

If you need more specific information
access <https://www.euneoscourses.eu/>

For urgent matters contact

courses@euneos.eu

Practical Information

Autumn 2018 Erasmus+ courses,
Helsinki, Finland

EUNEOS Courses

Autumn 2018 Euneos courses, Helsinki, Finland

Arriving at Helsinki airport/Lentoasema



(source: https://www.vr.fi/cs/vr/en/keharata_en)

If you arrive at Helsinki airport, please buy there a multiday Regional (SEUTU) ticket for public transport valid for Helsinki capital city area. Choose the amount of days you need, pls access the link for the costs <https://www.hsl.fi/en/tickets-and-fares>. It will be valid on **buses, trains and trams and boats** to some of the islands so we advise you to purchase the ticket.

You can purchase the ticket from the airport in Terminal 1 or from the train departure station pls see <https://www.hsl.fi/en/tickets-and-fares/sales-points>. You can use the green vendor machine, or buy the ticket in R-kiosk (yellow shops). If you buy it from **R kiosk** you will not need to validate as it will be a receipt ticket showing the day and hour. If you buy from machine you will need to validate the first time you go on a public transportation and after that there will be no need to validate as it will run for the days you have purchased. You can also buy electronic ticket on your mobile using the HSL app.

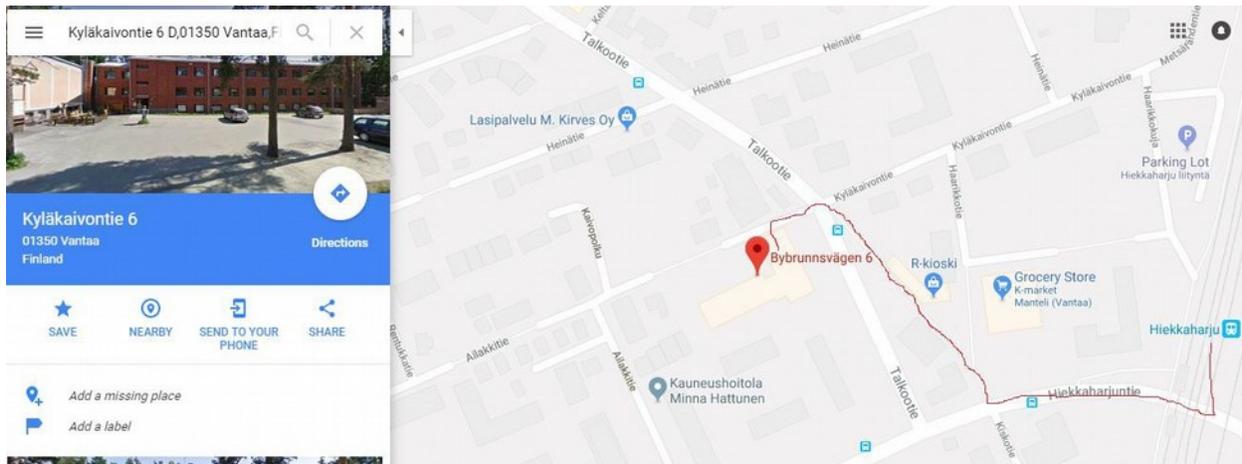
Train (from Airport/Lentoasema –Helsinki region)

The train from Airport to Central railway station in Helsinki will be a ride of approx. 25 min, pls look on the [map](#) and pick the train via Tikkurila (otherwise you will have a longer ride, 35 min). Whichever direction you choose you will come to Helsinki Central Railway Station in the end. If your hotel is in Helsinki center, you can take a local train (platforms on far right) to Hiekkaharju.

The train from Helsinki railway station to **HIEKKAHARJU STATION** takes about 20- 25 min. You can easily follow the names of the train stops in the train monitors, and listen to English information.

Helsinki local trains that will stop at Hiekkaharju/Sandkulla: IPNKT

Helsinki local trains that will stop at Tikkurila/Dickursby: IPNKRTZ



If you prefer a Hotel...

We recommend you to book a hotel near Helsinki railway station or Tikkurila railway station so that you will be able to commute smoothly during the course week. Booking.com, Momondo, Ebookers, Trivago are good tools to choose accommodation. Kaisaniemi, Kamppi, Töölö are close to the railway station in Helsinki. Hotel Vantaa Sokos Original (good quality, easy distance) and Hotel Tikkurila (cheap option).

