

DEAR NEW STUDENT!

Us Head Tutors & the whole Tutor team would like to congratulate you on being selected to study at the Myllypuro Campus, and welcome you to Metropolia!

We will be there to help you during the beginning of your studies. We are senior students, and you can easily recognize us by the black tutor t-shirts we wear during orientation days. We were also freshmen once, so we know how it feels like to begin your studies at a new place. We are excited about the new semester and look forward to helping you to get to know your new fellow students and surroundings.

The beginning of the year is always busy and a bit stressful, but in time, you will become familiar with the student culture at Metropolia.

You will be assigned in your respective WhatsApp/Telegram-groups on the first day, please ask your Tutors for more information on campus. Make sure you bring your laptop, ID and your payment card with you!

ORIENTATION DAYS

Orientation days will be held during January (for more detailed info contact the International Office).

During orientation days, you get to know the campus area, facilities, systems and practices relevant to studying. We recommend reserving time on both days after the orientations, as there will be a tutor-led free-form program & grouping with fellow students. Have fun!

CONTACT INFORMATION

If you have any questions, don't hesitate to contact us through the following options:

- Email: myllypuronkvvastaavat@gmail.com
- Instagram: [@myllypurointernational](https://www.instagram.com/myllypurointernational)



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Pauliina



Nishy



Väinö



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).

UPCOMING EVENTS

- Orientation Party 22.1.
- Start Here 24.1.
- METKA's Freshers' Party 12.2.
- TBA Welcome To Finland Party
- TBA City Tour

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 also buy overalls, overall patches and event tickets from the student associations.



MysterY

Advocates for Social and Healthcare related fields.

✉ hallitus@mysteryopy.fi

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



TXO ry

Advocates for Nursing-based fields.

✉ txoopy@gmail.com

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



ESN Metropolia

Erasmus Student Network, advocates for all international and exchange students regardless of their field.

✉ board@esnmetropolia.fi

📷 [@esn_metropolia](https://www.instagram.com/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 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.

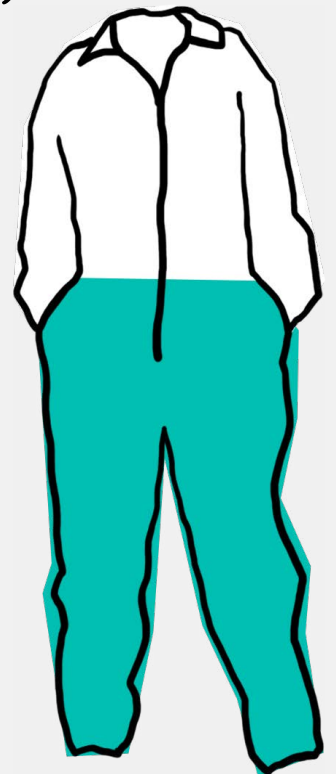
Fabric patches are collected in the overalls to commemorate various events. You can also buy patches. In addition to METKA and student associations, individuals sell patches at student events or online.

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.



Mystery Ry's overalls
for Social and
Healthcare
students



TXO Ry's overalls for
Nursing field, including
Paramedics, Midwifery,
and Public Health Nurse.



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