

Practical GUIDE

Spring 2020



**Human
Potential
Unlimited.**

Practical GUIDE

Spring 2020

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**International
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tampereuni



TampereUniversity



Tampere University operates on three vibrant campuses: the **city centre campus**, **Hervanta campus** and **Kauppi campus**. The city centre campus is just ten minutes' walk from Tampere's railway station. Hervanta campus lies in the suburb of Hervanta, about seven kilometres from the city centre. Kauppi campus is located near Tampere University Hospital, about three kilometres east of the railway station.

Each campus provides modern facilities and versatile services to support your studies. On the campuses, you will find:

- **Tampere University Library** (www.tuni.fi/en/library)
- Several **student restaurants** (special diets and allergens are shown on the menu)
- The **IT Helpdesk** (<https://intra.tuni.fi/en/handbook/2677/2693/3218>)
You have to log in to view the page.
- High quality **sport services** (see the "SportUni" section in this guidebook for more information).

At Tampere University, we highly value environmental issues and recycling. In fact, Finnish law mandates that we recycle. Everyone at the University is expected to pay attention to sorting organic waste, cardboard and paper when disposing of rubbish.

Cycling to the University is very common, especially during the warmer months. There are several bike parks on the campuses, some of which have bicycle pumps and tools to help you fix your bike if necessary. On the city centre campus, you can borrow a bicycle to get from one place to another. More information is available at the information desks on the campuses.



Laura Vanzo / Visit Tampere Oy

TAMPERE – THE PLACE TO BE

A warm welcome to Tampere, the third largest city in Finland – we are sure you have made the right choice by coming here! With more than 230 000 inhabitants, Tampere is the largest inland city of the whole Nordic, beautifully located around the Tammerkoski rapids and between the lakes Näsijärvi and Pyhäjärvi.

Dubbed "the Manchester of Finland" due to its history as the birthplace of Finnish industrialization, Tampere is nowadays known as the most student-friendly city in Finland. Tampere is also known for its culture, music, delicacies and ice hockey teams, among other things. Whether your plan is to take full advantage of the highly active student community and various events and associations, dig deep into Finnish urban lifestyle with an exotic local twist or to enjoy the beautiful Finnish nature, you will surely find yourself at home in Tampere!

We wish you a great time in Tampere!

HEALTH CARE

Emergency telephone number 112

Ambulance, Fire Brigade, General Alarm and Police

Exchange and visiting students who have paid their Student Union (TREY) membership fee are entitled to use Finnish Student Health Services (FSHS, known as YTHS in Finnish), which operate during the daytime on weekdays. FSHS offers services on the city centre campus and Hervanta campus.

With a European Health Insurance Card or other health insurance, you can use municipal health services. For other health services, you must have proper insurance. Without any insurance you are required to pay for treatment yourself, which can be quite expensive.

Health insurance

EU nationals

You should apply for a European Health Insurance Card when moving to another country within the EU/EEA area or Switzerland. The card gives EU nationals access to medically necessary state-provided healthcare under the same conditions and at the same cost (free in some countries) as people insured in that country. The card is issued by your national health insurance provider. For more information on the European Health Insurance Card, please see www.ec.europa.eu/social/main.jsp?catId=559.

Students of the Nordic countries are entitled to health care services according to the Nordic Social Security Agreement. Finland has social security agreements with some other countries as well. For more information, please see www.kela.fi/web/en/from-other-countries-to-finland-social-security-agreements.

If you do not have an insurance policy, a European Health Insurance Card or the relevant valid paperwork, you will be charged the full cost of the services used (ie the actual expense of the medical care given). For more information, see the Non-EU Nationals section below.

For up-to-date information, please see the website of the City of Tampere (www.tampere.fi/en/social-and-health-services). Private health insurance is also highly recommended to EU/EEA nationals, as Finland's national medical insurance does not cover, eg the costs of possible repatriation.

Non-EU nationals

If you are a non-EU/EEA national, you are required to take out an insurance policy when you apply for a residence permit. Your health insurance must be valid from the day you arrive in Finland and remain so throughout your entire study period. Without insurance, any medical expenses will be very high. A single day in hospital will cost hundreds of euros.

If your studies take less than two years (less than four semesters), your insurance must cover medical expenses up to €120,000. If your studies take at least two years (four semesters or more), your insurance must cover pharmaceutical expenses up to €40,000. Please check the up-to-date information on the Finnish Immigration Service website (www.migri.fi/en/insurance). Information is also available on the University's website (<https://www.tuni.fi/studentsguide/tampere-university-students-guide/new-exchange-students-welcome-tampere-university>).

HEALTH SERVICES

FSHS contact Information (YTHS)

Street address: Kalevantie 3 (city centre campus, next to the Linna building)
Korkeakoulunkatu 6 (Hervanta campus, Konetalo building)
Website: www.yths.fi/en

Make an appointment

By phone: Mon–Thu 8.00–15.00, Fri 8.00–14.00
Online: <https://asiointi.yths.fi/en/appointments>

General health: tel. +358 46 710 1054
Mental health: tel. +358 46 710 1054
Oral health: tel. +358 46 710 1058

Laboratory

Book your appointment at <https://asiointi.yths.fi/en/appointments>
NOTE: A referral is required from an FSHS doctor or nurse!

The Finnish Student Health Service (FSHS, Ylioppilaiden terveydenhoitosäätiö, YTHS) provides health care services during standard hours to exchange and visiting students who have paid their Student Union (TREY) membership fee. Doctoral students are not entitled to FSHS services. FSHS has health service units in 15 university cities in Finland. To use these services, you must have a valid student card and a Finnish personal identity code (for more information, see the section “Moving to Finland” > Finnish personal identity code).

There are two FSHS units in Tampere, one next to the Linna building on the city centre campus and the other on Hervanta campus. The services provided include free medical examinations and consultations, free vaccinations and general medical treatment. A small fee is charged for dental treatment and appointments with specialists. FSHS provides basic health care services (including dental care and mental health care services), but it does not include specialist health care services, such as reproductive health services. FSHS is closed in the evenings and on weekends.

Please note that an additional fee of 35 euros will be charged if you do not cancel your appointment on time. More information on cancelling appointments, fees, contacts, etc can be found on the FSHS website (www.yths.fi/en).

Other health services

For all other health services apart from those offered by FSHS, you must have proper insurance.

Municipal health service

Information and advice every day 7.00–22.00,
tel: +358 3 100 23

You may ask the nurse for instructions on treating your illness. The nurse will also make an appointment with a doctor or nurse when needed.

Emergency Clinic Acuta at Tampere University Hospital

Open 24 h, tel. +358 3 311 611

Address: Teiskontie 35, K-Building (entering from Teiskontie, turn on to Kuntokatu and then onto Ensitie, which leads to the entrance)

Website: www.tays.fi/en-US

FSHS is closed in the evenings and on weekends. If you need medical attention during these times, you should contact either a private clinic or municipal health services. For urgent medical treatment, you should go to the Emergency Clinic Acuta, which is part of Tampere University Hospital, or call the emergency number (112).

More information on health services provided by the City of Tampere can be found on its website (www.tampere.fi/en/social-and-health-services).

For Pharmacies, see the section “Running errands”.



MOVING TO FINLAND

Residence permits and registration of stay

Foreign nationals must generally register their stay in Finland.

For up-to-date information on entry to Finland, see the Finnish Immigration Service (Maahanmuuttovirasto) website (www.migri.fi/en).

