviser	opinto-ohjaaja	studiehandledare
student card	opiskelijakortti	studiekort
student nation	osakunta	nation
student union	ylioppilaskunta	studentkår

subject association Tax Administration	ainejärjestö Verohallinto	ämnesförening Skatteförvaltningen
• FINNISH-ENGLISH-SWEDISH		
aine	subject/discipline	ämne
ainejärjestö	subject association	ämnesförening
aineopinnot	intermediate studies	ämnesstudier
ammatti	profession	yrke
apuraha	grant/scholarship	stipendium
arkisto	archives	arkiv
arvosana	grade/mark	vitsord
ATK-keskus	Computing Centre	Datacentralen
avoin korkeakoulu	open university	öppna universitetet
filosofian maisteri	Master of Arts/ Master of Science	filosofie magister
hakemus	application	ansökan
haku aika	application period	ansökningsperiod
hakuajan päättyminen	closing date for application	sista ansökningsdatum
hakulomake	application form	ansökningsblankett
hakumenettely	application procedure	ansökningsprocedur
hallinto	administration	förvaltning
henkilökunta	personnel/staff	personal
henkilötunnus	social security number	personbeteckning
ilmoittautua	register/enrol	skriva in sig
ilmoittautumisaika	registration period	inskrivningsperiod
ilmoittautumislomake	registration form	inskrivningsblankett
jatkokoulutus	postgraduate education	postgraduala studier
jatko-opiskelija	postgraduate student	doktorand/licentiand
jatkotutkinto	postgraduate degree	postgradual examen
julkaisu	publication	publikation
kandidaatti	Bachelor's Degree	kandidat
kansainväliset palvelut	International Office	Internationella enheten
Kansaneläkelaitos (Kela)	Social Insurance Institution of Finland	Folkpensions- anstalten (Fpa)
kasvatustieteen maisteri	Master of Education	pedagogie magister
kesäyliopisto	Summer University	sommaruniversitet
kieli- ja viestintäopinnot	language and communication studies	studier i språk och kommunikation
kielikeskus	Language Centre	Centret för språk och kommunikation
kielistudio	language laboratory	språkstudio
kirjasto	library	bibliotek
kirjastokortti	library card	lånkort
koe	examination/test	tent/tentamen
kopiokone	copying machine	kopieringsmaskin
kopiokortti	copy card	kopieringskort
korkeakoulu	university/institute of	universitet/högskola

koulutusohjelma	degree programme	utbildningsprogram
kurssi	course/class	kurs
kurssikirja	textbook	kursbok
kurssikirjasto	Course Book Library	kursboksbibliotek
kuulustelija	examiner	examinator
kuulustelu	examination	tentamenstillfälle
kypsyysnäyte	maturity test	mognadsprov
laitos	department	institution
lomake	form	blankett
loppukuulustelu/ lopputentti	final examination	sluttentamen
luento	lecture	föreläsning
luentosali	lecture hall	föreläsningssal
lukukausi	semester/term	termin
lukukausimaksu	tuition fee	läsårsavgift
lukusali	reading room	läsesal
lukuvuosi	academic year	läsår
luonnontieteet	science/the natural sciences	naturvetenskaper
lääketieteen lisensiaatti	Licentiate in Medicine	medicine licenciat
maisteri	Master's Degree	magister
moniste	hand-out/pamphlet	kompendium
oikeusnotaari	Bachelor of Laws	rättsnotarie
oikeustieteen kandidaatti	Master of Laws	juris kandidat
opettaja	teacher	lärare
opettajankoulutus	teacher training	lärarytbildning
opetusministeriö (OPM)	Ministry of Education	Undervisnings- ministeriet (UVM)
opinnot	studies	studier
opintojakso	course	kurs
opintokokonaisuus	study module	studiehelhet/modul
opinto-ohjaaja	student adviser/study counsellor	studiehandledare
opinto-ohjelma	study programme	studieprogram
opinto-opas	study guide	utbildningsprogram
opintopiste	credit	studiepoäng
opintopäällikkö	Head of Academic and Student Affairs	studiechef
opintosuoritustodistus	transcript	studieutdrag
opintopiste	credit	studiepoäng
opiskelija	student	studerande
opiskelijakortti	student card	studiekort/studentkort
opiskelijaluettelo	student registrar	studentförteckning
opiskelijapalvelut	Student Service Office	Studiebyrå
opiskelutodistus	study/registration certificate	studieintyg
oppiaine	subject/discipline	ämne
oppiarvo	degree	lärograd
osakunta	student nation (association)	nation

