

WELCOME TO LAPLAND

A guide to survive and enjoy your stay!

Here is a guide for new exchange students coming to Rovaniemi, Finland. It includes for you information, tips and recommendations to hopefully respond to all of your questions.

What to wear and how?

1. **Multiple layers, thermo/warm/water and windproof:** Wear layers. A good base layer (thermal underwear), pants and skiing pants are a good start. Use wool.
2. **A good winter jacket** (water and windproof) is an important addition to your wardrobe.
3. **Get yourselves mittens** (not gloves) to keep your fingers warm (important when biking).
4. **Get wool socks:** avoid cotton as it does not absorb sweat. If you want your woolly socks to keep your feet warm, don't wear other pairs of socks underneath them, it'll just create a barrier between the socks and your feet will stay cold.
5. **Winter shoes:** You will need waterproof and warm shoes to wear in the snow. Make sure you have some space on your toes. The air is an insulator, bigger shoes than your size are perfect. You will still be able to wear street shoes for short stays outside.
6. **Headwear:** A buff with fleece on top doesn't get wet as easily and doesn't stick to your face (good for outside sports). Wear a beanie to keep your head warm, it needs to cover your ears.
7. **Change as soon as you're wet:** otherwise, your clothes will start to freeze and you will get cold.



Health

1. **Don't use products made with water before going outside:** it will freeze. You can apply the cream before sleeping.
2. **Vaseline** is a must-have in Finland, it's perfect for your lips.
3. **Neutrogena** is the perfect cream for your hands
4. **Mental health:** the dark can be depressing. Go outside in the daytime.
5. **Warm food:** If you're cold and feel like nothing will warm you up drink hot drinks and eat hot food

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Safety

1. **Be seen in the dark:** get yourself at least one reflector! You can get one for free from the DAS office.
2. **Ice:** don't walk on the river/lake in the city centre or near any bridges. Be careful and don't go alone.

Cycling

1. **Essential:** having a bike is almost indispensable to go to uni, the shops, and the city centre.
2. **Where to buy one?** Some locals are selling second-hand bikes to students, and then buying them back for around 20% of the price. Second-hand shops are a good place too!
3. **Safety:** Wear a helmet and having lights on your bike is mandatory by the law.



Living in DAS

1. **Recycling room:** Before buying furniture, have a look in the recycling room, we have almost everything you need.
2. **Be careful with the locks:** all doors lock automatically when closed. To avoid this, move the moveable part of the lock situated on the side.
3. **Borrow items:** you can borrow games, sports equipment and random items at the DAS office.
4. **Reservations:** you can book laundry and sauna slots on the DAS website.
5. **IKEA trip:** DAS organizes an IKEA trip at the beginning of the semester.

Shops

1. **Grocery shopping:** Lidl is the cheapest place. Sale is a small supermarket close to uni. Prisma is also a good option as it has a lot of choices.
2. **Second-hand shops:** highly recommended to find cheap items (like winter clothes). Where: Vintikki, Kontti, Varastotien Kirpputori
3. **Mall:** in the city centre.
4. **Home decor:** Jysk and Prisma.

Transportations

1. **Bus:** Linkkari.fi, Google doesn't work with buses so plan your trip on their website (waltti) or iPhone. Take the 4 or the 8 to go to the city centre (from uni).
2. **Trips around Finland:** VR (train), Matkahuolto, Onnibus (bus).
3. **Cars:** DAS has a car renting service (Omago), the cheapest option for short rides.
4. **Taxi:** Uber or maneski taksi (code: ALE5).

Recycling room

ESN Lapland operates the recycling room where former exchange students left various items. It is located in Das Lauri (Opintie 2). We recommend you wash anything you take before using it. You can find:

- Bedding
- Pillows
- Duvets
- Kitchen utensils
- Pots and Pans
- Plates and glasses
- Baking items
- Home Decor
- Lamps
- Ice skates
- Skis
- Clothes

ESN Lapland

ESN Lapland is a student organization for all of the international students of Lapland. We organize events mainly in Rovaniemi. Our office is located in the Lapland University of Applied Sciences, Jokiväylä 11 C-building room C135. Come to ask us questions, to buy merchandise (ESN card, patches, overalls) or just to say hello.

See you soon in Lapland!

Where to find us?

Message us on our Instagram **@esnlapland** if you have any further questions.

