

Useful information for conference participants

Here you can find some useful information on entry requirements to Finland, travelling to Tampere, getting around and much more.

Tampere within easy reach

Getting to Tampere is really quite easy. There are frequent airline services via Helsinki and direct flights between Bremen, Dublin, Frankfurt- Hahn, London, Milan, Riga, Stockholm, Tallinn and Tampere-Pirkkala International Airport. The journey from the Tampere-Pirkkala Airport to city centre can be covered in less than half an hour. From the Helsinki-Vantaa Airport it takes about 2 to 2,5 hours to reach Tampere by train or bus.

From Tampere-Pirkkala International Airport

From Tampere-Pirkkala airport the easiest way to reach the city centre is to take an Airport taxi which will take air travellers straight to their requested hotel in Tampere (excluding Hotel Hermica). The fare of this service is 15 euros. A regular taxi costs between 20-30 euros. Taxis can be booked by telephone +358 100 4131. For additional information please visit:

<http://www.taksitamper.fi/booktaxi.html>

From Terminal 1 (used by Finnair, SAS Blue 1 and Golden Air):

Bus no. 61 operates between Terminal 1 and the city centre (various stops). The journey takes about 40 minutes and costs 4,10 euros. For timetables and additional information please visit: <http://www.paunu.fi/english.html>

From Terminal 2 (used by Ryanair)

A Tokeen linjat bus operates between Terminal 2 and the Railway Station in the city centre. This route is especially designed to suit Ryanair flights schedule. The fare is 6 euros one-way and the journey takes 20-30 minutes. Tickets can be purchased from the airport Info desk in terminal 2. For timetables and additional information please visit: <http://www.airpro.fi/linjaautojenaikataulut>

From Helsinki-Vantaa International Airport

From Helsinki, services run approximately every hour. Regular trains and coaches bring you smoothly to Tampere from Helsinki even in less than two hours. In general, transport connections within Finland are of excellent standard. Main roads are in good condition and public transport is punctual, efficient, and comfortable.

By coach

From Helsinki-Vantaa airport use the Paunu express bus service which operates directly from the International Flights Terminal (platform 13) taking about 2,5 hours. There is a coach almost at every hour. A one-way ticket costs 23,70 euros and can be purchased on board. For details, timetables and reservations please visit: <http://www.paunu.fi/english.html> or <http://www.expressbus.com/>

Email enquiries to: merja.nurminen@paunu.fi.

By train

There's a fast, regular and comfortable train service between Helsinki and Tampere. The trains run hourly at most times of the day. From Helsinki-Vantaa airport catch

a local bus no. 61 or 61K to Tikkurila railway station (Tikkurilan asema) from platform 22 outside the International Flights Terminal. The journey takes about 20 minutes and costs 2,50 euros. Please note that only cash is accepted in local buses. All long-distance trains stop at Tikkurila. The fastest connections to Tampere are by Pendolino and Inter City trains. The journey takes a little over an hour in a Pendolino train and 1,5 hours in an Inter City train. Tickets cost from 26 to 32 euros one way depending on a train. Tickets can be purchased from train stations or online.

For further details, timetables and online ticket reservations please check:
<http://www.vr.fi/heo/eng/index.html>

Getting around in Tampere

For conference guest, getting around in Tampere is easy too. Most hotels, conference venues and other interesting attractions are located within walking distance of each other, so extra time and money needn't to be spent on going from one place to another. When transportation is needed, taxis and buses can take you there comfortably.

The public transportation system of Tampere includes bus and taxi services. The blue and white buses of Tampere City Transport offer an extensive service network of 26 routes covering almost the entire city. A single ticket of 2,50 euros is valid for one hour inside the Tampere city limits. A Tourist Bus Card provides a simple and convenient way of paying the fare. This contact memory card is valid for one or more days, as required.

For more information on local buses please check:
<http://www.tampere.fi/english/publictransport/index.html>

Taxis can be hired from taxi stands, booked by telephone or hailed on streets. There's a meter indicating the fare and tips aren't expected.
<http://www.taksitamper.fi/booktaxi.html>

Travel documents

Passport and Visa

Finland is a member of the Schengen agreement and visas are not required for citizens of the EU countries, citizens of the Nordic countries and citizens of countries on the list of visa-free states, providing they possess other valid travel documents (most often passport). Visa and other travel document requirements for different nationalities can be found here:

[Visa requirements](#)

<http://formin.finland.fi/public/default.aspx?nodeid=15720&contentlan=2&culture=en-US>

Citizens of all the other countries should contact the nearest Finnish embassy for further information. Participants requiring a visa for entry to Finland are strongly advised to make an application in their home country at least three months before the intended date of travel.

[Finnish missions abroad by country](#)

<http://formin.finland.fi/public/default.aspx?nodeid=15131>

Participants also who wish to visit Russia and then intend to return home via Finland should apply for a double entry Finnish visa.

