



**International**  
TRAINING CENTER



**Erasmus+**

**ITC GUIDE**  
of

# Helsinki



● **ITC PRAGUE**

**FR. KRÍŽKA 1, 170 00 PRAGUE 7, CZECH REPUBLIC**

**E-MAIL: [INFO@ITC-INTERNATIONAL.EU](mailto:INFO@ITC-INTERNATIONAL.EU), [WWW.ITC-INTERNATIONAL.EU](http://WWW.ITC-INTERNATIONAL.EU), TEL./FAX: (420) 224 817 530**

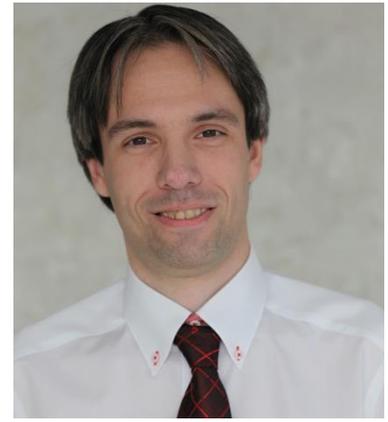
## OUR TEAM



**Iva Brožová**  
school director  
[iva@itc-international.eu](mailto:iva@itc-international.eu)



**David Brož**  
course manager  
[david@itc-international.eu](mailto:david@itc-international.eu)



**Lukáš Vacek**  
head administrator  
[lukas@itc-international.eu](mailto:lukas@itc-international.eu)



**Helena Kratochvílová**  
administrator  
[helena@itc-international.eu](mailto:helena@itc-international.eu)



**Smriti Vasistha**  
academic director  
[smriti@itc-international.eu](mailto:smriti@itc-international.eu)



**Cyril Navrátil**  
course coordinator  
[cyril@itc-international.eu](mailto:cyril@itc-international.eu)

## ARRIVING TO HELSINKI

For your convenience, we have decided to help you a little with orientation in the city of Helsinki, where you are about to take an Erasmus+ training with us. So, if you happen not to be used to travelling or are about to visit Helsinki for the first time, do not worry about getting lost and profit out of our "directions handbook" prepared by ITC International for you!

**The Helsinki-Vantaa airport** is located about 20 km/13 miles from the city center (Cathedral of Helsinki). It takes approximately 30 minutes (40 minutes in heavy traffic) to reach the center by taxi and about 35 minutes on public transport (bus or train). The cheapest way to get to the city is by bus or train.

### Bus:

1) Buy a regional ticket from the vending ticket machine or in the bus. The price is **5€**

2) Take the **bus 651** - it leaves from **T1 (platform 2)** stopping at **T2 (platform 21)**. The bus runs every 10-20 minutes

or

Take the **Finnair City Bus**. This bus leaves from **T2 (platform 10)** and stops at **T1 (platform 1)**. It takes you a bit faster to the central railway station. The fare is **6.60€**, and it runs every 20 minutes.

### Train:

3) Take the **Ring Rail Line - I and P train**. Trains run every 10 minutes. A regional ticket is required for journeys from Helsinki to the airport and vice versa (**5€**).

**Note:** In Helsinki commuter services, an advance purchased ticket shall be validated in the validator in the entrance vestibule.

**Taxi:** A taxi is always a convenient option, of course, but it's far from cheap (around 35-40€). There are some fixed rate / shared taxi services too that are slightly cheaper (e.g. Airport Taxi, "from 19.50€"). The taxi service number is +358 600 555 555.



## GETTING AROUND HELSINKI

Helsinki has a very good public transportation system. The metro, city trains, trams and buses. To move around town, we recommend using public transport over driving or taking a taxi.

To get the Helsinki metro plan click [here](#)!



