



Practical information Migrants course 12-18 May 2019
EUNEOS Helsinki Area Courses Spring 2019, Finland

Start: Helsinki walking tour on Sunday afternoon

Duration about 1,5 hrs between 15.00-16.30. Meeting point Helsinki railway station main entrance to the south facing the trams and a Bar Sports Academy. Please show up on time! Print out a map: http://www.visithelsinki.fi/en/sites/visithelsinki.fi/files/files/Esitteet/EN/city-opas_map_2016.pdf

If you arrive late, inform the main trainer Petri Ilmonen, tel +358408091886. Euneos main contact: Ilpo Halonen, ilpo.halonen@euneos.fi.

You can also use WhatsApp group for your messages. Click on the link <https://chat.whatsapp.com/BhstQkSOTvUKJCcOAvkScD>

Or on the QR code below to join.

< Edellinen QR-koodi



If you have not done it yet, go and fill the questionnaire the trainers of the course have made to tailor their training up to the needs and to expectations. The link is below:

https://docs.google.com/forms/d/e/1FAIpQLSfZoAxMsPdZ7Fx9O4NvVgC_LzXp5TK4wTOYhoJ3sTJtKxVAhA/viewform?usp=sf_link

We also advise you to join our common working platform Euneos Course Tool in Materials of the course will be published on the platform where you can download them from.

<https://euneoscoursetool.eu/course/enter/hCFb3qgXRIhF0HGMX9z>

Course venue

Plenary meetings will take place in Varia Vocational College (Tennistie 1, 01370 Vantaa). After the Sunday program the course will continue in Varia Vocational College Auditorium on Monday morning at 8.30. There is free wi-fi available.

Meals

There are school restaurants in the venues providing school lunch at a price about 7 – 8 euro depending on the school canteen and coffee 1.50-3.50€ depending on the order.

You may also bring your own lunch boxes with you to the venue. If there are special diets, the school restaurants may not be very flexible in arranging it at short notice. There will be a vegetarian dish each day. Other special diets need to be booked well in advance.

Insurance

The insurance for the benchmarking courses compensates accidental damages that are caused by participants or trainers during the courses. It does not cover illness or losses, and therefore all participants need a valid travel insurance of their own. It is also a good idea to get the European Health Insurance Card, EHIC. <http://ec.europa.eu/social/main.jsp?catId=509&langId=en>

Varia venue: main contact Anu Lähde, Coordinator of International Affairs,
anu.lahde@eduvantaa.fi

More information about Helsinki on the following pages:

Arriving at Helsinki airport/Lentoasema



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

We strongly recommend you to purchase a Regional Ticket, it is the cheapest way to travel and move around during the course time. Prices and Areas covered might change in 2019 and if so you will find the [information updated](#).

Upon arriving at Helsinki-Vantaa Airport purchase a **multidays (1 to 7 days) ABC ZONES ticket** for public transport valid for Helsinki capital city area, Vantaa and

Espoo. Choose the amount of days you need, access the [link](#) for the costs. It will be valid on buses, trains, trams and boats to some of the islands (like Soumenlinna). You can see the [areas](#) where you will be able to travel with the Regional Card.

You can purchase the ticket from the airport (arrival terminal, luggage lines, using the machine, or from R-kiosk (yellow shops) from Terminal 1 or from the train departure station from the machine.

You can also purchase it on the mobile HSL application <https://www.hsl.fi/en/app> . 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.

Train (from Airport/Lentoasema –Helsinki region)

The train from airport to central railway station in Helsinki will be a ride of approx. 20 – 30 min. It does not make a big difference if you pick the I or P train. Ring Rail will bring you to Helsinki whichever of them you choose.