Further information can be found on [the Ministry for Foreign Affairs homepage](http://formin.finland.fi/public/default.aspx?culture=en-US&contentlan=2)
<http://formin.finland.fi/public/default.aspx?culture=en-US&contentlan=2>

Letter of invitation

The organizing committee will be pleased to send a letter of invitation to any individual requesting one. It should be understood that an invitation is intended to help potential participants raise travel funds or obtain a visa. It is not a commitment on the part of the congress to provide any financial support.

Money

Currency

The currency in Finland is the EURO (since 1.1.2002), which is divided to 100 cents. It is the same currency as in 12 other Euro countries. In Finland euro prices are rounded up to the nearest 5 cents when paying in cash. There are no currency restrictions in Finland.

Banks and money exchange

Foreign currencies are easily exchanged to Euros at exchange agencies and banks in Tampere city centre or at the Helsinki-Vantaa airport.

Facilities for cashing traveller's cheques in Finland are available at banks (opening hours 9.30-16.00), exchange agencies and at most hotels. Banks are closed on Saturdays and Sundays.

All major credit cards are widely accepted.

For exchange rates please visit:

[Bank of Finland - Exchange Rates](http://www.suomenpankki.fi/Stats/default.aspx?r=/tilastot/valuuttakurssit/valuuttakurssit_today_en)

http://www.suomenpankki.fi/Stats/default.aspx?r=/tilastot/valuuttakurssit/valuuttakurssit_today_en

N.B. At the Tampere-Pirkkala airport there aren't any money exchange services nor a cash dispenser/ATM.

Tipping

Service is included in prices and tipping is not expected in Finland.

Practical matters

Electrical current

The electrical current in Finland is 230V (50 Hz). Plugs and sockets are the same as in the continental countries of the European Union. Adapters are widely available in department stores. In case your equipment requires different voltage, an electrical transformer will be needed.

Weather

Nature's gift to Finland is its four seasons, each providing unforgettable experiences. Despite cold winters, or rather because of them, Finnish houses are well heated. Flats, hotels, offices, and public facilities are built to keep one warm when temperature outside drops sometimes to -30°C between December-February. The air is fresh and clean and, due to the low humidity, the climate feels less cold than the actual temperatures indicate.

On the Internet at <http://www.fmi.fi/en/> you can check the weather forecast for Tampere and Finland for the time of our conference.

Time zone

The time in Finland is 2 hours ahead of Greenwich Mean Time (GMT). Daylight saving time (+1 hour) is in use from the last weekend of March until the last weekend in October.

World times at

<http://www.worldtimeserver.com/>

<http://www.timeanddate.com/worldclock/city.html?n=101>

Telephone area code

The telephone area code for Tampere is 03. If you dial from abroad, first dial the code for Finland 358 and then the area code without 0, then dial the subscriber number (for example: +358-3-3664400).

Medical services

In case of an emergency dial 112

If you need medical consulting dial 10023 (landline) or 03 3147 0023 (mobile) for public health care information and advise. This telephone service is in operation 24 hours a day. There are also several private clinics in Tampere city centre.

Residents of the EU/EEA countries and Switzerland are entitled to medical care while staying temporarily in Finland. The European Health Insurance Card serves as a proof. The procedure for getting treatment and any co-payments charged will be the same as those that apply to local residents. For further information about the European Health Insurance Card please visit: <http://www.kela.fi/>

For residents of other countries it is strongly advisable to have a travel insurance.

Medicines are sold at pharmacies ("Apteekki").

Yliopiston apteekki at Hämeenkatu 16 is open 7.00 to 24.00 daily.

Things to do

Shopping

There are numerous department stores, shops and boutiques in Tampere. The town is known for its factory outlets. For example Finlayson textiles and Palmroth shoes

and leather. Most shops are open Mon-Fri at 9 am-6 pm, department stores close at 9 pm. On Saturdays the shopping hours are from 9 am to 2-6 pm. In the summer (May-August) and before Christmas (November-December) department stores and most shops are also open on Sundays.

Food and drink

In general Finns have their breakfast 7 am-10 am, lunch 11 am-2 pm and dinner 5 pm-8 pm. Breakfast contains usually porridge, bread with cheese and ham, boiled eggs, coffee or tea and juice. The finest Finnish cuisine consists of fish and vegetables. Salmon, whitefish and Baltic herring as well as mushrooms are popular. Wild berries are often served for dessert. Restaurant menus reflect a strong international influence, French and Italian in particular. In Finland tap water is safe to drink. Wines and spirits can be purchased in state-owned ALKO stores. Grocery stores sell drinks (beer, cider etc.) which contain max. 4.7% alcohol.

