

Guide For Erasmus Students In Tornio

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Hello, finally you are here! You are very welcome. We are happy that you chose Tornio for your exchange period. We hope that time you spend here is a great adventure, and we are sure it will be.

We made this booklet to help you settle down. We will give you the useful basic information about campus, free time activities and of course Finland!

Hope you are making lifelong friends from around the world and building memories that will be with you forever.

Are you ready for the best time of your life?

Enjoy and good luck with your studies!



Photo: Teemu Järvinen

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Finland:

Finland is one of the northernmost countries in the world. Finland shares borders with Sweden, Norway and Russia. Finland has two official languages: Finnish and Swedish. Over 90% of the population has Finnish as their native language. In 1809 to 1917 Finland was part of Soviet Union. On 6 of December 1917 Finland declared independence. Finland has been a member of European Union since 1995.

Finland is also known for sauna, and Finnish people love to swim during summer and winter. Finland is a promised land of rock music. The most known bands are HIM, Nightwish, Sunrise Avenue and Apocalyptica. The most famous film director is Aki Kaurismäki.



Photo: Anssi Koskinen

And because we are Finnish we have to praise Finnish food. Finnish food comes straight from the fields, lakes and forests. Remember to try Sauteed Reindeer, Karelian pie and Cheese bread with cloudberry jam.

Short brief About Finland

- Population: 5,3 million
- Calling code +358
- Member of European Union
- Capital city: Helsinki
- Parliamentary Democracy
- Currency: Euro
- Time zone: +2 UTC/GMT

Finland is known from:

- Design (Marimekko, Iivana Helsinki)
- Technology (Nokia)
- Culture (Rock music, Movies)
- Santa Claus
- Moomins



Photo: Elisabeth Skene

Finnish nature:

We have 37 national parks in Finland. National parks offer great opportunities for hiking and all kind outdoor activities. There you can enjoy green forests and thousand of lakes what Finnish is famous for. National Parks provide a place where you can focus on enjoying the nature. National Parks are protected areas.

Our nature is very diverse. North Finland offers the best hiking trails, Central Finland is a dream destination for fisherman and South Finland for those people who like a big cities.

The bear is Finland's national animal and may be found trough out the country.

If you are lucky you can see elks, wolfs and reindeers free in the wild.

The northern lights are a phenomenon that is seen in the sky's on clear dark nights in the northern and southern Polar Regions. In Finland the northern lights are known as the fox's tail. It has been told that a person that has once seen the Northern lights will live happily until end of his life.

Finnish nature will offer you some peace and quiet.

Weather

In Finland we have four seasons:

There is just on rule in Finnish summer: Go out and enjoy! During the summer the highest temperatures are

from 30 Celsius to 35 Celsius. Summer usually begins in late May and lasts until mid-September. Summer is quite short but days are long.

In Autumn the daily mean temperature remains below 10 Celsius. Autumn begins around the August and ends end of October when daily temperature drops below 5 Celsius. In Autumn the days get shorter and the nature starts to prepare for the coming winter. The first snow falls in Lapland can come already in September.

The northern parts of Finland are covered with snow as end of October while the southern Finland are covered starting sometime between December and January. The coldest temperature in Lapland can be -35 to -45 Celsius. February is statistically the coldest month of the year. Winter is time to enjoy of cross-country skiing, snowboarding and of course ice hockey!

Spring begins early April. The mean daily temperature rises from 0 Celsius to 10 Celsius. The show starts to melt and the nature wakes up.

Lapland

In Lapland have 73 days when the sun does not set at all these are called “polar days”. The most common animal is the reindeer that is an essential part of Lappi nature. Water is so clean in Lapland that it is possible to drink water from larger rivers without boiling. Lapland is home to around 200 000 reindeers.

In Autumn Ruska begins. Ruska is nature’s own colour show.

The Autumn is a good time to head for Lapland nature.

