Guidebook for International visitors
Contents

1 Welcome to Laurea ................................................................. 3
2 Transportation ........................................................................ 4
3 Laurea’s Campuses .................................................................. 4
  3.1 Hyvinkää campus ................................................................. 4
  3.2 Leppävaara campus ............................................................. 5
  3.3 Otaniemi campus ................................................................. 6
  3.4 Lohja campus ...................................................................... 7
  3.5 Porvoo campus ................................................................. 8
  3.6 Tikkurila campus ................................................................. 9
4 Accommodation near the campuses ....................................... 10
5 Accommodations near Helsinki city center ................................. 12
6 Restaurants .............................................................................. 13
7 Finland and the city of Helsinki ............................................... 15
  7.1 Public holidays and opening hours ..................................... 15
  7.2 Sightseeing ......................................................................... 16
    7.2.1 Helsinki ...................................................................... 16
    7.2.2 Espoo ......................................................................... 17
    7.2.3 Porvoo ....................................................................... 17
    7.2.4 Additional sightseeing and cultural activities links ........... 17
  7.3 Recreation and cultural activities ......................................... 17
    7.3.1 Shopping ................................................................... 17
    7.3.2 Museums in Helsinki ..................................................... 18
    7.3.3 Other attractions ......................................................... 18
  7.4 Useful Phrases ................................................................... 18
8 International Services’ contact persons .................................... 19
1 Welcome to Laurea

We are glad to welcome you to Finland and to Laurea University of Applied Sciences! This guidebook will supply you with basic information about Laurea, the country, transportation, accommodation sightseeing and much more. For further information feel free to ask us for additional brochures or check out our website which contains information about living in Finland. 


With around 7800 students, Laurea UAS is the 4th biggest university of applied sciences in Finland. The campuses of Laurea are located in and around Finland’s capital region. In its operating environment, Laurea specializes in service innovations and focuses on regional development of the metropolitan area. Laurea’s brand promise “Together we are stronger” describes Laurea’s solid regional development role. Laurea is a University of Applied Sciences for the whole region of Uusimaa, and its knowledge and skills are available to the whole area. Our service promise “We are here for you at Laurea” is a promise of good learning for our students, and for our cooperative partners a promise of partnership and developing together.

Over the past few years Laurea has been ranked high in the evaluations of Finnish Universities of Applied Sciences, and it has been recognized many times in categories such as quality of education. Laurea can proudly say that it belongs to the top when it comes to success in Finland’s education field.

Laurea Facts:

7800 students
7000 Bachelor students
800 Master students
650 international degree students
400 exchange students each year
6 campuses
550 employees
2 Transportation

The Helsinki Metropolitan Area has a very efficient public transport system. There are four forms of public transportation: buses, trains, trams and metros. Information about public transport, including ticket prices and schedules, are at Helsinki Region Transport (HSL) web pages http://www.hsl.fi/en. We recommend visitors to buy a day ticket for 3-5 days (depending on the lengths of your stay), you can buy these tickets e.g. at R-kioski kiosks as well as from HSL’s blue ticket machines (both credit card and cash accepted) at the airport or e.g. at the railway station in Helsinki. See more info at https://www.hsl.fi/en/tickets-and-fares.

The online “Journey Planner” will help you to find the fastest route between two addresses at a given time http://www.reittiopas.fi/en/. You can also download this service as an app called “Andropas” (for Android devices) and Transporter Journey planner (for iOS devices).

Helsinki International Airport is located in Vantaa, 30 min away from the city center by bus. Finnair buses run every 20 min from the airport to Elielinaukio, located right next to the Central Railway Station in Helsinki. One way ticket costs EUR 6.60 from the online shop and EUR 6.70 from the driver. For real-time price and timetable, please visit https://www.pohjolanliikenne.fi/en/finnair-bus-timetable.html. The slower local buses (no. 615, 415) cost EUR 5.00 from mobile app or ticket machine and EUR 5.50 from bus driver. Bus no. 615 stops at the market square next to the Central Railway Station, Rautatientori and bus no. 415 stops at Elielinaukio.

