



HÖGSKOLAN PÅ ÅLAND

ÅLAND UNIVERSITY OF APPLIED SCIENCES



GUIDE

**FOR EXCHANGE
STUDENTS**

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Dear Exchange Student

We are glad to wish you welcome to Åland, Finland and to the Åland University of Applied Sciences! Studying abroad might be an interesting though challenging experience. However, once you have got used to your new environment and you accustomed yourself to the “Åland way” of life we hope you will find your stay in Åland rewarding and exciting and that you will enjoy your studies at the Åland University of Applied Sciences.

This guide is intended to provide you with useful information about our university and the local area and will make your stay here at the Åland University of Applied Sciences and in the Åland Islands as enjoyable as possible. Here you will find general information about Finland and Åland but also useful information regarding transportation, leisure time activities and health care. For those of you who want to learn some key words and phrases in Swedish language there is a Phrase Book at the end of this guide.

One distinguishing feature with our university and you being a student in the beautiful though small town of Mariehamn is the short geographical distance and the close contact with our personnel. We at Åland University of Applied Sciences are happy to have you as exchange student at our university and we are here to help you and make your stay on Åland as enjoyable as possible.

Åland University of Applied Sciences

The Finnish Education System

The Finnish education system consists of pre-school education, comprehensive school, post comprehensive general and vocational education, higher education and adult education. Comprehensive school provides a nine-year educational programme (with a voluntary 10th form) for all school-age children, beginning at the age of seven. Post-comprehensive education is given by general upper secondary schools and vocational institutions. Higher education is provided by 20 universities and 28 universities in applied sciences. Adult education is given by special institutions, vocational institutions, universities and universities in applied sciences, all of which have a continuing education centre.

Universities of Applied Sciences

The education at the Åland University of Applied Sciences emphasizes close contact with business, industry and services, especially at the regional level. The university degree programmes are designed to meet the changing requirements and development needs of the work place, having a pronounced occupational emphasis and qualifying graduates for various expert duties. The Åland University of Applied Sciences undertakes some research and development with an applied and practical emphasis. Each degree programme consists of 180 - 270 ECTS credits and takes 3-4,5 years to complete. Each credit is equivalent of 40 hours of work. The university programme combine theory, practice and individual experience, often at least one year work practice is included, as well as international exchange.

The Åland University of Applied Sciences

On 1st of January 2003 the Åland Polytechnic merged with the Åland Open University and to become “Högskolan på Åland”. The English translation is Åland University of Applied Sciences and the degree programme will still lead to a polytechnic diploma.

The university offers seven degree programmes:

- Business Administration
- Electrical Engineering
- Hospitality Management
- Information Technology
- Mechanical Engineering
- Navigation
- Nursing and Health Care

The education at Åland University of Applied Sciences offers such theoretical and practical knowledge which is required to carry out advanced tasks in working life, independently or in team work situations.



The Åland University of Applied Sciences have an engine room simulator of its own.

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The programmes are flexible. Individual study programmes can be composed by selecting courses from other programmes or from the Open University within the optional units.

Close cooperation with working life is essential to Åland University of Applied Sciences. Its activities are adjusted to the small scale of the province of Åland and ensure competence, scope and total quality within the selected sectors, reflecting progressive areas in society given high development priority. Interaction with working life means that the education is based on current requirements of today's professional life and also an endeavour to feed new competence to society by development work and applied research.

The Åland University of Applied Sciences is an active partner in networking activities and communication across national boundaries – in neighbouring regions, the Scandinavian countries, as well as in wider international settings. Pedagogical development as well as continuous competence development are parts of the basic concept of Åland University of Applied Sciences.

Location

The Åland University of Applied Sciences has two offices. One is located on Neptunigatan 17 (Högskolan Norra) and the other one is located on Navigationskolegränd 2 (Högskolan Södra). The office hours are Monday to Friday from 8:00 to 16:00.



Neptunigatan 17

Facilities

Academic Calendar

The academic year is divided into two semesters. The autumn semester starts some time between the 15th and the 25th of August (depending on the degree programme) and ends the week before Christmas.

The spring semester starts the 2nd week of January and ends in mid-May. The exact dates differ between the degree programmes and are settled every year in May for the next academic year.

For more information you can check the university's homepage: www.ha.ax

Accessibility

The different buildings all have somewhat different rules and facilities. It is possible to get a key card which grants access to the computer rooms after office hours. You can get a key card with access for Högskolan Norra from the caretakers. Access time to the University's buildings is between 7:30 and 22:00 all weekdays.



Computers

The University has a good supply of networked computer terminals and you are free to use the Internet at all times. Wireless connection for private PC's is available in both Högskolan Norra and Högskolan Södra. Please remember that good Internet conduct is a prerequisite for this privilege. A log in account is needed in order to have access to university's network. To get a log

in account and get access to wireless connection you should contact the IT-department at support@ha.ax.