Further Information

ote	excerpt	utdrag
perustutkinto	basic degree/first degree	grundexamen
pro gradu -tutkielma	Master's thesis	pro gradu, avhandling
proseminaari	proseminar	proseminarium
psykologian maisteri	Master of Psychology	psykologie magister
pääaine	major subject	huvudämne
päärakennus	Main building	huvudbyggnad
päästötodistus	final (school) certificate	slutbetyg
pääsyvaatimus	admission/entrance requirement	inträdeskrav
rahoitus	financing	finansiering
rehtori	rector	rektor
sivuaine	minor subject	biämne
syventävät opinnot	advanced studies	fördjupade studier
säätiö	foundation	stiftelse
tekstinkäsittelylaite	word processor	ordbehandlare
tentti	examination	tentamen
terveydenhoitoasema/ terveyskeskus	health centre	hälsovårdscentral
terveystieteiden maisteri	Master of Science (Health Care)	magister i hälsovetenskaper
tiede	science	vetenskap
tiedekunnan kanslia	faculty office	fakultetskansli
tiedekunnan kirjasto	faculty library	fakultetsbibliotek
tiedekunta	faculty	fakultet
tietokone	computer	dator
tutkielma	thesis	avhandling
tutkija	researcher/scientist	forskare
tutkijalinja	research track programme	forskarområde
tutkimus	research	forskning
tutkimusala	field of research	forskningsområde
tutkimusapuraha	research grant	forskningsstipendium
tutkinto	degree	examen
tutkintojärjestelmä	system of degrees/ degree system	examenssystem
tutkintorakenneuudistus	reform of degree structure	examensreform
tutkintovaatimukset	degree requirements	examenskrav
työvoimatoimisto	employment office	arbetskraftsbyrå
työväenopisto	adult education centre	arbetarinstitut
ulkomaalainen opiskelija	international student	internationell student
ulkoasiainministeriö	Ministry for Foreign Affairs	utrikesministeriet
valinnainen	elective	valbar
valintakoe	entrance examination	urvalsprov
valintaperusteet	admission criteria	urvalsgrunder
Valtion opintotukikeskus	National Student Financial Aid Centre	Statens studiestödscentral
valtiotieteiden maisteri	Master of Social Sciences	politices magister

vapaaehtoinen	voluntary/optional	frivillig
vapaasti valittava	optional	fritt valbar
vapaat opinnot	elective studies	valbara studier
Verohallinto	Tax Administration	Skatteförvaltningen
vierailuluento	guest lecture	gästföreläsning
viransijainen (vs. or vt.)	acting	ställföreträdande
virkavapaa	leave of absence	tjänsteledig
virasto	office/bureau	byrå
yleisopinnot	general studies	allmänna studier
yliopisto	university	universitet/högskola
yliopiston kirjakauppa	University Bookshop	universitetsbokhandel
yliopiston kirjasto	university library	universitetsbibliotek
ylioppilastutkinto	matriculation examination	studentexamen
ylioppilaskunta	student union	studentkår
ylioppilaskylä	student village	studentbyn
YTHS (Ylioppilaiden terveydenhoitosäätiö)	FSHS (Finnish Student Health Service)	SHVS (Studenternas Hälsovårdsstiftelse)