The trains I and P both go to the airport every 10 to 20 minutes. From Helsinki, the I train takes 28 minutes and the P train 33 minutes to the airport. The price of the train ticket is the same as local bus ticket. Alternatively, you can take a taxi, Helsinki Airport Taxi (Tel. +358 9 8256 5562) and Yellow Line Airport Taxi (Tel. 0600 555 555) to the hotel. It will cost around EUR 40-50. The central taxi reservation number in Espoo is 0100 7300 and in Helsinki is 0100 0700.

3 Laurea’s Campuses
3.1 Hyvinkää campus

Laurea Hyvinkää campus is situated in the city of Hyvinkää. Local trains R and H go from Helsinki twice in an hour (at XX.19 & XX.48) to Hyvinkää and take about 45 minutes.

Address:
Uudenmaankatu 22
FI-05800 Hyvinkää

How to walk from the Hyvinkää station to the campus:
Hyvinkää campus facts:

- 3 Bachelor degrees in Finnish

3.2 Leppävaara campus

Laurea Leppävaara is located in the city of Espoo. Trains between Helsinki and Leppävaara are Y, U, L, E and A. The Leppävaara train station is approximately 800m from Laurea Leppävaara. The travel time by train from Leppävaara to Helsinki center is approximately 13-20 minutes.

Address:
Vanha maantie 9
02650 Espoo, Finland
How to walk from the Leppävaara station to the campus:

Leppävaara campus facts:

- Bachelor degrees in English and Finnish
- 1 Master degree in English
- 5 Master degrees in Finnish

3.3 Otaniemi campus

Laurea Otaniemi is located in the city of Espoo next to Kehä 1 highway. Closest bus stops for busses from Helsinki (bus 103) is Kalevanvainio and from Leppävaara (bus 510 and 550) is Tietäjä. The distance to the airport is 20 km and to the Helsinki center is 10 km.

Address:
Metsänpojankuja 3
02130 Espoo
How to walk from the bus stops to the campus:

Otaniemi campus facts:

- 4 Bachelor degrees in Finnish

3.4 Lohja campus

Lohja campus is situated about 60 km from Helsinki city center. By car you can reach Lohja from Helsinki in about 45 minutes. To commute between Helsinki and Lohja you can use busses connecting the two cities, connections can be found from [https://www.matkahuolto.fi/en/](https://www.matkahuolto.fi/en/), and it is usually a good idea to buy the tickets in advance.

Address:
Nummentie 6
08100 Lohja
How to walk from the bus stop to the Laurea campus Lohja:

Lohja campus facts:

- 2 Bachelor degrees in Finnish

3.5 Porvoo campus

Porvoo campus is located about 50 km from Helsinki city center. By car, you can reach Porvoo campus within 50 minutes. Another way to reach Porvoo is by using busses connecting the two cities, connections can be found from [https://www.matkahuolto.fi/en/](https://www.matkahuolto.fi/en/), and it is usually a good idea to buy the tickets in advance.

Address:
Taidetehtaankatu 1
06100 Porvoo

How to walk from the bus stop to the campus:
Porvoo campus facts:

- One Bachelor degree in Finnish

3.6 Tikkurila campus

Laurea’s Tikkurila campus is located in the city of Vantaa. Trains between Helsinki and Tikkurila are R, I, K, Z, P. The Tikkurila station is approximately 200m from Laurea Tikkurila. The travel time by train between Tikkurila and Helsinki is approximately 20-25 minutes.

Address:
Ratatie 22
01300 Vantaa

How to walk from Tikkurila train station to the campus:
Tikkurila campus facts:

- 6 Bachelor degrees in Finnish
- 2 Bachelor degrees in English
- 1 Master degree in English
- 7 Master degrees in Finnish

4 Accommodation near the campuses

Listed below are some Hotels located close to the campuses.