Lapland also offers a good package of cultural life. Culture in Lapland is the arts, poetry, music, festivals, museums and design.

If you want to get rich quickly you should go to North and start gold

washing. Gold has been mined for a long time in Lapland, and the digging still continues.

And almost forget the best thing! In Lapland Christmas is always behind the corner because Santa Claus lives in Lapland in Korvatunturi! Santa Claus secret office is located deep in Korvatunturi.

If you are in Lapland you should taste a traditional food called reindeer hash with mashed potatoes and lingonberry jam.

In Lapland you can just be and relax during your free time.



Photo: Timo Lindholm / Lehtikuva



Photo: Maria Morri

HUMAK University of Applied Sciences

Humanistinen ammattikorkeakoulu in other words University of Applied Sciences HUMAK. A Network University of Applied Sciences HUMAK is a national network university of applied sciences in humanities, pedagogy and cultural management. Tornio Campus is known in particular for specializing in adventure and sports education and for having lively international activities. The campus provides studies both in social strengthening and international and multicultural activities. It was founded 1998 and it granted a permanent status 2000. HUMAK has nine campuses:

Civil Activities and Youth Work

- Nurmijärvi
- Äänekoski
- Joensuu
- Tornio

Cultural Management

- Jyväskylä
- Turku
- Kauniainen

Sign Language

- Kuopio
- Helsinki

Rector's office is located in Helsinki. HUMAK offers a Bachelor's and Master's Degrees in Civil Activity and Youth Work, Sign Language Interpreting and Cultural Management. Bachelor's Degrees takes 3,5-4 years to complete and Master's Degrees takes 2-2,5 years to complete. HUMAK also offers continuing education and extension studies for example adult education, retraining and upgrading of qualifications, retraining and upgrading of qualifications, specialization studies and Open University instruction.

HUMAK is developing its cooperation with the working life partners of its fields and sectors. This provide students with a natural environment for learning at work.

HUMAK provides for students change to go abroad. HUMAK are a part of Erasmus student exchange programme. Students have possibilities to chose international work practise or go to study in institution. At the moment students of HUMAK can apply exchange to 23 different countries. The most popular countries are Spain and Great Britain.

Campus of Tornio

Tornio's campus is a full of life and is located along the river Tornio.

Classrooms are located in three different buildings. We have three guest houses where students can live while studies. In Guesthouse 3 there are sauna and swimming pool. You can find laundry room from downstairs of Guesthouse 2.

Joentalo is a place where you can find a canteen, gym and several classrooms.

Nilontalo is the big yellow house. It is a place where the teacher's offices and Student Affairs office are located. There are also few classrooms and computer centre.

Meijeri is located across the road. That is a place where we usual practise

adventure studies. It is also the place where we keep all the equipments.

The atmosphere in campus is an international, every autumn we have a new group of international students.

Address:

HUMAK Tornio
Kivirannantie 13-15
95410 Tornio
FINLAND

Phone numbers:

Maria Kontinen
+358 20 762 1288
maria.kontinen@humak.fi

Eeva Mäkelä
+358 400 349 292
eeva.makela@humak.fi



Campus Photo: Jukka Mononen

Finnish Education System

Everyone has the right to pre-school in Finland. The pre-school years, basic education and both stands of upper secondary education are free for charge for anyone and also text books and other requisites are provided by school (not contain upper secondary school)