### Where to buy tickets:

- ▶ vending ticket machines or bus drivers
- ▶ sales points include (kiosks and stores)
- ▶ Helsinki Public Transportation offices - located at Metro stations
- ▶ sms ticket - for more info click [here](#)



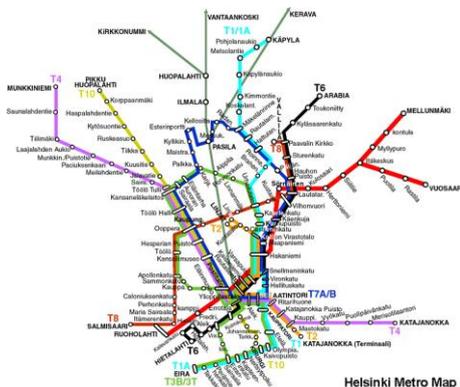
### Public Transportation Tickets (only for Helsinki):

€3,20 one-way ticket (cheaper from a machine)

€9,00 1-day ticket from bus, tram or train

€27,00 5-day ticket

To get more information on Helsinki's transportation website click [here](#).



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## NEARBY HOTELS IN HELSINKI

Book your hotel well in advance because the city of Helsinki gets very busy all year long. We would like to recommend some to you. In case you are looking for something else, look at [booking.com](http://booking.com).

### - Hostel Domus Academica

(only in July and August)

Use a promotion code “**DomusFriend**” to get  
-15 % off when booking through  
[hostelacademica.com](http://hostelacademica.com)

### - Holiday Inn Helsinki West - Ruoholahti \*\*\*\*

[ihg.com](http://ihg.com)

Sulhasenkuja 3, Eteläinen Suurpiiri



### - Hotel Finn \*\*

[hotellifinn.fi](http://hotellifinn.fi)

Kalevankatu 3 B, Eteläinen Suurpiiri

### - Apartment Köydenpunojankatu

[apartement](http://apartement)

Köydenpunojankatu 8, Eteläinen Suurpiiri



### - Radisson Blu Seaside Hotel, Helsinki \*\*\*\*

[radissonblu.com](http://radissonblu.com)

Ruoholahdenranta 3, Eteläinen Suurpiiri

### - Original Sokos Hotel Albert \*\*\*

[sokoshotels.fi](http://sokoshotels.fi)

Albertinkatu 30, Eteläinen Suurpiiri

### - Forenom Aparthotel Helsinki City \*\*\*\*

[forenom.fi](http://forenom.fi)

Eerikinkatu 24, Eteläinen Suurpiiri



**NOTA BENE:** We recommend you not to book anything before you get the confirmation form ITC about your course – you need to have our course place registration confirmation before booking your flight and accommodation.

