

# WELCOME NEW STUDENT!



Us Head Tutors and Tutors wanted to warmly welcome you to your exchange period in Metropolia. We will be there to support you throughout your whole exchange period, so feel free to contact us and ask about anything that might concern you even before the beginning of your studies. We are looking forward to the beginning of the semester so you can get to know us, the other students and your new campus. Congratulations to the new students, see you in August!

Most of you will meet your tutors already when you arrive in Finland, as we have a habit of greeting you at the airport. On campus, during the first day, you will meet your tutors, as they will wait for you at the entrance of the campus. You will recognise them in their black shirts (the same as the cat has above, with the big T) and their colourful overalls. Tutors are trained students at your location and they strive to help new students in the best possible way. The tutors themselves have also been in the same position as new students once, and remember well how new everything seems and the amount of questions and mind-boggling things that are running through the head.

## ORIENTATION DAYS

During the orientation days, make sure you bring your ID, payments cards (cash is not accepted in the campus) and good spirit :)

Orientation days will be held:

- Engineering 17.-18.8.2023
- Business 23.-25.8.2023

## GROUP CHAT

Make sure you join our group chat on Whatsapp!

This way you will be kept updated about new info, events and many other things.



Enni



Zoi

## CONTACT INFORMATION

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

## CONTACT INFORMATION



[www.metkaweb.fi](http://www.metkaweb.fi)



[metka@metkaweb.fi](mailto:metka@metkaweb.fi)



M-piste service points & chat



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

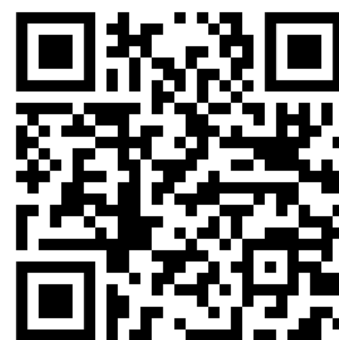


[/opiskelijakuntametka](https://www.facebook.com/opiskelijakuntametka)



[@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

- Helsinki City Park Tour 26.8.2023
- Freshers' Party 6.9.2023
- MetroSport 20.9.2023
- Kontula Appro 7.12.2023
- PoroParty 7.12.2023

## 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! The student associations in technology fields are HTO ry and UIO ry. Student association for electrical and automation engineers is AOK ry. ESN Metropolia operates in all the campuses in Metropolia as a student association of and for international students.



Trombi  
Trombi ry



HTO ry



UUDENMAAN INSINÖÖRIOPISKELIJAT UIO RY

UIO ry

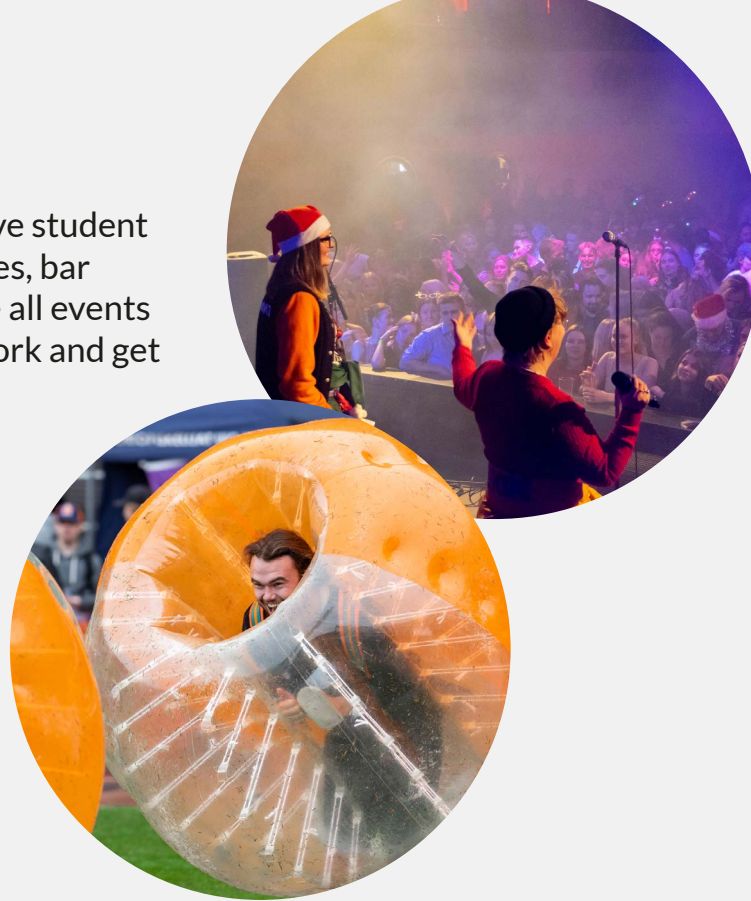


AOK ry



Erasmus Student Network  
**Metropolia**

ESN Metropolia



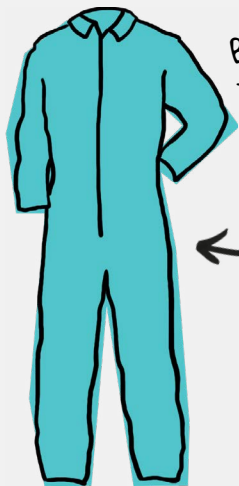
# STUDENT OVERALLS

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 students have turquoise overalls. You can buy them from Trombi ry.



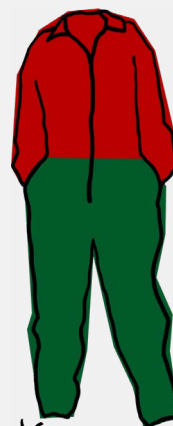
The overalls worn by electrical and automation engineering students are orange. You can buy them from AOK ry.



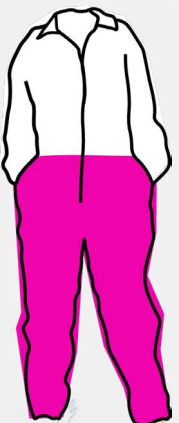
The overalls for energy and environmental engineering are blue and green. Groups acquire the overalls themselves at the beginning of the semester.



All engineering students can purchase white and orange "Kinder" overalls. They can be purchased from UIO ry.



The overalls for students in biotechnology and chemical engineering are red and green. Groups acquire the overalls themselves at the beginning of the semester.



The overalls for laboratory analysts are white and pink. You can buy them from HTO 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](https://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](https://hsl.fi/asiakaspalvelu)). Take a HSL form with you. You can get the form from the reception of your campus. You can also download the HSL app on your phone. However you can only buy normal priced single tickets with the app.

## Healthcare

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. Exchange students can use public healthcare services. Finnish Student Health Service (FSHS) is for degree students only.