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The train from Helsinki railway station to Hiekkaharju stop (the next after Tikkurila railway station) takes about 20 – 25 min, direction Airport or Kerava. 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

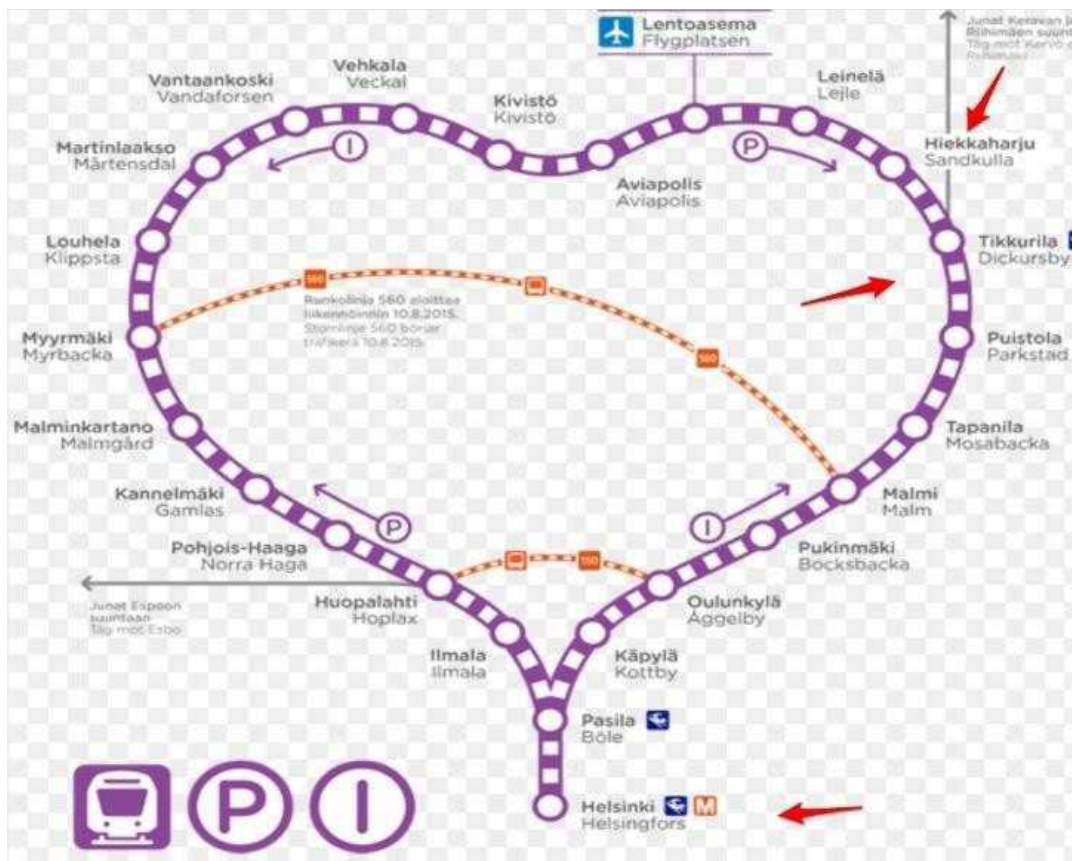
Hiekkaharju/Sandkulla: IPNKT Helsinki local

trains that will stop at Tikkurila/Dickursby:

IPNKRTZ

Ring rail trains Helsinki – Airport – Tikkurila – Helsinki, or vice versa: I,P, look on the train destination from Airport will appear Helsinki via Tikkurila (the P train).

The Ring Rail in Helsinki Capital city area (see maps below).



From 27.4.2019 on, HSL is changing the travel zones. The new ticket we advise PARTICIPANTS to purchase is one that cover **ABC**-zones in order to travel within course area Vantaa to Helsinki centre. The price doesn't change significantly.