Printing

The University has a system for supervising and limiting the print-outs called Papercut. Students get a print-out quota of 10 €(=approx. 200 pages) per school term and they can add to that quota by buying more quotas from the student offices.

Student Meals

Students at the Åland University of Applied Sciences receive subsidised lunch coupons with a coupon value of 2,50 €. The coupons are given for 20 study days at once and they can be used at La Strada and Pizzeria Fantasia. There are coffee and soft drink machines available in the University.

Library

You are welcome to use the books and media in the University library. The Åland University Library is located in the Mariehamn City Library, and provides service to both the students and faculty at the Åland University of Applied Sciences.

All students at Åland University of Applied Sciences have access to a library with a wide selection of books, databases, journals etc.

The spacious and scenic Mariehamn city library, which also includes the polytechnic library, is attractive with its high-quality service and central location. Much of the course material used in the different degree programmes can be found in the extensive library collection. The students also have access to computers and other library services, like interurban loans.

You can get connected with the University library service through the links on the homepage. If you have any questions you can contact a librarian, either by telephone +358(0)18 531411 or by e-mail bibliotek@ha.ax.



Copying

You can buy a copying card from one of the University's offices. The cards have different values and they can be recharged. The price per copy is 7 cents.

Tutor

The Åland University of Applied Sciences has a tutor group consisting of students representing all study programmes. S/he is there to help you in all matters regarding your studies as well as daily life in Åland.

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The tutor will also help exchange students by picking them up from the airport/harbor, guiding them through the University, showing them the surroundings.



Skåhla – make new friends and have a good time

Student Union Skåhla

The student union of Åland University of Applied Sciences is called Skåhla. The union consists of all students at Åland University of Applied Sciences who have a valid SAMOK (the umbrella organization for all student unions at Finnish Universities of Applied Sciences) student card. Skåhla looks after the interest of all students at the University of Applied Sciences. It has local representatives at different bodies within the University and it helps the University and the authorities with matters concerning students and it tries to improve the students' rights and possibilities.

Skåhla does not only concentrate on administrative issues but also arranges sports activities, trips and student parties. By attending Skåhla's various events you have the opportunity to meet students from the other study programmes at the University, make new friends and have a good time.

Finland, Åland and Mariehamn

Finland in a Nutshell

Population and Area

Finland is the sixth largest country in Europe with its 338,000 sq. kilometres. Forest covers 68% of the land area and is the highest proportion in the world. Finland is also famous for its 188,000 lakes and the 30,000 islands. The population is about 5,2 million. The capital city is Helsinki with a population of 546 000. Average life expectancy for females is 81 years and for males 74 years. In the parliamentary elections of 2007 women won 84 of the 200 seats. Tarja Halonen became Finland's first female president in March, 2000 and was re-elected for another 6 years in January 2006.

Climate

In spite of Finland being the second northernmost country in the world (a quarter of its total area lies north of the Arctic Circle), the climate is milder than many other areas of the same latitude, partly because of the warm influence of the Gulf Stream.

The climate can be harsh in winter, January – February being the coldest months, yet providing all the excitement of winter sports. Minus 20 degrees centigrade is not uncommon in winter. The spring is long, light and cool. The summer months of June – August are mostly delightful with temperatures between 15 – 30 degrees centigrade. The early autumn can be beautiful with burning colours of bright yellow and red.

During the summer it never gets completely dark and in the far north, beyond the Arctic Circle, the sun does not set at all for about 73 days. In the same region during the dark winter period, the sun remains below the horizon for 51 days, however the snow on the ground enhances the light of the moon and the stars, and sometimes the northern lights paint the sky green, red and yellow.

Economy

Finland is a world leader in the development of mobile phones and their networks, and Finns are also avid users of these (75% of the population has a mobile phone). The electronic banking system is the most developed and the Internet connections per capita are the highest in the world.

Finland is the world's leading manufacturer of forest products: pulp, paper and board technology.

Finnish Design is also well known: classical examples are Marimekko textiles, Iittala glass and Fiskars scissors. Finland's main trading partners are Germany, Sweden, Great Britain, The United States and Russia.

Economic Key Figures

GDP in 2006:	167 billion €
GDP per capita 2004:	28 643 €
GDP growth in 2006:	4,9 %
Inflation in 2009:	-1,0 %
Unemployment in 2009:	7,3 %

Monetary Unit

Finland like most EU countries use euro as its' currency. 1 €= 100 cents. The euro became the only official currency in Finland 1.3.2002 replacing the Finnish markka/mark (FIM). 1 €= 5.94573 FIM. Contrary to other European countries Finland does not use 1 cent and 2 cent coins.

On the Åland Islands the Swedish monetary unit, krona (SEK) is also generally accepted for practical reasons.