Non-EU/EEA nationals

Your residence permit allows you to live, stay and travel in Finland, and to leave and re-enter the country during the validity of the permit. A residence permit for students is usually granted for one year at a time. If your studies last for more than a year, you must apply for an extension. The extension should be applied for from the Finnish Immigration Service, who will decide whether you fulfil the requirements to be granted the extension. Information on applying for an extension is also available at www.migri.fi/en/renewal-of-a-residence-permit-card.

You must submit a mobility notification in Finland if you have a residence permit for studies issued in another EU country and if your studies are covered by a Union or bilateral/multilateral programme that comprises mobility measures between two or more higher education institutions.

EU/EEA nationals

Finnish Immigration Service (Migri)

Tekniikankatu 1, 33720 Tampere

Open: Monday–Wednesday and Friday 8–16.15. Closed on Thursdays.

Website: www.migri.fi/en/service-points. You can also book an appointment online.

As an EU/EEA national or non-EU national with a comparable status (Liechtenstein, Switzerland) you do not need a visa or residence permit. However, you need to register your stay with the Finnish Immigration Service if you stay in Finland longer than three months without interruption. Nordic nationals should register at the local Register Office (maistraatti).

You should register as soon as possible after arriving in Finland. Otherwise problems may occur in the case of an accident or contact with the police, or if claiming for damages. A written certificate of registration will be issued once the authorities have confirmed that the requirements for the registration are met.

Finnish personal identity code

Local Register Office

Street address: Hatanpään valtatie 24, 33101 Tampere

Tel: 029 553 9431

Office hours: Mon–Fri 9.00–16.15

Website: www.maistraatti.fi/en

All new students will need a Finnish personal identity code for the student register of Tampere University and the national data warehouse of higher education. It is also needed in a variety of situations outside the University as a means of identification, eg at Student Health Services, banks and hospitals.

If you are a non-EU/EEA national, you will be granted a Finnish personal identity code along with your residence permit. Other students should obtain it at the local Register Office, where you can also take care of your local registration in Tampere and notification of moving.

When registering at the local Register Office, you must present your passport, residence permit (non-EU/EEA nationals) and the Student Certificate issued by the University's Student Affairs Office. Please note that it can take up to 4–5 weeks to get the code in Tampere.

Notification of a change of address

All people moving to, from or within Finland are required to submit a notification of a change of address (muuttoilmoitus). By law, the notification should be submitted no later than one week after moving. The form is available from post offices and the local Register Office. If you have access to Finnish online banking services, you can also submit the notification online at

www.posti.fi/private/services/moving-and-mail-redirectation.html.

In post offices, you can also find specific postcards you can send free of charge (within Finland) to inform your friends of your new address. Please also remember to update your contact information at the Student Affairs Office by emailing studentservices.tau@tuni.fi.

Municipality of residence

Students with at least two years' study rights, eg those studying in a Master's degree programme, can be granted a municipality of residence entitling them to municipal health care services. A personal identity code is also required when applying for a municipality of residence. For more information, please see the website of the local Register Office (www.maistraatti.fi/en).

Working in Finland

Tampere public employment and business services

Street address: Pellavatehtaankatu 25, 33100 Tampere

Tel: 0295 020 713 (national telephone service in English)

Office hours: Mon–Fri 9.00–16.00

Website: www.te-services.fi/te/en/

An increasing number of international students opt to work while studying. Finnish labour legislation applies to everyone working in Finland, regardless of nationality.

Likewise, all employers are obliged to pay employment pension contributions as well as social security, unemployment security and accident insurance contributions for foreign employees. For more information on work permits, please visit www.migri.fi/en.

Non-EU/EEA nationals

Students from outside the EU and EEA countries who have been granted a residence permit for studies are allowed to work full time only if the work is study-related, i.e. the work entails practical training or a research project required for the degree. Otherwise, an average of 25 hours of weekly part-time work that is not study-related is allowed during the semesters. The number of working hours is not restricted during the holiday season. HOWEVER (and this cannot be stressed enough), there are exceptions depending on the student's status, e.g. scholarship, private arrangement, etc.

EU/EEA nationals

EU/EEA nationals and nationals of Switzerland can work in Finland without restrictions if the duration of the work period does not exceed three months. After that, they must register their right to stay in Finland, but they do not need a special residence or work permit.

Finding work in Finland

Unfortunately, finding a job is difficult, as many employers require their employees to speak fluent Finnish. Many international students have found work, eg in teaching dance or language courses, substituting for a language teacher, delivering advertisements and testing software.

RUNNING ERRANDS

Banking

Banks are usually open Mon–Fri 10.00–16.30. They are closed on the weekend.

The Single Euro Payments Area (SEPA) allows European consumers, businesses and public administrations to conduct the following types of transactions under the same basic conditions

- credit transfers
- direct debit payments
- card payments

This makes all cross-border electronic payments in euros as easy as domestic payments. For information on SEPA, please see https://ec.europa.eu/info/business-economy-euro/banking-and-finance/consumer-finance-and-payments/payment-services/single-euro-payments-area-sepa_en.

Banks charge a service fee for cash payments. Cheques are not used as means of payment in Finland. Credit and debit cards are widely accepted, and most ATMs and stores accept foreign credit cards.

There are a number of banks (pankki) in Tampere, e.g. Danske Bank, Tampereen Seudun Osuuspankki, Nordea and Handelsbanken. If you want to handle your finances through a Finnish bank account, it is a good idea to compare the service packages and prices before opening an account. Please note that some banks do not open accounts for shorter periods at all. As the banks have different policies, the easiest solution is to contact the bank's customer services.

Take your passport with you when you go to open a bank account. Please note that if you are going to receive a grant from Tampere University, you must open a Finnish bank account. As a bank account holder, you will also get a cash card (automaattikortti) which enables you to withdraw money at any ATM (OTTO or Nosto in Finnish) 24 hours a day. You can also pay bills through the bank giro system or by using a self-service payment point. Usually, you can pay bills and make transactions by using internet banking services. Whenever you pay bills, remember to write the reference number (viitenumero) if given on the bank giro form.

Pharmacies

Pharmacies (apteekki) are usually open Mon–Fri 9.00–17.00 and Sat 10.00–14.00.



Lost property

Pharmacies near the city centre campus:

Tullintorin apteekki

Address: Tullinkatu 6, Tullintori Shopping Centre 2nd floor

Mon–Fri: 8.00–18.00, Sat: 10.00–14.00

Tampereen Tammelan apteekki

Address: Itsenäisyydenkatu 17

Mon–Fri: 8.00–19.00, Sat: 9.00–15.00

Pharmacies near Hervanta campus:

Bonusapteekki

Pietilänkatu 2, 33720 Tampere, Mon–Fri 8.30–20, Sat–Sun: 12–16

One pharmacy in the city centre is open every day from early morning until midnight:

Yliopiston Apteekki

Address: Hämeenkatu 16

Mon–Fri: 7.00–24.00 Sat–Sun: 8.00–24.00

Police Lost Property Office

Address: Hatanpään valtatie 16, 33100 Tampere

Opening hours: Mon–Fri 10.00–12.00 and 13.00–15.00,

Enquiries by phone: Mon–Fri 10.00–12.00

Tel: 02 95 445 389

Email: loytotavara.sisa-suomi@poliisi.fi

Additional information: www.poliisi.fi/about_the_police/lost_property

Pirkanmaan löytötavaratoimisto (Pirkanmaa Lost Property Office)

Address: Suvantokatu 10

Opening hours: Mon 10.00–18.00, Tue–Fri 12.00–17.00

Tel: 0600 300 758 (€1.94/min + universal connectivity charge)

Lost something? If you lose, e.g. your wallet, mobile phone, travel card or student card, cancel all the important cards, cancel the telephone subscription, inform the University's IT Services about the lost student card, or inform the Regional Transport Service Point about your lost travel card (see the section "Getting around") and go to the two lost property offices (löytötavaratoimisto) in Tampere. One is run by the local police department and the other by a private company. In addition, check if the lost items have been brought to the information desks at any of the University buildings.

