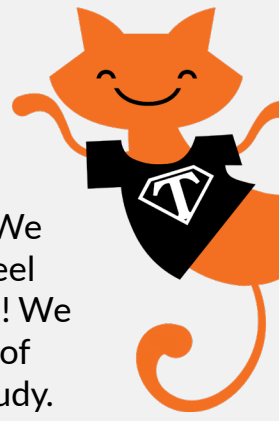


GREETINGS NEW STUDENT!



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 August!

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

Your academic year starts on the 17th of August at 9am at Arabia Campus, Hämeentie 135D.

You can find the information for the first week on the XR Design page on the Metropolia website, but basically the first week will be orientation week which is full of getting to know your new school, the campus and your peers! Us tutors will have some activities planned for you to make your introduction easier. Please take your official ID with you on the first day.

START OF THE YEAR PICNIC

If you would like to get a head start on the school year and meet your fellow students, join the culture students' Start Of The Year picnic on 15.8. at Arabianmäki (Hämeentie 136) from 3pm onwards. Remember to bring your own snacks and refreshments!



TUTOR INTRODUCTIONS

Latifa



Hei, I'm Latifa. I'm starting my 2nd year studies in XR Design, and I also have a background in architecture.

I'm from Bangladesh and grew up in Saudi Arabia, so I've always been surrounded by different cultures. I enjoy socializing, meeting new people, and learning about different cultures.

In my free time, I like painting, gardening, and going out for hangouts. I especially enjoy going outside at night, so if anyone is interested in hanging out, you can text me.

IG: @tanzim_latifa + @latentlatifa (art acc)
email: Latifa.Tanzim@metropolia.fi

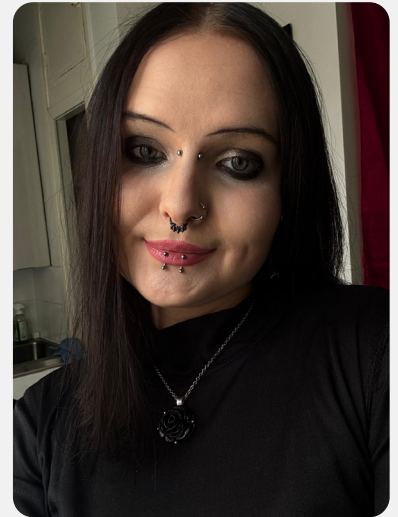
Oona

Hey! I'm Oona and I'm starting my 2nd year studies in XR Design. I'm highly passionate about video games and my dream is to get a job contributing to the industry.

I'm originally from Tampere and have been living in Helsinki for about a year now! I love playing video games during my free time, as well as listening to rock music, creating art and cycling.

I love meeting like-minded people, so feel free to come chat with me, especially if it's related to games ^_^ I look forward to meeting you all!

IG: @batw3b + @una.mort (art acc)
email: Oona.Mertama@metropolia.fi



Saara



Hi, I'm Saara, I'm 22 and starting my 3rd year as an XR Design student.

I like nu metal and video games. I also host pub trivia and music bingo on my free time.

I enjoy going to student events and I talk a lot so if you need company for an event or just someone to chat with you can come to me! My insta is public so feel free to message me with questions. :)

IG: @just5aara + @saarantti (art acc)
email: Saara.Jokinen2@metropolia.fi



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 19 000 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



@metkaweb



/opiskelijakuntametka

Become
a member!



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 Of The Year picnic (15.8.) (FIN: Varaslähtöpiknik)
- METKA's Orientation Party (27.8.)
- Original Student Festival (4.-5.9.)
- Demonikart
- MetroSport (10.9.)
- METKA's Freshers' Party (15.9.)
- MetGO (23.9.)
- Demoni annual ball (26.9.) (FIN: Demoni vuosijuhla)
- Drink or Treat (29.10.)
- Kaljaasi (8.-10.11.)
- Design Christmas (2.12.) (FIN: Designjoulu)

STUDENT ASSOCIATIONS

There are 16 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

Student association of culture students in Metropolia

✉ demoni@demoniry.fi

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



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 students have wine red overalls! There are fittings during the first weeks of school and the overalls are ordered afterwards.



INFORMATION AND IMPORTANT LINKS

Tuudo and Slice

In the Tuudo app, you can view your class schedule, academic records, student restaurant menus, campus maps, and announcements. On Tuudo, you'll also find your Kela meal subsidy card, and as a member of your student union METKA, your digital student card, which gives you access to student discounts. Install Tuudo even before orientation days. With the Slice app, you can browse and activate thousands of valuable student benefits. You can access Slice benefits as a METKA member.

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

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. Rental apartments are also offered by e.g.:

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