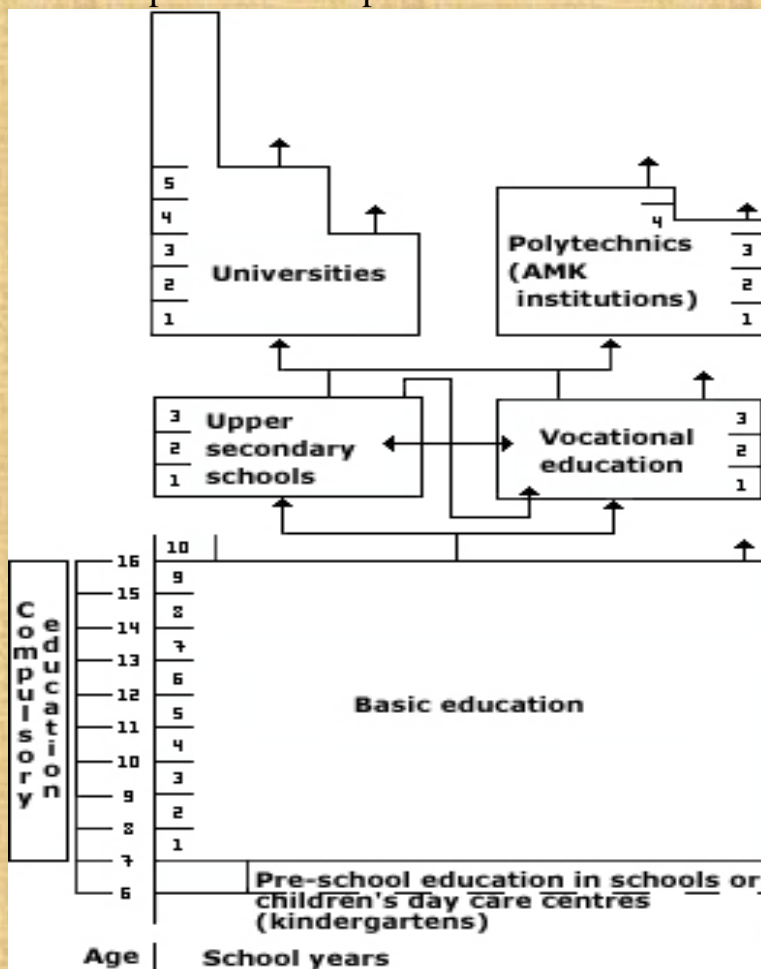
Comprehensive school starts when a child turns seven years-old. It takes nine years to complete Children have the right to attend their nearest basic

school but can also apply for a place in any other school.

Comprehensive school. After that there are two opportunities to choose: Upper Secondary School or Vocational School. Both education lasts about three years. Then student can continue studying in University or University of Applied Sciences.

Adult education is provided at all levels of education.

Here is a picture that explains the structure of education:



Tornio:

Tornio is a small city habitant of 22 564. Tornio was founded in 1621. Tornio and Haparanda have a history as twin cities. Relations between the neighbor towns Tornio have always been friendly. It is good to remember that Sweden and Finland are in different time zones. Haparanda is one hour behind Tornio.

Tornio offers a wide choice of leisure time activities. For those who are interested in sport there are many recreational opportunities. For outdoor activities at the summer time you can always go running, kayaking, climbing,

hiking or biking. In winter you can enjoy skiing, snowboarding, snowshoeing and skating.

Also in Tornio we have unspoiled nature and unique wildlife. The Tornio River is the longest free-flowing river in North Europe.

There is also campus of Kemi-Tornio University of Applied Sciences. It provides education in the fields of business and administration, information communication technology, culture, technology and engineering.

You can find all kinds of activities from here.

Culture

Tornio Main Library
Torikatu 2
95400 Tornio
+358 50 597 1568

Learning Centre
Kauppakatu 8
95400 Tornio
+358 010 383 5269

Aine Art Museum
Torikatu 2
95400 Tornio
+358 50 597 1189

The Provincial Museum of Tornio
Valley
Keskikatu 22
95400 Tornio
+358 50 597 1559

Sports

Swimmighall
Viidankatu 22
95420 Tornio
+358 50 597 1256

Sporthall
Viidankatu 20
95420 Tornio

Gym David Club
Torikatu 21
95400 Tornio
+358 40 547 1274
www.davidclub.com

Gym Body Center Oy
Kauppakatu 12
95400 Tornio
+358 010 396 800
www.bodycenter.fi

Climbing Cave
Tuesday 18.30- 21.00
Thursday 18.00- 21.00
Sunday 15.00-18.00
Teollisuuskatu 10 J 7
www.tornionkiipeily.net

