



# BEST-Tampere - Autumn Course 2015

*Down to business. Turn your thoughts to richness!*

## Survival guide

This Survival Guide is made to help those who are going to participate our autumn course **4.-12.10.2015** (4.10. is the arrival day, 12.10. the departure day). This guide will not contain information regarding the actual schedule or learning content of the event (you will be informed on those separately) - instead we are focusing on how to get to and how to behave in Tampere. We assume that people who read this guide already know what a BEST course is for students. The basics can be found at <http://www.best.eu.org/courses/courses.jsp>.

Remember to fill your information in the information sheet. We need at least your arrival and departure information, special diet (if you have any) and your phone number during autumn course. If you don't have any allergies or special diet, just write "none".

### [INFORMATION SHEET](#)



# Board of European Students of Technology

---

<b>1. GENERAL INFORMATION.....</b>	<b>3</b>
1.1 FINLAND .....	3
1.2 TAMPERE .....	3
1.3 TAMPERE UNIVERSITY OF TECHNOLOGY.....	4
1.4 MONEY AND PRICES.....	5
1.5 FINNISH CUSTOMS.....	6
1.6 ACCOMMODATION.....	7
1.7 FOOD .....	7
1.8 NIGHTLIFE .....	8
1.9 WEATHER.....	8
1.10 SHORT GUIDE TO FINNISH .....	9
<b>2. WHAT YOU SHOULD DO BEFORE YOU LEAVE .....</b>	<b>9</b>
<b>3. HOW TO GET HERE .....</b>	<b>10</b>
3.1 ARRIVAL .....	10
3.2 ROUTE PLANNER FOR PUBLIC TRANSPORT .....	10
3.3 HOW TO GET TO TAMPERE .....	10
3.3.1 <i>About tickets</i> .....	11
3.4 HOW TO GET TO TAMPERE UNIVERSITY OF TECHNOLOGY.....	12
3.4.1 <i>If you are at the railway station</i> .....	12
3.4.2 <i>If you are at the bus station</i> .....	13
3.5 ARRIVING EARLY OR STAYING LATE.....	14
<b>4. WHAT TO BRING.....</b>	<b>15</b>



## 1. General information

### 1.1 Finland

Area:	338 000 square kilometres
Population:	5.4 million
Capital:	Helsinki (560 000 inhabitants, greater Helsinki area 1,3 mil.)
Official languages:	Finnish, Swedish (native language to 300 000 people, mostly in the coastal areas) and Sami language in Lapland (native language to 4000 Lappish people).
Time zone:	GMT +2 hours (CET +1 hour)

Formerly a part of Sweden (up to 1809) and an autonomous part of Russia (1809-1917), Finland has been an independent country since 1917. Finland is one of the Nordic countries (but geographically not part of Scandinavia) and situated on the very border of East and West in the cultural as well as geographical sense. Finland is a liberal, western democracy. Since the beginning of 1995 Finland has been a member of the European Union. The main export goods are paper, metal products (including ships) and high-tech products such as electronics and communication equipment. For more information about Finland, visit Virtual Finland at <http://www.finland.fi/> or find a good travel guide.

### 1.2 Tampere

Tampere is the second largest metropolitan area in Finland and the largest inland centre in the Nordic countries. Currently there are over 200,000 inhabitants in Tampere and almost 300,000 inhabitants in Tampere sub-region, which comprises Tampere and its neighbouring municipalities. There are 200 lakes and ponds in Tampere, and 24 per cent of Tampere's surface area is water. There are numerous nature reserves in Tampere. Pyyrikki and Viikinsaari near the city centre are the best known of them. Parks and green areas amount to 2,400 hectares, approximately 100 square metres per inhabitant.