Post office and Customs

The main post office

Address: Tullikatu 6

Open: Mon–Fri 8.00–20.00

Tel: 0200 71000

For more information, please see www.posti.fi/index-en.html

In Finland, mail services are run by Posti. Stamps (postimerkki) can be purchased from post offices, Juvenes Café & Aula Toivo in the Main Building (2nd floor) of the city centre campus, and most corner shops and kiosks. For prices and instructions, please see www.posti.fi/private.

You can mail letters, small packages, etc by dropping them into an orange mailbox, provided that you have attached the necessary postage. You can also take your parcel to a post office or a parcel point. For information on post office locations, please visit www.posti.fi/en/service-points-on-map.

If packages sent to you from abroad must be checked by the customs and/or you are required to pay customs duty on an international package (from outside the EU/EEA countries), you will be asked to visit Customs (Postitulli).

Forms for notifying a change of address are available at every post office.

Schools and day care

International schools in Tampere

English

Finnish International School of Tampere

Website: www.tampere.fi/en/daycare-and-education/preschool-education-and-basic-education/fista.html

German

Tammela School

Website: www.tampere.fi/varhaiskasvatus-ja-koulutus/esiopetus-ja-perusopetus/koulut/tammelän-koulu.html

French

Wivi Lönn School

Website: www.tampere.fi/wivilonninkoulu

Additional information on primary education in foreign languages and information regarding the teaching of pupils of immigrant origin is available on the City of Tampere's website: <https://www.tampere.fi/en/daycare-and-education/preschool-education-and-basic-education.html>

For families with children, there are international day care groups (English, French, German and Swedish) with tuition. For further information on such day care groups and for information on day care for immigrant children, please see www.tampere.fi/en/daycare-and-education.html.

Compulsory education in Finland starts at the age of seven. Finnish comprehensive school lasts for nine years, and instruction, learning materials, daily meals and health care are provided free of charge.

GETTING AROUND

Tampere–Pirkkala Airport bus connections

Flights to Helsinki arrive at Helsinki–Vantaa Airport (about 20 km from Helsinki city centre) and flights to Tampere arrive at Tampere–Pirkkala Airport (about 20 km from Tampere city centre). For those landing in Helsinki, the most convenient option is to first take the train from the airport to Tikkurila railway station and then continue by train to Tampere. Trains run every hour in the daytime and the journey from Helsinki–Vantaa Airport to Tampere takes about two hours. There are also hourly buses from Helsinki–Vantaa Airport to Tampere – the bus ride takes two and a half hours. See the “Travelling in Finland” section for more information about long-distance train and bus schedules.

There is a local bus connection from Tampere–Pirkkala Airport to the city centre during the daytime (www.finavia.fi/en/tampere-pirkkala). Once in Tampere, the city centre campus is located within walking distance of the railway station. Hervanta campus is located about seven kilometres south of the city centre and Kauppi campus is located about three kilometres east of the city centre. Ryanair also has a bus connection between the railway station and the airport to coincide with its scheduled flights.

Local buses

Tampere Regional Transport Service Point Frenckell

Address: Frenckellinaukio 2 B, ground floor

Opening hours: Mon–Tue 9.00–17.00; Wed–Fri 9.00–16.00

Website: <http://joukkoliikenne.tampere.fi/en/info/customer-service>

Timetables: <https://aikataulut.tampere.fi/?lang=en>

Journey planner: <https://reittiopas.tampere.fi/?locale=en>

The buses are run by Tampere Regional Transport (NYSSE), and they are clean and punctual. You can pay for a single ticket in cash when boarding the bus or buy a single ticket via Nysse Mobiili mobile phone application cheaper than with cash - even

just before you get on a bus. In the application, you can pay the ticket using a Visa, Visa Electron or Mastercard (debit and credit) card that you add to the Nysse Mobiili app. However, it is cheaper to purchase a travel card (matkakortti) from the Tampere Public Transport Service Point, especially if you travel frequently. The reloadable travel card costs 5 euros, and it can be bought at the customer service point, where you can also buy tickets and/or top up the card. The smallest sum that can be loaded onto the card is 10 euros. Travel cards can be topped up at many places, including Juvenes Café & Aula Toivo (city centre campus, Main Building, 2nd floor), Juvenes Café Konehuone (Hervanta campus, Konetalo building), the Campus Shop (Tampere University of Applied Sciences), all R-kiosk outlets and the Tampere Public Transport Customer Service Point. For a complete list, please see the Tampere Regional Transport website (<http://joukkoliikenne.tampere.fi/en/tickets-fares/buying-tickets.html>).

When travelling by bus, please note that you must signal to the bus driver to stop, so remember to wave your hand! Also remember that you must enter the bus through the front door and exit through the side or back door. You should keep your bus ticket or travel card on your person throughout the trip.

Night buses run from 00.00 until 4.40, and an extra night fare of 2.60-3.00 euros will be charged in addition to the normal fare. The buses depart from Keskustori (Central Square), Koskipuisto and Pyynikintori. The night buses, which are marked with the letter Y after the bus number, travel different routes than the normal buses. For routes and schedules, please see the bus timetables or visit <https://aikataulut.tampere.fi/?lang=en>.

Students under 25 years of age are entitled to a youth discount, and full-time students over 25 years of age are entitled to a student discount. In order to purchase a travel card with a student discount, your home municipality must be Tampere or one of the neighbouring municipalities (Kangasala, Lempäälä, Nokia, Orivesi, Pirkkala, Vesilahti or Ylöjärvi). To get the discount, you also need to present your student card and have a Finnish personal identity code (from the local Register Office, see the section "Residence permits and registration of stay"). Students over 30 years of age are entitled to a student discount only if they are entitled to Finnish student financial aid. If they are not, they can purchase a regular priced travel card, which can be topped up and charged at regular (adult) prices. In the long run, using a travel card is cheaper than purchasing single tickets.

Cycling

Cycling is an excellent way to get around in Tampere – and to keep fit. Tampere has an extensive network of cycling routes. You can also plan your cycling route on the Tampere Regional Transport website (<https://kevytliikenne.tampere.fi/en>).

Look for ads, check notice boards, or place your own ad and you might be able to

find a cheap bike. An inexpensive way to buy a bike is to go to the annual auction (huutokauppa) at the Police Station (usually in September and April), where the police department auctions off all the abandoned bikes that no one has claimed. Ask your tutor to come with you, as the auction is held in Finnish (there will be an ad in the local newspaper Aamulehti about the auction). The Tampere region employment association Etappi also has a bicycle workshop where old bikes are refitted, serviced and sold at affordable prices.

Etappi's address and opening hours: Sarvijaakonkatu 28, Mon–Fri: 8.00–15.00. Route maps can be picked up at the Visit Tampere tourist information office in Tampere Market Hall (Hämeenkatu 19).

Taxi

To call a taxi in the Tampere area, dial 0100 4131. Alternatively, you can go to one of the taxi stands located around the city. Taxis are quite expensive in Finland, especially at night, so sharing a taxi may be a good idea if you need to use one. The cost of a taxi journey from the city centre to Hervanta is around 25 euros (tipping is not expected, which is the norm in Finland).