• **SWEDISH-ENGLISH-FINNISH**

allmänna studier	general studies	yleisopinnot
ansökan	application	hakemus
ansökningsblankett	application form	hakulomake
ansökningsperiod	application period	hakuaika
ansökningsprocedur	application procedure	hakumenettely
arbetarinstitut	adult education centre	työväenopisto
arbetskraftsbyrå	employment office	työvoimatoimisto
arkiv	archives	arkisto
avhandling, pro gradu	Master's thesis	pro gradu -tutkielma
avhandling	thesis	tutkielma
biämne	minor subject	sivuaine
bibliotek	library	kirjasto
blankett	form	lomake
byrå	office/bureau	virasto
Datacentralen	Computing Centre	ATK-keskus
dator	computer	tietokone
doktorand/licentiat	postgraduate student	jatko-opiskelija
examen	degree	tutkinto
examenskrav	degree requirements	tutkintovaatimukset
examensreform	reform of degree structure	tutkintorakenne- uudistus
examenssystem	system of degrees/ degree system	tutkintojärjestelmä
examinator	examiner	kuulustelija
fakultet	faculty	tiedekunta
fakultetsbibliotek	faculty library	tiedekunnan kirjasto
fakultetskansli	faculty office	tiedekunnan kanslia
filosofie magister	Master of Arts/	filosofian maisteri

Further Information

finansiering	financing	rahoitus
Folkpensions- anstalten (Fpa)	Social Insurance Institution of Finland	Kansaneläkelaitos (Kela)
fördjupade studier	advanced studies	syventävät opinnot
föreläsning	lecture	luento
föreläsningssal	lecture hall	luentosali
forskare	researcher/scientist	tutkija
forskarområde	research track programme	tutkijalinja
forskning	research	tutkimus
forskningsområde	field of research	tutkimusala
forskningsstipendium	research grant	tutkimusapuraha
förvaltning	administration	hallinto
fritt valbar	optional	vapaasti valittava
frivillig	voluntary/optional	vapaaehtoinen
gästföreläsning	guest lecture	vierailuluento
grundexamen	basic degree/first degree	perustutkinto
hälsovårdscentral	health centre	terveydenhoito- asema/terveyskeskus
högskoleexamen	university/academic degree	korkeakoulututkinto
huvudämne	major subject	pääaine
huvudbyggnad	Main building	päärakennus
inskrivningsblankett	registration form	ilmoittautumislomake
inskrivningsperiod	registration period	ilmoittautumisaika
institution	department	laitos
internationell student	international student	ulkomaalainen opiskelija
Internationella enheten	International Office	kansainväliset palvelut
inträdeskrav	admission/ entrance requirement	pääsyyvaatimus
juris kandidat	Master of Laws	oikeustieteen kandidaatti
kandidat	Bachelor's Degree	kandidaatti
kompedium	hand-out/pamphlet	moniste
kopieringskort	copy card	kopiokortti
kopieringsmaskin	copying machine	kopiokone
kurs	course	opintojakso
kurs	course/class	kurssi
kursbok	textbook	kurssikirja
kursboksbibliotek	Course Book Library	kurssikirjasto
lånkort	library card	kirjastokortti
lärare	teacher	opettaja
lärarutbildning	teacher training	opettajankoulutus
lärograd	degree	oppiarvo
läsår	academic year	lukuvuosi
läsårsavgift	tuition fee	lukukausimaksu
läsesal	reading room	lukusali
magister i hälsovetenskaper	Master of Science (Health Care)	terveystieteiden