Gustav III, King of Sweden, established the City of Tampere in 1779, on the bank of the Tammerkoski rapids. Tampere has been an industrial pioneer in Finland since the very beginning. Finland's first paper mill started operation in 1783, and the first paper machine was engaged at the J.C. Frenckell & Son's factory in 1842. Tampere is still the centre of Finnish industry today; cooperation between companies and universities has maintained and further developed the competitiveness of the region's industry. On the cultural side, the rock scene in Tampere is alive and well; there is the yearly Sauna Open Air heavy metal festival, and other concerts all year round. For more information go to <http://www.tampere.fi/english/>



*Centre of Tampere*

## **1.3 Tampere University of Technology**

Tampere University of Technology (Tampereen Teknillinen Yliopisto) was founded in 1965. With twelve student degree programmes and about 40 academic departments and units, TUT offers a wide spectrum of technological knowledge and skills. There are currently more than 12000 students. (<http://www.tut.fi>)



*Tietotalo in winter (one of the buildings at TUT)*



## 1.4 Money and prices

The Finnish currency is euro. It is a good idea to have enough euros when you arrive. But if for some reason you are equipped with some more exotic currency (like Danish or Swedish crowns, UK pounds or US dollars), you may change money at most banks or at exchange offices (that have better rates). FOREX has two offices in central Tampere along Hämeenkatu (one at Stockmann department store and the other near the central square).

Euros come in banknotes (valued at 5, 10, 20, 50, 100 and 500 euros) and coins (valued at 2 and 1 euros and 50, 20, 10 and 5 cents, 1 euro = 100 cents). It is good to notice that 1 and 2 cent coins are not used in Finland. The prices are rounded to the closest 5 cents in stores when paying.

The prices in Finland are quite high compared to most other European countries. Especially alcohol, cigarettes and services tend to be expensive. The amount of money you will spend during our event depends on your personal taste - we will provide you with basic accommodation, food and program during the event. However, you might want to spend some money at least on souvenirs, snacks, drinks and nightlife.

Here you find some examples of the prices:

### Food and snacks

Chocolate bar (200 g)	2.5 euros
Pizza	6-9 euros
Big Mac meal	7-8 euros
Cheap buffet (eat as much as you can)	7-10 euros

### Drinks

Bottle of Coca-Cola (1.5 l)	1,8-2,5 euros
Bottle of beer at supermarket (0,33 l)	1,3 euro
Bottle of vodka (0,5 l)	13 euros or more
Bottle of cheap (but decent) wine (0,75 l)	7 euros

### Nightlife

Entrance fee (weekends)	2-12 euros
Cloakroom (jacket/bag fee)	2-3 euros
Beer in bars (0,5 litre)	4-7 euros
Other drinks	4-10 euros
Pack of cigarettes	4-6 euros

### Transportation (for Onnibus and Matkahuolto offers, you will have to reserve beforehand)

Tampere local bus ticket	2,6 euros
Taxi from central Tampere to TUT	22 euros
Train from Helsinki to Tampere ( <a href="https://www.vr.fi/cs/vr/en/frontpage">https://www.vr.fi/cs/vr/en/frontpage</a> )	25-35 euros
OnniBus from Helsinki to Tampere ( <a href="http://www.onnibus.com/en/index.htm">http://www.onnibus.com/en/index.htm</a> )	2-12 euros
Bus from Helsinki-Vantaa Airport to Tampere ( <a href="https://www.matkahuolto.fi/en/">https://www.matkahuolto.fi/en/</a> )	27 euros (offers 4-12e)



## 1.5 Finnish customs

Finnish people are honest, hardworking and well educated. They might appear a bit shy or reserved at the first sight, but once you get to know them they are most often really friendly. For some reason Finnish people want to give the foreigners an impression that they are strange and crazy people - and to some extent this is true. In Finland, do as the Finns do. Finland is a well-ordered and well-organised country, where most of the people try to voluntarily follow the common rules and laws (even traffic regulations). Here we list a variety of more or less formal customs, phenomena and attitudes in the Finnish society.

