

EU-PROMENS Exchange Programme: Finland

14 – 23 April 2026

Introduction

Please note that the first two days will be relatively relaxed, allowing you time to acclimatise, meet one another, and familiarise yourself with your stay and the agenda. We aim to ensure you are not overwhelmed.

Please adhere to punctuality throughout the programme. Our partner collaborates with various stakeholders who have allocated exclusive time for you. In certain instances, you will have access to areas that are not typically open to the public. We will endeavour to display posters to guide you to meeting points; however, if you are late, we cannot guarantee your participation. Similarly, if transport has been organised and you miss it due to tardiness, you will need to arrange and finance alternative transport yourself.

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Travel Preparation

Preparations

- Finland, particularly Tampere, is renowned for its Saunas, so don't forget to pack swimwear. As it may still be cold, also ensure you bring warm clothing.
- **Flight Check-In:** Please complete the online check-in via the airline's website yourself. All necessary information is on your ticket. You can carry 1xpersonal bag, 1xHandlugagge (8kg) and 1xcheckin bag (23kg).
- **At the airport / during transit:** Should you encounter any issues, feel free to utilise the airport's Wi-Fi to contact me via email or call on WhatsApp.

Transport & Accommodation

- **Transport to Airport in your Home Country:** Please use public transport to the airport in your home country. If this is not feasible due to timing, please contact me immediately. Should you wish to drive to the airport, we reimburse up to 80 km each way at €0,22 per km. We don't pay for any other fees, such as parking fees, driver costs, or car hire.
- **Transport Helsinki Airport to Hotel:** Please take the train to the hotel. See page 4 for more Info. [Find our hotel infos here.](#)
- **Hotel Arrangements:** Upon arrival in Helsinki, proceed to the Home Hotel Jugend ([Lönnrotinkatu 29 00180 Helsinki](#)). Reception is open 24/7 to accommodate your check-in times.
- **Partner Accommodation:** If you know that for the weekend for example, your partner is accompanying you, kindly inform the hotel reception in advance as there will be an additional charge of approximately €20 per night. This extra fee will be paid by you upon Checkout.

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Financial Details

Meal Costs

- Breakfast and dinner are included at the hotel in Helsinki while in Tampere only the breakfast.
- Rather than reimbursing individual meals with receipts, we provide lump sums (paid after your stay) for each meal separately, per day.
- You will be reimbursed for:
 - €21,60 per day for lunch
 - €21,60 per day for dinner
- If you received one of these meals on a day, this particular lump sum will not be paid.
- *Example:*
 - Monday you have breakfast at the hotel, lunch at LÄÄKÄRITALO, and dinner with us, we won't pay any reimbursement for that day (because we provided everything).
 - Tuesday you have breakfast at the hotel, lunch at the organisation, but no dinner is provided by us. You will receive €21,60 for that day.
 - Wednesday, neither lunch nor dinner is provided by us. You will receive €43,20 on that day.
- These lump sums will be reimbursed after your stay. Therefore, please budget accordingly and remember that you will receive the specified amount regardless of your actual expenditure.

Travel Costs

- We reimburse travel expenses based on actual costs incurred, so please retain all receipts. This is crucial; otherwise, you will need to provide official bank statements (no screenshots).
- Please use public transport, as we generally do not reimburse taxis or Ubers.
- However, if the journey cost does not exceed €3,50 per person, you may **share** a taxi or Uber with others. **The per-person price is crucial. Also, you need to write down the people you shared the taxi/Uber with** for getting reimbursed.

Example:

- if you share a journey that costs €14 with four people, then €14 divided by 4 equals €3,50, which is fine.
- However, if you share it with only one other person, resulting in €14 divided by 2 equals €7, **that is not acceptable**: You don't get reimbursed for this.
- **For travel to and from Tampere**, we have organised coaches that will take all of you and your luggage, so you will only require public transport when you move within Helsinki / Tampere without luggage, and for airport transfers.

Reimbursement Procedure

- All details on the reimbursement procedure will be explained on Tuesday, 14 April in detail.

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Programme Participation

Punctuality

- Please adhere to punctuality throughout the programme. Our partner collaborates with various stakeholders who have allocated exclusive time for you. In certain instances, you will have access to areas not typically open to the public.
- We will endeavour to display posters to guide you to meeting points; however, if you are late, we cannot guarantee your participation.
- Similarly, if transport has been organised and you miss it due to tardiness, you will need to arrange and finance alternative transport yourself.

First Day Meeting: Tuesday, 14 April 2026

- The programme for the first day is available on the website and will start at 9:00.
- Please arrive at the venue Lääkäritalo Arvo, Mäkelänkatu 2 A, 00500 Helsinki.
- In terms of logistics, for the first day we have arranged a guide who will leave from the hotel at 8:00.
- Please be in the **lobby on time** . If you are late and miss the guide, you will need to arrange the public transportation yourself.
- Lunch and dinner will be provided on this day, so no payment is required.

Group Assignments

- On 14 April, you will be informed of your schedule, group assignments, reimbursement Info etc.
- Due to the high number of people, the Groups have been divided into four parts: two parts belong to Group 1, which will remain in Helsinki initially, and two parts belong to Group 2, which will travel to Tampere on Wednesday.
- If your First Name starts with **A-L** you are part of **Group 1**; if your First Name starts with **L-Z** you are part of **Group 2**. A full list of names with the allocated groups will follow up.
- **Group 1** will travel to **Tampere** from **15 to 20 April 2026**.
- **Group 2** will travel to **Tampere** from **20 to 22 April 2026**.
- Please refrain from switching groups among yourselves, as your information has already been shared with the hotels, and we wish to avoid any financial discrepancies for you.
- Additionally, our partner has put considerable effort into creating a suitable programme. The programme will not differ significantly within the groups, it is structured to ensure that 77 participants can simultaneously engage in the activities.
- More details and structure of the programme will be explained later.

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Transport from Helsinki Airport to the Hotel

Ticket

- You can download the HSL App for easy commuting in Finland: <https://www.hsl.fi/en/tickets-and-fares/hsl-app>
- Buy a ticket from the airport to go to the city centre, to "Aleksanterin Teatteri" stop
- It should be 4,20€

Your Journey

1. Train from Helsinki Airport:

- You can take either the I or P train from the airport. Both trains **will take you to Helsinki Central Railway Station (Helsingin päärautatieasema)**, and the journey takes approximately 30 minutes.

2. From Helsinki Central Railway Station to Home Hotel Jugend:

- You can walk for approximately 15 min (1,2km).
- You can take the Tramline **6** at the station "Rautatieasema Järnvägsstationen" until **Hietalahdentori** station and, from there walk for 4 min (350m).

Interesting Peculiarities in Finland

Transportation



- **Check-In Procedures:** In Tampere, it's customary to check in (your ticket) every time you board a bus, even if you interchange and already checked in in the first route.
- **Bus Travel:** When taking buses, raise your hand to signal the driver to stop. To disembark, press the stop button to alert the driver.
- **Timings:** Finnish public transport is efficient and punctual. Always check the schedules in advance and arrive on time.

Practical Information

- **Tap Water:** The tap water in Finland is safe to drink, so there's no need to purchase bottled water.
- **Payment Methods:** Credit and debit cards are widely accepted, and cash is less commonly used. Ensure your card is enabled for international transactions.

Cultural Insights

- **Sauna Etiquette:** Saunas are a significant part of Finnish culture. If you have the opportunity to experience one, remember that nudity is common, but you can use a towel if you prefer.