Further Information

medicine licenciat	Licentiate in Medicine	lääketieteen liseniaatti
mognadsprov	maturity test	kypsyysnäyte
nation	student nation (association)	osakunta
naturvetenskaper	science/the natural sciences	luonnontieteet
öppna universitetet	open university	avoin korkeakoulu
ordbehandlare	word processor	tekstinkäsittelylaite
PC	computer/PC	tietokone
pedagogie magister	Master of Education	kasvatustieteen maisteri
personal	personnel/staff	henkilökunta
personbeteckning	social security number	henkilötunnus
politices magister	Master of Social Sciences	valtiotieteiden maisteri
postgradual examen	postgraduate degree	jatkotutkinto
postgraduala studier	postgraduate education	jatkokoulutus
proseminarium	proseminar	proseminaari
psykologie magister	Master of Psychology	psykologian maisteri
publikation	publication	julkaisu
rättsnotarie	Bachelor of Laws	oikeusnotaari
rektor	rector	rehtori
SHVS (Studenternas Hälsövärdsstiftelse)	FSHS (Finnish Student Health Service)	YTHS (Ylioppilaiden terveydenhoitosäätiö)
sista ansökningsdatum	closing date for application	hakuajan päättyminen
Skatteförvaltningen	Tax Administration	Verohallinto
skriva in sig	register/enrol	ilmoittautua
slutbetyg	final (school) certificate	päästötodistus
sluttentamen	final examination	loppukuulustelu, lopputentti
sommaruniversitet	Summer University	kesäyliopisto
språkstudio	language laboratory	kielistudio
Språktjänst	Language Centre	kielikeskus
ställföreträdande	acting	viransijainen (vs. or vt.)
Statens studiestödscentral	National Student Financial Aid Centre	Valtion opintotukikeskus
stiftelse	foundation	säätiö
stipendium	grant/scholarship	apuraha
studentbyn	student village	ylioppilaskylä
studentexamen	matriculation examination	ylioppilastutkinto
studentförteckning	student register	opiskelijaluettelo
studentkår	student union	ylioppilaskunta
studerande	student	opiskelija
Studiebyrån	Student Service Office	opiskelijapalvelut
studiechef	Head of Academic and Student Affairs	opintopäällikkö
studiehandledare	student adviser/study counsellor	opinto-ohjaaja
studiehelhet/modul	study module	opintokokonaisuus

studieinriktning	field of education/ branch of study	koulutusala
studieintyg	study/registration certificate	opiskelutodistus
studiekort/studentkort	student card	opiskelijakortti
studiepoäng	credit	opintopiste
studieprogram	study programme	opinto-ohjelma
studier i språk och kommunikation	language and communication studies	kieli- ja viestintäopinnot
studier	studies	opinnot
studieutdrag	transcript	opintosuoritustodistus
tent/tentamen	examination/test	koe
tentamen	examination	tentti
tentamenstillfälle	examination	kuulustelu
termin	semester/term	lukukausi
tjänsteledigt	leave of absence	virka vapaa
Undervisningsministeriet (OPM)	Ministry of Education	opetusministeriö (UVM)
universitet/högskola	university/institute of higher education	korkeakoulu/ yliopisto
universitetsbibliotek	university library	yliopiston kirjasto
universitetsbokhandel	University Bookshop	yliopiston kirjakauppa
urvalsgrunder	admission criteria	valintaperusteet
urvalsprov	entrance examination	valintakoe
utbildningsprogram	degree programme	koulutusohjelma
utbildningsprogram	study guide	opinto-opas
utdrag	excerpt	ote
utrikesministeriet	Ministry for Foreign Affairs	ulkoasiainministeriö
valbar	elective	valinnainen
valbara studier	elective studies	vapaat opinnot
vetenskap	science	tiede
vitsord	grade/mark	arvosana
yrke	profession	ammatti
ämne	subject/discipline	aine
ämne	subject/discipline	oppiaine
ämnesciförening	subject association	ainejärjestö
ämnescudier	intermediate studies	aineopinnot

• **Abbreviations - English-Finnish-Swedish**

autumn semester	sl	syyslukukausi	ht	hösttermin
credit	op	opintopiste	sp	studiepoäng
(credit unit	ov	opintoviikko	sv	studieveckan)
hours per week	vt	viikkotunti	h	veckotimmar
lecture hall	ls	luentosali	aud	föreläsningssal/ auditorium
semester/term	lk	lukukausi	termin	
spring semester	kl	kevätlukukausi	vt	vårtermin

• **Personnel Titles - English-Finnish-Swedish**

assistant	assistentti	assistent
departmental	amanuenssi	amanuens
coordinator curator		
docent/senior lecturer	dosentti	docent
Head of Academic and Student Affairs	opintopäällikkö	studiechef
lecturer	lehtori	lektor
officer with various administrative affairs	korkeakoulusihteeri	högskolesekreterare
part-time teacher	tuntiopettaja	timlärare
professor	professori	professor
senior assistant	yliassistentti	överassistent

11.4 GLOSSARY OF FOOD VOCABULARY

This glossary gives you some basic vocabulary that might be helpful when shopping for food.