Language

Finland is a bilingual country, both Finnish and Swedish being official languages. Around 5,6 % (290 000) of the total population speaks Swedish as their first language. The most widely studied foreign language is English, followed by German, French and Russian. You will be able to transact all your official business in English, and of course also in Swedish.

Åland in a Nutshell

Population and Area

The Åland Islands are located in the northern Baltic Sea, at the entrance of the Gulf of Bothnia between the Finnish mainland and Sweden. At present the population in the 6.500 islands is approximately 27.500, representing around 82 nationalities. Over 90% of the population speaks Swedish as their mother tongue. The "capital of Åland", Mariehamn, has around 11 000 inhabitants and is located on Åland's mainland, which is surrounded by the archipelago.



Economy

Ålands geographical situation between two economic centres, southern Finland and the Stockholm region offers certain advantages but also makes the Islands vulnerable.

Shipping is of great significance to the Åland economy, being strongly linked to land-based industries, affecting tourism, trade and industry. The financial sector too is closely connected to ship owning operations. The main industries involve processing of fish and agricultural produce; in addition there are plastic, metal and manufacturing industries, joinery and carpentry factories, printing works and electronics industries. Thanks to the capital-intensive shipping industry, the gross national product per person in Åland is high.

Economic Key Figures

GDP per capita 2004:	36 300 €
Inflation in 2009:	0,0 %
Unemployment in 2009:	2,9 %

More figures: www.asub.ax



The Pommern ship.

Åland has a flourishing cultural life with theatre plays, exhibitions and concerts the year round. There are 40 museums, of which the bigger ones are the Åland Museum, the Åland Maritime Museum, the Åland Art Museum, the Museum ship Pommern and the Kastelholm Castle. Lots of open-air events are organized in summer such as rock festivals and ship races.

Nature

The landscape of the Åland Islands is a typical archipelago landscape consisting of thousands of islands, islets, skerries, rocks and shoals. You can find many unique plants and animals on the islands. Around 50 kinds of plants, including most orchid species are protected in Åland, as well as the majority of birds and mammals. There is a wild animal safari in the North Western part of the main island and an animal park in Mariehamn – Lilla Holmen.



You can find unique plants on Åland Islands

Mariehamn

The City of Mariehamn is a beautiful and leisurely town set on the western shoreline of Åland and “the capital city” of Åland with a population of around 11 000 inhabitants. The city was established in 1861 when Åland was part of the Russian Empire. The city’s name is given by Maria, the Russian tsar’s (Alexander the II) wife. Mariehamn means Maria’s harbour. The city lies on a narrow neck of island having two important harbours: the Western harbour (Västerhamn) and the Eastern harbour (Österhamn). The flourishing tourism in Mariehamn has brought with it a wide selection of hotels, restaurants, cafés and diverse events. Distances in the city are short, making the whole town very accessible.

For those who wish to travel to Sweden or eastwards to the Finnish mainland during their stay on Åland, ferries with affordable rates depart daily from Mariehamn.

The Special Status and the Autonomy of Åland

Special Status

The Åland Islands has had a special status in Europe since 1921. It is an autonomous Swedish speaking-region of Finland. After two separate referendums and after the Åland's Parliament gave its consent Åland joined together with Finland the EU in 1995 with the condition that Ålands' relationship to the EU will be regulated in a special protocol.

The islands are demilitarised in the sense that no fortifications or permanent military structures are allowed in the area. They are neutralised, implying that no war operations may take place there. The inhabitants of Åland have the right of domicile (regional citizenship), which among other things exempts them from military service and assure them exclusive rights to own real estate.

Autonomy

Åland works almost like an independent country in the practice. It has an own "parliament" (Lagting) with its own political parties and "government" (Landskapsregering). There are certain areas regarding internal affairs in which Åland has the right to its own decisions such as education, health services, media, etc.

Åland has its own flag since 1954.

Since 1970 Åland has been member of the Nordic Council where all of the Scandinavian countries are represented.

Practicalities

Residence Permit

Citizens of Sweden, Norway, Denmark and Iceland may enter Finland and reside there without a residence permit.

Citizens of an EU/EEA (European Economic Area) country may reside, work, engage in a profession or study in Finland for three months without a residence permit. If the period of study lasts over three months then a residence permit issued by the local police is needed.

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You have to apply for a residence permit after your arrival in Finland. For the residence permit you will need:

- a valid passport
- 3 photos of yourself
- a letter of acceptance to study from the Åland University of Applied Sciences
- a certificate of your scholarship or proof that you have a sufficient amount of money to live in Finland (500 EUR/month)
- to pay an application fee (app. 26 EUR)

Citizens from countries outside the EU/EEA who intend to stay in Finland for more than three months must obtain a residence permit through the Finnish embassy or legation in their home country before the arrival in Finland. For the residence permit you will need:

- a valid passport
- 3 photos of yourself
- a letter of acceptance from the Åland University of Applied Sciences
- a certificate of your scholarship or proof that you have a sufficient amount of money to live in Finland (500 EUR/month)
- to pay an application fee (app. 65 – 101 EUR)

Work Permit

Students who are citizens of the Nordic or EU countries participate in EU education and training programmes need no work permits and they are allowed to work without restrictions (however, they need an employer's certificate).

