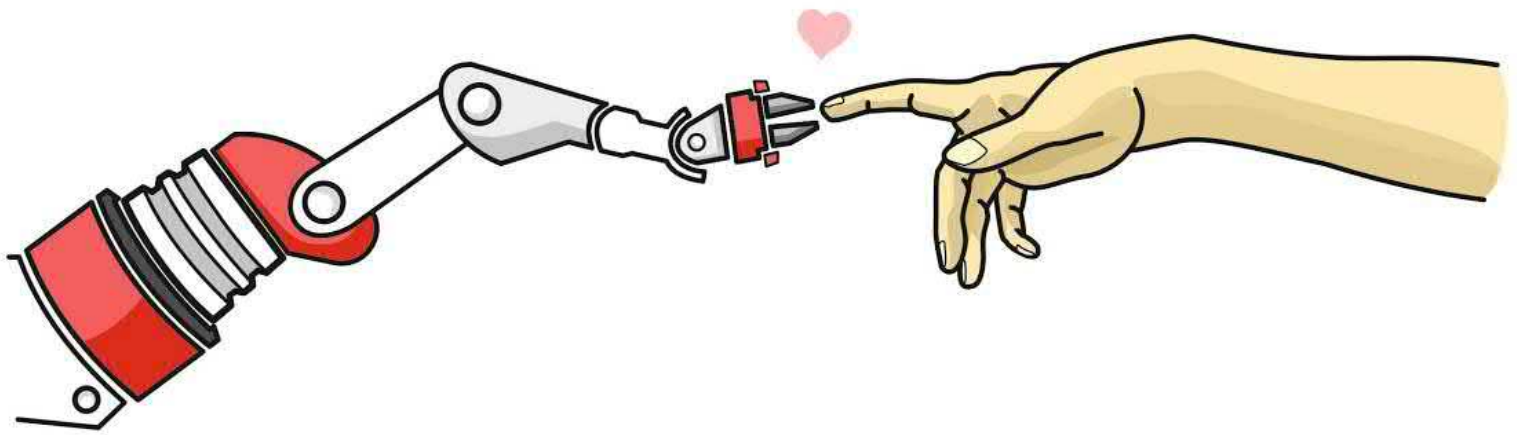


ROBOCALYPSE 101:

How to survive a robotic enslavement

1st – 8th October 2017



◦ SURVIVAL GUIDE ◦

BEST TAMPERE AUTUMN COURSE 2017



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How to survive a robotic enslavement

Survival Guide

This Survival Guide is made to help those who are going to participate our autumn course **1.-8.10.2017** (1.10. is the arrival day, 8.10. 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>.

The first chapter is general information on what to expect of your journey in Finland. Chapters 2, 3 and 4 are most important as they explain what to do before the course, how to get here and what to bring. You should make a checklist on all the items in chapter 4.



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1. General information

1.1 Finland

Area:	338 000 square kilometres
Population:	5.5 million
Capital:	Helsinki (636 000 inhabitants, greater Helsinki area 1,3 million)
Official languages:	Finnish Swedish (native language to 290 000 people, mostly in the coastal areas) 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 (so just for 100 years!). Finland is one of the Nordic countries (but geographically not a part of Scandinavia) and it is situated on the very border of East and West geographically. 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 about 230,000 inhabitants in Tampere and about 315,000 inhabitants in Tampere sub-region, which comprises Tampere and its neighbouring municipalities. We are still working on importing immigrant wives to see if the population grows a little.

We have over 200 lakes and ponds: 24% of the surface of Tampere area is water! There are numerous nature reserves. Pynikki 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.



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Gustav III, King of Sweden, established the City of Tampere in 1779, on the bank of the Tammerkoski rapids. It is believed that he also established Ikea and invented meatballs.

Tampere has been an industrial pioneer in Finland since the very beginning, and is still the centre of Finnish industry today. Companies and universities have always cooperated closely, contributing to the competitiveness of the region's industry. Also the first electrical light in the Nordic countries was lit at the Finlayson factory (inside a holy place: the brewery), in the centre of Tampere, in 1882.

1.3 Tampere University of Technology

Tampere University of Technology (Tampereen Teknillinen Yliopisto (you cannot even imagine how that is pronounced)), situated in Hervanta, was founded in 1965. With 5 faculties, 12 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 8000 students. Visit <http://www.tut.fi>



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1.4 Money and prices

The Finnish currency is euro. You can exchange money at FOREX. Forex has two offices in central Tampere along Hämeenkatu (one at Stockmann department store and another in the same block of buildings). But don't worry, this is Finland, the land of plastic money, where even a coffee can be paid with card. Just reserve some cash in case you need public transport.