- **Punctuality:** being on time is considered very polite and indeed essential for the functionality of the society. So be on time and Finnish people will be much happier with you.
- **Shoes:** Finnish peoples do not wear shoes inside their homes or summer cottages. Also in the campus area there are a number of places where you are expected to take off your shoes when you enter (especially the saunas).
- **Smoking:** smoking is very much regulated in Finland. Smoking indoors (including staircases, basements, corridors, toilets etc.) is generally forbidden. Some bars and nightclubs have small smoking rooms where you are not allowed to bring any drinks; in other parts smoking is forbidden. In the campus area smoking outdoors is permitted only in backyards.
- **Nakedness:** being nude in Finland is considered a little bit different than in other countries. However, this only affects sauna and summer cottages. You won't normally see naked people running around the city (except perhaps students at campus area after parties). To sauna, however, people normally go naked, even with complete strangers. Swimming naked is relatively common at one's own summer cottage as well.
- **Silence:** Finnish people are not very talkative with people they do not know. Even among friends, periods of silence are not rare and are not considered uncomfortable. Most of the silent Finns are relatively friendly and speak English, so don't be afraid to ask for directions.
- **Coffee:** drinking coffee is very popular amongst Finns all day long. However, Finnish coffee is filter coffee, so it is not very strong compared to more southern European coffee.
- **Salmiakki:** a small, black candy that Finnish people find very tasty and enjoyable. It exists in many variations, and might require some time getting used to. Salmiakki could be described as a kind of salty liquorice.
- **Crime and honesty:** crime is relatively low in Finland, thefts and pick pocketing is relatively rare, and being outdoors at night time is very safe. If Finnish people behave violently, it is usually towards people they know (including themselves – Finland is famous for high suicide rates) and most often happens under the influence of alcohol. Lost property is likely to be returned to a police station. Still, don't be totally careless with your property as there can be some less honest people around.
- **Sauna:** Finnish people are very proud of their saunas, and are very happy to introduce you to them. Sauna in Finland is a part of everyday life (most Finns go to sauna at least once a week). Going to



# Board of European Students of Technology

---

sauna is very relaxing and not dangerous for your health. You will learn sauna manners during the Autumn Course.

- **Christmas & Reindeer:** Santa Claus, or Father Christmas, is Finnish. It is considered rude to claim otherwise. If you believe that he lives in the North Pole, keep your opinions to yourself. It is not considered impolite to eat Rudolph, Dasher, Vixen or any of the other reindeer; in fact reindeer is considered to be a Finnish delicacy.
- **Lapland:** Finnish Lapland (Finnish: Lappi) is the Arctic far north of Finland, strictly defined as the province of the same name but in practice starting near the Arctic Circle. Temperatures can plunge as low as  $-50^{\circ}\text{C}$  in the winter and the sun is not seen for days on end during the polar night (kaamos). By contrast, summer brings out the Midnight Sun and temperatures can occasionally rise to  $30^{\circ}\text{C}$ , although summer temperatures between  $10^{\circ}\text{C}$  and  $20^{\circ}\text{C}$  are mostly the norm. Lapland is the home of about 3.6% of the Finnish population, and is by far the least densely populated area in the country.

## 1.6 Accommodation

The accommodation will be arranged in the university campus, close to the university. The place where you will be staying during this autumn course is called Hotelli Tornii. Tornii is actually one big flat with 3 rooms and bunk beds. The biggest room is for boys, and girls will take the two smaller rooms. Be careful not to mix this with the hotel located in the city center called "Hotelli Tornii", which you will find, if you actually try to google the place.

The facilities are similar to those found in youth hostels. **Take sleeping bag with you, you will need that also during weekend trip.** We have mattresses and some pillows, but that's it. If you think you'll need **sheets**, pillow covers and other bed linen with you, take those as well. Please be aware that these rooms will be quite crowded – but on many nights you will not have too much time for sleeping anyway. There won't be enough wardrobes or closets for storing everybody's equipment. There will be toilets and showers in the rooms.

## 1.7 Food

We will provide you with breakfast (arranged by the organizers), lunch (in a student canteen) and dinner (most of the time cooked by organizers) during the whole event. The food is going to be typical Finnish student cuisine.

Breakfast probably contains corn flakes, bread (often made of rye), cheese or ham, yoghurt, milk, tea and coffee. Lunch in student canteen contains a single dish of meat or fish with sauce (also vegetarian and special diet food is always available), potatoes or rice as garnish, and salad. Soups and all kinds of starters and desserts are not served on normal lunch or dinner, and water is a typical drink with meals. Lunch on weekends and dinner almost every day will be cooked by the organizers, and will consist of various examples of Finnish home cooking. They will consist of various simple stews, casseroles and oven cooked dishes featuring meat or fish and vegetables. Many of these dishes will be something that you might not have been used to – real cultural experiences!