TRAVELLING IN FINLAND

All Bachelor's and Master's level university students who are members of the Student Union are entitled to discounts when travelling by train or coach.

Both the Finnish railway and long-distance bus companies often have discounts on advance and online tickets. If you know when and where you are travelling well in advance, it is certainly worth checking for possible discounts.

Trains

Finland has a fairly good railway network, and all big cities and many of the smaller ones can be reached by train. As a Bachelor's and Master's level student, you will get a 30% discount on long-distance train fares with a valid Finnish student card. You can buy tickets in advance at the railway station's ticket office, from a train ticket vending machine at the railway station or on the Finnish railways' website (www.vr.fi/en). It is not possible to buy tickets on all trains, and tickets might be more expensive if bought on board. The additional service charge on long-distance trains rises progressively. On the train, you will be asked to show your student card to the conductor together with your ticket. When buying a ticket, you will need to know which train you will take, because a compulsory seat reservation is included (except when travelling on local trains). The ticket fare depends on the time of purchase and the train you take. InterCity and Pendolino trains are often more expensive than commuter trains and ordinary express trains. Please note that student discounts do not apply on local trains in the greater Helsinki region.

Long-distance buses

Bus station for long-distance buses and coaches (linja-autoasema)

Address: Hatanpään valtatie 7

Ticket Office: Mon–Fri 6.45–18.00, Sat 9.45–18.00, Sun 10.45–20.00

Website: www.matkahuolto.fi/en

Long-distance buses run frequently to most parts of Finland and often connect to those places that cannot be reached by train. A student discount of 50% will be granted with a valid Finnish student card (excluding doctoral students) if the trip is at least 80 km. Tickets can be bought at the ticket office at the bus station, from the Matkahuolto website (see above) or on the bus. For timetables, routes and fares, please see the Matkahuolto website.

Renting a Car

Renting a car is easy but expensive. The rental costs vary from 50–150 euros per day with a kilometre limit, and the rental costs are higher without a kilometre limit. In addition to the rental costs, you must of course pay for the petrol, which currently costs about 1.50 euros per litre.



Laura Vanzo / Visit Tampere Oy

Flying

Airline websites

www.finnair.com
www.flysas.com

www.airbaltic.com
www.norwegian.com

www.ryanair.com
www.kilroy.fi

Helsinki–Vantaa airport is the largest airport in Finland, and it has the most connections around the world. Nevertheless, Finnair, airBaltic, SAS and Ryanair offer a range of domestic and international flights from Tampere–Pirkkala airport. Remember to check for reduced price tickets for those aged between 18 and 25.

Ferry companies

Eckerö Line Agency

www.eckeroline.com

Viking Line

www.sales.vikingline.com

Tallink/Silja Line

www.tallinksilja.com

Trips to Estonia, Russia and Sweden are offered by different ferry companies, such as Viking Line and Tallink Silja Line. Finland's two largest ports are in Turku and Helsinki.

ENJOYING TAMPERE

Visit Tampere tourist information

Information on theatres, museums, exhibitions and other tourist attractions

Email: visittampere@visittampere.fi

Website: www.visittampere.fi/en (maps and brochures in English, German and Russian)

Facebook: www.facebook.com/visittampereglobal

Culture

Tampere is known for its rich array of cultural attractions, as it has numerous theatres, art museums and annual festivals. The most well-known festivals are the Tampere International Theatre Festival in August and the Tampere International Short Film Festival in March.

Cinema

In Finland, films are usually shown in their original language with Finnish and Swedish subtitles, except for some animations, which may be dubbed. While the Finnkino cinemas Plevna and Cine Atlas focus on mainstream movies, Arthouse Cinema Niagara concentrates on independent, underground and art house films – and tickets at the latter are usually cheaper. Niagara also has theme weeks, when they show films from different countries or by certain directors, usually with English subtitles. For more information on movies, schedules and student prices, please see www.finnkino.fi/eng and www.elokuvakeskus.fi/niagara.

Cinemas in Tampere:

Finnkino Plevna, address: Itäinenkatu 4 (Finlayson Area)

Finnkino Cine Atlas, address: Hatanpään valtatie 1 (Koskikeskus Shopping Centre)

Arthouse Cinema Niagara, address: Kehräsaari, B-Building

Film Festivals

The internationally renowned Tampere International Short Film Festival takes place at the beginning of March. Showing short and full-length films from all over the world for five days, the festival is definitely worth visiting! Please visit the festival's website (www.tamperefilmfestival.fi) for more information.

Libraries

Main library “Metso”

Street address: Pirkankatu 2

Open: Mon–Fri 09.00–20.00, Sat 10.00–16.00, Sun 11.00–17.00

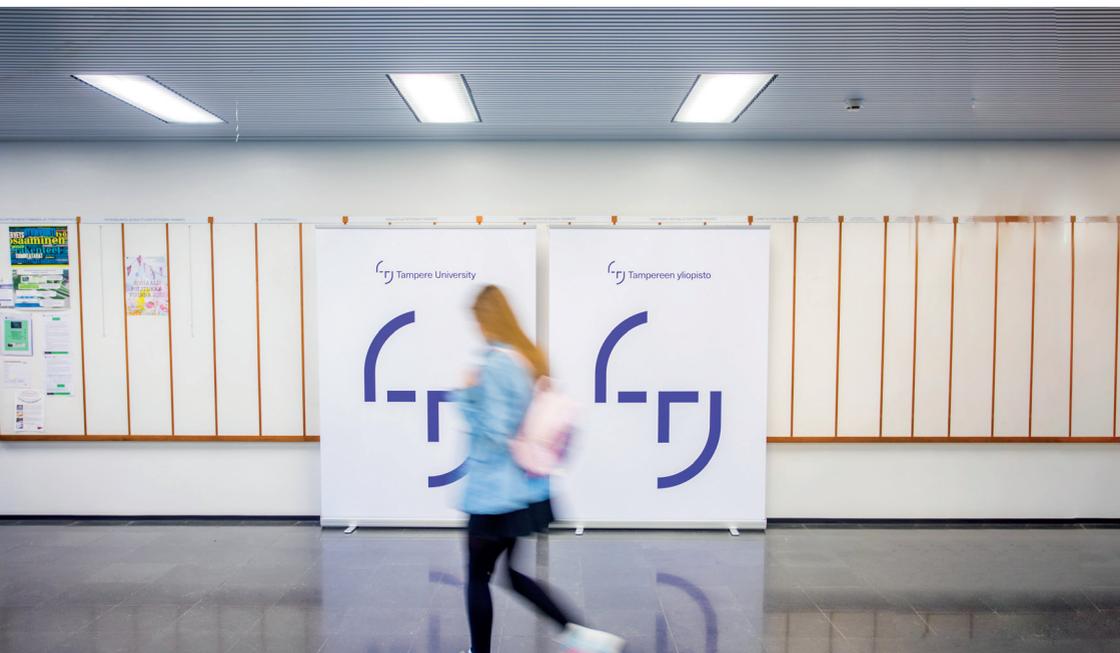
Note that there are several branch libraries located around the city of Tampere. You can find the library nearest to you at

www.tampere.fi/en/culture-and-leisure/libraries.html.

