

GREETINGS NEW STUDENT!



We head tutors and peer tutors would like to welcome you to study at Metropolia! We are here to support you, especially in the early stages of your studies. You can also 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 all of you new students and get to familiarize you to each others and your new place of study. Congratulations to the new students, see you in January!

You will meet your tutors on your first day when they will be waiting for you in the campus lobby. You'll recognise them by their overalls 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 new everything is and how many questions you might have.

ORIENTATION DAYS

The orientation days will be held during the first week of January at Myyrmäki campus (Leiritie 1, Vantaa). Please remember to bring with you an official ID and laptop. It is recommended to download the Tuudo app from your app store. There will also be a voluntary program in the evening arranged by your tutors.

CONTACT INFORMATION

Tutors

- Ivana Onkova: Ivana.Onkova@metropolia.fi
- Valtteri Vaherkoski: valtteri.vaherkoski@metropolia.fi
- Nikol Zenkevich: Nikol.Zenkevich@metropolia.fi
- Ilari Karpoja: Ilari.karpoja@metropolia.fi
- Madeleine Tucker: Madeleine.Tucker@metropolia.fi
- ...and many more

Head tutors

- Masse Tahami: mohadest@metropolia.fi
- Alexander Forsström: Alexander.Forsstrom@metropolia.fi
- Elias Mohammadi: Elias.Mohammadi@metropolia.fi

Masse



Alexander



Elias



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://kideapp.com).

UPCOMING EVENTS

- METKA's Orientation Party 20.1.2026
- METKA's Freshers' Party 10.2.2026
- WTF - Welcome to Finland (Student party)
- Wappu

Information on those will be given to you by your 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 also buy overalls, overall patches and event tickets from the student associations.



HTO ry
Helsingin Tekniikan
Opiskelijat

✉ hallitus@htory.fi
📷 @hto_ry



UIO ry
Uudenmaan
Insinööriopiskelijat

✉ uio@uio.fi
📷 @uiory



AOK ry
Sähkö- ja automaatio-
opiskelijoiden yhdistys

✉ aok@metropolia.fi
📷 @aok_ry



Me BiEn ry
Bio- ja kemiantekniikan &
Energia- ja ympäristötekniikan
opiskelijoiden yhdistys

✉ hallitus@mebienry.com
📷 @mebien_ry



ESN Metropolia
Erasmus Student
Network

✉ board@esnmetropolia.fi
📷 @esn_metropolia



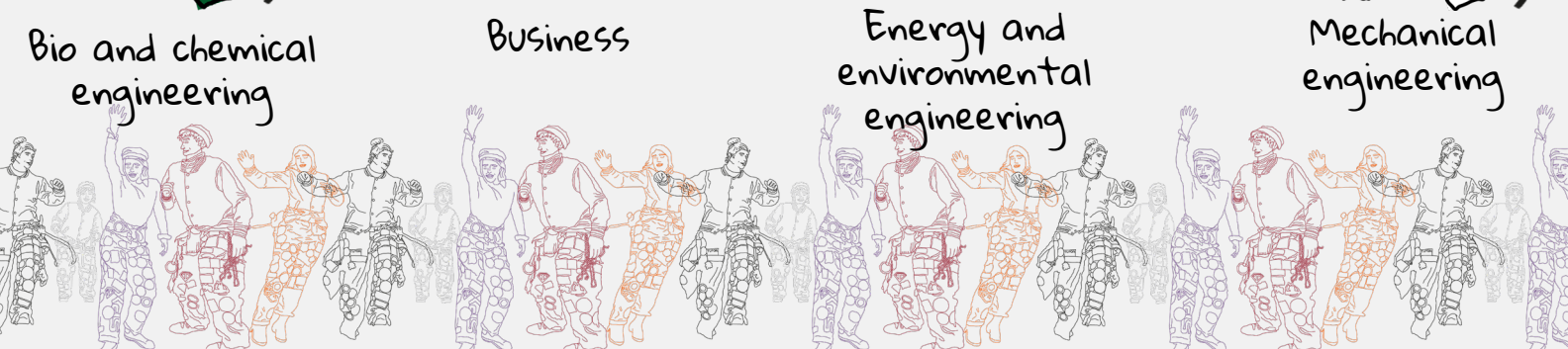
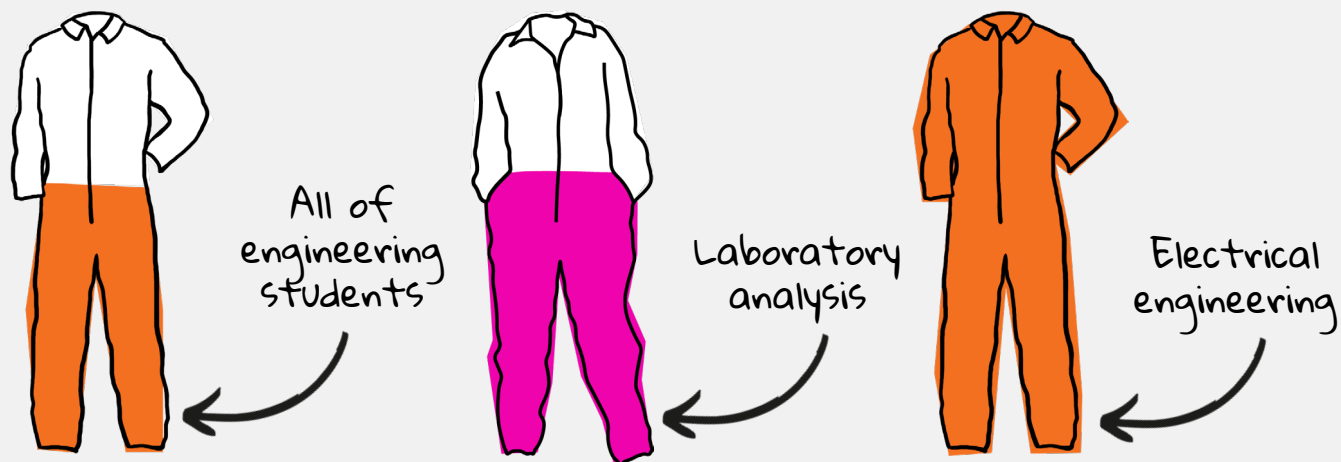
STUDENT OVERALLS

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.



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 Asunnot](#) (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](#)

