

# Guidebook for International visitors



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## 1 Welcome to Laurea

We are glad to welcome you to Finland and to Laurea University of Applied Sciences! This guidebook will supply you with basic information about Laurea, the country, transportation, accommodation sight-seeing and much more. For further information feel free to ask us for additional brochures or check out our website which contains information about living in Finland.

<https://www.laurea.fi/en/studying-and-applying/exchange-students-and-trainees/living-in-finland>

With around 7800 students, Laurea UAS is the fourth biggest university of applied sciences in Finland. The campuses of Laurea are located in and around Finland's capital region. In its operating environment, Laurea specializes in service innovations and focuses on regional development of the metropolitan area. Laurea's brand promise "Together we are stronger" describes Laurea's solid regional development role. Laurea is a University of Applied Sciences for the whole region of Uusimaa, and its knowledge and skills are available to the whole area. Our service promise "We are here for you at Laurea" is a promise of good learning for our students, and for our cooperative partners a promise of partnership and developing together.

Over the past few years, Laurea has been ranked high in the evaluations of Finnish Universities of Applied Sciences, and it has been recognized many times in categories such as quality of education. Laurea can proudly say that it belongs to the top when it comes to success in Finland's education field.

### Laurea Facts:

7800 students

7000 Bachelor students

800 Master students

650 international degree students

400 exchange students each year

6 campuses

550 employees



## 2 Transportation

The Helsinki Metropolitan Area has a very efficient public transport system. There are four forms of public transportation: buses, trains, trams and metros. Information about public transport, including ticket prices and schedules, are at Helsinki Region Transport (HSL) web pages <http://www.hsl.fi/en>.

We recommend visitors to buy a day ticket for 3-5 days (depending on the lengths of your stay). You can buy these tickets e.g. at R-kioski kiosks as well as from HSL's blue ticket machines (both credit card and cash accepted) at the airport or e.g. at the railway station in Helsinki. See more info at <https://www.hsl.fi/en/tickets-and-fares>.

This page is especially for international visitors about the transportation system in Finland: <https://www.hsl.fi/en/travelling/visitors>. We have various zones according to the distance from Helsinki city centre (A, B, C). Info about zones: <https://www.hsl.fi/en/tickets-and-fares/hsl-area-and-zones>. Transport independently is easy in Finland and the trains go fairly often. If you want to check the timetables, here is a journey planner also in English: <https://www.hsl.fi/en>

Google Maps is the easiest application to plan your journey. Type in the "Search here" -box Laurea's address, for example Vanha maantie 9, 02650 Espoo, go to "Directions" in the bottom left and choose train icon for public transportation. You can change your location from the top, if necessary.

Helsinki International Airport is located in Vantaa, 30 min away from the city center by bus. Local buses (no. 615, 415) cost EUR 4.10 from mobile app or ticket machine and EUR 5.50 from bus driver. Bus no. 615 stops at the market square next to the Central Railway Station, Rautatientori and bus no. 415 stops at Elielinaukio.

The trains I and P both go to the airport every 10 to 20 minutes. From Helsinki, the I train takes 28 minutes and the P train 33 minutes to the airport. The price of the train ticket is the same as local bus ticket. When you go to Helsinki city centre from the airport you need an ABC ticket for all the zones. It is a circular line, so it does not matter so much which way you travel.

Please note that you must buy the ticket before entering the train. There are machines at the platform.

Alternatively, you can take a taxi or Yellow Line Airport Taxi (Tel. 0600 555 555) to the hotel. It will cost around EUR 40-50. The central taxi reservation number in Espoo is 0100 7300 and in Helsinki is 0100 0700.

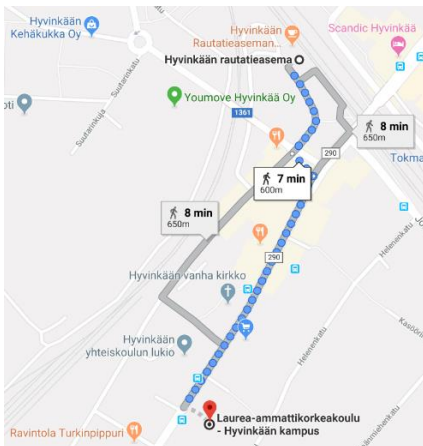
## 3 Laurea's Campuses

### 3.1 Hyvinkää campus

Laurea Hyvinkää campus is situated in the city of Hyvinkää. Local trains R and H go from Helsinki twice in an hour (at XX.19 & XX.48) to Hyvinkää and take about 45 minutes.