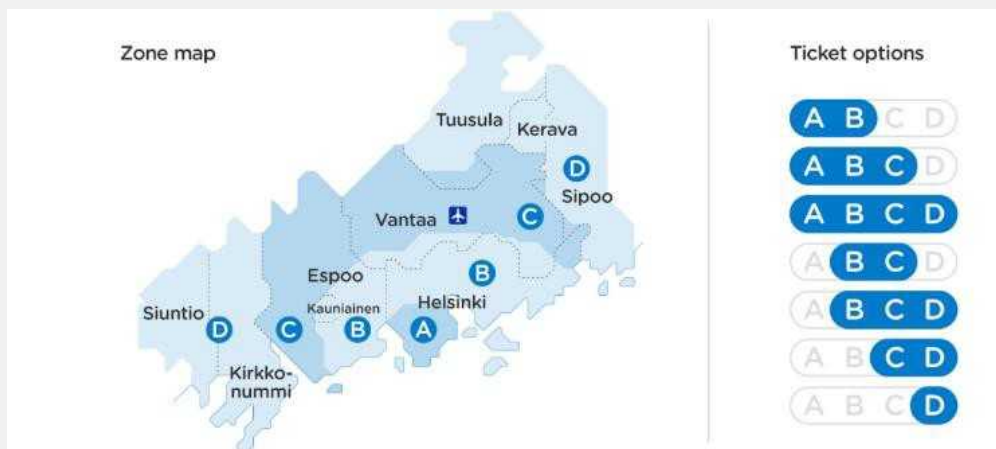
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Day tickets

On the HSL app, from ticket machines, sales and service points and from the bus driver ²⁾

		A B B C D	A B C
1 day	Adult	8.00	12.00
	Child	4.00	6.00
2 day	Adult	12.00	18.00
	Child	6.00	9.00
3 day	Adult	16.00	24.00
	Child	8.00	12.00
4 day	Adult	20.00	30.00
	Child	10.00	15.00
5 day	Adult	24.00	36.00
	Child	12.00	18.00
6 day	Adult	28.00	42.00
	Child	14.00	21.00
7 day	Adult	32.00	48.00
	Child	16.00	24.00

²⁾ Bus drivers and some ticket machines only sell one-day AB and ABC tickets.



Recommended TICKET TO PURCHASE- ABC

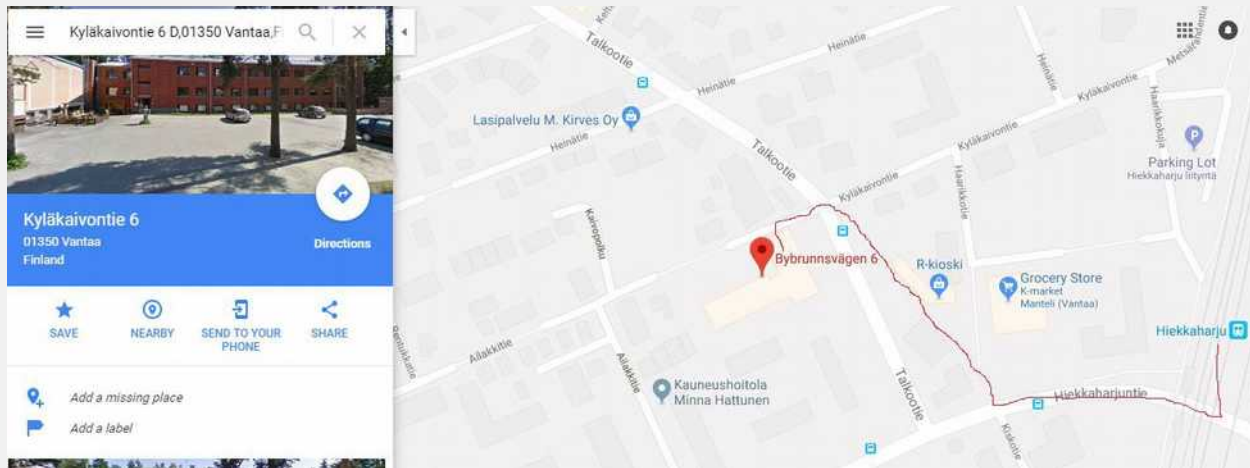
Accommodation in Helsinki, Finland

If you would like to be close to the training location where we will start most of the days (Varia Vocational College) we recommend you to book a room in **20ROOMS – JUST 5 MIN WALK**. Please use this **code EUNEOS19** for special price (46euro/night single room, 60 euro/night double room), the place has limited availability so please contact them to see if rooms are still available, some teachers participants already booked. Contact details: 20Rooms,+358 40 6582939,info@20rooms.fi,Kyläkaivontie 6 D,01350 Vantaa,Finland, www.20rooms.fi/en

This accomodation will be just 2 stops from the Airport(Lentoasema-direction Helsinki) station stop Hiekkaharju. Many of our teachers participants have used this alternative and they enjoyed the clean

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warm place, good place to cook or enjoy a talk in the living rooms with other participants or other guests from different countries. It is a warm family owned place.



