

# salpaus

Koulutuskeskus | Further Education

## **GUIDE FOR EXCHANGE STUDENTS**



**Page nr.**

3	<b>Welcome to Lahti and Salpaus!</b>
3	Arrival to Lahti
4	Accommodation
4	Mobile phones
4	The beginning of the on-the-job learning
4	Student card
5	ISIC-student card
5	Shops
5	Tourist Information Office
5	Health Insurance
6	Acute illness or accident
6	Libraries
7	Contact information

APPENDIX (1)            Reservation form, Forenom

## **WELCOME TO LAHTI AND SALPAUS FURTHER EDUCATION!**

Lahti is a town of a bit over 100,000 inhabitants, and it is situated 100 kilometres north of Helsinki. The centre of Lahti lies in a bowl-like valley formed by the Salpausselkä Hills. Located by the Lake Vesijärvi it is a gateway to the Finnish Lake District. Inland waterways dominate the landscape here.

Lahti is an industrial and commercial centre of the region. It is well known worldwide for furniture, garments, electronics and heavy machinery and nation-wide for beer, soft drinks, bakery products and many others.

Most of the Salpaus school buildings are located in the surroundings of Lahti but Salpaus also has premises in the neighbouring municipalities of Orimattila, Heinola and Asikkala.



### **\* Arrival to Lahti**

From international Helsinki-Vantaa airport there are direct bus connections to Lahti. Journey to Lahti takes about an hour and a half.

The coach from [Helsinki-Vantaa Airport](#) leaves once an hour and the journey only takes about an hour and twenty minutes. Please check the timetables on the [Matkahuolto website](#) ( eng)

Tickets can be purchased from the coach driver.

**The Ring Rail Line** links long-distance rail travel with air transport and brings an easy connection to Helsinki-Vantaa Airport from all of Finland. The train takes about 50 min from the Helsinki-Vantaa Airport to Lahti- [check timetables here](#)

### \* **Accommodation in Lahti**

Our foreign students are mainly accommodated in Forenom hostel, which is situated in centre of the town. Hostels are of good level. The price of a accommodation in Forenom in shared room costs 80 €/week or 320 €/month/person. If you stay alone, room will cost 125 €/weel. **You have to make the reservation minimum one month before your arrival to Lahti (appendix 1, send the form to [varaukset@forenom.fi](mailto:varaukset@forenom.fi)).** More information on Forenom, see pages [www.forenom.fi](http://www.forenom.fi).

#### Hostels in Lahti:

**Forenom Accommodation Service**  
Tel. 09-4250050, [www.forenom.fi](http://www.forenom.fi)

#### **2-4 persons in the same room**

1-7 days price 24,75 €/night  
7-21 days price 22,00 €/night  
over 21 days price 18,70 €/night

#### **1 person in a room:**

1-7 days price 44,00 €/night  
7-21 days price 39,60 €/night  
over 21 days price 34,10 €/night

#### other hostels in Lahti:

Matkakoti Patria Hotel  
Vesijärvenkatu 3  
15100 Lahti  
Tel. 03 -7823783  
Info.patriahostel.fi

LIT huoneistohotelli  
Vesijärvenkatu 26  
15140 Lahti  
03-876888

Huoneistohotelli Lahden Koti  
Karjalankatu 6  
15100 Lahti  
Tel. 03-7522173

### \* **Mobile phones**

It is cheaper for an exchange student to buy a pre-paid mobile phone card available at R-kioski than to use his/her own connection. Please ask your advisor/tutor student for more information. There are certain limitations that the Finnish pre-paid cards do not function in all the newest phone models.

**\* *The beginning of the on-the-job learning***

You need to agree with your advisor the place for your first meeting. Your tutor teacher and workplace supervisor will handle any practical issues related to the on-the-job placement. Your tutor teacher will visit your training place (as agreed).

**\* *Student card***

You can ask for a student card from the Study Affairs Office (address: Ståhlberginkatu 4C , 1<sup>st</sup> floor, ). To get a student card you need a **passport photo with you** in the office.

With the student card, you can, for example, get discount in short-distance bus traffic in Lahti area, some shops, in swimming halls, etc. The Study Affairs Office is open on Mon-Thu 8.00-16 and on Fri 8.00-14.30.

**\* *ISIC- Student card***

ISIC-card is an international student card, which gives students discounts and other benefits around the world. The card gives the holder the status of international student giving discounts i.e. for accommodation services, flying tickets and various events and museums. Many flying companies grant discounts even for the holders´ husband/wife. Detailed information of the benefits you can find in web-address [www.isic.org](http://www.isic.org). ISIC-card can be ordered in Kilroy Travels –travel agency office in Finland, e-mail destination.sales@kilroytravels.fi. You should always send a scanned copy either of your student card or by fax or study certificate with schools´ stamp to Kilroys´ office by e-mail.

**Please order the ISIC-card before your arrival in Finland.**

**\* *Shops***

Siwa and Lidl are cheap food stores.

Trio is a large shopping centre offering a wide range of clothing and shoe shops, cafes, restaurants, etc.(The main entrance via Aleksanterinkatu.)