Address:  
Uudenmaankatu 22  
FI-05800 Hyvinkää

How to walk from the Hyvinkää station to the campus:



### Hyvinkää campus facts:

- 3 Bachelor degrees in Finnish
- <https://www.laurea.fi/en/about-laurea/campuses/hyvinkaa>

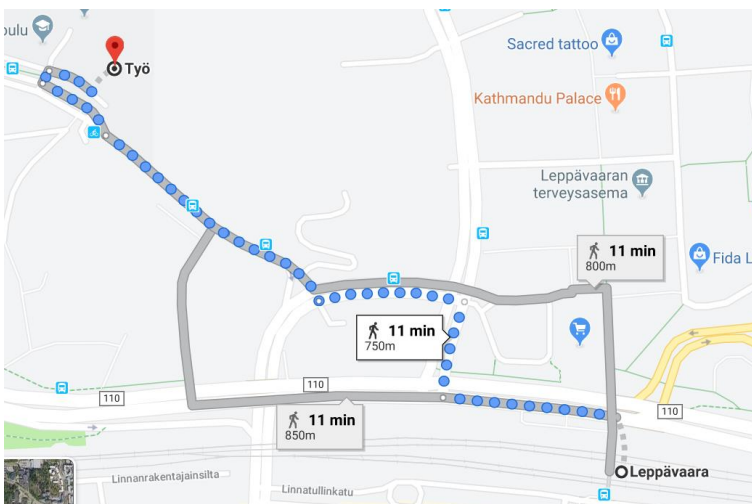
### 3.2 Leppävaara campus

Laurea Leppävaara is located in the city of Espoo. Trains between Helsinki and Leppävaara are Y, U, L, E and A. The Leppävaara train station is approximately 800m from Laurea Leppävaara. The travel time by train from Leppävaara to Helsinki center is approximately 13-20 minutes.

Address:

Vanha maantie 9  
02650 Espoo, Finland

How to walk from the Leppävaara station to the campus:



### Leppävaara campus facts:

- Bachelor degrees in English and Finnish
- 1 Master degree in English
- 5 Master degrees in Finnish

- <https://www.laurea.fi/en/about-laurea/campuses/leppavaara>

### 3.3 Otaniemi campus

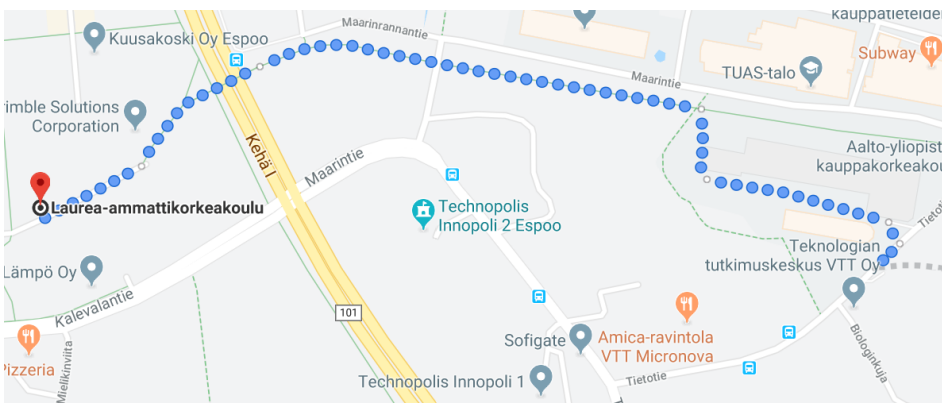
Laurea Otaniemi is located in the city of Espoo next to Kehä 1 highway. Closest bus stops for busses from Helsinki (bus 103) is Kalevanvainio and from Leppävaara (bus 510 and 550) is Tietäjä. The distance to the airport is 20 km and to the Helsinki center is 10 km.