As a newcomer to the city, you will soon learn that the people of Tampere are proud of their main library. Why? To begin with, it was designed to look like a wood grouse (metso) when viewed from above, hence its Finnish name, Metso. The library offers a wide variety of services and an even wider selection of books – naturally in foreign languages too. Library services are free, but to borrow items you will need a library card. Library cards are issued free of charge on the ground floor of the library, and you can get a card by presenting a valid form of identification, such as your passport. The loan period is usually four weeks, with the exception of some video tapes, DVDs, new products and newspaper clippings, which can only be borrowed for 1–2 weeks at a time. You can also access the internet for free at the library.

Museums

Tampere has a wide selection of museums and exhibitions ranging from art to Lenin, the Moomins and spying. The Vapriikki museum centre has permanent exhibi-



tions on nature, ice hockey, video gaming and the Finnish Civil War among others. Vapriikki and some other museums have free entry every Friday afternoon. For a comprehensive and up-to-date list of museums and exhibitions, please see www.visittampere.fi/en.

Music

Symphony orchestra concerts by Tampere Philharmonic Orchestra are held at Tampere Hall from September to May, usually on Fridays at 19.00. For more information on tickets and concerts, please see www.tamperefilharmonia.fi/en.

Tampere has a vibrant live music scene. The biggest venues are Klubi, Olympia and YO-talo. Several pubs also host live music. For smaller gigs, try Telakka. There are also a few music festivals each year, such as Lost in Music at the beginning of October and the Valoa Festival in February. For the lovers of jazz, there is the Tampere Jazz Happening, which will be held in November.

Check out the following websites for upcoming gigs and events:

Klubi, address: Tullikamarin aukio 2, www.tullikamari.net/en

YO-talo, address: Kauppakatu 10, www.yo-talo.com

Olympia, address: Satakunnankatu 10, www.olympiakortteli.fi/events

Telakka, address: Tullikamarin aukio 3, www.telakka.eu/ohjelma

Lost in Music: www.lostinmusic.fi/en

Tampere Jazz Happening: <https://tamperemusicfestivals.fi/en/#tampere-jazz-happening>

Theatre

Tampere has much to offer theatre enthusiasts. There are two major theatres in Tampere (Tampere Theatre/Tampereen Teatteri and Tampere Workers' Theatre/Tampereen Työväen Teatteri) and several smaller ones, including student theatres. Most performances are in Finnish, except for the performances during the Tampere International Theatre Festival in August.

For more information on theatres and shows, please visit www.tampere.fi/kulttuuri-ja-vapaa-aika/kulttuuri.html (in Finnish).

For information on the Tampere International Theatre Festival, please visit www.teatterikesa.fi/en.

Restaurants and cafés

There are almost 300 pubs, restaurants, cafés, nightclubs and bars in Tampere. You can pick up a map of the restaurants and numerous brochures from the Visit Tampere tourist information office in Tampere Market Hall (Hämeenkatu 19). Many restaurants offer a student discount – one person in six in Tampere is a student, so you could (and should) always ask for a discount!

The traditional Tampere delicacy is Mustamakkara (“black sausage”), a blood sausage that you can always find on market stalls. It is traditionally eaten with lingonberry jam and a glass of milk. You can also buy Mustamakkara from the Market Hall and some restaurants. Recently, Tampere has also become the chicken wings capital of Finland, so you might want to try some!

One of the most famous cafés is found at the base of Pyynikki Observation Tower (Näkötornintie 20). There you can find arguably the best doughnuts (munkki) in the whole country. The café is also known as the place where one of the most famous pieces of Finnish comedy, Tonnin seteli, was filmed (found with English subtitles here: www.youtube.com/watch?v=XBDpIH4gIE).

Nightlife

There are several nightclubs in the city centre. They are open most days of the week. During weekdays (especially on Thursdays) there are often student parties, which are organised by local student associations or other organisations. Student parties usually offer prices that are significantly lower than usual.

Shopping

Opening hours for most large shops:

Mon–Fri 9.00–21.00, Sat 9.00–18.00, Sun 12.00–18.00

Tampere has a broad array of shops, ranging from small boutiques to large department stores and shopping centres. Check the newspapers for special offers. Words such as ale and tarjous indicate sales or special offers.

Stores and markets are open daily, but their opening hours vary. Many grocery stores are open until 22.00 or 23.00 during the week and those located at services stations may even be open 24/7.

The currency of Finland is the euro (EUR/€), which is divided into 100 cents, but the smallest coin in circulation is the five cent piece. Credit and debit cards are widely accepted.

Wine, beer and other alcohol

Beer and cider containing up to 5.5% alcohol by volume are available at supermarkets and food stores. Wine, beer and spirits containing more than 5.5% alcohol by

volume can only be bought at state-owned Alko stores. The minimum age for purchasing alcohol is 18 years, except for products containing more than 21% alcohol, for which the age limit is 20. You will most likely be asked to show your ID when purchasing alcohol. Please note that it is illegal to sell alcohol in stores before 9.00 and after 21.00.

Second-hand shopping

Buying and selling used items using social media has become quite popular. There are many useful Facebook groups, such as “Hervanta sales” and “Tampere Buying Selling Giving Away”. You can also find multiple second-hand stores around the town. Close to the city centre campus, there is Bonus (address: Itsenäisyydenkatu 11–13) and Fida (address: Tammelan puistokatu 37). Near Hervanta campus, you can find Swap (address: Lindforsinkatu 4).

List of stores

Grocery stores: there are 3 Lidl stores in the city centre as well as one in Duo shopping centre in Hervanta. Prisma is another low-price hypermarket in Sammonkatu 75 and Lempääläntie 21. Other grocery stores include K-Market, K-Supermarket, S-Market and Sale

Shopping centres: Koskikeskus, Ratina, Tullintori (city centre), Duo (Hervanta)

Department stores: Sokos, Stockmann (high end) on the main street Hämeenkatu

Book stores: Akateeminen Kirjakauppa and Suomalainen Kirjakauppa on the main street Hämeenkatu. Note that you rarely need to buy books for your studies thanks to extensive university and city libraries

Furniture: IKEA is located in Leppästensuonkatu 4, which is reachable by buses 5 and 33.

Discount stores: Tokmanni stores offer all kinds of products for daily life with affordable prices. There are several stores in the city centre as well as one in Duo shopping centre in Hervanta

Kiosks: R-Kioski has many kiosks all around the city - they also offer services such as topping up your bus card or receiving mail packages

Specialty food stores: Ruohonjuuri and It's Pure stores offer mostly organic and fair trade products. There are also many ethnic food markets, for example East Asia Mart in Tullintori shopping centre. You should also check out the Tampere Market Hall in Hämeenkatu 19!



SPORTUNI

Contact information sportuni@tuni.fi

SportUni, Tampere University's joint sports services, offers a wide range of high-quality sports services to students in Tampere. SportUni aims to improve the well-being of students by making it possible to use the facilities of all three campuses.

Sports facilities on three campuses with just one fee!

SportUni facilities are located on all three campuses – the city centre, Hervanta, and Kauppi.

There are versatile sports activities, such as group exercise classes, ball games, recreation courses, individual services, tournaments, etc. Additionally, there are gyms, a tatami room, stretching rooms, a climbing wall, a mini skate ramp, a beach volley court, and two outdoor gyms. Outdoor sports are also supported on all campuses.

Join us, even if you have not done sports before! Remember to plan your weekly schedule so that you have enough time for both sports and relaxation!

For more information on SportUni's fees, services and activities online, please visit <https://sites.tuni.fi/sportuni-en/>.

After paying the SportUni fee, you can use the sports facilities on all three campuses, but you need to request access rights for each campus first. For more information, please follow the link above.