If you prefer a Hotel or apartment

We recommend you to book a hotel near Helsinki railway station or Tikkurila railway station so that you will be able to commute smoothly or Helsinki Center or Railway Station. One good alternative is self-service apartment hotel located both in Helsinki and Tikkurila is <https://www.forenom.com>. We also had teachers participants with larger groups coming using this alternative and giving good feedback. It is a self-service, smart environment house.

Visiting In Helsinki area

Our training will include practical hands on learning opportunities we will visit schools in Helsinki area and cultural situated places that would help us grasp on social innovation assisting global skills/competences and integrated approach.

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, Ateneum Museum, KIASMA, Design Museum, Johannes church and 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

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

[NEW!!! In Helsinki](#)

New learning environment- Europe's newest library in Helsinki just opening DOOR

<https://www.nytimes.com/2018/12/06/arts/design/helsinki-library-oodi.html>

Sauna is part of your cultural learning&training

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

New modern sauna+ fresh sea outdoor pool, restaurant and view

<http://www.loylyhelsinki.fi/en/front-page/>

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

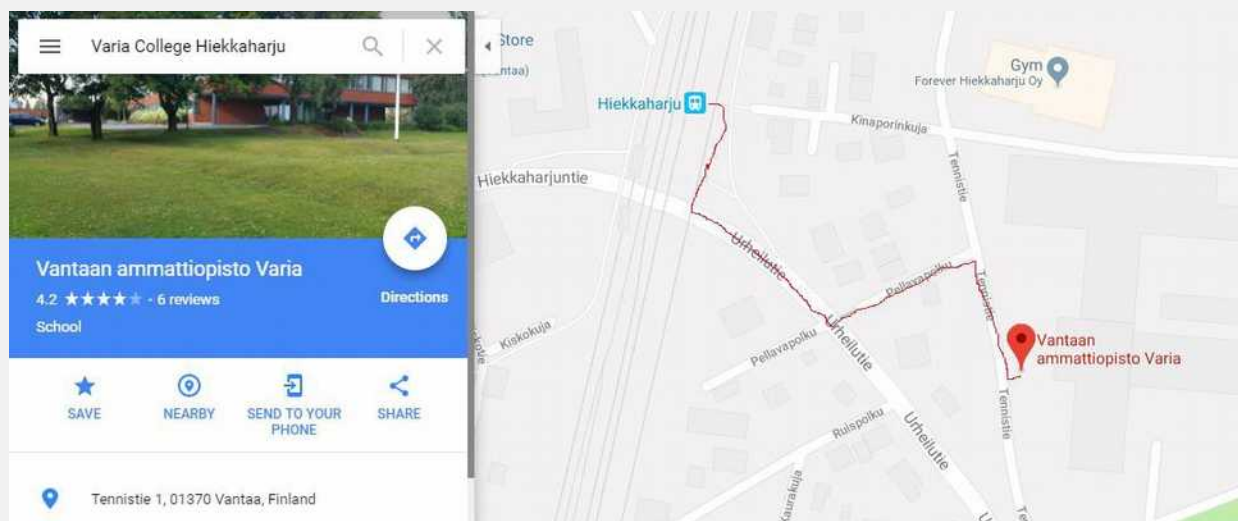
<https://www.helsinkicard.com/what-you-get/what-you-get-with-the-helsinki-card.html>

Finnish culture of coffee

We recommend you to try out and experience Finnish culture for coffee

<http://www.thenordique.com/blog/2018/6/25/coffee-shops-not-to-miss-in-helsinki>

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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).

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