Address:

Metsänpojankuja 3

02130 Espoo

How to walk from the bus stops to the campus:



**Otaniemi campus facts:**

- 4 Bachelor degrees in Finnish
- <https://www.laurea.fi/en/about-laurea/campuses/otaniemi>

### 3.4 Lohja campus

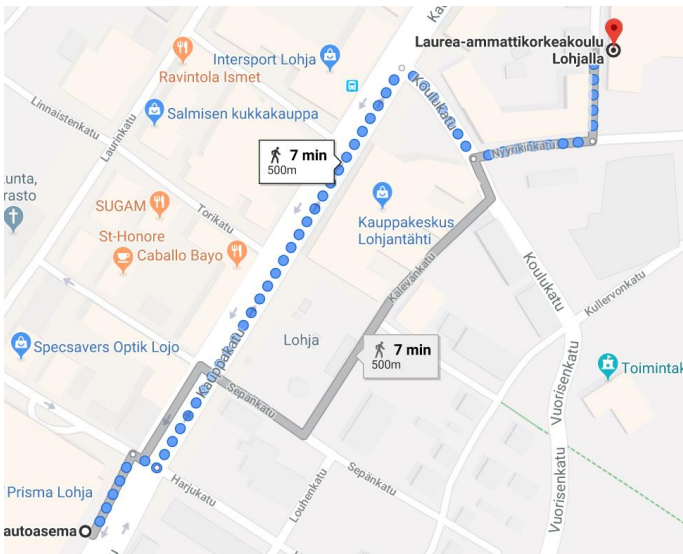
Lohja campus is situated about 60 km from Helsinki city center. By car, you can reach Lohja from Helsinki in about 45 minutes. To commute between Helsinki and Lohja you can use busses connecting the two cities, connections can be found from <https://www.matkahuolto.fi/en/>, and it is usually a good idea to buy the tickets in advance.

Address:

Vihdinkatu 1

08100 Lohja

How to walk from the bus stop to the Laurea campus Lohja:



**Lohja campus facts:**

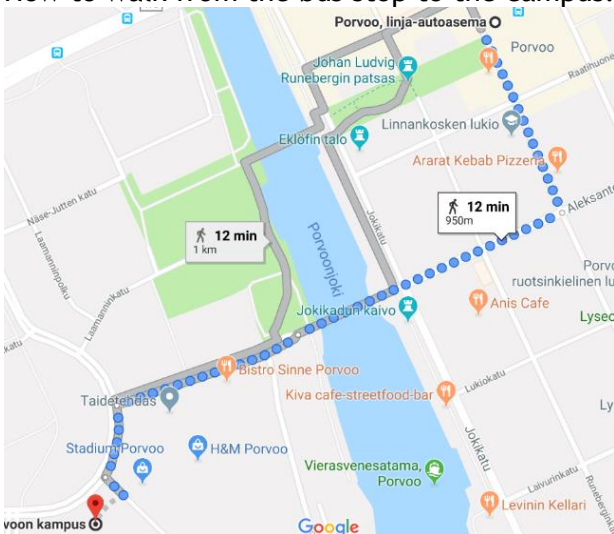
- 3 Bachelor degrees in Finnish
- <https://www.laurea.fi/en/about-laurea/campuses/lohja>

**3.5 Porvoo campus**

Porvoo campus is located about 50 km from Helsinki city center. By car, you can reach Porvoo campus within 50 minutes. Another way to reach Porvoo is by using busses connecting the two cities, connections can be found from <https://www.matkahuolto.fi/en/>, and it is usually a good idea to buy the tickets in advance.

Address:  
Taidetehtaan­katu 1  
06100 Porvoo

**How to walk from the bus stop to the campus:**



**Porvoo campus facts:**

- One Bachelor degree in Finnish
- <https://www.laurea.fi/en/about-laurea/campuses/porvoo>