Please note that neither Tampere University nor SportUni has insurance coverage for those taking part in sports activities. Therefore, you should purchase your accident insurance! The City of Tampere also has many sports facilities. Please visit the

City of Tampere website for more information (www.tampere.fi/en/culture-and-leisure/sports).

SOCIAL AND SUPPORT NETWORKS

TREY - Student Union of Tampere University

Student Union of Tampere University, TREY, represents all the 18 000 university students in Tampere. TREY protects the interests of students, facilitates the work of student associations, provides services for its members as well as creates a sense of community. Moreover, TREY appoints student representatives to various administrative bodies of the university and faculties and provides a variety of services to its members and associations including events, free legal counselling, guidance, training and much more. Every student is welcomed to become involved in TREY's activities.

The members of TREY include all students who are studying for a Bachelor's or Master's degree at Tampere University, as well as those doctoral and exchange students at Tampere University who have chosen to join the Student Union.

Follow TREY on social media [@treytampere](https://twitter.com/treytampere) to stay up to date on news and events! All the information you could need on TREY can be found on the website www.trey.fi/en. You can also subscribe to TREY's weekly newsletter at <https://lists.tuni.fi/mailman/listinfo/trey-newsletter>

Student Associations

Students of Tampere University have founded student associations according to their field of study or a joint interest. Participating in the student associations' activities helps to balance your studies with free time. Join parties, excursions, sports, and cultural events. You have more than 150 associations to choose from! Please note that some of the associations might only operate in Finnish but this does not mean you are not welcome to join them: the reason behind the choice of language can be the lack of international students! If there is a student association you find interesting, please do not hesitate to contact them.

For further information about the student associations and their contact information, and a full list of different hobby and subject associations can be found on TREY's website at <https://trey.fi/en/associations>

ESN FINT and ESN INTO

ESN FINT and ESN INTO are non-profit student organisations that provide free-time activities for all internationally-minded students in Tampere, including exchange students, international degree students, and local students. Both organisations are local sections of the international Erasmus Student Network.

ESN FINT stands for Erasmus Student Network, Finns and Internationals in Tampere and their office is located at the City centre campus main building. ESN INTO operates at the Hervanta campus, where they also have their club room.

ESN FINT and ESN INTO offer services, such as borrowing kitchen utensils, sledges, and ice skates, purchasing overalls, getting the ESN card as well as advice for international students. In addition, they organise all kinds of events (e.g. hangouts, cottage weekends, laser tag, indoor climbing) and social projects for international-minded people) and trips to Northern Lapland, Russia, and the Baltic countries.

You can also become an Active member and organize events or become an Officer with your own area of responsibility. More information about ESN FINT and ESN INTO on their Facebook and Instagram pages and their websites <https://esnlinto.org> (Centre Campus) and <https://esninto.org/> (Hervanta campus).

Opiskelijan Tampere – a Cooperative Organ

Opiskelijan Tampere, established by the student unions in Tampere, provides student-specific information on living in Tampere. Their website provides information on student benefits, available jobs as well as cultural and other free-time activities. At their online marketplace, you can find bargains or donate unnecessary items to somebody else. Opiskelijan Tampere also rents out furnished shared apartments

for international students. For more information, visit their website at <https://www.opiskelijantampere.fi/en/> or Facebook: www.facebook.com/opiskelijantampere

Immigrant services

The City of Tampere has five coordinators handling immigrant issues. They work on the possible challenges that may result from the city's increasing multicultural diversity.

For more information:

Email: maahanmuuttajainfo@tampere.fi

Tel: 040 806 2527

Address: Keskustori 4, 3rd floor

Website: www.tampere.fi/en/mainio.html

Facebook: www.facebook.com/tremainio

Naistari, the international women's meeting place

Naistari welcomes all women, both immigrant and Finnish, who are interested in different cultures. This meeting place for women and children is a home away from home where you can study the basics of the Finnish language, learn about other cultures, meet new people, go on outings and excursions, and get help with everyday matters.

For more information:

Email: naistari@setlementitampere.fi

Website: www.naistari.fi/english

Address: Lindforsinkatu 4 (in Hervanta)

SETA, the national human rights organisation

SETA is a national human rights organisation aiming for an equal society and individual welfare for everyone, regardless of their sexual orientation, gender identity or gender expression. SETA provides educational services for schools and vocational institutes, as well as social and counselling services and group activities. SETA also organises parties and other activities for its members. There are different kinds of peer groups in SETA, eg for women, men, young people, elderly people, rainbow families, people with religious or spiritual interests and international LGBTI people.

For more information:

Website: www.pirkanmaanseta.fi/in-english

Facebook: www.facebook.com/pirkanmaanseta

Address: Näsliinankatu 48E

Crises

Smaller problems are quite common when abroad, but severe crises or emergencies are typically rather rare. However, it is always possible that something unexpected happens. Remember that no one has to cope on their own: depending on the situation, help, and support can be provided by Finnish Student Health Services (FSHS), the police, the University Chaplain or Victim Support Finland, among others. The University's study psychologist can be contacted by email (opintopsykologit.tau@tuni.fi) to help with study-related problems. In many cases, it may be helpful to turn to the University's International Office or, if you are a member, the Student Union TREY.

Osviitta Crisis Prevention Centre

To alleviate the possible psychological or social problems of foreign citizens and their families in Finland, the Finnish Association for Mental Health has opened Osviitta Crisis Prevention Centre. You can go to Osviitta without an appointment, and the services are confidential and free of charge.

Sorinkatu 4 C, 2nd floor

Email: osviitta@osviitta.fi

Tel: 0400 734 793

Website: www.mielenterveysseurat.fi/tampere/in-english/

Culture Shock

Culture shock is a common phenomenon. All travellers entering an unfamiliar culture, meeting new people, using a foreign language and being separated from their family and friends are affected by it to some extent. Although entering a new culture is very exciting, it can also be overwhelming and affect you both physically and emotionally. Always bear in mind that experiencing a culture shock is both normal and temporary! To adapt to the local customs, it is important to accept that there will always be differences between your own culture and the culture of your host country. Do not forget to appreciate the opportunity of living in two different countries and experiencing new cultures - not everyone has the chance! Keep yourself busy and active, get to know the local customs, taste the weird local dishes, travel around, and make the most of your time in Finland!

Non-Discrimination Ombudsman

The Non-Discrimination Ombudsman (yhdenvertaisuusvaltuutettu) is an authority whose task is to improve the status and legal protection of ethnic minorities and foreigners, as well as to ensure equality, non-discrimination and good ethnic relations in Finland. The Ombudsman mainly gives guidance and advice on issues relating to ethnicity and being a foreigner in Finland by providing information on ethnic issues and the status of foreigners in Finland. The Ombudsman also aims to change attitudes and influence legislation and reports on related issues. You can contact the Ombudsman if you have experienced or observed ethnic discrimination. For more information, visit the Ombudsman's website: www.syrjinta.fi/web/en.

Religious communities

Evangelical-Lutheran congregations in Tampere

www.tampereenseurakunnat.fi/in_english

Tampere Islamic Society

www.islamtampere.com/en_GB/ or visit the Tampere Islamic Society at Yliopistonkatu 60 A

Catholic Church in Tampere

www.risti.katolinen.fi/in-english or visit the Tampere Catholic Church at Amurinkuja 21A

Anglican Church in Finland www.anglican.fi

Jewish Community in Finland www.jchelsinki.fi/en

In Finland, freedom of religion is a constitutional right. Some 70% of Finns are members of the Evangelical-Lutheran Church and another 1% are members of the Orthodox Church of Finland. Increasing secularisation within Finnish society has affected – and continues to affect – these rates of membership.