If you have a special diet (vegetarian, lactose-free, allergies, not eating pork etc.), contact the organizers well in advance to make sure you will get suitable food – we will try to do our best if we know about your needs.



# Board of European Students of Technology

---

Tapped water is drinkable and also of a very high quality in Finland. Don't bother to waste money on bottled water.

Alcohol stronger than 4.7% is sold only in special stores ("Alko") and in licensed restaurants and bars. But don't worry: there is one Alko really close to our accommodation place. (But remember that alcohol prices are higher in Finland compared to the rest of Europe.)

## **1.8 Nightlife**

The campus area tends to have a lot of parties going on during the lecture periods. People who are interested in more active night-life would do well going clubbing in central Tampere. However, be prepared for the relatively high price level.

All places have age limits (at least 18 years, 20-> in many places during weekends), and you need to have an ID to prove your age to get in. Even if there is no entrance fee, there is often a fee for leaving your jacket and bag in the cloakroom (narikka) - you are not allowed to bring them in with you. Sometimes you get this fee charged even if you don't have a bag or jacket with you. The doormen at the bars and clubs in general are not known for their friendliness.

By law, the nightclubs are forced to close latest at 4am. Most of the pubs close earlier. Serving of alcohol stops half an hour before the place closes. The busses go less frequently during the nighttime, but they still go all night with an extra fee of 1 euro. During Sunday-Monday morning the busses stop going around 2 am.

## **1.9 Weather**

Finnish weather can be pretty unpredictable. Usually weather forecasts can be counted on for 3-4 days and after that the reliability will rapidly decline. So, unfortunately we cannot tell you beforehand how the weather will be during the Autumn Course. During the past 50 years, the mean temperature in October has varied between -4 (night) and 10 degrees Celsius (Yes that was a minus sign in front of the "4"). Occasional rain brings even more variety to the weather. More about the Finnish climate can be found at...

<http://www.fmi.fi/weather/climate.html>

Weather forecast for Tampere (and Finland) can be found at:

<http://www.fmi.fi/weather/local.html?place=Tampere>





## 1.10 Short guide to Finnish

Finnish is one of the Finno-Ugric languages meaning that it's related to Hungarian and Estonian. It's rather strange, but that will make it an even more exciting challenge for you to learn.

Thank you  
Good morning  
Good evening  
Good night  
Hi / Good-bye  
Excuse me / I'm sorry

Kiitos  
(Hyvää) huomenta  
(Hyvää) iltaa  
Hyvää yötä (Öitä)  
Hei, Moi, Moro (in Tampere)  
Anteeksi

HELP!  
I don't understand  
Police  
Railway station  
Bus station

Apua!  
En ymmärrä  
Poliisi  
Rautatieasema  
Linja-autoasema (long distance)/  
Bussiasema

I love you  
One beer, please  
What is your name?  
My name is...  
Would you like to dance with me?  
What are you doing tonight?  
You make me crazy...  
Have you already turned 16?  
You have beautiful eyes.  
To your place or my place?  
I'm a strawberry, eat me!

Minä rakastan sinua  
Yksi olut, (kiitos)  
Mikä sinun nimesi on?  
Minun nimeni on..., Minä olen...  
Haluaisitko tanssia kanssani?  
Mitä teet tänä iltana?  
Teet minut hulluksi...  
Oletko jo täyttänyt kuusitoista vuotta?  
Sinulla on kauniit silmät.  
Teille vai meille?  
Olen mansikka, syö minut!

A chance of ground frost in the lowlands.  
Wedding night intention  
Chocolate ice cream cone

Alavilla mailla hallanvaara.  
Hääyöaie  
Suklaajäätelötötterö

In Finnish we have ä and ö -letters. They are not same as 'a' and 'o'.

## 2. What you should do before you leave

- Check that your passport is valid
- Apply for a visa if you need one (ask for an invitation letter!)
- Check that you are covered by insurance; both medical and general travel insurance. For EU citizens and Icelandic people the European Health Insurance Card (EHIC) gives you access to the Finnish public health care system. Private doctor (just 20 minutes to get antibiotics) costs something like 70-80 euros, public health care 25 euros.
- Let us know as soon as possible when and how (flight number, etc.) you will be arriving. Update this information in Best Application System.
- Check once more that you have given your information to Best Application System, specially including your allergies, special food requirements, address, phone, number and the size of your t-shirt.