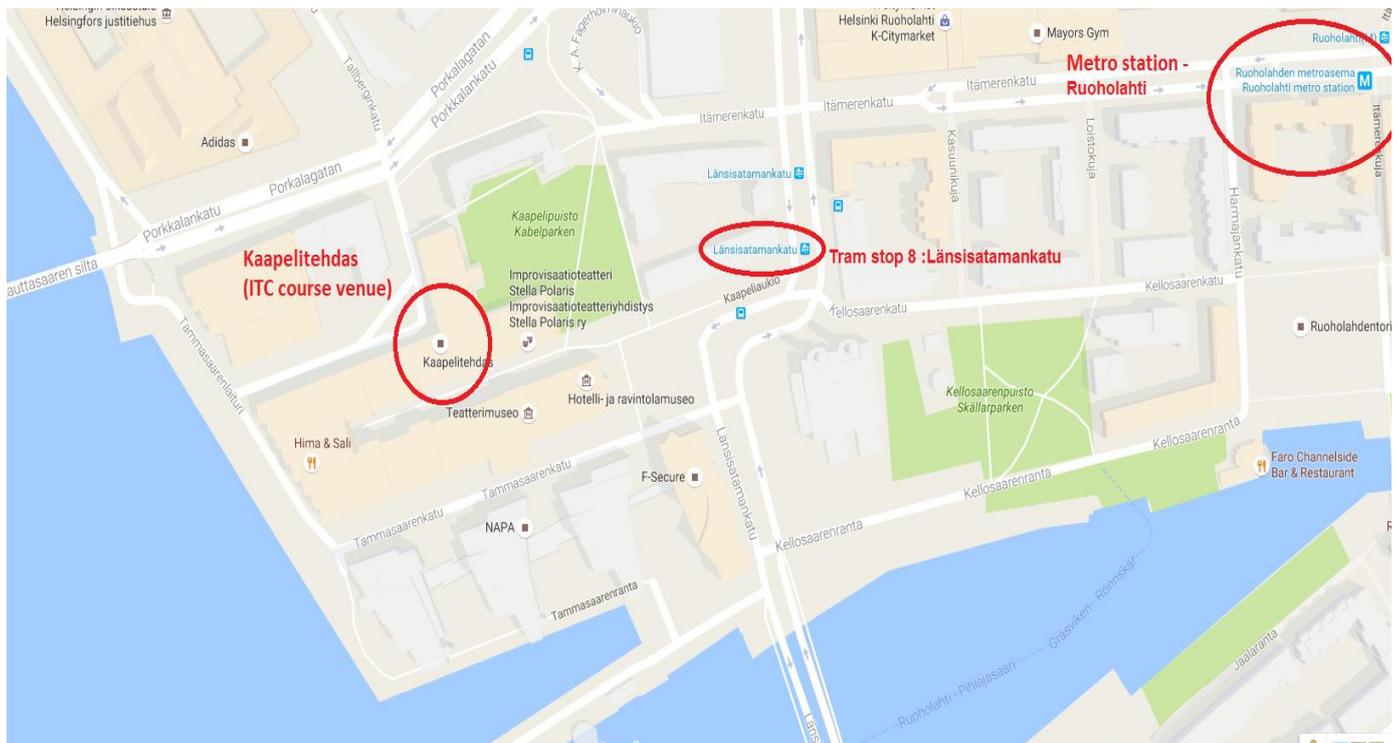
# GETTING TO KAAPELITEHDAS (ITC COURSES IN HELSINKI)

Wherever you decide to stay in Helsinki, your central point will be our course venue the **Kaapelitehdas** centre, at **Tallberginkatu 1**.



Coming by **Metro**: Ruoholahti (600 m by walking from the venue)

Coming by **Tram**: Tram: 8 (nearest stop **Länsisatamankatu**)



