

WELCOME NEW STUDENT!



Us tutors and head tutors want to warmly welcome you to study business with us to Metropolia. We are waiting for the upcoming semester with excitement, so you will get to know us, the other new students and your new campus. Congratulations again to the new students, we will see you in August!

You will meet your tutors right on your first day, they will be waiting for you in the entrance. Tutors can be recognised from their black shirts with a T-logo on them. Your tutors are trained students from your study field and they strive to help you in the best possible way in the beginning of your studies. As the tutors have been in the same position as you, they remember how everything is new at first and how many questions and other concerns you might have running through your head. If anything worries you, feel free to message us even before your studies begin!

ORIENTATION DAYS

The orientation days are held 21-22.8. and 25.8.

On Monday, you will only need to bring yourself and open-mind with excitement! For each day, after the formalities are over, we have organised evening activities and by that we ask you to possibly keep your evening free as well!

CONTACT INFORMATION

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- Maximillian Heymann (maximillian.heyman@metropolia.fi)

There are also Facebook groups for new students! You can find the links to the Facebook groups from below. There are different links to students starting in EBA and IBL programs, so make sure you choose the right one! Later this summer, we will post last-minute tips for starting your studies and more detailed information about the orientation days.

- [EBA Group](#)
- [IBL Group](#)



Max

Jenna



YOUR STUDENT UNION METKA

A student union is a statutory association, which operates in a University of Applied Sciences (UAS). Its responsibilities are to support student rights, oversee the students' interests, and to act in favour of the student. In addition to this, METKA organises events, coordinates tutoring and offers sports opportunities for students in collaboration with Zone Sports Services. Because of its wide reach, METKA is present in the students' lives from the beginning of their studies to their graduation.

Metropolia University of Applied Sciences is the biggest University of Applied Sciences in Finland and there are over 17 000 students. In order to be able to be everywhere where the student's voice needs to be heard, we are selling memberships to finance our activities. By becoming a member, you support the work done for Metropolia's students and get various benefits too!

As a METKA member, you will gain, for instance, access to Zone Sports Services and discounted prices for student events organised by METKA and other student unions from the metropolitan area. You can also get Pivos' student card, that can get you many benefits!

You can purchase your membership through OMA as soon as your Metropolia credentials have been activated.

CONTACT INFORMATION



www.metkaweb.fi



metka@metkaweb.fi



M-piste service points & chat



[@metkaweb](https://www.instagram.com/metkaweb)



[/opiskelijakuntametka](https://www.facebook.com/opiskelijakuntametka)



[@metkaweb](https://twitter.com/metkaweb)

Become
a member!



[...or join from this link!](#)



STUDENT EVENTS

In addition to METKA, Metropolia has several active student associations that organise fun events such as parties, bar crawls, sitz and company visits. You can participate all events alcohol free. These events are a great way to network and get the most out of student life!

Tickets for events are usually sold on [Kide.app](https://kide.app).

UPCOMING EVENTS

- Freshers' Party 6.9.2023
- MetroSport 20.9.2023
- Sitz TBA
- Kontula Appro 7.12.2023
- PoroParty 7.12.2023

- Opiskelijoiden Suokki (Trombi ry)
- M-Juna Appro (Trombi ry)

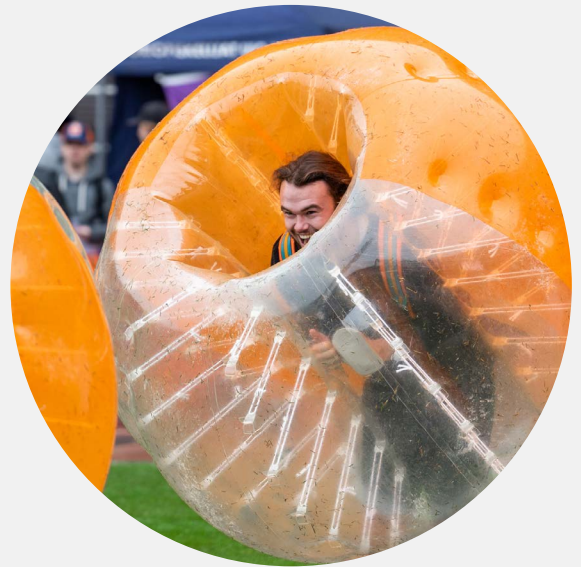
STUDENT ASSOCIATIONS

Student associations take care of local advocacy and organizing student events. Moreover, you can order your overalls from the student association of your campus and participate in numerous events!