Other international students are allowed to do paid work for a maximum of twenty hours a week during semesters and full time during vacation. You will need a separate work permit if you intend to work more than this during semesters. International students can obtain a work permit at a Finnish embassy or a legation abroad or in Finland from the local police authorities.

If you are a trainee and/or as a full-time worker, you must obtain a work permit unless you participate in CIMO's training programmes. Finnish legations, the Finnish Directorate of Immigration and the local police in Finland are the authorities who may issue a work permit.

Arriving in Åland

The fastest and maybe cheapest way to travel to Åland is by air from Sweden, Stockholm - Arlanda airport, and then by a boat to Mariehamn. The ferry companies which travel regularly to Åland are Viking Line and Eckerö Linjen.

The most convenient way to travel from Sweden, Arlanda airport, to Åland is by air on one of Air Åland's flights to Mariehamn. Youths up to 26 years old, and students get 50 % discount on the plane tickets.

Health Care and Insurance

Health care

Citizens of the EU/EEA-countries are entitled to all health services at the same cost as Finnish citizens if they are covered by health insurance in their own country. Before you leave, remember to check up on the necessary documents (e.g. the European Health Insurance Card) and your travel insurance. Students from outside EU/EEA-countries should have private insurance. You should obtain insurance before you leave, covering your whole stay in Finland. Medical treatment can be very expensive in Finland without medical insurance.

In Case You Get Ill

If you need urgent medical attention, contact the emergency unit of the hospital (Akuten, tel: 018-5355). You can also contact the school nurse or the health centre unit of the hospital (main entrance). The Åland Central Hospital is located app. one kilometre away from the town centre.

Emergency

The national emergency telephone number is

112

The national police emergency number is

100 22

Cost of Living

The cost of living in Finland, on an average, is comparable to the rest of Europe. Basic expenses such as food, rent and transportation cost minimum 500-600 EUR per month. All this depending, of course, on personal spending habits. Be prepared to have more expenses in the beginning and calculate with travelling to Finland and abroad, Stockholm, Tallin, etc.

The students receive the basic course material from the teacher and it is possible to borrow most course literature from the library.

Accommodation

The rent is approximately 325,70 EUR/month for a student apartment with kitchen and bathroom in the students lodgings. Renting a flat on your own costs between 300-600 EUR/month in Mariehamn.

Food

Students get lunch ticket of 2,50 EUR each (20 pieces a month) which can be used in two pizzerias/ restaurants in Mariehamn: Fantasia and La Strada.

Transportation

The city buses are free of charge in Mariehamn. The price of the bus ticket to other parts of the island depends on the destination. (e.g. 3,50 EUR to Eck-erö). The price of gasoline is app. 1,30 EUR/l. A taxi costs app. 8,5 EUR from the town's centre to the student residence.

Health

Citizens of the EU/EEA-countries are entitled to all health services at the same cost as Finnish citizens (health centre visit 65 EUR, emergency visit 30 EUR) if they are covered by health insurance in their own country and they can prove it with a certificate (e.g. E128). Students from outside EU/EEA-countries should have private insurance. Medical treatment can be very expensive in Finland without medical insurance.

Culture

The entrance fee to the museums is between 4 – 5 EUR, but sometimes students get a reduced price or even get in for free for example Åland Museum is free of charge between October and April. Borrowing books, CDs, DVDs and videotapes at the Mariehamn Library is free of charge.

Services

The hairdresser cost about 35 EUR for women, 20 EUR for men.

Phone

Mobile phones are very popular nowadays and public phone booths are hard to find. It is recommended that you get a mobile phone with a Finnish number. They can be bought for 50-400 € with or without a mobile operator rental. When choosing an operator for your mobile phone, there are several alternatives. Notice that there are two different types of mobile services, pre-paid and ordinary services. Ordinary mobile services can be ordered from any telecom shop, but you will need to have a Finnish personal identification number in order to obtain a mobile number. You will be billed according to the number of calls made or other mobile services used plus a monthly service charge. Pre-paid mobile calls are somewhat more expensive, but you do not need to pay a monthly rate for using them. The easiest way to get a Finnish telephone number is to buy a Sonera Easy Prepaid subscription. With an Easy Prepaid subscription you can use all basic services of a mobile subscription: you can, for example, make calls and send messages to both Finland and abroad. The price of a Easy Prepaid card including number and 11 EUR credit is 17,90 EUR. On Åland you can purchase Sonera Easy Prepaid from MI Data situated on Ålandsvägen 32 in Mariehamn.

