

# 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

Orientations are held at Myllypuro campus (Myllypurontie 1, 00920 Helsinki).

- Physiotherapy & Laboratory sciences: 19.8. at 9:00-14:00 in classrooms MPBK030 and MPA2007 + Zoom session on 26.8. for those physiotherapy students who have not yet arrived in Finland.
- Physiotherapy Top-up: 17.8. at 10:00-15:00 in classroom MPC5014 + If necessary as a hybrid at 11:00 (via Zoom)

Tutors and head tutors will be waiting for you in the A and D lobbies of the campus! You will need: note-taking equipment, your bank card, an NFC-readable card (e.g. gym card) and a phone with the Tuudo app downloaded.

## CONTACT INFORMATION

You can reach head tutors by:

- Email: [kuntuvastaavat@gmail.com](mailto:kuntuvastaavat@gmail.com)
- Instagram: [@myllypuronkuntu](https://www.instagram.com/myllypuronkuntu)

A WhatsApp group has been created for each field of study. There you will find all the important information throughout the autumn.

You will receive the joining link from your tutors during orientation!

Vanessa



Emma



Lyyli



Natalia



## 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](https://kide.app).

# UPCOMING EVENTS

- Start Here TBA
- Orientation Party 27.8.
- MetroSport 10.9.
- METKA's Freshers' Party 15.9.

# 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.



## MysterRy

Student association for students of social and healthcare fields

✉ hallitus@mysteryopy.fi

📷 @mystery\_opy



## TXO ry

Metropolia's Health and Nursing Students Association

✉ hallitus@txo.fi

📷 @txo\_ry



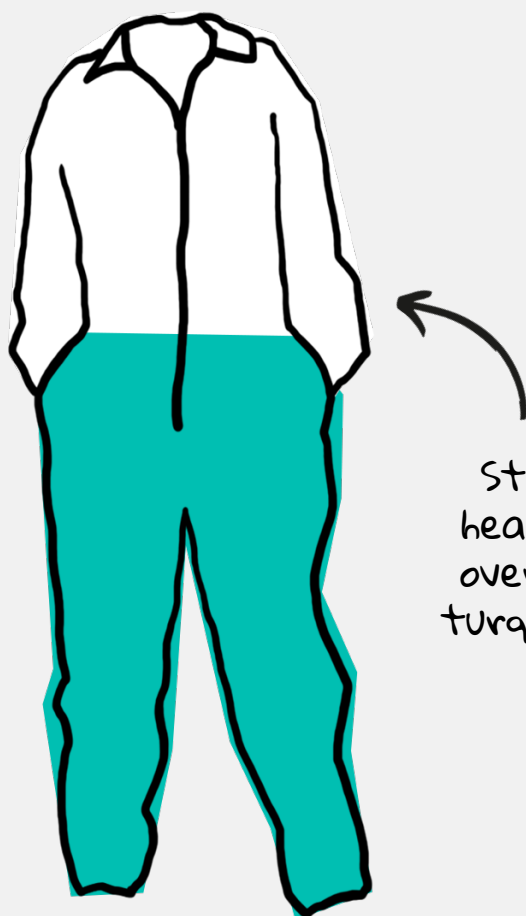
# STUDENT OVERALLS

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.



Students in the social and health fields have Mystery's overalls. They are white and turquoise in color. The overalls can be purchased at the Mystery stands



# 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](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 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](#)

