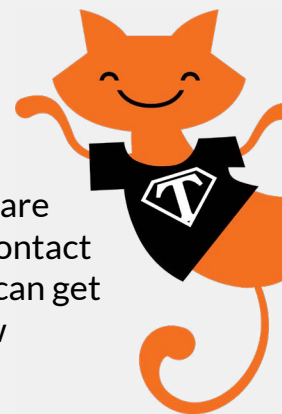


WELCOME NEW STUDENT!

Us tutors and head tutors wish to warmly welcome you to study at Metropolia! We are your support system especially in the beginning of your studies. Don't be afraid to contact us even before your school starts. We're super excited for the new semester, so we can get you guys to get to know each other and your new school! Congratulations to all new students, we'll see you in August!



Tutors are the first people you will meet, they'll be waiting for you in the campus' lobby. You'll recognize them from their black shirts with the tutor logo. Tutors are trained students from your own campus and their goal is to help you in any ways possible! Tutors have also been in the position of a new student and remember well how nerve-wracking it felt and how many questions they had about their new school.

ORIENTATION DAYS

On the first day, you'll need to bring:

- Equipment for taking notes and a calendar
- A bank card, cash is not accepted in Myllypuro.
- Card with contactless/NFC service (no bank or credit card) for moving around campus
- A cheerful mind! :-)

TIPS

Download the TUUDO app on your phone, and tutors will guide you through its use during the orientation days. You can activate your student card using TUUDO.

MYHOS23 whatsapp group for important information about your arrival on the first day and if you have any questions about the school or its start. You will receive a link to the group from your teacher in your welcome letter. You can also contact our head tutors by email.

CONTACT INFORMATION

- Nea Leivo
- Nellamari Huolman
- Lilli Rissanen
- Eikka Iivari
- tehovastaavat@gmail.com

Nea



Nella



Lilli



Eikka





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

- Aloita tästä (Start Here) 1.9.2023
- Freshers' Party 6.9.2023
- MetroSport 20.9.2023
- Sitz TBA
- Kontula Appro 7.12.2023
- PoroParty 7.12.2023

STUDENT ASSOCIATIONS

Student associations take care of local advocacy and organizing student events. Associations also sell overalls and patches for them. Healthcare sectors' student association is TXO ry. Another student association in Myllypuro, MysterY, covers the social and health fields.



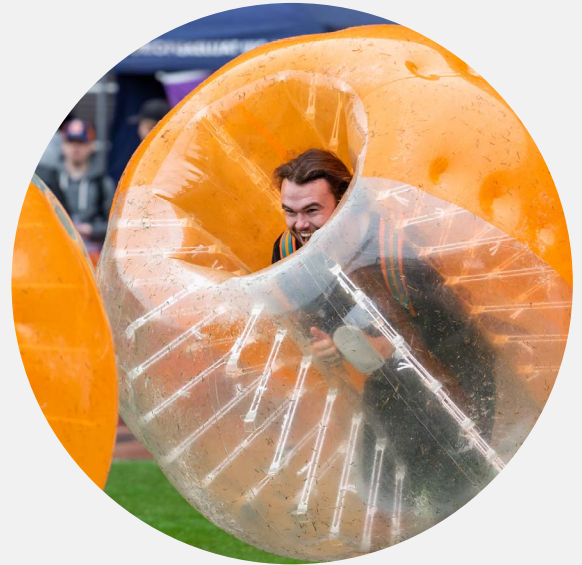
TXO ry

Metropolia's health and care sectors' student association.



MysterY

Myllypuro Social and Health Care Students' Association



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.

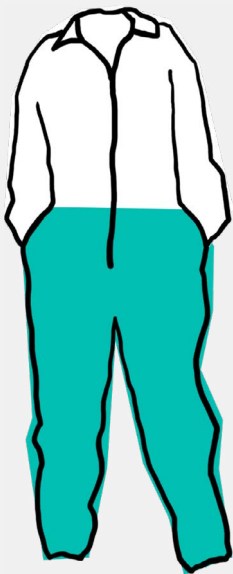
Fabric patches are collected in the overalls to commemorate various events. You can also buy patches. In addition to METKA and student associations, individuals sell patches at student events or online.

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.



Health and care sectors' students overalls are green. You can buy them from TXO ry.



All social and health fields' students overalls are white & turquoise. You can buy them from Mystery.



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!](#)