Several churches in Tampere offer religious services in different languages, including English, German and Swedish.

Sunday Service in English, Old Church (Vanha kirkko), Central Square, every Sunday at 16.00

The Pinni B building on the city centre campus houses an ecumenical campus chapel, Taivaankannen kappeli, which serves University students and staff. University Chaplain Rev. Risto Korhonen is available for pastoral counselling: risto.korhonen@tuni.fi, tel: 050 383 5391.

Support for victims of crime

Victim Support Finland (Rikosuhripäivystys) offers practical advice and support to victims and witnesses of crime. The support service also works to improve the social status of crime victims by influencing general attitudes and legislation. Victim Support Finland has a nationwide helpline that offers people the chance to talk to someone who understands what being a victim of a crime might feel like and who can offer practical information and advice.

Helpline tel: 116 006

Website: www.riku.fi/en/home

Tampere office address: Nalkalankatu 12 G



FINNS AND THINGS

Study in Finland (Centre for International Mobility) www.studyinfinland.fi

The official travel site of Finland www.visitfinland.com

Virtual Finland (produced by the Ministry for Foreign Affairs): www.finland.fi

Ministry for Foreign Affairs of Finland <https://um.fi/frontpage>

Finland only became urbanised in the 1960s, which means that many Finns still have rural roots. Their former close ties to nature may well be the reason why nature and the now increasingly sparsely populated rural areas mean a lot to Finns. Many city-dwellers have a summer cottage out in the countryside where they spend most of their summer.

Finns are said to be relatively quiet and shy, but straightforward and honest. The four distinct seasons affect our personalities and character. In general, life in the summer is relaxed, and the cities are full of life and different kinds of events. People enjoy the sun in both the cities and the countryside. Going to the sauna and boating are typical things to do at the summer cottage. In the autumn, people visit their cottages and pick berries and mushrooms in the surrounding forests. Most family apartments have their own saunas, but in some apartment buildings there might only be a communal sauna. The sauna is an excellent place for relaxation, and it is said that "in the sauna, everyone is equal".

Finns have a special passion for sports such as ice hockey, cross-country skiing and javelin. Ski jumping, jogging, motor racing, orienteering and Finnish baseball are also national pastimes.

Finnish families are typically small, with few having more than three children. Single parents are not uncommon, and there is an increasing number of stepfamilies formed by the remarriage of single parents. Marriage is common, but it is just as common for people to live together for some years before getting married or to not marry at all.

There is a strong tradition of female emancipation in Finland. About 80% of women with children over three years of age have a regular job, and well over 50% of university students are female. Legislation has been enacted to promote gender equality.

Cost of living

The cost of living in Finland is on average comparable to the rest of northern Europe. Single students entitled to student discounts are advised to have approximately 700–990 euros per month to cover their rental, food, transportation, personal and leisure expenses:

- Student accommodation 200–500 euros
- Food 200–300 euros

- Local transportation 45 euros
- Leisure and personal 150–200 euros

There are other occasional expenses, such as the Student Union membership fee of 58/116 euros per semester/academic year and the costs of study material and course books. It is usually not necessary to purchase books, as most are available at the University Library. Therefore, the cost of study material should remain relatively low.

Depending on your personal preferences (food, social life, travelling in Finland or to neighbouring countries, books and other materials, sports equipment, etc) an additional 150–200 euros per month may be required, as unanticipated expenses can occur.

ENVIRONMENT AND RECYCLING

Environmental care practices vary significantly from one country to another even within the EU. In Finland, the Finnish law mandates recycling! You can find information in English about the recycling bins and centres near you online (www.kierratys.info). At the University, students and staff members are expected to pay particular attention to sorting organic waste (in student restaurants), cardboard and paper (in computer labs).

Vegetarian food is available almost everywhere nowadays. All University restaurants provide balanced vegetarian dishes. The student association Tampiiri, which functions within the Student Union (TREY), supplies affordable local and vegetarian food. Visit Tampiiri's website (www.tampiiri.fi/information-in-english) for more information on the group.

Buying and selling second-hand goods is fairly common in Finland. Second-hand shops and flea markets are great places to find reasonably priced items in good condition (see the "Shopping" section for information on locations).

MEDIA AND COMMUNICATION

Newspapers and magazines

The national newspaper, *Helsingin Sanomat*, is read all over Finland. The regional newspaper in Tampere is called *Aamulehti*. The best selection of foreign newspapers can be found on the newsstand of R-kioski at the railway station and in the *Akateeminen Kirjakauppa* bookshop (located in Stockmann department store).

If you do not always fancy surfing the internet, the least expensive way to keep track of events outside Finland is to read newspapers and magazines (*aikakauslehti*) in

libraries. Both the University Main Library and the Tampere's main library (Metso) have good selections of newspapers and magazines. Metso offers magazines and newspapers from about 30 different countries and a LibraryPressDisplay portal, which provides access to over 2,000 newspapers and magazines in about 50 different languages.

Mobile phones

Mobile phones (*matkapuhelin* or *kännykkä*) are very common in Finland, and a pre-paid calling card is often the best choice for international students. Prepaid cards can be purchased from R-kioski outlets, among others, but remember to compare prices before purchasing anything, as they are likely to vary according to the operator and the package in question. Most prepaid cards only work in the country of purchase. Note that ESN FINT offers international students prepaid subscriptions for free during the Orientation Course.

For more information on buying a mobile phone and subscribing to a network, please contact the telephone shops around town. You might be able to pick up an affordable second-hand mobile phone at one of the city's many flea markets.

Please visit the websites of mobile operators (eg www.elisa.com and www.telia.fi/english) for more information.

TV and Radio

In Finland, there are several national radio stations and television channels as well as numerous local radio stations. The public broadcasting company Yle (*Yleisradio*) broadcasts local and national radio channels as well as TV channels and online content, which is free to access for everyone in Finland (*Yle Areena*). For more information about Yle Areena and commercial streaming services, please see <https://areena.yle.fi/tv>, www.ruutu.fi or www.mtv.fi.

FINNS LOVE...

Coffee

On average, Finns consume five cups of coffee (*kahvi*) each day! If you visit a Finnish home, you will probably be offered some coffee. It will not be considered impolite if you happen to dislike coffee and decline it. Tea is usually served as an alternative to coffee.

Cottages

A cottage or cabin (*mökki*), preferably in the middle of nowhere, by the lakeside and with only the most basic necessities, is almost every Finn's dream. Inside every Finn,

there seems to be a little forest troll who wants to hear the wind whispering in the trees and to dip into the cool water of a lake after taking a sauna.

Sauna

The sauna is an essential part of the Finnish way of life. There are about three million saunas in the country. There is a communal sauna in every TOAS accommodation block. You will certainly be invited to several sauna evenings during your stay in Finland. Originally, the sauna was not only a place for washing oneself, but also the place where children were born and the sick were cared for. There is an old Finnish proverb to this effect: "if sauna, spirits or tar do not help, the disease is fatal". Many flats also have their own saunas, and student associations often organise sauna parties for their members. Note that it is not customary for men and women to share a sauna unless they are members of the same family or are otherwise particularly close friends. Ice swimming during the winter is increasingly popular in Finland, and there are a number of places in Tampere (eg Rauhaniemen Uimala, see www.rauhaniemi.net/in-english and Kaupinojan sauna, see www.talviuimarit.fi/english-info) where you can go for a refreshing swim after a sauna.