## 3. How to get here

### 3.1 Arrival

The autumn course lessons start officially on Monday the 5<sup>th</sup> but to make things smoother, the day of arrival is Sunday the 4<sup>th</sup> of October 2015. On Sunday, we will have a meeting point at the accommodation place, "Hotelli Torni" (it is not a hotel nor even a hostel). To make things easier for all of us, please let us know as soon as possible the following issues: time, date and means of your arrival. We have provided a question sheet at:

<https://docs.google.com/spreadsheets/d/1KCqgypHhWp43TcExla5xhKT9dNGi9ViGoYohlCmMcUc/edit?usp=sharing>

If you would have trouble reaching Hervanta (the part of the city where the university is) in Tampere, we'll try to arrange someone to pick you up from the city centre. Unfortunately, we can't promise that we'll succeed, so if you can find the way to the meeting point by yourselves, following the instructions written here, that would be great! Earlier you let us know when you are arriving, more likely we will be able to pick you up.

Please note that you shouldn't get any student discount on public transportation since you are not studying in Finland. However, you can try to get it with your foreign student card if you look miserable enough ☺

### 3.2 Route planner for public transport

A route planner for public transport is working at the web address <http://journey.fi/>. It gives the available connections between two destinations in Finland. The search engine checks the timetables for long distance buses and trains, and also local transport in most of the bigger cities of Finland. To the "from" field you enter your current position (for example, if you are at the Helsinki-Vantaa airport, you enter "airport, Vantaa", Helsinki railway station is "railway station, Helsinki" and so on). In to the "to" field you enter the address where you want to go (the accommodation place is "Tekniikankatu 10, Tampere"), and the web site gives you the available connections. More detailed instructions on how to get here are given in the following chapters.

### 3.3 How to get to Tampere

**From Helsinki-Vantaa airport**, you can:

- Take a bus directly to Tampere Bus Station (27e, book from <https://www.matkahuolto.fi/en/>)
- Take a bus to Helsinki 4 euros (place name: Kampin Keskus), and from there take a bus to Tampere from either Onnibus or Matkahuolto. Matkahuolto prices can have offers from 4-12 euros and without offers cost around 27 euros (<https://www.matkahuolto.fi/en/>). Onnibus will cost according to the date on which you bought the ticket, from 4 euros to 12 euros. With Onnibus, you can come directly to Hervanta (the part of the city where we are located). (<http://www.onnibus.com/en/index.htm>)

**From Tampere Pirkkala airport** you will:

Take local bus "1A" (2,6 euros) to Tampere city centre and get off at either main bus station (linja-autoasema) or at "Hämeenkatu". It will take around 30 minutes.

***Within Tampere***, the most convenient way to search for bus timetables is to use Repa Reittiopas journey planner (<http://reittiopas.tampere.fi/en/>), which will give you the local bus timetables and connections, when you enter the destination and place of departure. The most important **places of departure** to know are:



# Board of European Students of Technology

---

- Keskustori (city central square)
- Linja-autoasema (central bus station)
- Rautatieasema (railway station)

The most important **destinations** that you need (with a bus), when coming to the accommodation:

- **Hervantakeskus** (Hervanta Centre)
- **Tampere University of Technology** (TTY, as we call it)

From Tampere main bus station, you can take either taxi or a local bus number "4" to "Hervantakeskus". The ride will last around 25-30 minutes and cost 2,6 euros.

**NOTE: if you took an earlier local bus within one hour (from Pirkkala-airport for example), you can use the receipt from that bus to use another local bus for free (*Just show it to the bus driver*)**

Links to transportation timetables can also be found at the end of this section. To get to Tampere, first you have to get to Finland. Here we assume that you have managed to catch a flight, bus, train or ferry to Finland, and now you are frantically trying to find your way to Tampere. Most international flights land in Helsinki-Vantaa airport, and if you come by boat or train, you will also most likely end up in Helsinki. Inside Finland, the most common means of travel are buses and trains. ***When using local buses, please note that you can only get in to the bus from the front door, the other doors are for exiting.***

*If you do take a taxi*, ask the driver to take you to the address Tekniikankatu 10. It will cost around 20 euros from Tampere city centre.