• **Finnish-English-Swedish**

appelsiini	orange	apelsin
banaani	banana	banan
broileri	chicken	kyckling/broiler
gluteeniton	gluten free	glutenfri
herkkusieni	mushroom	champinjon
herneitä	peas	ärter
hillo	jam	sylt
jauheliha	minced meat	malet kött
jogurtti	yoghurt	yoghurt
juusto	cheese	ost
kaakao	cocoa	kakao
kahvi	coffee	kaffe
kala	fish	fisk
kalkkuna	turkey	kalkon
kana, kananpoika	chicken	kyckling
kananmuna	egg	ägg
kasvisruoka	vegetable food	vegetarisk kost
kaurahiutale	oatmeal	havreflingor
kerma	cream	grädde
kesäkurpitsa	courgette/zucchini	zucchini
kinkku	ham	skinka
kivennäisvesi	mineral water	mineralvatten
kukkakaali	cauliflower	blomkål
kurkku	cucumber	gurka
laktoositon	lactose free	laktosfri
lampaanliha/lammas	mutton	lammkött, fårkött

Further Information

lehtisalaatti	lettuce	sallad
leipä	bread	bröd
lohi/kirjolohi	salmon	lax/forell
luumu	plum	plommon
maissi	corn	majs
maito	milk	mjölk
majoneesi	mayonnaise	majonnäs
makaroni	macaroni	makaroner
maksa	liver	lever
mansikka	strawberry	jordgubbe
margariini	margarine	margarin
mehu	juice	saft, juice
munakoiso	aubergine/eggplant	äggplanta/aubergine
mustikka	blueberry	blåbär
naudanliha/nauta	beef	nötkött
olut	beer	öl
omena	apple	äpple
paahtoleipä	toast	rostat bröd
paprika	paprika	paprika
papu	bean	böna
parsakaali	broccoli	broccoli
pasta	pasta	pasta
persikka	peach	persika
peruna	potato	potatis
piimä	sour milk	surmjölk
porkkana	carrot	morot
pähkinä	nut	nöt
päärynä	pear	päron
ranskalaiset perunat	French fries, chips (Br.)	fransk potatis (Fi), pommes frites (Swe)
riisi	rice	ris
ruisjauho	rye flour	rågmjöl
rusina	raisin	russin
salaatti	salad	sallad
sianliha/sika	pork	griskött
sinappi	mustard	senap
sipuli	onion	lök
sokeri	sugar	socker
suola	salt	salt
tee	tea	te
tomaatti	tomato	tomat
vadelma	raspberry	hallon
vehnä jauho	wheat flour	vetemjöl
vesi	water	vatten
vesimeloni	watermelon	vattenmelon
voi	butter	smör
öljy (oliivi-)	oil (olive-)	matolja (olivolja)

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Names of cafeterias, churches and other religious centres, consulates, pubs, pharmacies and shops are not included in this index. For their names, please check the respective section in the guide.

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General Emergency Number
(Ambulance, Police, Fire Department)

112

Poison Information Centre

09-471 977

How to make an emergency call:

On the phone, speak clearly and calmly

- What has happened
- State the exact address
- Are there people in danger
- Who you are and where you are calling from
- Follow the instructions given
- Do not terminate the call until being told to do so

Emergency calls can be made free of charge from any phone. From mobile phones, it is also possible to make an emergency call without a sim card and even if the phone is locked.

No area code is needed to make a 112 or 100 22 call from a mobile phone.