### 3.6 Tikkurila campus

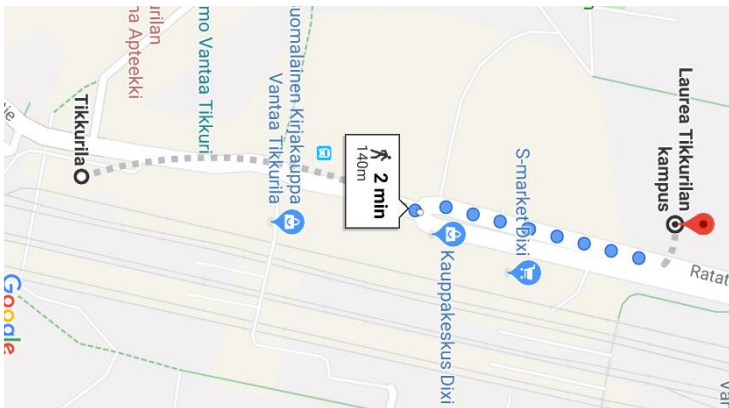
Laurea's Tikkurila campus is located in the city of Vantaa. Trains between Helsinki and Tikkurila are R, I, K, Z, P. The Tikkurila station is approximately 200m from Laurea Tikkurila. The travel time by train between Tikkurila and Helsinki is approximately 20-25 minutes.

Address:

Ratatie 22

01300 Vantaa

How to walk from Tikkurila train station to the campus:



#### Tikkurila campus facts:

- 6 Bachelor degrees in Finnish
- 2 Bachelor degrees in English
- 1 Master degree in English
- 7 Master degrees in Finnish
- <https://www.laurea.fi/en/about-laurea/campuses/tikkurila>

## 4 Accommodation near the campuses

Listed below are some Hotels located close to the campuses.

### Hyvinkää

Scandic

Price: \$\$\$

Hämeenkatu 2

05800 Hyvinkää



Tel: +358 300308416

<http://www.scandichotels.com/hotels/finland/hyvinkaa/scandic-hyvinkaa>

### Leppävaara

*GLO Hotel Sello*

Price: \$\$\$

Leppävaarankatu 10

02600 ESPOO

Tel: +358 10 3444 200

Email: [sello@glohotels.fi](mailto:sello@glohotels.fi)

<http://glohotels.fi/hotellit/glo-hotel-sello>

*Forenom Aparthotel Espoo Leppävaara*

Price: \$

Porarinkatu 1 A

02650 Espoo

Tel: +358 20 1983 420

<http://www.forenom.com/> - Search "Leppävaara"

### Otaniemi

*Original Sokos Hotel Tapiola Garden*

Price: \$\$\$

Tapionaukio 3

02100 Espoo

Tel: +358 20 1234 616

<http://www.sokshotels.fi>

*Radisson Blu Hotel*

Price: \$\$\$\$

Otaranta 2

02150 Espoo

Tel: +358 20 1234 705

<https://www.radissonblu.com/fi/hotelli-espoo>

### Tikkurila

*Sokos Hotel*

Price: \$\$\$\$

Hertaksentie 2

01300 Vantaa

Tel: +358 20 1234 618

Email: [hotelvantaa.vantaa@sokshotels.fi](mailto:hotelvantaa.vantaa@sokshotels.fi)

<https://www.sokshotels.fi/fi/vantaa/sokos-hotel-vantaa>

*20Rooms*

Price: \$

Kyläkaivontie 6 D

01350 Vantaa

Tel: +358 40 6582 939

Email: [info@20rooms.fi](mailto:info@20rooms.fi)

<http://www.20rooms.fi/en/>

**Porvoo**

*Old town Bed & Breakfast Ida-Maria*

Price: \$\$

Välrikatu 10

06100 Porvoo

Tel: +358 45 8512 345

Email: [idamaria@idamaria.fi](mailto:idamaria@idamaria.fi)

<http://www.idamaria.fi/?lang=en>

*Hotel Seurahovi*

Price: \$\$

Rauhankatu 27

06100 Porvoo

Tel: +358 19 54761

Email: [info@seurahovi.fi](mailto:info@seurahovi.fi)

[www.seurahovi.fi/in-english](http://www.seurahovi.fi/in-english)

*Hotel Onni*

Price: \$\$\$

Kirkkotori 3, 06100 Porvoo

Tel. +358 44 534 8110

Email: [reception@hotelonni.fi](mailto:reception@hotelonni.fi)

[www.onniporvoo.fi/english](http://www.onniporvoo.fi/english)