**\* *Tourist information office***

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

LAHTI REGION OY  
Aleksanterinkatu 18  
tel. +358 0207 281 760  
[info@lahtiregion.fi](mailto:info@lahtiregion.fi)

**\* *Health and insurance***

Ms Riitta Arkimies, Salpaus school nurse, will assist in health problems. She can be contacted

during office hours Mon-Fri at 8.00-11.00 (address: Svinhufvudinkatu 2 A, tel. +358 3 828 5703).

In addition, there are public health care centres (in Finnish: *terveyskeskus*) and hospitals. You usually have to make an appointment to see a doctor. A nurse is normally available without an appointment.

The fees vary locally. Health-care centres usually charge 13,80 € for the first three visits (within a given year). After these initial fees, appointments are free of charge. European health care card gives you public health care at the same price as Finnish inhabitants and the card is valid in every EU-member country. Please contact your own health care administrator to get the card before you leave; the card is free of charge.

An alternative to the public health care are private services: They are somewhat more expensive to the patient.

Free dental care is available to persons under 17 years of age. If you have a sickness insurance card from KELA, this will allow you reductions in some dental treatment. In a dental emergency, all foreigners may turn to a dental clinic in a health care centre.

In a medical emergency, contact the nearest health-care centre or hospital emergency unit.

We recommend that the students take their own insurance for leisure time and find out about the insurance taken for exchange students by the sending school.

### ***Health Care Advising Centre***

Mon-Fri: 7.30-18.00

Sat-Sun and public holidays: 7.30-15.00

Medical and public health nurses will answer the phone and assess the need for further consultation. tel. +358 3 818 9120. If you don't use appointment time given to you, you will be charged appointment given to you and don't cancel it before hand, you'll be charged 33,90 €.

### ***\* Acute illness or accident***

On weekdays Mon - Thu 8.00-16.00, Fri 8.00-15.00

Lahti City Hospital Emergency

Harjukatu 48

tel. +358 3 819 2385.

In the evening 16.00-23.00 and on weekends and holidays 8.00-23.00

Lahti City Hospital Emergency

Harjukatu 48.

Health care centre doctor on duty (information): tel. +358 3 818 2551.

At night 22.00-8.00

Päijät-Häme Central Hospital/Emergency

Keskussairaalankatu 7, 15850 Lahti

tel. +358 3 818 818 2551

Fee: 27,50 euros.

## In a GENERAL EMERGENCY dial 112

### **\*Libraries**

In order to borrow books or other material, you need to get yourself a library card from the library you wish to use. There are 2 different cards needed for different libraries.

The libraries of Lahti University of Applied Sciences and Campus libraries for vocational students have their own card.

The other card is needed for the Lahti City Library which provides all kind of literature from novels to science. You need to fill in a form and show some proof of identification (e.g. passport) to get the library card.

In addition to printed material the libraries also offer PCs with modern applications for information search, quiet study places for independent studying as well as rooms for group work. You can get the services free of charge.

- Libraries of Lahti University of Applied Sciences ([www.phkk.fi/engl/library](http://www.phkk.fi/engl/library))
- Fellmannia Information Centre,  
Kirkkokatu 27, Tel. 03 – 828 3880  
Open mon-fri at 8 -18, Sat. 10 – 16, Sunday closed
  - Campus Library, Paasikivenkatu 7, tel. +358 3 82 810.  
Specialised in literature of business, design and technology.
  - Library of the Faculty of Social and Health Care, Hoitajankatu 3,  
tel. +358 3 82 778. Specialised in literature of social and health care.
  - Library of Kannaksenkatu 22, tel. +358 3 828 2851.  
Specialised in literature of art and design.
  - Library of the Faculty of Business Studies in Heinola, Opintie 2, Heinola,  
tel. +358 3 828 5009. Specialised in literature of business.
- Lahti Library for Higher Education, Vapaudenkatu 23, tel. +358 3 812 5420. Course literature, information on the European Union, [www.lahti.fi/korkeakoulukirjasto](http://www.lahti.fi/korkeakoulukirjasto)
- Lahti City Library, Kirkkokatu 31, tel. + 358 3 812 511. Provides general literature, newspapers and periodicals, and music to all residents of Lahti, including exchange students, free of charge. [www.lahti.fi/kirjasto](http://www.lahti.fi/kirjasto).

### **Further information of Salpaus Further Education**

[www.salpaus.fi/english](http://www.salpaus.fi/english)

## Salpaus Further Education

### **Contact information of arriving person** (\*all the fields has to be filled in!)

\*Name: \_\_\_\_\_

\*Citizenship: \_\_\_\_\_

\*Sex: \_\_\_\_\_

\*Academy: \_\_\_\_\_

\*E-mail: \_\_\_\_\_

\*Tel: \_\_\_\_\_

\*Date of check-in: \_\_\_\_\_

\*Date of check-out: \_\_\_\_\_

\*Arriving person    \_\_\_ will pay the rent him/herself  
                              \_\_\_ will not pay the rent him/herself

**\*Contact information of payer, if not the same as arriving person:**