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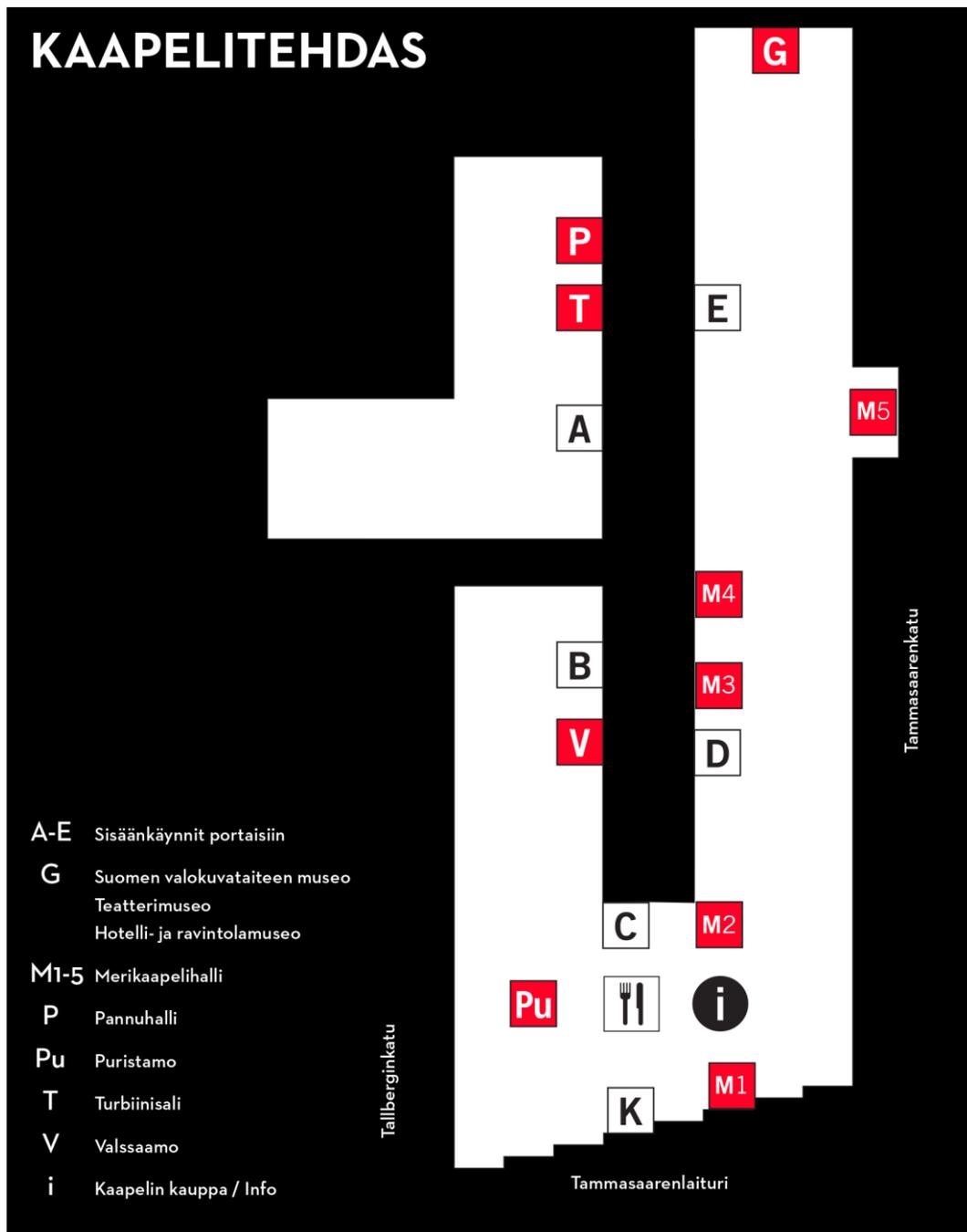
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## GETTING TO THE CLASSROOM

Your classroom for this course is called **Käämi**. You come to the letter **D** and get into the hallway. There one floor down to the basement and to the left from the glass doors. The classroom is the one right side just before another glass doors.

**Kaapelitehdas** centre plan:



## GETTING TO THE SCHOOL

We have prepared for you a school visit on the premises of the Vantaa Vocational College Varia (Tennistie 1, 01370 Vantaa, Finland) on Thursday, as well as ICT topics on Friday.

It takes about 35 min from the Helsinki railway center to the school (I or K trains, more details <https://www.hsl.fi/en>). We can meet in front of the train station in Helsinki or at the Hiekkaharju train station.

You will be needing a **regional ticket** to get there (5 € one-way ticket). You can also buy a regional day ticket (2 days 21 €), if you are planning to travel more. This kind of ticket can be used to get back to the airport after the course too.



## USEFUL CONTACTS

### ITC:

phone: +420 224 817 530

e-mail: [info@itc-international.eu](mailto:info@itc-international.eu)

website: [www.itc-international.eu](http://www.itc-international.eu)

### contact address of ITC's main office in Prague:

Františka Křížka 1

Praha 7, 170 00

Czech Republic

### transportation:

website: [hsl.fi/en](http://hsl.fi/en)

taxi: +358 600 - 555 555

website: [airporttaxi.fi](http://airporttaxi.fi)

### tourist information:

[visithelsinki.fi](http://visithelsinki.fi)