**Hyvinkää**

*Cumulus*
Price: $$$
Hämeenkatu 2
05800 Hyvinkää
Tel: +358 19 429 100
hyvinkaa.cumulus@restel.fi

**Leppävaara**

*GLO Hotel Sello*
Price: $$$
Leppävaarankatu 10
02600 ESPOO
Tel: +358 10 3444 200
Email: sello@glohotels.fi
**Hellsten Hotel Apartments**
Price: $$
Porarinkatu 3
02650 Espoo
Tel: +358 9 511 051
Email: espoo@hellstenhotels.fi
[http://hellstenhotels.fi/Hellsten_Hotel_Apartments/Espoo](http://hellstenhotels.fi/Hellsten_Hotel_Apartments/Espoo)

**Forenom Aparthotel Espoo**
Price: $
Porarinkatu 1 A
02650 Espoo
Tel: +358 20 1983 420

**Otaniemi**

**Original Sokos Hotel Tapiola Garden**
Price: $$$
Tapionaukio 3
02100 Espoo
Tel: +358 20 1234 616
[http://www.sokoshotels.fi](http://www.sokoshotels.fi)

**Radisson Blu Hotel**
Price: $$$$;
Otaranta 2
02150 Espoo
Tel: +358 20 1234 705
[https://www.radissonblu.com/fi/hotelli-espoo](https://www.radissonblu.com/fi/hotelli-espoo)

**Tikkurila**

**Sokos Hotel**
Price: $$$$;
Hertaksentie 2
01300 Vantaa
Tel: +358 20 1234 618
Email: hotelvantaa.vantaa@sokoshotels.fi

**20Rooms**
Price: $
Kyläkaivontie 6 D
01350 Vantaa
Tel: +358 40 6582 939
Email: info@20rooms.fi

**Porvoo**

**Old town Bed & Breakfast Ida-Maria**
Price: $$
Välikatu 10
06100 Porvoo
Tel: +358 45 8512 345
Email: idamaria@idamaria.fi
http://www.idamaria.fi/?lang=en

Hotel Seurahovi
Price: $$
Rauhankatu 27
06100 Porvoo
Tel: +358 19 54761
Email: info@seurahovi.fi
https://en.seurahovi.fi/

Hotel Onni
Price: $$$
Kirkkotori 3, 06100 Porvoo
Tel. +358 44 534 8110
Email: reception@hotelonni.fi
www.hotelonni.fi

Lohja

Hotelli Lohja
Price: $$$
Laurinkatu 34, 08100 Lohja
Tel: +358 (0) 19 332 21
Email: info@hotellilohja.fi

5 Accommodations near Helsinki city center

Sokos Hotel
Price: $$$
Several locations in Helsinki
https://www.sokoshotels.fi/fi/helsinki

GLO Hotelli Kluuvi
Price: $$$
Kluuvikatu 4
Tel: +35810 3444 400
Email: kluuvi@glohotels.fi
http://glohotels.fi/hotellit/glo-hotel-kluuvi

Plaza Hotel Helsinki
Price: $$$
Mikonkatu, 23
Tel. +358 20 1234 703

Scandic
Price: $$$
Simonkatu 9
Several other options can be found through websites.

## 6 Restaurants

Each of Laurea’s campuses has their own restaurant on campus that offer lunch during the week. Also small snacks and coffee can usually be purchased throughout the day. In Leppävaara, the Hospitality management students make the food.

Below a selection of restaurants in Helsinki is listed.

### Affordable restaurants (mains less than 20 €):

**Piece ‘n’ Love**  
Offers gluten free pizzas.  
Uudenmaankatu 9  
Tel: +358 50 468 5933  

**Il Birrificio**  
Modern and delicious brewery restaurant  
Fredrikinkatu 22  
Tel: +358 9 651 939  
[http://ilbirri.fi/](http://ilbirri.fi/)

**Onda**  
Great vegetarian food!  
Hämeentie 13  
Tel: +358 44 0660 530  

### Average priced restaurants (mains 20 € and up):

**Lappi Restaurant**  
Elegant Lapland style restaurant in the heart of Helsinki  
Annankatu 22
Restaurant Savotta
Traditional Finnish food from different regions of Finland
Aleksanterinkatu 22
Tel. +358 9 7425 5588

Hieta
Modern Finnish bistro with generous and delicious portions.
Hietalahdenranta 11
Tel: +358 96 1285 250
http://www.ravintolahienda.fi/en/frontpage/

Fine dining restaurants (full course around 50 € - advanced reservation is advised):