Wood, Water, Stone and Fire – the Four Elements of Finnish Sauna

The ultimate experience: the four elements of Finland are all together in the sauna. However, as "crazy" as Finns are about sauna, they will understand if you politely decline. Then again, many foreigners have tried it, survived it and loved it! For more information: <http://cankar.org/sauna/index.html>

Facts about Finland, Tampere and Helsinki

General Information on Finland

Finland is a modern western country located in the north of Europe with a total land area of 338,000 square kilometres. It is a land of forests and lakes with clean cities, a prosperous countryside and lots of open space and natural settings. Finland is a modern country with high standards of living, advanced technology and stable democracy. The form of government is republic and the Parliament consists of one chamber of 200 elected members. Finland lies between Sweden and Russia and is the link between East and West with cultural influences from both areas, and Finland has been a member of the European Union since 1995.

The population is 5,2 million. There are two official languages in Finland: Finnish is spoken by 93% of the population and Swedish is the mother tongue for 5,8% of the population. Finland is a very accessible country for foreign visitors since fluency in English is quite high.

Finland on the Internet

Virtual Finland <http://finland.fi/>

The Finnish Tourist Board [http://www.mek.fi/w5/meken/index.nsf/\(Pages\)/Index](http://www.mek.fi/w5/meken/index.nsf/(Pages)/Index)

A map of Finland

http://www.supertravelnet.com/maps/index.php?country=158_0_4&language=1

Statistics Finland http://www.tilastokeskus.fi/index_en.html

Wikipedia on Finland <http://en.wikipedia.org/wiki/Finland>

Lonely Planet World Guide to Finland <http://www.lonelyplanet.com/finland>

Tampere - the Conference city

The Conference will be held in the city of Tampere, the centre of the second largest urban region in Finland and a dynamic centre of industry, culture, research and education. Tampere is a prime example of a clean, modern and safe Nordic city. The city has two major universities, a university hospital, numerous research centres and institutes of higher education, making the city an important centre for research and high-tech industries. The city itself has 200.000 inhabitants. Tampere is located 180 kilometers (110 miles) north of Helsinki, the capital of Finland. The city, situated between two beautiful lakes, has a distinct air of natural peace. Tampere is large enough to provide all the services that a major Conference may require, yet small enough to make the delegates and their families feel at home during their stay.

[Map of Tampere in an easily printable pdf-form](#)

<http://www.tampereconference.fi/Tampere%20City%20Centre.pdf>

More information about Tampere is available on: [The City of Tampere – Official Homepage](#) <http://www.tampere.fi/english/index.html>

[GoTampere Ltd - Tourist Information](#)

<http://www.tampere.fi/english/touristinformation/index.html>

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Get a real-time look at Tampere from [Web cameras](#)

<http://www.tampere.fi/english/imagesandcams/webcams/index.html>

Sunrise, sunset, dawn and dusk times in Tampere for the whole year from [Gaisma](#)

<http://www.gaisma.com/en/location/tampere.html>

Events in Tampere

Tampere is full of all kinds of events all year round. To see what happens during your stay please see the [Event Calender](#).

<http://www.tampere.fi/english/events/index.html>

Helsinki - the Capital

Helsinki, the capital of Finland since 1812, is a modern, vigorous city and the centre of Finland's administrative, cultural and economic life. Many big national and international companies have offices and headquarters here. Helsinki is a spacious city where nature is close wherever you are. Clean air and water, the archipelago and over 6000 hectares of green areas provide excellent opportunities for recreation. Helsinki has become a more popular tourist city year by year. Most tourists come from Sweden, United States and Russia, followed by other parts of Europe and Japan. Helsinki is above all a meeting place. Due to its geographical location, Helsinki has been influenced throughout its history by both east and west. Unparalleled in Europe, it is an ideal logistics centre for trade and business. Moreover, in Helsinki old blends with new, small with big, natural with man-made, all in a most charming way. The unique spirit of Helsinki is due to the fruitful interaction between diverse influences. Several summit meetings, numerous conferences and congresses show that Helsinki is considered a safe and pleasant place to meet. And no wonder: Helsinki is a metropolis on a human scale. Connections by air, sea and rail are excellent.

More information on Helsinki is available on the Internet at [The City of Helsinki - Official Homepage](http://www.hel.fi) <http://www.hel.fi>

Liability

The Conference Organization and the Congress Agency act as agents only in securing hotels, transport and travel services and shall in no event be liable for acts or omissions in the event of injury, damage, loss, accident, delay or irregularity of any kind whatsoever during arrangements organized through contractors or the employees of such contractors in carrying out services. Hotel and transportation services are subject to the terms and conditions under which they are offered to the public in general. The Conference Organization and the Congress Agency reserve the right to make changes where deemed necessary, without prior notice to parties concerned. All disputes are subject to Finnish Law.

Insurance

The congress organizers cannot accept liability for personal injuries sustained, for loss of, or damage to, property belonging to conference participants (or accompanying persons), either during or as a result of the Conference and/or tours. Please check the validity of your own insurance.