

WELCOME FUTURE EXCHANGE STUDENT!



We head tutors & the whole tutor team would like to congratulate you on being selected to experience your exchange at Metropolia University of Applied Sciences and welcome you to Arabia campus! We are sure you have many questions, so don't hesitate to contact us at any time if needed.

We will also be there to help you during your arrival to Finland as well as the beginning of your studies. You will recognize your tutors by the black tutor t-shirts they wear during the orientation and the head tutors from our black head tutor hoodies.

We have also experienced what it's like to start your studies at Arabia campus and we will do our very best to make you feel welcome and help you with anything. We are excited about the new semester and look forward to helping you to get to know your new fellow students, surroundings, Finland and Finnish student culture.

See you in January!

ORIENTATION DAYS

Your studies will start with orientation days that are held in our campus at Hämeentie 135 D. On the first day you will need to take with you your debit card. It's good to carry your ID with you as well. We also recommend to download Tuudo from the app store, you will get your student ID there.

We recommend you to also have some time off in the evenings during the orientation days because there will be fun activities with the tutors and other students after the first school days!

CONTACT INFORMATION & WHATSAPP-GROUP

Head tutors in Arabia campus:

- Kenneth Lindström
- Sanni Anttila
- Sandra Ylinen
- Henna Sinisalo
- Lotta Koivunen

You can find them from Instagram @kulttuurintutorit

You can find METKA and Arabia campus on Instagram: @metkaweb @arabiankampus
You can also contact metka@metkaweb.fi for any questions.

We will have a WhatsApp-group together with the tutors and exchange students. You will receive the invitation to the WhatsApp-group from your tutors closer to orientation.



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 services for students (MeMove sports and wellness services).

Metropolia University of Applied Sciences is the biggest University of Applied Sciences in Finland and there are over 18 000 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 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

- METKA's Freshers' Party 10.2.2026
- RaflaRumba Appro 4.3.2026
- Talvisota tournament (for gamers) 20.-22.2.2026
- Vappu parties all over Finland
- ...and lots of pub crawls and other events for every week

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.



Demoni

Demoni ry

Metropolian kulttuuri-
alojen opiskelijayhdistys

✉ demoni@demoniry.fi

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



Erasmus Student Network
Metropolia

ESN Metropolia

Erasmus Student
Network

✉ board@esnmetropolia.fi

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



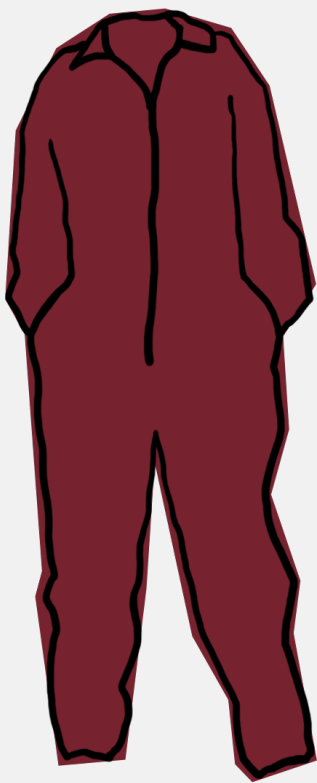
STUDENT OVERALLS

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.



Metropolia culture and art students have these cool wine-red colored overalls and our student association Demoni ry sells them during fall semester. You can order overalls as a group order in the beginning of the school year. You can fit on sample overalls before placing an order.



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 can easily get the student discount on season tickets you purchase via the HSL app. You can activate the discount yourself on the HSL app when your enrollment information has been updated in the My Studyinfo service. The student discount also applies to season tickets purchased with the HSL card. The discount entitlement must be updated on your HSL card at a service point. Remember to bring with you the required documents. See more on hsl.fi.

Housing

If you are looking for affordable housing we recommend checking out Hoas (hoas.fi). Hoas has reserved a set number of furnished apartments for exchange students in Metropolia. If you don't get an apartment from Hoas, there are plenty of other websites to look for an apartment, such as:

- [Oikotie](#)
- [Kimppakodit](#)
- [Vuokraovi](#)
- [Heka](#) (City of Helsinki apartments)
- [VAV](#) (City of Vantaa apartments)
- [Espoon Asumus](#) (City of Espoo apartments)
- [Unity](#)

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](#)



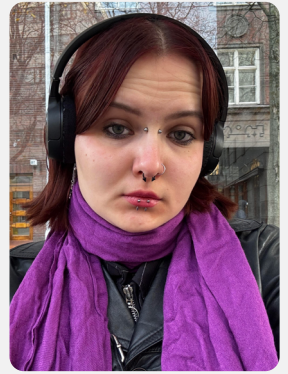
INTRODUCTION OF YOUR TUTORS



Emmi

Hi! I'm Emmi, a second-year Cultural Management student. I love traveling whenever I get the chance and I really enjoy live concerts. I can't wait to meet you all and feel free to come and chat with me anytime! <3

Hi! I'm Oona and I'm a first-year XR-Design student! Video games are my passion and my dream is to become a 3D Character Artist! Besides video games, I also enjoy traditional art and listening to music. I'm looking forward to meeting you all and don't hesitate to come chat with me about anything! :)



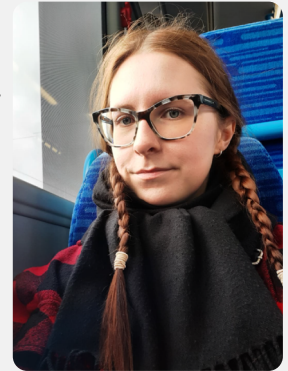
Oona



Naomi

Hi, I'm Naomi! I'm a first-year fashion and clothing student who loves nature and exploring new places. I can't wait to meet you and get to know you!

My name is Henna and I'm studying textile design. I have a lot of plants and I like good food. I work as a bartender /waitress, so you can ask me tips about places to go.



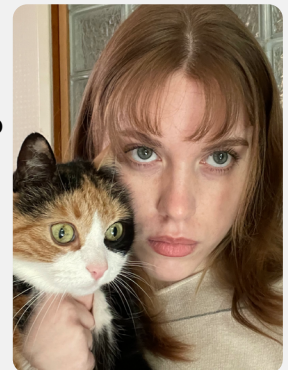
Henna



Veera

Hello! My name is Veera and I'm a second year media and film student. In addition to watching movies I like to listen to music, reading books and doing art. Very excited to meet you all and do all kinds of fun things together!

Hi! I am Ani and I'm a first-year fashion and clothing major. I enjoy all kinds of arts but my main likes are fashion and dance. I also am really interested in internationality and cultures hence am very excited to meet you all. Feel free to come chat about anything!



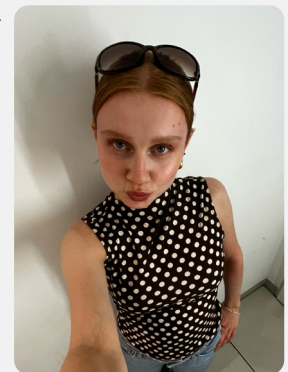
Ani



Anton

Hi, I'm Anton. I study film, first year. Films and music are my passion. The Beatles and Tv Girl are among my favourite bands. I work as an entrepreneur for my production company. I think Helsinki will have a lot to offer for you and I'm very excited to show you around.

Hi, I'm Emma. I'm a first year motion graphics student and I work as a barista. I love travelling and concerts. Can't wait to meet and chat with you all! Oh and I have a cat <3



Emma