Passio Kitchen & Bar
Wonderful tasting menus with seasonal ingredients (3 or 5 courses)
Kalevankatu 13
Tel: +358 20 7352 040
http://passiodining.fi/?lang=en

Juuri
Traditional Finnish ingredients presented in a modern way. We recommend trying Sapas - their special Finnish tapas dishes
Korkeavuorenkatu 27
Tel: +358 9 635 732

Grön Restaurant
The menu is based on seasonal, organic, wild and the Scandinavian products
Albertinkatu 36
Tel: +358 50 3289 181
https://www.restaurantgron.com/

Café Shop:

Kulma
A café of the biggest coffee roaster in Finland, right next to the shopping center Kluuvi
Aleksanterinkatu 9

Kahvi Charlotta
Cosy café located in the city center as well as next to Tikkurila campus
Several locations in Helsinki and Vantaa
https://www.kahvicharlotta.com/in-english

Arnolds
American style but Finnish made donuts, bagels, smoothies and other treats
Several locations in Helsinki, Vantaa and Espoo
https://arnolds.fi/
7 Finland and the city of Helsinki

Finland is a Nordic country with a population of 5.5 million. It is the eighth largest country in Europe, but the most sparsely populated country in the European Union. The biggest cities of the country include, Helsinki, Vantaa, Espoo, Tampere, Turku and Oulu. Finland has three official languages: Finnish (89.3%), Swedish (5.3%) and Sami (0.03%).

Helsinki is the capital of Finland and lies at the Baltic Sea. Helsinki has a population of over 600,000. The metropolitan area, including Helsinki, Vantaa, Kauniainen and Espoo, has a population of circa 1.2 million. About 13% of the population speaks a foreign language as a mother-tongue, most commonly Russian, Estonian, Somali and English. The City of Helsinki is the third biggest Nordic city after Stockholm and Oslo. Helsinki is located 80 km north of Tallinn and 400km northeast of Stockholm.

You can check the weather forecast for Finland e.g. from Foreca web page at http://www.foreca.com/Finland/Helsinki. To get the local weather search with the name of the city you will visit.

The emergency number in Finland is 112.

7.1 Public holidays and opening hours

<table>
<thead>
<tr>
<th>Name of the public holiday</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Year’s Day</td>
<td>1 January</td>
<td>1 January</td>
<td>1 January</td>
<td>1 January</td>
</tr>
<tr>
<td>Epiphany</td>
<td>6 January</td>
<td>6 January</td>
<td>6 January</td>
<td>6 January</td>
</tr>
<tr>
<td>Good Friday</td>
<td>25 March</td>
<td>14 April</td>
<td>30 March</td>
<td>19 April</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>27 March</td>
<td>16 April</td>
<td>1 April</td>
<td>21 April</td>
</tr>
<tr>
<td>Easter Monday</td>
<td>28 March</td>
<td>17 April</td>
<td>2 April</td>
<td>22 April</td>
</tr>
<tr>
<td>May Day</td>
<td>1 May</td>
<td>1 May</td>
<td>1 May</td>
<td>1 May</td>
</tr>
<tr>
<td>Ascension Day</td>
<td>5 May</td>
<td>25 May</td>
<td>10 May</td>
<td>30 May</td>
</tr>
<tr>
<td>Whit Sunday</td>
<td>15 May</td>
<td>4 June</td>
<td>20 May</td>
<td>9 June</td>
</tr>
<tr>
<td>Midsummer Day</td>
<td>25 June</td>
<td>24 June</td>
<td>23 June</td>
<td>22 June</td>
</tr>
<tr>
<td>All Saints’ Day</td>
<td>5 November</td>
<td>4 November</td>
<td>3 November</td>
<td>2 November</td>
</tr>
<tr>
<td>Independence Day</td>
<td>6 December</td>
<td>6 December</td>
<td>6 December</td>
<td>6 December</td>
</tr>
<tr>
<td>Christmas Eve</td>
<td>24 December</td>
<td>24 December</td>
<td>24 December</td>
<td>24 December</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>25 December</td>
<td>25 December</td>
<td>25 December</td>
<td>25 December</td>
</tr>
<tr>
<td>Boxing Day</td>
<td>26 December</td>
<td>26 December</td>
<td>26 December</td>
<td>26 December</td>
</tr>
</tbody>
</table>
Opening hours of bigger retailing stores are on weekdays between 7am-9pm, on Saturdays between 7am-6pm and on Sundays between 12pm-6pm. Grocery stores are often open longer.