Office Hours and Public Holidays

Most shops are usually open from Monday to Friday from 9.00 or 10.00 to 17.00 or 18.00 and on Saturdays until 14.00 or 15.00. Some of the grocery stores (Kantarellen, Sparhallen, K-extra) stay open later, until 20.00 or 21.00 on weekdays and until 18.00 on Saturdays and Sundays.

Banks are open from Monday to Friday from 9.30 to 16.15. Banks are closed on Saturdays and Sundays. Cash points are open 24 hours a day.

Post offices (Posten) are open from Monday to Friday from 9.00 to 17.00 and from 11.00 to 14.00 on Saturdays.

Pharmacies (Apotek) are open from 8.30 to 17.00 or 20.00 on weekdays and the emergency-service pharmacy is open from 10.00 to 16.00 on Saturdays and from 10:00 to 14:00 on Sundays. There are 2 Pharmacies in Mariehamn: Centralapoteket - Skarpansvägen 24 and Nya Apoteket - Norragatan 17.

Public Holidays in Finland

Beginning of November

Halloween (Alla Helgons dag)

December 6

Independence Day (Självständighetsdagen)

December 25-26

**Christmas Day, Boxing Day
(Juldagen, Annandag jul)**

January 1

New Year's Day (Nyårsdagen)

January 6

Epiphany (Trettondag jul)

In March or April

Easter (Påsk)

May 1

1st of May (Valborg)

Middle of May

Ascension Day (Kristi Himmelfärdsdag)

June 9

Åland Self-government Day (Självstyrelsedagen)

Closest Friday to summer solstice (June)

Midsummer (Midsommar)



New student's lodgings in northern Mariehamn

Accommodation

The University will arrange accommodation for the exchange students in the student's lodgings, in northern Mariehamn in the new student lodgings at Godbyvägen 21C. In order to be able to accommodate all students, it is important that the exchange students send in their applications in time. In the student's lodgings, every flat has its own bathroom and a kitchenette. There are also common facilities which include laundry and sauna facilities.

Address to the student's lodgings is: Godbyvägen 21C, AX-22100 Mariehamn, Åland, Finland

If the students prefer private accommodation, it is important to inform us about this in good time. However, as accommodation is difficult to arrange in Mariehamn, we can only do our best to find a flat according to the student's wishes. Renting a flat can cost anything between 400-600 EUR/month on a free market in Mariehamn for a small apartment with one or two rooms and kitchen.

Transportation

By Buss

All city buses are free of charge in Mariehamn. The city buses run every half hour from 7:00 to 17:30 (22:30 in winter) on weekdays and from 8:30 to 14:30 on Saturdays. N.B. There is no city bus traffic on holidays. Timetables are available from the driver.

By Bicycle

Facilities for cycling are very good on Åland. There are plenty of cycle lanes both in the city and on the countryside. It is possible to rent a bicycle at a monthly rate during semesters.

By Car

Driving a car on Åland gives you the chance to faster discover the beauty of the different areas of the island. If you do not have your own car with you here on Åland you can rent one. To rent a car on Åland costs from 62 €per day and the price includes 250 km driving and insurance. The car number per population on Åland is the highest in Europe.

By Taxi

There are several taxi stops in Mariehamn, e.g. at the hospital, hotels, etc. The phone number to the city taxi is: +358(0)18-26000.

By Boat

For trips to remote areas on the Åland Islands the government ferries are available (free of charge for pedestrians and bikers).

The big ferries to Sweden and Finland are leaving several times a day. Stockholm, Uppsala, Turku and Helsinki are all within a few hours boat trip's reach.

Links to the biggest ferry/cruising companies:

Viking Line: www.vikingline.ax

Tallink & Silja Line: www.tallinksilja.com

Eckerö Linjen: www.eckerolinjen.com

Birka Line: www.birkaline.com

By Airplane

There is an international airport 4 km away from the centre of Mariehamn with at least two daily connections both eastwards to Helsinki and westwards to Stockholm. Air Åland: www.airaland.ax

Leisure Time Activities

Mariehamn and its surroundings offer many interesting activities to be enjoyed in one's free time. In addition to the student union of the Åland University of Applied Sciences, Skåhla, which organizes various leisure time activities for students, other associations also welcome active participants. Furthermore, the city hosts many spacious sports facilities, which are generally available and equipped for different sports. For more information on some of the current events on Åland, please visit Ålands Official Gateway: www.visitaland.com.