**Lohja**

**Hiisi Homes Lohja**

Price: \$\$

Laurinkatu 34, 08100 Lohja

<http://www.hiisihomes.fi/en/>

**5 Accommodations near Helsinki city center**

**Sokos Hotel**

Price: \$\$\$

Several locations in Helsinki

<https://www.sokoshotels.fi/fi/helsinki>

**GLO Hotelli Kluuvi**

Price: \$\$\$

Kluuvikatu 4

Tel: +35810 3444 400

Email: [kluuvi@glohotels.fi](mailto:kluuvi@glohotels.fi)

<http://glohotels.fi/hotellit/glo-hotel-kluuvi>

**Plaza Hotel Helsinki**

Price: \$\$\$

Mikonkatu, 23

Tel. +358 20 1234 703

<https://www.radissonblu.com/en/plazahotel-helsinki>

**Scandic**

Price: \$\$\$

Simonkatu 9

00100 Helsinki

Phone: +358 9 68 380

Email: [simonkentta@scandichotels.com](mailto:simonkentta@scandichotels.com)<http://www.scandichotels.com/Hotels/Finland/Helsinki/Scandic-Simonkentta/#.VqHjLE3VzIU>**Omena Hotel**

Price: \$\$

Several locations in Helsinki

<https://www.omenahotels.com/en/>

Several other options can be found through websites.

**6 Restaurants**

Each of Laurea's campuses has their own restaurant on campus that offer lunch during the week. Also small snacks and coffee can usually be purchased throughout the day. In Leppävaara, the Hospitality management students make the food.

Below a selection of restaurants in Helsinki is listed.

**Affordable restaurants (mains less than 20 €):***Onda*

Great vegetarian food!

Hämeentie 13

Tel: +358 44 0660 530

<http://ravintolaonda.fi/>**Average priced restaurants (mains 20 € and up):***Lappi Restaurant*

Elegant Lapland style restaurant in the heart of Helsinki

Annankatu 22

Tel: +358 9 645 550

<http://lappires.com/en/>*Restaurant Savotta*

Traditional Finnish food from different regions of Finland

Aleksanterinkatu 22

Tel. +358 9 7425 5588

<http://www.ravintolasavotta.fi/en/presentation.html>**Fine dining restaurants (full course around 50 € - advanced reservation is advised):***Passio Kitchen & Bar*

Wonderful tasting menus with seasonal ingredients (3 or 5 courses)

Kalevankatu 13

Tel: +358 20 7352 040

<http://en.passiodining.fi>

#### *Grön Restaurant*

The menu is based on seasonal, organic, wild and the Scandinavian products

Albertinkatu 36

Tel: +358 50 3289 181

<https://www.restaurantgron.com/>

#### **Café Shop:**

##### *Kulma*

A café of the biggest coffee roaster in Finland, right next to the shopping center Kluuvi

Aleksanterinkatu 9

##### *Kahvi Charlotta*

Cozy café with several locations in Helsinki and Vantaa

<http://www.kahvicharlotta.com/>

##### *Arnolds*

American style but Finnish made donuts, bagels, smoothies and other treats

Several locations in Helsinki, Vantaa and Espoo

<http://arnolds.fi/en/>

## **7 Finland and the city of Helsinki**

Finland is a Nordic country with a population of 5.5 million. It is the eighth largest country in Europe, but the most sparsely populated country in the European Union. The biggest cities of the country include Helsinki, Vantaa, Espoo, Tampere, Turku and Oulu. Finland has three official languages: Finnish (89.3%), Swedish (5.3%) and Sami (0.03%).



Helsinki is the capital of Finland and lies at the Baltic Sea. Helsinki has a population of over 600,000. The metropolitan area, including Helsinki, Vantaa, Kauniainen and Espoo, has a population of circa 1.2 million. About 13% of the population speaks a foreign language as a mother tongue, most commonly Russian, Estonian, Somali and English. The City of Helsinki is the third biggest Nordic city after Stockholm and Oslo. Helsinki is located 80 km north of Tallinn and 400km northeast of Stockholm.

You can check the weather forecast for Finland e.g. from Foreca web page at <http://www.foreca.com/Finland/Helsinki>. To get the local weather search with the name of the city you will visit.

The emergency number in Finland is 112.