7.2 Sightseeing

7.2.1 Helsinki

Helsinki Cathedral
The Cathedral of Helsinki is an Evangelic Lutheran church and is the symbol of Helsinki for many. The Helsinki cathedral is located on the Senate square.
Address: Unioninkatu 29, 00101 Helsinki
http://www.helsinginkirkot.fi/en/churches/cathedral

Market square
The Market Square is located at the Esplanade Park and offers a great variety of traditional market food as well as handicrafts and souvenirs.
Address: Eteläsatama, 00170 Helsinki
http://www.visithelsinki.fi/en/see-and-experience/shopping/market-square

Old market hall
The old market hall has been open since 1889, merchants sell a variety of fish, cheese, coffee and other food products.
Address: Eteläranta, 00130 Helsinki
http://vanhakauppahalli.fi/en/

Olympic stadium
The Olympic stadium was built in 1938 for the Olympic games in 1952. Nowadays it is used for national and international sporting events as well as outdoor concerts.
Address: Paavo Nurmen tie 1, 00250 Helsinki
http://www.stadion.fi/visit-tower

Parliament
The Finnish 200-seat parliament is an impressive building in the style of the 1920s Classicism.
Address: Mannerheimintie 30, 00100 Helsinki
https://www.eduskunta.fi/EN/tietoaeduskunnasta/Pages/default.aspx

Sibelius monument
In the Sibelius Park is the world famous composer Jean Sibelius’ (1865-1957) monument by Eila Hiltunen.
Address: Mechenininkatu, 00250 Helsinki
http://www.eilahiltunen.net/monument.html

Temppeliaukio church
The Temppeliaukio Church (also called Rock church) is a church built into natural bedrock and is one of the greatest tourist attractions in Helsinki.
Address: Lutheraninkatu 3, 00100 Helsinki

Uspenski Orthodox Cathedral
Completed in 1868, the Uspenski Cathedral is the largest Orthodox Church in Western Europe.
Address: Kanavakatu 1, 00170 Helsinki
Suomenlinna Sea Fortress
Suomenlinna is one of the biggest sea fortresses in the world, founded in 1748 on islands off the coast of Helsinki. Suomenlinna remains as one of the most popular attractions in Finland and was included in UNESCO World Heritage List in 1991 as a unique monument to European military architecture. Suomenlinna can be reached by boat from the Market Square.
Address: Suomenlinna, 00190 Helsinki
http://www.suomenlinna.fi/en/

7.2.2 Espoo

Nuuksio
Nuuksio National Park is located in Espoo and can be reached by public transport.
http://www.nationalparks.fi/en/nuuksionp

7.2.3 Porvoo

Old town
The old town of Porvoo has many charming wooden houses, shops and cafés
Address: Vänha Porvoo, 06100 Porvoo
http://tourism.porvoo.fi/en/see_/old_porvoo

Porvoo Cathedral
Old Cathedral right next to the old town.
Address: Kirkkotori 1, 06100 Porvoo
http://www.visitporvoo.fi/en/see_/churches_and_chapels

Archipelago
There is plenty to see in the archipelago of Porvoo, including the island of Pellinki and the Söderskär lighthouse.
http://www.visitporvoo.fi/en/see_/archipelago

7.2.4 Additional sightseeing and cultural activities links

Kerava: http://www.kerava.fi/kerava-info/in-english/tourism
Lohja: http://www.visitlohja.fi/default.asp?kieli=826
Tikkurila: http://www.vantaa.fi/
Leppävaara: http://www.visitespoo.fi/fi/alueet/leppavaara/
Porvoo: http://www.visitporvoo.fi/en

7.3 Recreation and cultural activities

7.3.1 Shopping

Helsinki city has plenty of shopping opportunities for visitors. There are two shopping centers in the city center (Kamppi and Forum). Finnish department stores can also be found right in the center, Sokos and Stockman. There are many small boutiques and design store all around Helsinki.

