

DEAR NEW STUDENT!

We head tutors and tutors would like to welcome you to your exchange period at Metropolia! We are here to support you, especially in the early stages of your studies. You can feel free to contact us and ask any questions you may have before you start your studies! We are looking forward to the start of the academic year so that we can get to know each other and discovering your new place of study. Congratulations to the new students, see you soon!

You'll meet all the tutors on your orientation days, when you arrive in the campus lobby. You'll recognise them by their overalls (more on this later) and tutor shirts. Tutors are trained students from your branch and will do their best to help new students. The tutors themselves have also been in the position of a new student and remember well how everything is new and the many questions you may have, so ask them any questions you have.


ORIENTATION DAYS

Your studies will start with orientation days in January. On the first day you will need with you your laptop, debit card and it is good to carry your ID with you. It is also recommended to download the Tuudo app from your app store.

You'll have time off in the evening to unwind with fun activities with the tutors and other students.

CONTACT INFORMATION

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Théo



Amaan



Kiana



Sara



Tinja



Aleksi



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 Slice's student card, that can get you thousands of benefits!

You can purchase your membership through Kide.app!

CONTACT INFORMATION



www.metkaweb.fi



metka@metkaweb.fi



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



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



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

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). (Kide.app can be found from App Store and Google Play.)



UPCOMING EVENTS

- Tursajaiset (Checkpoint event)
- METKA's Freshers' Party (Checkpoint event)
- WTF - Welcome to Finland (Student party)
- Esileikki (Student Party)

You can get more information about events from tutors



STUDENT ASSOCIATIONS

There are 15 student associations of different fields and campuses in Metropolia. Student associations take care of local advocacy and organize activities for students. You can buy blue and purple overalls from KaMA ry and orange and white overalls from UIO ry. HTO ry and ESN Metropolia arrange lots of fun events and sell patches. You will also get to know associations from other fields of studies.



ESN Metropolia
Erasmus Student
Network



HTO ry
Helsinki Technology
students association



KaMA ry
Karamalmi campus
student association



UIO ry
Engineer students
in Uusimaa region

✉ board@esnmetropolia.fi
📷 [@esn_metropolia](https://www.instagram.com/esn_metropolia)

✉ hallitus@htory.fi
📷 [@hto_ry](https://www.instagram.com/hto_ry)

✉ hallitus@kamary.fi
📷 [@kamaopy](https://www.instagram.com/kamaopy)

✉ uio@uio.fi
📷 [@uiory](https://www.instagram.com/uiory)



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 16 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.

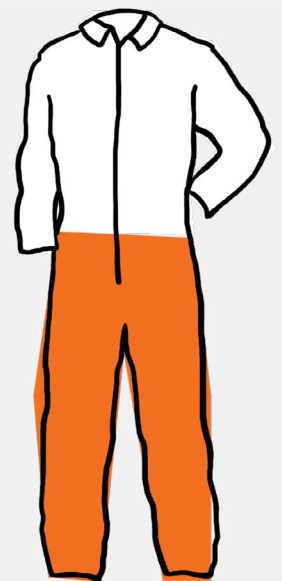
Fabric patches are collected in the overalls to commemorate various events. You can also buy patches. In addition to METKA and student associations, individuals sell patches at student events or online.

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.



IT and IEM students
have blue and purple
overalls and you can buy
them from KAMA ry



You also have the option
to buy UIO's "kinder"
overalls that are for all
engineering students



INFORMATION AND IMPORTANT LINKS

Tuudo and Slice

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. Slice is a benefit card for METKA members. From Slice app you can scroll and take advantage of thousands of student benefits worth the money.

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). 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.

Housing

If you are looking for affordable housing we recommend checking out Hoas, from this site you can find info on applying. Hoas has apartments for exchange students. You might have to wait for a long time for a Hoas apartment. You can also find housing from normal renting websites like:

- ovv.com
- kimppakodit.fi
- sato.fi
- oikotie.fi
- vuokraovi.com
- [Helsingin kaupungin asunnot](https://Helsingin_kaupungin_asunnot)
- vav.fi
- espoonasunnot.fi
- nuorisosaatio.fi
- a-kruunu.fi
- m2kodit.fi
- vuokratuura.fi

Health care

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 health-care services. Finnish Student Health Service (FSHS) is for degree students only.

If you need any medical help you can contact your local healthcare center. Links to healthcare service sites linked below. In emergency cases call 112.



- Espoo
- Helsinki
- Vantaa