Sports

Åland has a wide choice of sport activities. The most common activities, in which you can take part, are: floorball, football, basketball, volleyball, tennis, badminton, golf, ice hockey, bowling, aerobics, gymnastics, swimming, workout, riding, athletics and skiing. The students have free access to the university's facilities such as sauna, sport hall at predetermined time. Ask for the timetable at the school office

Art and Music

For those interested in music and theatre there are several choirs and amateur theatre companies that are happy to accept new members. There is also a music institute in Mariehamn and a photography club as well as an art association, which arranges different kinds of courses.

Outdoor Activities

Facilities for cycling are very good on Åland. There are plenty of cycle lanes, ferry connections and even bike ferries across the smaller waterways. You are

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allowed to pick mushrooms and berries in the woods too. The bigger islands are connected by bridges. Cycle maps are available at the Åland's Tourist Office (Ålands Turistinformation) on Storagatan 8 in Mariehamn. Another way to experience the nature firsthand is to go around the archipelago by boat. Many people practice sailing and windsurfing from April till October and fishing is popular. There are also good opportunities for canoeing and kayaking in the beautiful archipelago.

Museums

About 40 museums show the history, culture, fine arts and exhibitions of Åland. The Åland Museum tells you about the history of Åland from prehistoric times to the present day. The Åland Maritime Museum gives you a picture of the history and significance of shipping on Åland. The Museumship Pommern is open between May and October. The old Kastelholm castle, in the countryside northeast of Mariehamn, offers guided tours in summer.

Mariehamn has a brand new arena for all kinds of events, the Alandica Culture and Congress Centre. There are opera shows, theater, music shows and plenty of other cultural activities taking place in Alandica all year round. To find out which events take place now in Alandica you can check up the homepage: www.alandica.ax.

Weekend Trips

Since the Åland Islands are situated between the Finnish mainland and Sweden there are good connections, for example to Stockholm, where you can go to concerts, theatres, cinemas, visit the Globe Arena or go shopping, and return to Åland the same day. If you have more time you can visit Turku, Helsinki, Uppsala, St.Petersburg, Tallin or even Denmark or Norway.

The Town Library

Mariehamn has a beautiful library with a large reading room for periodicals and newspapers open from 9 am. The rest of the library is open from 10 am to 8 pm on weekdays (until 9 pm on Mondays), 10 am to 4 pm on Saturdays and 12 am to 4 pm on Sundays October - April (May - September the library is closed on Sundays). Besides borrowing books and CD's, you may also use

the computers of the library to access the internet. There is a library association that organizes evening programmes with authors and every spring the Mariehamn Literature Days in March are arranged with famous writers and entertainers invited.

The Summertime Metamorphosis

In the summertime there are many music and culture festivals as well as sports tournaments in Mariehamn and you will find that the small town then turns into something of a tourism metropolis.

Night Life

The night life is active all year, there are plenty of pubs and a few night clubs, for example the Archipelag hotel also called “Arken”.

Dining & Shopping

There are a lot of nice restaurants in Åland, such as the Indigo restaurant, the Club Marine restaurant, the Nautical restaurant and the restaurants of the hotels. Try the international menu in the Hotel and Restaurant School which is prepared by the students.

The center of Mariehamn is full of small shops with a wide range of clothes, accessories, books, cosmetics, sportswear, souvenirs etc.

Miscellaneous

Time

In winter, Finnish standard time is two hours and in summer three hours ahead of GMT (Greenwich Mean Time). Time difference according to the Western European standard time is +1 hour.



Driving license

Driving licenses issued in another EU or EEA country and interim driving licenses issued in the Nordic countries entitle the holder to drive motor ve-

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ehicles in Finland equivalent to those indicated on the non-Finnish license. The driver must be at least 18 years old. The right to drive is valid regardless of whether the person is visiting Finland or residing permanently. Note that driving under the influence of alcohol is strictly forbidden. The limit for alcohol in the blood is 0.05%. The gasoline costs around 1,30/litre EUR in Finland.

Electricity

The voltage is 230 AC (50 cycles). Plugs are two-pin continental sizes.

Smoking Regulations

Smoking is forbidden in public places such as offices, shops, buses, cinemas, schools and also in pubs and restaurants.

Drugs

All drug dealing is strictly forbidden. The use or possession of drugs is against the law and carries heavy penalties.

Phone

Dialling codes

Calling abroad: 082 (081 for Sweden) or 00/+ country code

Finland and Åland from abroad: +358 followed by the area code (18 for Åland)

Calling a telephone on Åland from a mobile phone or from Finnish mainland: 018

Exchange students can also obtain a local mobile phone subscription or buy a prepaid phone card with number.

Banks and Money Exchange

The banks are open Monday – Friday from 9:30 to 16:15 and are closed on Saturdays and Sundays. Cash points (ATM / Bankautomat - OTTO) are open 24 hours a day. All banks have branches throughout the country.