### 3.3.1 About tickets

The train tickets are usually bought from the station, but it's possible to buy them in the train as well. Anyway it's cheaper to buy them from the station. The bus tickets can be bought straight from the driver (although in the case of Onnibus it's much cheaper to buy them in advance on internet). In both cases it's possible to pay with a credit card instead of cash.

If you're not arriving through Helsinki or Tampere, do not hesitate to contact us. More information & timetables can be found at:

Repa Reittiopas (local buses):	<a href="http://reittiopas.tampere.fi/en/">http://reittiopas.tampere.fi/en/</a>
Helsinki-Vantaa Airport:	<a href="http://www.helsinki-vantaa.fi/home">http://www.helsinki-vantaa.fi/home</a>
Tampere local transport:	<a href="http://joukkoliikenne.tampere.fi/en/home.html">http://joukkoliikenne.tampere.fi/en/home.html</a>
Matkahuolto (buses between cities):	<a href="http://www.matkahuolto.info/lippu/en/">http://www.matkahuolto.info/lippu/en/</a>
Train timetables:	<a href="http://www.vr.fi/en/index.html">http://www.vr.fi/en/index.html</a>
Onnibus (buses between cities):	<a href="http://www.onnibus.fi/en/">http://www.onnibus.fi/en/</a>
All timetables:	<a href="http://journey.fi">http://journey.fi</a>



## 3.4 How to get to Tampere University of Technology

When in Tampere, you will probably find yourself either from the bus station or the railway station (check the map below). Get on the bus number 3, 4, 20 or 13 that will take you to Hervanta - our part of the city. A single ticket costs 2,6 euros, and you can buy it directly from the bus driver. If you are uncertain about where to get off, ask the other passengers and somebody will be happy to help.



Picture 1; 1: Railway station, 2: Bus stop in front of the railway station, 3: Bus station and a bus stop, 4; Another bus stop