## 7.1 Public holidays and opening hours

Name of the public holiday	2019	2020	2021	2022
New Year's Day	1 January	1 January	1 January	1 January
Epiphany	6 January	6 January	6 January	6 January
Good Friday	19 April	10 April	2 April	15 April
Easter Sunday	21 April	12 April	4 April	17 April
Easter Monday	22 March	13 April	5 April	18 April
May Day	1 May	1 May	1 May	1 May
Ascension Day	30 May	21 May	13 May	26 May
Whit Sunday	9 May	31 May	23 May	5 June
Midsummer Day	22 June	20 June	26 June	25 June
All Saints' Day	2 November	31 October	6 November	5 November
Independence Day	6 December	6 December	6 December	6 December
Christmas Eve	24 December	24 December	24 December	24 December
Christmas Day	25 December	25 December	25 December	25 December
Boxing Day	26 December	26 December	26 December	26 December

Opening hours of bigger retailing stores are on weekdays between 7am-9pm, on Saturdays between 7am-6pm and on Sundays between 12pm-6pm. Grocery stores are often open longer.

## 7.2 Sightseeing

### 7.2.1 Helsinki

#### *Helsinki Cathedral*

The Cathedral of Helsinki is an Evangelic Lutheran church and is the symbol of Helsinki for many. The Helsinki cathedral is located on the Senate square.

Address: Unioninkatu 29, 00101 Helsinki

<http://helsingintuomiokirkko.fi/en/index.html>

#### *Market square*

The Market Square is located at the Esplanade Park and offers a great variety of traditional market food as well as handicrafts and souvenirs.

Address: Eteläsatama, 00170 Helsinki

<http://www.myhelsinki.fi/en/see-and-do/sights/market-square>

#### *Old market hall*

The old market hall has been open since 1889, merchants sell a variety of fish, cheese, coffee and other food products.

Address: Eteläranta, 00130 Helsinki

<http://vanhakauppahalli.fi/en/>

#### *Olympic stadium*

The Olympic stadium was built in 1938 for the Olympic games in 1952. Nowadays it is used for national and international sporting events as well as outdoor concerts.

Address: Paavo Nurmen tie 1, 00250 Helsinki

<http://www.stadion.fi/en/visit-the-olympic-stadium>

#### *Parliament*

The Finnish 200-seat parliament is an impressive building in the style of the 1920s Classicism.

Address: Mannerheimintie 30, 00100 Helsinki

[http://www.eduskunta.fi/EN/naineduskuntatoimii/vierailulle\\_eduskuntaan/Pages/default.aspx](http://www.eduskunta.fi/EN/naineduskuntatoimii/vierailulle_eduskuntaan/Pages/default.aspx)

#### *Sibelius monument*

In the Sibelius Park is the world famous composer Jean Sibelius' (1865-1957) monument by Eila Hiltunen.

Address: Mechelininkatu, 00250 Helsinki

<http://www.eilahiltunen.net/monument.html>

#### *Temppeliaukio church*

The Temppeliaukio Church (also called Rock church) is a church built into natural bedrock and is one of the greatest tourist attractions in Helsinki.

Address: Lutherinkatu 3, 00100 Helsinki

<http://www.temppeliaukionkirkko.fi/en/index.html>

#### *Uspenski Orthodox Cathedral*

Completed in 1868, the Uspenski Cathedral is the largest Orthodox Church in Western Europe.

Address: Kanavakatu 1, 00170 Helsinki

<http://www.myhelsinki.fi/en/see-and-do/sights/uspenski-cathedral>

#### *Suomenlinna Sea Fortress*

Suomenlinna is one of the biggest sea fortresses in the world, founded in 1748 on islands off the coast of Helsinki. Suomenlinna remains as one of the most popular attractions in Finland and was included in UNESCO World Heritage List in 1991 as a unique monument to European military architecture.

Suomenlinna can be reached by boat from the Market Square.

Address: Suomenlinna, 00190 Helsinki

<http://www.suomenlinna.fi/en/>

### **7.2.2 Espoo**

#### *Nuoksio*

Nuoksio National Park is located in Espoo and can be reached by public transport.