Money can be changed in any bank in Finland as well as at many currency

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exchange offices in larger cities. In order to avoid paying too many service charges it is recommended that you change larger sums at times instead of smaller. Foreign currency and traveller's cheques can also be exchanged at some hotels. In Mariehamn there is a money exchange machine next to the cash point/ATM outside the Bank of Åland's main office on Torggatan in the center of the city.

There are no restrictions on foreign students or trainees opening a bank account in Finland. To be able to do this, you need to have your passport or other proof of identity and deposit some money in your new account and/or to have a letter of recommendation from your home bank. You can receive a bank card for 5 EUR a year, which will give you access to virtually every cash point in the country.

Apart from withdrawing cash you can also check your balance and pay bills. If you prefer to pay bills by bank transfer (e.g. for your rent), there is a small charge of 2,5 EUR (4,2 EUR without a Finnish bank account). When arranging such transfers you may need to show proof of identity. You can also arrange an Internet contract to your bank account for 2 EUR/month, which enables you to check your balance and pay bills with no extra cost on the internet.

All international credit cards are valid in Finland. The most commonly accepted credit card is VISA. There are also VISA card bank machines, which enable you to make cash withdrawals.

Money transfers to and from other countries require an extra commission fee that depends on the destination. Having a bank account here is not necessary for receiving money; instead of the bank account number, the number of the recipient's passport is given.

Introduction to Swedish Language

Phrase book for Exchange Students

Swedish

Hej!

Välkommen!

Tack

För all del

Förlåt/Ursäkta

Hur mår du?

Tack, bra.

Får jag presentera...

Trevligt att träffas!

God morgon!

God dag!

God kväll!

God natt!

English

Hello!

Welcome!

Thank you!

You are welcome

Excuse me

How are you?

Fine, thank you.

May I introduce...

Nice to meet you!

Good morning!

Good day!

Good evening!

Good night!

N.B! The unique Swedish letters can be pronounced like:

Å,å is pronounced like in the English word NO

Ä,ä is pronounced like in the English word CAT

Ö,ö is pronounced like in the English word YES

Who are you?

Swedish

Vem är du?

Vad heter du?

Jag är

Du är

Han/hon är

Vi är

English

Who are you?

What is your name?

I am

You are

He/she is

We are

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Ni är	You are
De är	They are

Pratar du engelska?	Do you speak English?
Jag pratar svenska.	I speak Swedish.
Du pratar spanska.	You speak Spanish.
Han/Hon pratar franska.	He/she speaks French.
Vi pratar norska.	We speak Norwegian.
Ni pratar finska.	You speak Finnish.
De pratar ryska.	They speak Russian.

Where are you from?

Swedish

Varifrån kommer du?
Jag kommer från Spanien.
Danmark/ dansk
England/ engelsman
Finland/ finländare
Frankrike/ fransman
Island/ isländare
Italien/ italienare
Norge/ norsk
Rysland/ ryss
Spanien/ spanjor
Sverige/ svensk
Nederländerna/ holländare

English

Where are you from?
I come from Spain.
Denmark/ Dane
England/ English
Finland/ Finn
France/ French
Iceland/ Icelander
Italy/ Italian
Norway/ Norwegian
Russia/ Russian
Spain/ Spaniard
Sweden/ Swede
The Netherlands/ Dutch

Which month is it now?

Swedish

Vilken månad är det nu?

Januari
Februari
Mars
April
Maj

English

Which month is it now?

January
February
March
April
May

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Juni	June
Juli	July
Augusti	August
September	September
Oktober	October
November	November
December	December

Årstider	Seasons
Vår	Spring
Sommar	Summer
Höst	Autumn
Vinter	Winter

What day is it today?

Swedish

Vilken dag är det idag?

English

What day is it today?

Måndag	Monday
Tisdag	Tuesday
Onsdag	Wednesday
Torsdag	Thursday
Fredag	Friday
Lördag	Saturday
Söndag	Sunday

The Numbers in Swedish

Swedish

1	En/ett
2	Två
3	Tre
4	Fyra
5	Fem
6	Sex
7	Sju
8	Åtta

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9	Nio
10	Tio
11	Elva
12	Tolv
13	Tretton
14	Fjorton
20	Tjugo
21	Tjugoett
30	Trettio
40	Fyrtio
50	Femtio
60	Sextio
70	Sjuttio
80	Åttio
90	Nittio
100	(Ett) hundra
200	Tvåhundra
300	Trehundra
1 000	(Ett) tusen
2 000	Tvåtusent
1 million	En miljon
3 million	Tre miljoner

What time is it?

Swedish

Vad är klockan?

Klockan är två.

Klockan är tjugo över två.

Klockan är halv tre.

Klockan är kvart i tre.

Klockan är tio före tre.

English

What time is it?

It is two o'clock.

It is twenty past two.

It is half past two.

It is a quarter to three.

It is ten to three.

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Klockan är kvart över tre.

It is a quarter past three.