Bowling Hall
Teollisuuskatu 8-10
95420 Tornio
+358 164 45722
<http://tornio.kemi-torniokeilailu.com>

Shopping

Shoppin Center - Rajalla
Länsiranta 10
95420 Tornio
+358 020 760 7200
www.rajalla.com

There are many other shops in Tornio.
You can find those from here:

www.haparandatornio.com/English/Horisontellmeny/Shopping.html

Pubs and Bars

Bar Umpitunneli
Hallituskatu 15
95400 Tornio
+358 40 126 0200
www.umpitunneli.fi

Pub and Bar Jetset
Satamakatu 3

95400 Tornio
016 482201
No web sites
Pub and Bar Pikku Berliini
Hallituskatu 11
95400 Tornio
+358 40 126 0300
www.pikkuberliini.fi

Pub and Bar Cityhotel
Itäranta 4
95400 Tornio
+358 400 105 800
www.tornionkaupunginhotelli.fi

Bar Blues Stadion - Music Bar
Laivurinkatu 7
95400 Tornio
+358 40 171 5198
www.thebluesstation.com

Pub Wanha mestari
Hallituskatu 5
95400 Tornio
016 430663
www.wanhamestari.fi



Photo: Aarne Hagman Kukkolankoski

Travelling

Taxis can be obtained by phone. After connection you should name a street and house number. Taxi is not cheap, price includes payment for the trip, the cost of waiting and if some extra service.

Taxi
Itäranta 1
95400 Tornio
020068000

The nearest train station is in Kemi. Train station has extensive connections to all parts of Finland.

Train
Rautatienkatu 3
94100 Kemi
060041900
www.vr.fi

Kemi-Tornio Airport
Lentokentäntie 75
94500 Lautiosaari
0207088701
http://www.finavia.fi/airports/airport_kemitornio

Bus

Buses are typical part of Finnish roads. The ticket price depends on where you are going to. Inside the city ticket costs about three euros.

Here you can find the bus stops:

www.veljeksetsalmela.fi/KeToHa132.html

Matkahuolto- Travel Service

Torikatu 10

95400 Tornio

+358407511553

<http://www.matkahuolto.fi/en/>

Driving in Finland you need driving license. You are required to carry your licence while driving. In Finland drivers keep to the right.

HEALTHCARE:

Tornio's health center:

Sairaalakatu 1, 95400 Tornio

Emergency Reception by appointment
Between 8.00-16.00

Phone number: 016 432 814

Länsi-Pohja's central hospital:

Kauppakatu 25, 94100 Kemi

Emergency Reception
Between 16.00-8.00
Helpline: 016 243 120

Emergency number: 112

-Police

-Ambulance

-Fire department

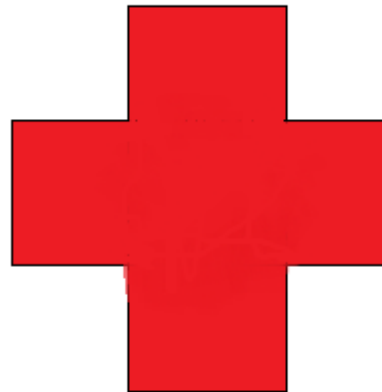
The School Nurse:

Phone number: 0400 127 239

Nurse visits at campus on Tuesdays
and Thursdays 8.30-10.00. Nurse's
room locates in Guesthouse 2.

