

# Welcome to GAP Gaming for Soft Skills Conference 19 September 2017



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## Contents

1	Welcome to Laurea .....	3
2	Transportation .....	4
3	Leppävaara campus .....	5
4	Accommodations near Helsinki city center .....	6
5	Restaurants .....	8
6	Finland and the city of Helsinki .....	9
6.1	Public holidays and opening hours .....	10
6.2	Sightseeing .....	10
	6.2.1 Helsinki .....	10
	6.2.2 Sightseeing and cultural activities in Vantaa and Espoo .....	11
6.3	Recreation and cultural activities .....	11
	Shopping .....	12
	Museums in Helsinki .....	12
	Other attractions .....	12
6.4	Useful Phrases .....	13

## 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, transport, accommodation sightseeing and much more. For further information, please feel free to ask us for additional brochures or check out our website which contains information about Laurea <https://www.laurea.fi/en/> .

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  
300 exchange students each year  
7 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 the underground. 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 from the app store called "Andropas".

Helsinki International Airport is located in Vantaa, 30 min from the city center. Finnair buses run every 15 min from the airport to Elielinaukio at the central railway station in Helsinki. Tickets cost EUR 6.20. The slower local bus (no. 615, 620) cost EUR 5.50 and it stops at the square beside the railway station, Rautatientori. The trains I and P both go to the airport every 10 to 20 minutes. From Helsinki the I train takes 27 minutes and the P train 32 minutes to the airport. The price of the train ticket is 5.50 EUR. Alternatively, you can take a taxi to the hotel, Helsinki Airport Taxi (Tel. +358 9 8256 5562) and Yellow Line Airport Taxi (Tel. 0600 555 555), it will cost around EUR 40-50. The central taxi reservation number in Espoo is 0100 7300 and in Helsinki 0100 0700.

### 3 Leppävaara campus

Laurea Leppävaara is located in the city of Espoo. Trains between Helsinki and Leppävaara are Y, S, 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:

At the Leppävaara campus it is possible to complete bachelor's degrees in the following degree programs: in Business Management, Hospitality Management, Restaurant Entrepreneurship, Business Information Technology, and Security Management.

All subjects can be studied in Finnish and English. In addition to foreign students studying for a degree, Leppävaara has many exchange students, which is why an international atmosphere prevails on campus.

On the Leppävaara campus it is possible to complete a master's degree in the following fields: Service Innovation and Design, Customer-centered service development, Tietojärjestelmäosaamisen koulutus, Tulevaisuuden tietojohdaminen sosiaali- ja terveysalalla -koulutus, and Turvallisuusjohtamisen koulutus.

- <https://www.laurea.fi/en/about-laurea/campuses/leppavaara>

#### 4 Accommodations near Helsinki city center

##### Sokos Hotel

Several locations in Helsinki

<https://www.sokoshotels.fi/fi/helsinki>

##### GLO Hotelli Helsinki Kluuvi

Kluuvikatu 4

Tel: +35810 3444 400

[kluuvi@glohotels.fi](mailto:kluuvi@glohotels.fi)

<http://glohotels.fi/hotellit/glo-hotel-kluuvi>

##### Plaza Hotel Helsinki

Mikonkatu, 23

Tel. +358 20 1234 703

<https://www.radissonblu.com/en/plazahotel-helsinki>

##### Omena Hotel

Several locations in Helsinki

<https://www.omenahotels.com/en/>

##### Hotel Arthur

Vuorikatu 19

00100 Helsinki

Tel. +358-9-173 441

[reception@hotelarthur.fi](mailto:reception@hotelarthur.fi)

[www.hotelarthur.fi](http://www.hotelarthur.fi)

##### Scandic

Simonkatu 9

00100 Helsinki

Phone: +358 9 68 380

[simonkentta@scandichotels.com](mailto:simonkentta@scandichotels.com)

<http://www.scandichotels.com/Hotels/Finland/Helsinki/Scandic-Simonkentta/#.VqHjIE3VzIU>

Holiday inn  
Elielinaukio 5  
00100 Helsinki  
Phone: +358 200 48 103  
helsinki.hihcc@restel.fi  
<http://www.finland.holidayinn.com/hotellit/holiday-inn-helsinki-city-centre?gclid=CIDauvb809MCFRFJGQodmIILNw>

Hotel Rivoli Jardin  
Kasarmikatu 40  
00130 Helsinki  
Phone: +358 9 681 500  
rivoli.jardin@rivoli.fi  
<http://www.rivoli.fi/hotellimme/jardin/>

Clarion Hotel  
Tynnenmerenkatu 2  
00220 Helsinki  
Phone: +358 10 850 3820  
cl.helsinki@choice.fi  
<https://www.nordicchoicehotels.fi/clarion/clarion-hotel-helsinki/>