The prices in Finland are quite high compared to most other European countries. Especially alcohol and cigarettes services tend to be expensive. In case you live in a cheaper country and like the previously mentioned things, you should probably bring some of your own (to save money). We will provide you with basic accommodation, food and program during the event. However, you might want to spend some money on at least on souvenirs (don't! They are absolutely horrible and expensive!), snacks, drinks and nightlife.

Here you find some examples of the prices:

Food and snacks

Chocolate bar (200 g)	2,5 euros
Pizza	7-12 euros
Big Mac meal	6,90 euros
Cheap buffet (eat as much as you can)	10-12 euros

Drinks (in the supermarket)

Bottle of Coca-Cola (1.5 l)	1,8-2,5 euros
Can of beer (0,33 l)	1,0-3,0 euros
Bottle of vodka (0,5 l)	16 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
Package of cigarettes	5-7 euros

Transportation

Tampere local bus ticket (adult)	3 euros
Taxi from central Tampere to TUT	22 euros
Train from Helsinki to Tampere (https://www.vr.fi/cs/vr/en/frontpage)	10-35 euros
Bus from Helsinki to Hervanta (Tampere) (Onnibus)	4-12 euros
Bus from Helsinki-Vantaa Airport to Tampere Linja-autoasema (bus station) (Matkahuolto or Expressbus)	10-27 euros



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1.5 Finnish habits

Finnish people are honest, hardworking and well educated (most of the time). 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. Don't try to hug them though, they will feel awkwardly raped.

For some reason Finnish people want to give foreigners an impression that they are strange and crazy people - and to some extent it is true. In Finland, do as the Finns do. Finland is a well-ordered and well-organised country where most of the people voluntarily follow the common rules and laws (even traffic regulations). Here we list a variety of more or less formal 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 (they won't smile, though)..
- **Shoes:** Finnish people 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 strictly forbidden. In the campus area smoking outdoors is permitted only in certain areas. Be happy, we are making your life longer.
- **Nakedness:** Being nude in Finland is considered a little bit different than in other countries. However, this only affects saunas and summer cottages. You will normally not 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 (or sausages).
- **Coffee:** Drinking coffee is very popular amongst Finns all day long. However, Finnish coffee is filtered coffee (this means shit), 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 are rare, and



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being outdoors at night time is very safe. If Finnish people behave violently, it is usually towards people they know (including themselves when they get confused), and most often 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 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 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°C in the winter and the sun is not seen for weeks during the polar night (kaamos). By contrast, summer brings out the Midnight Sun and temperatures can occasionally rise to 30°C , although summer temperatures between 10°C and 20°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.



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1.6 Accommodation

The accommodation will be arranged at 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. The address is Tekniikankatu 10-14, 33720 Tampere. 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. **Bring a sleeping bag with you, you will need that also during the weekend trip.** We have mattresses and some pillows, but that's it. If you think you will need **sheets**, pillow covers and other bed linen, bring them with you 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 (made by the organisers), lunch (in a student canteen) and dinner (most of the time cooked by the organisers) during the whole event. The food is going to be typical Finnish student cuisine - healthy, basic and tasty.

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

Tap 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. There is one Alko really close to our accommodation place. Alcohol can be bought in the stores only between 9:00-21:00.

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



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have an ID to prove your age to get in. Even if there is no entrance fee, there is often a small fee for leaving your jacket and bag in the cloakroom (nariikka) - 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.

By law, the nightclubs are obliged to close latest at 4am. Most of the pubs close earlier. The serving of alcohol stops half an hour before the closing time. The buses go less frequently during the nighttime, but they still go all night with an extra fee of 3 euro. Taking bigger taxis with more people can be a cheaper option in that case. 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 (exaggerating a bit) 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 [FMI](#) and the weather forecast for Tampere (and Finland) at [FMI - Tampere](#)



1.10 Short guide to Finnish

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

Thank you	Kiitos
Good morning	(Hyvää) huomenta
Good evening	(Hyvää) iltaa
Good night	Hyvää yötä (or öitä)
Hi / Good bye	Hei, Moi, Moro (<i>in Tampere</i>)
Excuse me / I'm sorry	Anteeksi
Help!	Apua!
I don't understand	En ymmärrä
Police	Poliisi
Railway station	Rautatieasema
Bus station	Linja-autoasema (<i>long distance</i>)/Bussiasema
I love you	Minä rakastan sinua



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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 mine?
I'm a strawberry, eat me!

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

As you might have noticed, in Finnish we have letters ä and ö. They are not same as 'a' and 'o'. Ask the organisers if it bothers you a lot (it will).