The student association for the Business field is Trombi ry. You will hear more about Trombi's activities and membership levels at the orientation days!



Trombi ry
Student association
for business students



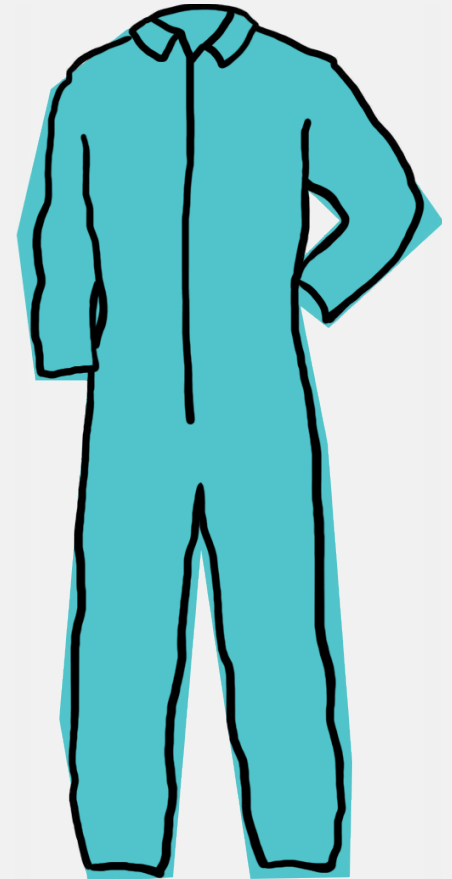
STUDENT OVERALLS

Student overalls are overalls that are mainly used at student events. Overalls are usually worn by students in universities of applied sciences and universities. Metropolia has 15 different overalls for students in different fields. Most of the overalls are sold by student associations. Some study groups acquire their overalls themselves at the beginning of semesters. METKA does not sell overalls. Overalls cost 1-50 euros depending on the field of study.

Fabric patches are collected in the overalls to commemorate various events. You can also buy patches. In addition to METKA and student associations, individuals sell patches at student events or online.

The coloring of the overalls and the logo of the educational institution, student union or student association on the back indicate the place of study and the degree program. Among students it is common to exchange the overall leg with your significant other and a sleeve with your friend. Overalls are usually worn tied at the waist.

The overalls have landed in Finland via Sweden. The overalls were first worn by technology students in universities (teekkari) in Finland. Overalls have since spread to university of applied sciences students as well.



Business student have turquoise overalls. You can buy them from Trombi ry.



INFORMATION AND IMPORTANT LINKS

Tuudo and student card

With the Tuudo app, you can access METKA's announcements, your schedule, academic records, the weekly menu of the school canteen, a map of the campus and more! There you can also find your electronic student card which gives you access to student discounts. Install Tuudo even before the orientation days: tuudo.fi.

HSL travel card

You will get a student-priced HSL travel card with a certificate stating your residency within the metropolitan area (Helsinki, Vantaa, Espoo, Kauniainen). You can get the physical HSL card from their office (hsl.fi/asiakaspalvelu) or just download the app.

Housing

Foundation for student housing in the Helsinki region (Hoas) offers students affordable rental accommodation close to their study places. Please note that you can expect queues of up to months when applying for Hoas housing: hoas.fi.

Pages for rental apartments:

- ovv.com
- kimppakamppa.fi
- sato.fi
- oikotie.fi
- vuokraovi.com
- [Helsingin kaupungin asunnot](https://Helsingin_kaupungin_asunnot)
- vav.fi

FSHS

All foreign students (who are not EU citizens or citizens of Norway, Iceland, Liechtenstein or Switzerland) who come to Finland for the purposes of studying are required to have a health insurance, if the studies endure longer than three months.

FSHS (YTHS in Finnish) is a health care service for students in universities or universities of applied science. The healthcare fee is around 70-80 euros a year. It is paid twice a year in the beginning of the semester. You have to pay the fee if you are completing a degree in Finland. Exchange students do not pay the fee.

[Important information from Metropolia!](#)