<http://www.nationalparks.fi/en/nuuksionp>

### **7.2.3 Porvoo**

#### *Old town*

The old town of Porvoo has many charming wooden houses, shops and cafés

Address: Vanha Porvoo, 06100 Porvoo

<http://www.visitporvoo.fi/en/sights/old-porvoo/>

#### *Other sights*

<http://www.visitporvoo.fi/en/sights/must-to-see-in-porvoo/>

### **7.2.4 Additional sightseeing and cultural activities links**

Kerava: <http://www.kerava.fi/kerava-info/in-english/tourism>

Lohja: <http://www.visitlohja.fi/en-FI?kieli=826>

Tikkurila: <http://www.vantaa.fi/en>

Porvoo: <http://www.visitporvoo.fi/en>

Espoo: <http://www.visitespoo.fi/en/sights-and-services/see-and-do/culture-and-attractions/> (Use filter by area)

## 7.3 Recreation and cultural activities

### 7.3.1 Shopping

Helsinki city has plenty of shopping opportunities for visitors. There are two shopping centers in the city center (Kamppi and Forum). Finnish department stores can also be found right in the center, Sokos and Stockman. There are many small boutiques and design store all around Helsinki.

<http://www.myhelsinki.fi/en/see-and-do/shopping-in-helsinki>

Porvoo has a several beautiful shops located in the old town, as well as bigger stores and malls in the new part of the town.

<http://www.visitporvoo.fi/en/shopping>

### 7.3.2 Museums in Helsinki

*Ateneum*

Art museum

*Kaivokatu 2, 00100 Helsinki*

<http://www.ateneum.fi/>

*Kiasma*

Museum of Contemporary Art

*Mannerheiminaukio 2, 00100 Helsinki*

<http://www.kiasma.fi/en/>

*Kansallismuseo*

National Museum of Finland

*Mannerheimintie 34, 00100 Helsinki*

<http://www.kansallismuseo.fi/en/index>

*Seurasaari ulkomuseo*

Open-air museum

*Seurasaari, 00250 Helsinki*

<http://www.kansallismuseo.fi/en/seurasaarenulkomuseo>

### 7.3.3 Other attractions

*Helsinki Zoo*

One of the oldest zoos in the world, with circa 200 different animals

*Mustikkamaanpolku 12, 00570 Helsinki*

<http://www.korkeasaari.fi/helsinki-zoo/>

*Linnanmäki*

Amusement park

*Tivolikuja 1, 00510 Helsinki*

<https://www.linnanmaki.fi/en>

## 7.4 Useful Phrases

Good day	Hyvää päivää
Hello ( <i>informal</i> )	Moi, Hei, Terve
How are you?	Mitä kuuluu?
Fine, thank you	Kiitos, hyvää
What is your name?	Mikä sinun nimesi on?
My name is _____	Nimeni on _____
Nice to meet you	Hauska tavata
Thank you	Kiitos
You're welcome	Ole hyvä / Ei kestä
Yes	Kyllä, Joo
No	Ei
Excuse me / I am sorry	Anteeksi
Goodbye	Näkemiin
Goodbye ( <i>informal</i> )	Hei hei, Moi moi
I do not speak Finnish	En puhu suomea
Do you speak English?	Puhutko englantia?

## 8 International Services' contact persons

The email addresses are [firstname.lastname@laurea.fi](mailto:firstname.lastname@laurea.fi)



**Tiina Päivärinne**, Director, International Affairs  
Ratatie 22, 01300 Vantaa  
Tel. 0407259588

Support for student and staff internationalization (including international mobility, internationalization at home, studies in English, guidance for foreign students)



**Maryan Hussein**, Planning Officer, International Affairs  
Ratatie 22, 01300 Vantaa  
Tel. 040 525 1523

Student exchange and traineeships in Health Care and Social Services



**Sini Aalto-Friman**, Planning Officer, International Affairs  
Vanha maantie 9, 02650 Espoo  
Tel. 050 598 2685

Teacher and staff exchanges





**Conrad Lyaruu**, Planning Officer, International Affairs

Vanha maantie 9, 02650 Espoo

Tel. 0400 762 616

Student exchange and traineeships - Bachelor/Master of Business Management, guiding and recruiting the intern of intl. services



**Riikka Lindholm**, Planning Officer, International Affairs

Vanha maantie 9, 02650 Espoo

Tel. 040 683 5385

Student exchange and traineeships - Bachelor/Master of Hospitality management, Going abroad study unit, SoleMove main user, reporting

***We are here for you at Laurea!***