Porvoo has a several beautiful shops located in the old town, as well as bigger stores and malls in the new part of the town.
http://www.visitporvoo.fi/en/shop/shop
7.3.2 Museums in Helsinki

Ateneum  
Art museum  
Kaivokatu 2, 00100 Helsinki  
http://www.ateneum.fi/

Kiasma  
Museum of Contemporary Art  
Mannerheimintie 2, 00100 Helsinki  
http://www.kiasma.fi/en/

Kansallismuseo  
National Museum of Finland  
Mannerheimintie 34, 00100 Helsinki  
http://www.kansallismuseo.fi/en/index

Seurasaari ulkomuseo  
Open-air museum  
Seurasaari, 00250 Helsinki  
http://www.kansallismuseo.fi/en/seurasaari-openairmuseum

7.3.3 Other attractions

Helsinki Zoo  
One of the oldest zoos in the world, with circa 200 different animals  
Mustikkamaanpolku 12, 00570 Helsinki  
http://www.korkeasaari.fi/helsinki-zoo/

Linnanmäki  
Amusement park  
Tivolikuja 1, 00510 Helsinki  
https://www.linnanmaki.fi/en

7.4 Useful Phrases

<table>
<thead>
<tr>
<th>English</th>
<th>Finnish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good day</td>
<td>Hyvää päivää</td>
</tr>
<tr>
<td>Hello (informal)</td>
<td>Moi, Hei, Terve</td>
</tr>
<tr>
<td>How are you?</td>
<td>Mitä kuuluu?</td>
</tr>
<tr>
<td>Fine, thank you</td>
<td>Kiitos, hyvää</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Mikä sinun nimesi on?</td>
</tr>
<tr>
<td>My name is _____</td>
<td>Nimen on _____</td>
</tr>
<tr>
<td>Nice to meet you</td>
<td>Hauska tavata</td>
</tr>
<tr>
<td>Thank you</td>
<td>Kiitos</td>
</tr>
<tr>
<td>You’re welcome</td>
<td>Ole hyvää / Ei kestä</td>
</tr>
<tr>
<td>Yes</td>
<td>Kyllä, Joo</td>
</tr>
<tr>
<td>No</td>
<td>Ei</td>
</tr>
<tr>
<td>Excuse me /I am sorry</td>
<td>Anteeksi</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Näkemiin</td>
</tr>
<tr>
<td>Goodbye (informal)</td>
<td>Hei hei, Moi moi</td>
</tr>
<tr>
<td>I don't speak Finnish</td>
<td>En puhu suomea</td>
</tr>
<tr>
<td>Do you speak English?</td>
<td>Puhutko englantia?</td>
</tr>
</tbody>
</table>
8 International Services' contact persons

The email addresses are firstname.lastname@laurea.fi

Arja Majakulma, Director, International Affairs
Vanha maantie 9, 02650 Espoo
Tel. +358 9 8868 7215
Support for student and staff internationalisation (including international mobility, internationalisation at home, studies in English, guidance for foreign students)

Maiju Mikkonen, Planning Officer, International Affairs
Vanha maantie 9, 02650 Espoo
Tel. +358 9 8868 7789
Student exchange and traineeships - Bachelor/Master of Health Care, Social Services, Physiotherapy

Conrad Lyaruu, Planning Officer, International Affairs
Vanha maantie 9, 02650 Espoo
Tel. +358 400 762 616
Student exchange and traineeships - Bachelor/Master of Business Management

Päivi Haapanen, Planning Officer, International Affairs
Vanha maantie 9, 02650 Espoo
Tel. +358 9 8868 7903
Staff and teacher exchanges, International weeks, communications, supporting internationalisation training for staff and teachers

Riikka Lindholm, Planning Officer, International Affairs
Vanha maantie 9, 02650 Espoo
Tel. +358 9 8868 7092
Student exchange and traineeships - Bachelor/Master of Hospitality management, Business information technology, Security management, Beauty and Cosmetics.

We are here for you at Laurea!