Visiting In Helsinki area

Libraries as social innovation in Finland education and beyond

<https://www.kansalliskirjasto.fi/en/info#opening-hours-of-the-national-library-of-finland>

Visiting interactive museums with hands on workshops related to our training objectives, visiting islands around Helsinki, any sensorial experience locally situated allowing participants to design their own learning experience and complete it. You will receive the agenda with all places we will visit, for your own free time pls access the link below (HAM, Amos Rex, Ateneum Museum, KIASMA, Design Museum, Johannes church and old saunas in Helsinki being some recommendations). Cultural situated training is important for Erasmus horizontal propriety we have considered this carefully when designing our training agenda

Amos Rex in the very heart of Helsinki will open in August 2018. The building itself represents functionalism of the beginning of the 20th century. Read more in

<http://amosanderson.fi/en/lasipalatsi>

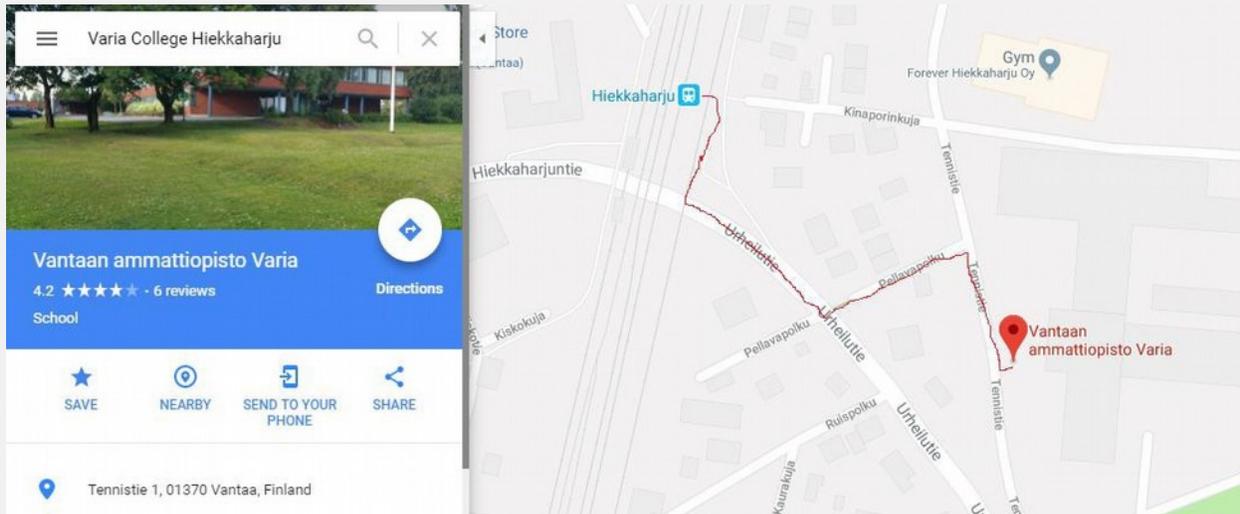
<https://www.myhelsinki.fi/en/see-and-do/sights>

If you are interested in Helsinki card here you can find the information

<https://www.helsinki.com/what-you-get/what-you-get-with-the-helsinki-card.html>

Course venue

The main course venue is in **Varia Vocational College** (Tennistie 1, 01370 Vantaa, Finland), where we will meet on Monday, Library or a room to be announced before.



Meals

You have your KA1 grant budget for your per diem (living costs) including meals. There are school restaurants in the venues providing school lunch 7-9 euro depending on the school canteen and coffee 1.50 e. You may also bring your own lunch boxes with you to the venue if you prefer so, we will make sure you will enjoy it 😊. Most of the schools offer vegetarian or lacto/gluten free meals, but please let us know ahead within your profile questionnaire.

Guided Tour in Helsinki Sunday afternoon (optional):

Yet highly recommended 😊, it is a good opportunity to set base for our global skills course and see Helsinki secret story behind “social innovation”. We will make a within a theme that will invite you to explore the Finnish situated education and history. Duration 1h-1h30 between 15.00-16.30. WhatsApp group is recommended as place for mutual communication by phone.

Meeting point Helsinki railway station main entrance facing the trams and a Bar Sports



Academy.

Welcome dinner (optional, book in advance):

Participants who would like to join Welcome Dinner will be asked about their wish. Dinner will be at 19.00 and we will communicate the location before the training. Dinner costs will be paid by participants from Erasmus grant cost- vary 16-20 euro. Socializing and global experience will be welcomed so please join ☺ <http://helsinkisecret.fi/en/secret035/>

Contact:

For any information you need please contact

Local organiser: Anu Lähde, anu.lahde@vantaa.fi
Course provider: courses@euneos.eu

You will get the trainers' and organisers' phone numbers and other contact information via email.

Paperwork

Please see to the paperwork prior, during or after the course with Euneos course administration, preferably via your school's contact person: courses@euneos.eu

Need a Europass?

If you wish to have a Europass, please read the instructions carefully well before the course: http://www.euneoscourses.eu/?page_id=1077;

Need a document? https://www.euneoscourses.eu/?page_id=134

Costs

Course fee is paid by bank transfers in beforehand, NO cash payments on course venue. Billing questions, contact by email: courses@euneos.eu Lunches & coffees at school cafeterias can be paid by cash/bank & credit card(for the ones paid in cash you will get a receipt from EUNEOS-school

lunch).

More about fees and billing in https://www.euneoscourses.eu/?page_id=711.

Participants will pay for the travelling costs, commuting, accommodation and food & drinks from their own budget.