You can also check school nurses
information from this Internet address:

<https://www.tornio.fi/index.php?p=Lukioidenjaoppilaitostenth>



HAPARANDA

Haparanda is twin city with Tornio. Haparanda was founded in 1821. There are over 10 000 inhabitants in municipality. Although Sweden is not a bilingual country but Haparanda is officially a bilingual city. The most of people can speak Finnish. There is bilingual school in Haparanda, some of the students live in Finland. About 50% of population has immigrant background. Haparanda is Sweden's easternmost settlement. Haparanda is known from Ikea. People travel there to buy furniture even from long distant.

Culture:

Library
Packhusgatan 4
95331 Haparanda
+46 922 150 67

Church of Haparanda
Köpmansgatan
Haparanda
+460405568676

Stone Age Settlements
Kärrback
Haparanda
+460701302430

Shopping:

Aspen Pharmacy
Lasarettsgatan 34
95331 Haparanda
+46 (0)771 450 450

The krona is the currency of Sweden.
10 kronas are about 1,16 Euros.

There are lots of activities. Here you can find information about outdoor areas, sport places and you can find out more from web site:

<http://www.haparandatornio.com/English/Home.html>

Haglöfs Outlet (Adventure wear)
Coop Gallerian, Västrä Esplanaden,
Haparanda
+460922106

Naturkompaniet (Adventure wear)
Lillgatan 4
95334 Haparanda
+092213372

Skopunkten (Shoes)
Ikano Shopping Center
Norrskensvägen 4
Haparanda

Candyworld
Ikano Shopping Center
Norrskensvägen 4

Sport:

Aspen sport hall
Västra Esplanaden 25
95332 Haparanda

Telephone numbers where facilities can
be booked:

-Aspen: +46 922 150 53

-Sporthouse: +46 922 150 43 or +46
70 632 15 19

Swimming hall: +46 922 150 50

-Gränsvallen: +46 922 150 57

-Riding: +46 922 131 71

Or take contact by email:

Stig Niva

leisure-time consultants

stig.niva@haparanda.se

Outdoor activities:

Riekkola

Long lighted track for skiing

Seskarö

Lighted path

Nikkala

Lighted routes

Photo: Anssi Koskinen



FINNISH BANK HOLIDAYS

Bank holidays are marked in calendars with red colour. Most of the shops are closed during those days. Some holidays don't have exact day and days might differ from European order.

New Year	1.1.
Epiphany	6.1
Good Friday	
Easter Sunday	
Easter Monday	
May Day, Labour Day	1.5
Ascension Day	
Whitsunday	
Midsummer Eve	
Midsummer Day	
All Saints' Day	
Independence Day	6.12
Christmas Eve	24.12
Christmas Day	25.12
Boxing Day	26.12



Photo: Janne Virtanen

Basic Finnish words and Phrases

Hello! - Hei/Terve/Moi

Good Morning - Hyvää huomenta

Good afternoon.- Hyvää päivää

Good evening - Hyvää iltaa

Good night - Hyvää yötä.

Thank you - Kiitos

No - Ei

Yes - Kyllä

My name is... - Minun nimeni on..

Nice to meet you. - Mukava tavata sinut.

I'm an exchange student. - Minä olen vaihto-oppilas.

I'm sorry I don't speak Finnish. - Olen pahoillani, en puhu suomea.

How are you? - Mitä kuuluu?

Fine, thank you. - Kiitos hyvää

Monday - Maanantai

Tuesday - Tiistai

Wednesday - Keskiviikko

Thursday - Torstai

Friday - Perjantai

Saturday - Lauantai

Sunday - Sunnuntai

One - Yksi

Two - Kaksi

Three - Kolme

Four - Neljä

Five - Viisi

Six - Kuusi

Seven - Seitsemän

Eight - Kahdeksan

Nine - Yhdeksän

Ten - Kymmenen

Tornio's map

1. Beach
- 2-3 Hotel and Restaurant
4. Bus Station
5. Church
6. Learning Centre
7. Market Place
8. Library
9. City Hall
10. Sport Hall
11. Market Place