### 3.4.1 If you are at the railway station

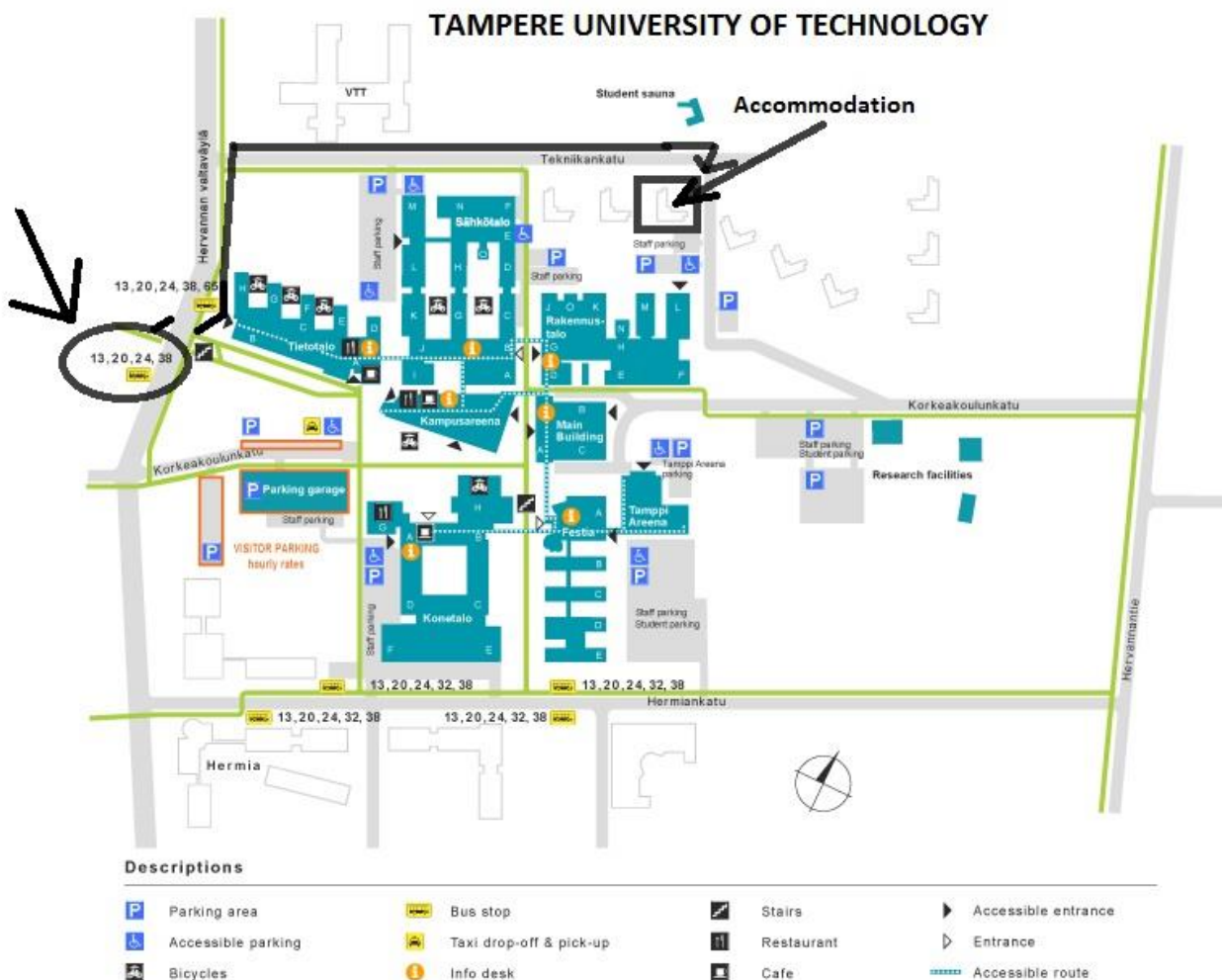
When you come out from the main hall of the railway station, cross the road and go to the bus stop. Jump on to a bus number 13 that says “Hermia” in front of it. If it looks like there is no bus number 13 arriving, you can walk to the spot marked “4” where there is a bus stop for the line number 4. Then continue with the bus station directions described below. With the bus number 13, the trip to the University of Technology takes about 25-30 minutes. The bus will climb a steep hill, and then you will be near the university. Most of the buses have an electrical sign that says the name of the next stop. You should jump off at the stop called “TTY”, and then you are right in front of our university.



# Board of European Students of Technology

## 3.4.2 If you are at the bus station

The bus (coach) will drop you off in front of the station. In the same side of the building, there is a bus stop. Do not cross the road. Jump into a bus number 4, which should have a sign saying “Etelä-Hervanta” in front of it. The journey should take around 25-30 minutes. After a while, the bus will come in to a 4 lane road, and stay on that for a few kilometres. When the bus takes a right turn off from the bigger road, you will be near the university. Most of the buses have an electrical sign that says the name of the next stop. You should jump off at the stop called “Ahvenisjärvi”. From the bus stop cross the road and then go little to the left around the apartment building. Walk about 120 meters (continue to the direction you crossed the road to), and under the under passage. If you see something that looks like a university and has “TUT” or “TTY” written on it, go there. Now you are in the front yard of our university.



Picture 3: Campus area map

If you came with the bus number 13 from the railway station, you should be at the bus stop that is circled in the picture above, and if you came from the bus station with the bus number 4, you should be coming from the direction marked by the arrow. In any case, next you should find “Hotelli Torni” (address **Tekniikkankatu 10 C 105**), squared in the picture. The door will be open and there will be somebody waiting for you. Hotelli Torni is located in a student accommodation complex called Tekniikantornit. If you have any trouble finding



## Board of European Students of Technology

---

us, happen to arrive at a strange hour or are completely lost, don't hesitate to call us (phone numbers can be found below). In these cases, we will do our best to guide you.

**Note:** Think twice before taking a taxi. Taking a cab is very safe but the fares are quite expensive. (Over 20 euros from Tampere centre to Hervanta.) On the other hand, if there are many of you to share the price, it might prove more useful than cramming into a full bus. If you do take a taxi, ask the driver to take you to the address Tekniikankatu 10.