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2. What you should do before you leave home

- Check that your passport is valid
- Apply for a visa if you need one (ask for an invitation letter from the participant responsible!)
- **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. **Having a valid health insurance for the duration of the course is mandatory according to the rules of BEST.**
- Let us know as soon as possible when and how (flight number, etc.) you will be arriving. Update this information and the Participant Information Spreadsheet (<https://docs.google.com/spreadsheets/d/1KCqgypHhWp43TcExla5xhKT9dNGi9ViGoYohlCmMcUc/edit#gid=0>)
- Check once more that you have written your information in the spreadsheet, 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 day of arrival is Sunday the 1st of October 2017. On Sunday, we will have a meeting point at the accommodation place, "Hotelli Torni" (it is not a hotel nor even a hostel, don't get excited). The address of the course accommodation is **Tekniikankatu 10, 33720 Tampere**. Please note that you won't get any student discount on public transportation since you are not studying in Finland.

3.2 Route planning for public transport

A route planner for public transport is working at the web address <https://beta.digitransit.fi/>. It gives the available connections between two destinations in Finland. Search for "**Tekniikankatu 10, Tampere**" and the web site gives you the available connections. Google Maps also works quite well although the timetables might not always be 100 % exact.

3.3 How to get to Tampere

From Helsinki-Vantaa airport, you can:

- Take a bus directly to Tampere Bus Station (10-27e, book from <https://www.matkahuolto.fi/en/>).
- Take a train to Tampere Train Station (10-30e, book from <https://www.vr.fi/cs/vr/en/frontpage>).



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There is a short transit in Tikkurila. Please ask the train attendant in details how to get into the next train from there.

- Take a bus to Helsinki for 4 euros (place name: Kamppi), and from there take a bus to Tampere from either Onnibus or Matkahuolto. Matkahuolto prices vary from 6 to 27 euros (<https://www.matkahuolto.fi/en/>). Onnibus will cost according to the date on which you bought the ticket, from 4 euros to 15 euros. **With Onnibus, you can come directly to Hervanta, where the course accommodation is.** (<http://www.onnibus.com/en/index.htm>)
- **Our advice:** book a cheap Onnibus early and come straight to Hervanta with it.

From Tampere-Pirkkala airport you will:

Take local bus 1A (5 euros) to Tampere city centre and get off at Hämeenkatu. It will take around 30 minutes. Continue with bus number 3, 4, 20, or 6 to Hervanta. The bus ticket lasts one hour. For more info on the local buses check chapter 3.4.

From somewhere else:

- While most people arrive to Helsinki-Vantaa airport, your case might be special. Your plane might be arriving to Turku. You might have a ferry or a boat. In these special cases, we would advise you to use Google Maps or <https://beta.digitransit.fi>. In case you feel like you need extra help planning your means of transport feel free to contact the organisers through facebook, email or phone.

3.3.1 About tickets

The train tickets need to be purchased online or from the train station. You will usually find them the cheapest through the internet. 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 online). In both cases it's possible to pay with a credit card instead of cash.

More information and timetables can be found at:

Repa Reittiopas (Tampere):	http://reittiopas.tampere.fi/en/
Helsinki-Vantaa Airport:	http://www.helsinki-vantaa.fi/home
Tampere local transport:	http://joukkoliikenne.tampere.fi/en/home.html
Matkahuolto (buses between cities):	http://www.matkahuolto.info/lippu/en/
Train timetables and tickets:	http://www.vr.fi/en/index.html
Onnibus (buses between cities):	http://www.onnibus.fi/en/

3.4 How to get to Tampere University of Technology from the city center

Within Tampere, the most convenient way to search for bus timetables is to use Google Maps or 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. You can use "Keskustori" (the central square), "Tampereen linja-autoasema" (bus station) or "Tampereen rautatieasema" (railway station) as a place of departure depending on where you are arriving. The city center is quite compact



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so all bus stops are within a walking distance. The end destination is Tekniikankatu 10 in Hervanta.

When in Tampere, get on the bus number 3, 6 or 20 that will take you to Hervanta - our part of the city. The easiest bus stops to locate can be found from the central square, Keskustori and from our main street "Hämeenkatu". A single ticket costs 3 euros, and you can buy it directly from the bus driver. **Note that it is only possible to pay by cash.** If you are uncertain about where to get off, ask the other passengers or the driver and somebody will be happy to help.

3.4.1 Bus number 3

You are on the right side of the road if the bus number 3 says Etelä-Hervanta in the front. Get off at a stop called "Hervantakeskus". There is usually a electrical sign inside the bus telling which stop is next. The trip should last 15-25 minutes depending on traffic. It's about 300 meter walk from the bus stop to the accommodation.