Sports

Finns are very serious about sports (*urheilu*). You can expect to see spontaneous celebrations in the streets and squares whenever Finland performs well in a sport (*#torillatavataan*). Possibly the most important annual sports competition for Finns is the Ice Hockey World Championship, which is held every May.

Winning a medal in the Olympic Games is about the best thing that can happen to a Finn. The winner is treated like a national hero, invited to the Presidential Palace, and featured in interviews and pictures in newspapers and magazines. Even the very smallest villages have their own sports fields, sports facilities, swimming pools, etc.



FINNS REQUIRE...

Punctuality!

Älä myöhästy! Both at work and in social life, Finns are very punctual. A major exception is the academic quarter (*akateeminen vartti*, 15 minutes past the hour), which is a practice in the academic world. This means that if it says on the timetable that your lecture starts at 10, it will not begin until 10.15. However, if it says your lecture is to start at 10.00, it will begin at 10 o'clock sharp. The academic quarter does not apply to exams.

A smoke-free environment

Smoking is not permitted in public buildings, since Finland has strict anti-smoking regulations. Therefore, always remember to check if there is a "No smoking" (*tupakointi kielletty*) sign before you light a cigarette, even in places where you think it could be acceptable. People normally do not smoke indoors or in private homes.

Shoes to be taken off in homes

People in Finland usually do not wear shoes indoors, so please take them off when visiting a Finn's home. On special occasions, such as graduation parties, christenings and anniversaries, it may be acceptable to wear shoes indoors, provided that they are clean.

In a nutshell

Finns are very punctual. If you are running late, it is polite to notify anyone who might be waiting for you.

In Finland, silence is not considered awkward and hence there is not really a "small talk" culture in Finland.

It is perfectly safe to drink the tap water in Finland!

Finland's strict tobacco laws forbid smoking in public spaces, such as bars. University restaurants are non-smoking areas, and it is forbidden to smoke inside flats. There are specific smoking areas on the campuses, so please do not smoke elsewhere.

Recycling centres and flea markets are good places for international students to shop. Second-hand bicycles are also available.

People are legally obliged to wear a reflector (a luminous tag on their clothing) when it is dark outside.

Cyclists must wear a helmet while riding a bicycle.

UNDERSTANDING FINNISH

Adapting to Finnish society and everyday life will be much easier and more fun if you are prepared to learn some Finnish. Tampere University offers several options for studying Finnish – from a short survival course to an extensive elementary course followed by more demanding courses.

Uuno (www.uuno.tamk.fi) is a website designed to introduce Finnish language and culture to exchange students and other foreigners. Uuno contains educational material for elementary-level Finnish language learning, and it focuses on everyday life and culture.

SURVIVAL FINNISH

Common Phrases

Good morning

(Hyvää) huomenta!

Good afternoon!

(Hyvää) päivää!

Hello! Hi!

Moi! Hei! Terve!

Goodbye!

Näkemiin!

See you!

Nähdään! Heihei!

How are you?

Mitä kuuluu?/Miten menee?

Fine, thank you!

Kiitos hyvää!

What's your name?

Mikä sinun nimesi on?

Where do you live?

Missä asut?

What's your address?

Mikä sinun osoitteesi on?

What's your telephone number?

Mikä sinun puhelinnumerosi on?

Excuse me, where is the bus station?

Anteeksi, missä on linja-autoasema?

What's the time?

Paljonko kello on?

I don't speak Finnish.

En puhu suomea.

Do you speak English?

Puhutko englantia?

I don't understand.

En ymmärrä.

I understand.

Ymmärrän.

Could you speak more slowly, please!

Voisitko puhua hitaammin, kiitos!

T/here you are, please!

Ole hyvä!

Thank you! Thanks!

Kiitos! Kiitti!

Excuse me!

Anteeksi!

I'm sorry!

Anteeksi!

Help me, please!

Auttakaa minua, kiitos!

Help!

Apua!

Yes

Kyllä/Joo

No
Cheers!

Ei
Kippis!

Weekdays

| | |
|-----------|-------------|
| Monday | maanantai |
| Tuesday | tiistai |
| Wednesday | keskiviikko |
| Thursday | torstai |
| Friday | perjantai |
| Saturday | lauantai |
| Sunday | sunnuntai |

Months

| | |
|-----------|-----------|
| January | tammikuu |
| February | helmikuu |
| March | maaliskuu |
| April | huhtikuu |
| May | toukokuu |
| June | kesäkuu |
| July | heinäkuu |
| August | elokuu |
| September | syyskuu |
| October | lokakuu |
| November | marraskuu |
| December | joulukuu |

Academic Vocabulary

academic year
basic user account
course
curricula guide
exam
faculty
grade
Learning Agreement

Numbers

| | |
|------|---------------|
| 0 | nolla |
| 1 | yksi |
| 2 | kaksi |
| 3 | kolme |
| 4 | neljä |
| 5 | viisi |
| 6 | kuusi |
| 7 | seitsemän |
| 8 | kahdeksan |
| 9 | yhdeksän |
| 10 | kymmenen |
| 11 | yksitoista |
| 12 | kaksitoista |
| 20 | kaksikymmentä |
| 30 | kolmekymmentä |
| 100 | sata |
| 1000 | tuhat |

lukuvuosi
peruspalvelutunnus
kurssi
opinto-opas
tentti/koe
tiedekunta
arvosana
opintosuunnitelma

learning diary
lecture
Letter of Acceptance
Registrar's Office
semester
student
student association
student card
student certificate
teaching schedules
Transcript of Records
university

oppimispäiväkirja/luentopäiväkirja
luento
hyväksymiskirje
aktuaarinkanslia
lukukausi
opiskelija
ainejärjestö
opiskelijakortti
opiskelijatodistus
opetusohjelma
opinto-ote
yliopisto

Everyday Vocabulary

airport
ATM
bank
bread
bus
bus/coach station
bus stop
butter
café
card
cash
child
cinema
closed
clothes
coffee
credit card
computer
conditioner (for hair)
conditioner/fabric softener
detergent

lentokenttä
pankkiautomaatti
pankki
leipä
bussi/linja-auto
linja-autoasema
bussipysäkki
voi
kahvila
kortti
käteinen
lapsi
elokuvateatteri
kiinni/suljettu
vaatteet
kahvi
luottokortti
tietokone
hoitoaine
huuhteluaine
pyykinpesuaine

department store

envelope

food

food store

home

house

hospital

insurance

kiosk/corner shop

library

man

menu

milk

mobile phone

money

museum

open

passport

pen

pencil

personal identity code

tavaratalo

kirjekuori

ruoka

ruokakauppa

koti

talo

sairaala

vakuutus

kioski

kirjasto

mies

ruokalista

maito

puhelin/kännykkä

raha

museo

auki/avoinna

passi

kuulakärkikynä

lyijykynä

henkilötunnus



pharmacy
police station
post office
pub/bar
railway station
recycling
residence permit
restaurant
room
shop
tea
ticket
timetable
toilet
toilet paper
train
travel card
washing-up liquid
water
woman

apteekki
poliisiasema
posti
pubi/baari
rautatieasema
kierrätys
oleskelulupa
ravintola
huone
kauppa
tee
lippu
aikataulu
WC/vessa
WC-paperi/vessapaperi
juna
matkakortti
astianpesuaine/tiskiaine
vesi
nainen



*Tampere University and Tampere University of Applied Sciences constitute Finland's most diverse higher education community. In total, our highly international community includes more than 30,000 students. Our multidisciplinary and globally unique higher education community's areas of priority in **research and education are technology, health and society.***

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**Human
Potential
Unlimited.**