Some useful adjectives

Swedish

English

Bra

Good

Dålig

Bad

Billig

Cheap

Dyr

Expensive

Vacker

Beautiful

Full

Ugly

Stor

Big

Liten

Small

Rolig

Fun

Tråkig

Boring

Lång

Long

Kort

Short

Travelling

Swedish

English

Buss

Buss

Bil

Car

Båt

Boat/ship

Tåg

Train

Flygplan

Airplane

Vilken buss går till Eckerö?

Which bus goes to Eckerö?

När går båten?

When does the boat leave?

Busshållsplats

Buss station

Slutstation

End stop

GUIDE FOR EXCHANGE STUDENTS

Hamn	Harbour
Flygfält	Airport
Järnvägstation	Train station

Den här	This
Den där	That

Öppen	Open
Stängd	Closed
Dra	Pull
Tryck	Push

Trevlig resa!	Have a nice trip!
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How much is this?

Swedish

Vad kostar det?
Vad kostar bussbiljetten?

English

How much is this?
How much is the buss ticket?

Två euro.	Two euros.
Tre euro och femtio cent.	Three euros and fifty cents.
Sju euro.	Seven euros.

Eating and drinking

Swedish

Mat
Restaurang
Meny

English

Food
Restaurant
Menu

Bröd	Bread
Smör	Butter

Sked	Spoon
Gaffel	Fork
Kniv	Knife

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Tallrik/fat	Plate
Gröt	Porridge
Soppa	Soup
Sås	Sauce
Låda	Casserole
Gryta	Stew
Stekt	Fried
Kokt	Boiled
Rå	Raw
Kött	Meat
Biff	Steak
Fisk	Fish
Kyckling	Chicken
Grönsaker	Vegetables
Vegetarisk mat	Vegetarian food
Potatis	Potatoes
Ris	Rice
Pasta	Pasta
Efterätt	Dessert
Glass	Ice cream
Choklad	Chocolate
Jordgubbar	Strawberry
Blåbär	Blueberry
Hallon	Raspberry
Äppelpaj	Apple pie
Dryck	Drink
Vatten	Water
Apelsinjuice	Orange juice
Mjök	Milk
Kakao	Hot chocolate

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Te	Tea
Kaffe	Coffee
Grädde	Cream
Socker	Sugar
Öl	Beer
Vin	Wine
Frukost	Breakfast
Lunch	Lunch
Middag	Dinner
Kvällsbit	Supper
Varm	Warm
Kall	Cold
Mycket	Much
Litet	Little
Mera	More
Nota	Bill
Kan jag få notan, tack?	May I have the bill, please?
Smaklig måltid!	Bon appétit!/Enjoy your meal!

Some more useful words

Swedish	English
Ja	Yes
Nej	No
Hjälp!	Help!
Kurs	Course
Prov/Tentamen	Exam
Biblioteket	Library
Posten	Post office
Banken	Bank
Apotek	Pharmacy
Sjukhus	Hospital

Useful Information/Links

BANKS

Andelsbanken	Köpmansgatan 2	018-6330
Nordea	Torggatan 10	018-5330
Ålandsbanken	Nygatan 2	018-29011

PHARMACIES

Nya apoteket	Norragatan 17	018-16511
Central-apoteket	Skarpansvägen 24	018-19714 018-19655

GYMS

Avancia Sportcenter	Neptunigatan 1 www.avancia.nu	018-15215
Träningsverket	Handelslänken 1 www.traningsverket.fi	018-23003

RENT A BIKE/CAR

City Sport & Cykel	Skarpansvägen 28	018-14950
Ro-No Rent	Eastern/Western Harbour	018-12820
RBS Rent a Car	Strandgatan 1B www.rundbergs.com	018-15222

TAXI

Godby taxi	018-41130
Mariehamns taxi	018-26000
Taxi on duty	018-37900

FINLAND

Study in Finland	www.studyinfinland.fi
Helsinki	www.helsinki.fi
Links to Finland	www.cimo.fi

GUIDE FOR EXCHANGE STUDENTS

Statistics on Finland
Finnish Immigration Service

www.tilastokeskus.fi
www.migri.fi

TRAVEL

Air Åland
Birka Line
Eckerö Linjen
Finnish Railways
Tallink & Silja Line
Timetables to local transports
Viking Line

www.airaland.com
www.birkaline.com
www.eckerolinjen.fi/eng/
www.vr.fi
www.tallinksilja.com
www.alandstrafiken.ax
www.vikingline.fi

ÅLAND

Tourist Information
The City of Mariehamn
The Åland Parliament
Alandica Centre
The Åland Post
Statistics on Åland
Åland University of Applied Sciences

www.visitaland.com
www.mariehamn.ax
www.lagtinget.ax
www.alandica.ax
www.posten.ax
www.asub.ax
www.ha.ax

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FOR EXCHANGE
STUDENTS



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