

# GREETINGS NEW STUDENT!

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 and hoodies 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 semester 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 groups on the orientation days, please ask your tutors for more information.

## ORIENTATION DAYS

Orientation will be held in January and other students activities and campus tour are held throughout the semester, so not being in Finland physically doesn't mean that you miss out on all the fun. During orientation days, you get to know about facilities, systems and practices relevant to studying.


If your orientation takes place on campus, please make sure to bring your laptop, ID, and payment card with you throughout the entire orientation week.


For more detailed information contact the International Office or refer to the information packages in your email.

Remember to actively follow your email for letters from your career coach.

## CONTACT INFORMATION

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

 myllypuronkvvastaavat@gmail.com

 @myllypurointernational



Naza



Patricia



Henna



Elviira



Pauliina





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



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

## UPCOMING EVENTS

- Start Here/Aloita Tästä TBA
- Orientation Party 20.1.
- METKA's Freshers' Party 10.2.
- ESN WTF (Welcome to Finland) event TBA
- ESN City tour TBA
- Kallion Kulaus (pub crawl) TBA
- Mäkimähinä (sledding event) TBA

## 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



### TXO ry

Advocates for Nursing-based fields

✉ hallitus@txo.fi

📷 @txo\_ry



### ESN Metropolia

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

✉ 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 in general cost 20-60 euros depending on the field of study. TXO overalls cost 45-60 euros.

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.

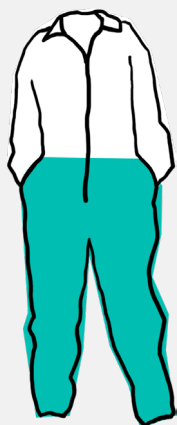


TXO ry's overalls for  
Nursing field, including  
Paramedics, Midwifery,  
and Public Health Nurse.



## Other overalls in Myllypuro campus

Social and  
health fields



Optometrists



Building  
services



Civil Engineering,  
Construction Site  
Management,  
Construction Archi-  
tecture



Construction Site  
Management,  
HVAC



Land  
surveying



# 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](https://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](https://hsl.fi).

## Housing

Foundation for student housing in the Helsinki region (Hoas) offers students affordable rental apartments close to their places of study. Please note that when applying for a Hoas apartment, you should be prepared to wait for months: [hoas.fi](https://hoas.fi). Rental apartments are also offered by e.g.:

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

## Health care

Students at universities of applied sciences are covered by the health services provided by the Finnish Student Health Service (FSHS). The FSHS health care fee is approximately €70–80 per year. The fee is mandatory for students and is paid twice a year through Kela.

(If you are eligible for social security in an EU or ETA country, Switzerland, Great Britain or Northern Ireland, you do not have to pay for the health care fee, but you must provide a European Health Insurance Card or Global Health Insurance Card to FSHS when accessing the services.)

For emergency services, please contact your local health center:

- [Espoo](#)
- [Helsinki](#)
- [Vantaa](#)