Hotel Seurahuone  
Kaivokatu 12  
00100 HELSINKI  
Phone: +358 200 48 106  
helsinki.seurahuone@restel.fi  
<https://www.hotelliseurahuone.fi/en>

Scandic park Helsinki  
Mannerheimintie 46  
00260 Helsinki  
Phone: +358 9 47371  
parkhelsinki@scandichotels.com  
<https://www.scandichotels.com/hotels/finland/helsinki/scandic-marski>

Hostel Domus academica  
Hietaniemenkatu 14  
00100 Helsinki  
Phone. +358 (0)9 1311 4334  
hostel.academica@hyy.fi  
<https://www.hostelacademica.fi/>

Hotel Cumulus City Kaisaniemi Helsinki  
Kaisaniemenkatu 7  
00100 Helsinki  
Phone: +358 200 48 107 (int. call charge)  
kaisaniemi.cumulus@restel.fi  
<https://city.cumulus.fi/en/hotels/cumulus-kaisaniemi-helsinki>

Hotel Finn  
Kalevankatu 3 B  
00100 Helsinki  
Phone: +358 (0) 9 684 4360  
reservations@hotellifinn.fi  
<http://www.hotellifinn.fi/en/frontpage>

Hotel Fabian  
Fabianinkatu 7  
00130 Helsinki, Finland  
Phone: +358 9 6824 2820  
sales@hotelfabian.fi  
<https://www.hotelfabian.com/en/>

Several other options can be found through websites.

## 5 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 food is made by the Hospitality management students. Below a selection of restaurants in Helsinki is listed.

### Lappi Restaurant

Elegant Lapland style restaurant in the heart of Helsinki  
Annankatu 22  
Tel: +358-9-645 550  
<http://www.lappires.com/index.html>

### Restaurant Savotta

Traditional Finnish food  
Aleksanterinkatu 22  
Tel. +358 9 7425 5588  
<http://www.ravintolasavotta.fi/en/presentation.html>

### Bryggeri

Brewery and restaurant  
Sofiankatu 2  
00170 Helsinki  
Tel. +35810 235 2500  
<http://bryggeri.fi/en/>

### Teerenpeli

Brewery, Distillery and Restaurant  
Several locations in Helsinki  
<http://www.teerenpeli.com/En/ContactInformation.aspx>



### **Dong Bei Hu**

Fine Chinese cuisine

Vuorikatu 20

Tel. +358 9 495 098

[hu@dongbeihu.fi](mailto:hu@dongbeihu.fi)

<http://www.dongbeihu.fi/#bes-chinese>

### **Manhattan Steakhouse**

Steak restaurant

Eteläesplanadi 24

Tel. +3589611217

<http://manhattansteakhouse.fi/esplanadi>

### **Memphis**

Bar and restaurant

Urho Kekkosenkatu 1 A 10

Tel. +35810 76 64560

<https://www.raflaamo.fi/fi/helsinki/memphis-kamppi>

## **6 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.

## 6.1 Public holidays and opening hours

Name of the public holiday	2017
Midsummer Day	24 June
All Saints' Day	4 November
Independence Day	6 December
Christmas Eve	24 December
Christmas Day	25 December
Boxing Day	26 December

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.

## 6.2 Sightseeing



### 6.2.1 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.helsinginkirkkot.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: Mechelininkatu, 00250 Helsinki*

<http://www.eilahiltunen.net/monument.html>

### Tempeliaukio church

The Tempeliaukio Church (also called Rock church) is a church built into natural bedrock and is one of the greatest tourist attractions in Helsinki.

*Address: Lutherinkatu 3, 00100 Helsinki*

<http://www.helsinginkirkot.fi/en/churches/rock-church-tempeliaukio>

### Uspenski Orthodox Cathedral

Completed in 1868, the Uspenski Cathedral is the largest Orthodox Church in Western Europe.

*Address: Kanavakatu 1, 00170 Helsinki*

<http://www.visithelsinki.fi/en/see-and-experience/sights-and-attractions/uspenski-orthodox-cathedral>

### 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/>

## 6.2.2 Sightseeing and cultural activities in Vantaa and Espoo

Tikkurila: <http://www.vantaa.fi/#>

Espoo, Nuuksio

Nuuksio National Park is located in Espoo and can be reached by public transport.

<http://www.nationalparks.fi/en/nuuksionp>

## 6.3 Recreation and cultural activities

## 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.

<http://www.visithelsinki.fi/en/see-and-experience/shopping>

## Museums in Helsinki

### Ateneum

Art museum

*Kaivokatu 2, 00100 Helsinki*

<http://www.ateneum.fi/>

### Kiasma

Museum of Contemporary Art

*Mannerheiminaukio 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>

## 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>

## 6.4 Useful Phrases

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