3.4.2 Bus number 6 or 20

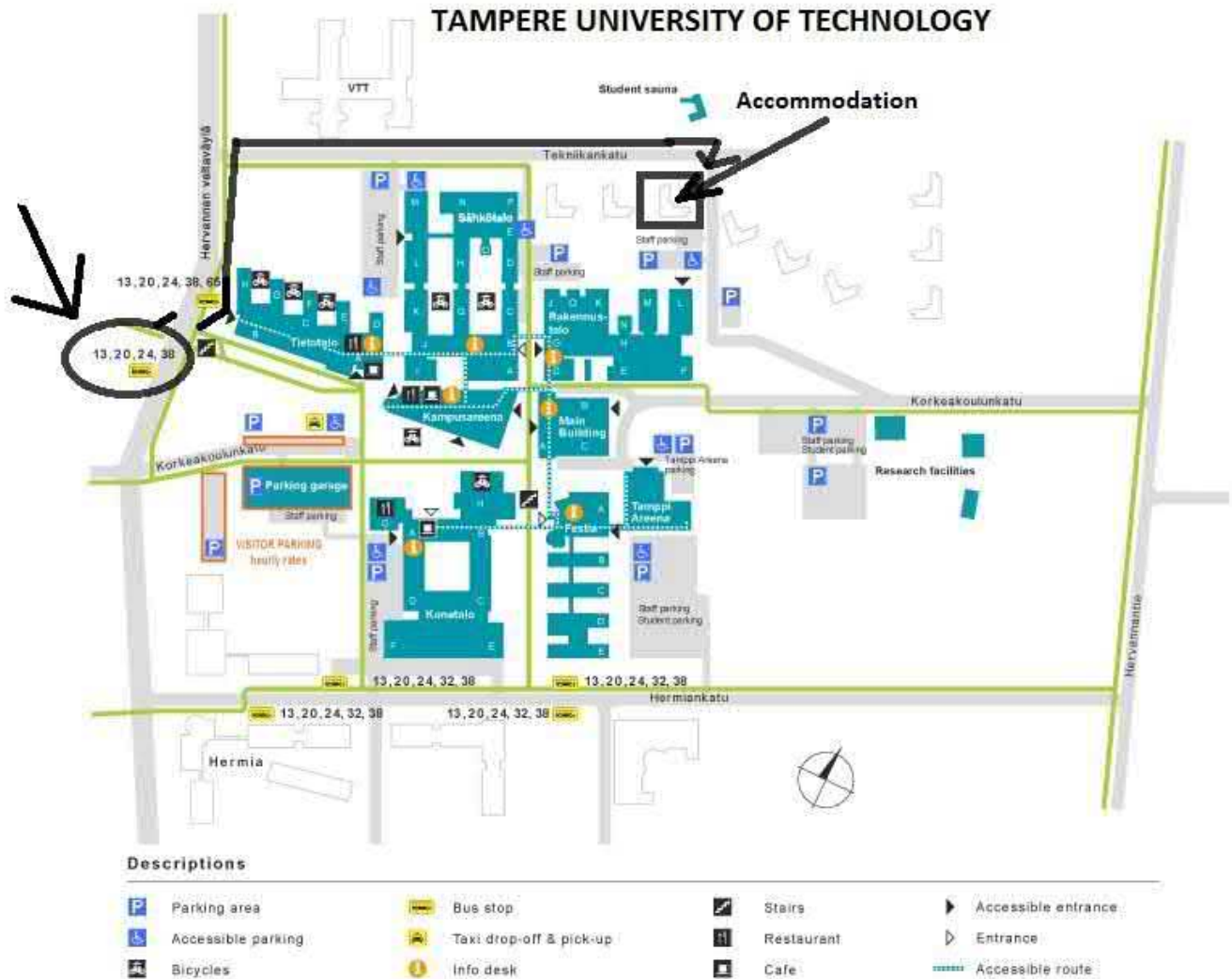
You are on the right side of the road if the bus number 6 says Hermia and bus number 20 says Hikivuori. Wait for a stop called "TTY", which drops you off right next to our university. The accommodation is about a 200 meter walk from there.

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. When using local buses, please note that you can only get into the bus from the front door; the other doors are for exiting.



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If you came with the bus number 6 or 20, you should be at the bus stop that is circled in the picture above (old numbers, don't mind them), and if you came from the bus station with the bus number 3, you should be coming from the direction marked by the arrow. In any case, next you should find Hotelli Torni (address **Tekniikankatu 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 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 30 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.



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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.



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4. What to bring

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

- **Passport** (and a visa if you need one). Take also a copy of the "picture page" of your passport (and visa). If something happens, it is much 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). **Mandatory.**
- **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 will have to pay by yourself. Also bring all the information you need to freeze 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 have had some problems at least with Italian student cards, 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 shirts, jeans... it might get cold at least during the night, even below 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 shorts or slacks pants 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 of an 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 possible swimming, unless you are brave enough to go naked).
 - * Backpack. You will need it at least for the weekend trip.
- **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



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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 :)

- **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 we have some ingredients 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 might come in handy.
- **Adapter for electricity:** the socket looks like this in Finland:
<http://www.iec.ch/worldplugs/typeF.htm> Take an adapter if you think you'll need one.
- **Earplugs.** The one sleeping next to you might be snoring...