### ***3.5 Arriving early or staying late***

If you will for some reason (sightseeing, flight schedules) arrive before the event begins, or you'll stay later on afterwards, contact the organizers early enough, and we will help you to find accommodation. We can host at least some of you.

As a principle, we don't arrange any program for the participants before or after the course dates. But, we may join you during your adventures across Tampere and Finland :) . If you want to spend extra days in Finland, you'll have to arrange it yourself. We will naturally try to answer all your questions concerning that and try to lead you to the proper sources of information.



## 4. What to bring

The list doesn't have everything in it, but it's a really good start.

- **Passport** (and a visa if you need one). Take also a copy of the "picture page" of your passport (and of visa). If something happens, it's a lot easier to get a new one if you have the copy. It might be a good idea to take another ID as well, especially if you don't want to take your passport with you to the nightclubs etc.
- **Insurance**; both medical and travel (European Health Insurance Card (EHIC), if you come from the EU).
- **Money / Credit card (preferably both)**. Most commonly accepted credit cards in Finland are Visa, Visa Electron and Master Card. Diners and Amex are quite usual as well. Our currency is Euro. You will need cash at least for paying the course fee. We will cover the expenses of food, accommodation and activities listed in the schedule. Beer/souvenirs/anything extra you'll have to pay by yourself. Also bring all the information you need to cancel your credit card if it gets lost or stolen.
- **Your personal medication**. Without prescription you can buy painkillers, allergy meds etc., but not much more.
- **Student ID-card**: A student ID will get you discounts in some museums etc. Unfortunately, buses and trains don't give discounts with international student cards. ISIC /euro 26 cards are not well known in Finland, and with them you rarely get discounts. So far we've had some problems at least with an Italian student card, since it wasn't clearly indicated in the card that it was indeed an actual student card.
- **Clothes**:
  - \* The ones that you usually like to wear at university and in parties.
  - \* Jacket, gloves, warm shirt, jeans... it might get cold at least during the night (less than +0 degrees).
  - \* T-shirts, (it may also be +15 and sunny, you never know... ;)
  - \* Smart Casual / formal clothes. We will have at least one more official event where no jeans nor shorts are allowed!
  - \* **Outdoor / rain clothes**: Since it might be rainy and we are planning to take you "back to the nature", rain clothes might come in handy if you have them. We would recommend Goretex or Drymaxx type of clothing if you just have some. Umbrella isn't that good idea when you are hiking in the forest.
  - \* Good shoes to walk with! We are going hiking in the woods (at least during the weekend).
  - \* Towel, flip-flops and also a swimming suit (for sauna and if possibly swimming, unless you are brave enough to go naked).
  - \* Backpack. You will need it at least for the cottage weekend.
- **Sleeping bag and a pillow cover**. Take sheets as well, if you feel that you need them.
- **Sauna gear**: Finns are well known sauna goers and you will be counted among them for the two weeks, so pack also a **towel** and a **swimming suit**, because in some cases sauna might be related to swimming.
- **Personal sanitary products** (e.g. toothbrush). We believe that you will manage this without any specific instructions :). Girls: Someone will bring at least a hairdryer to the accommodation place. It might be quite an old one but you don't have to take your own unless you want to. If we forget this promise, just remind us :)



## Board of European Students of Technology

---

- **Local drinks and food** for the International Evening. In BEST events, there is a tradition that every participant brings something from his/her home country for this ***international party***. Then we share all the drinks and snacks and get to know the different cultures a little better. When planning what to bring, take into account that the cooking facilities are limited. There are also shops in Finland, so you don't have to bring everything with you; we have the basic stuff here. In case you doubt if we have some ingredient that you need, just ask.
- **Laptop computer.**
- **Camera**, in case you want to make sure that all those precious memories will be preserved. You can't always count on your own memory ;)
- **Flashlight.** You don't actually need it, but it's quite handy at the cottage. And actually you do.
- **Adapter for electricity:** the socket looks like this in Finland: <http://www.etman.fi/site/assets/files/1086/22502.jpg>. Take an adapter if you think you'll need one.
- **Earplugs.** The one sleeping next to you might be snoring...
- **A big smile and some BEST-spirit!**