

SEMESTER ABROAD

THE



GUIDE ABOUT TURKU

For ERASMUS students from ERASMUS
students

TRAVELLING

Life is a trip, travelling is living twice.

Learn more about Turku, Nantali, Salo, Lappohja and other destinations.

COOKING

Recipe for Karjalanpiirakka

Would you like to bake a traditional Finnish pirogi?

SECOND HAND

Trip along second hand shops of Turku

Are you looking for affordable clothes? Do you miss a mug, a knife or a fork?

GROCERIES

Where is it cheaper? - Places around Varissou area

Want to save money during grocery shopping?

HESBURGER DICTIONARY

Don't worry about ordering at HESBURGER

You would like to order at HESBURGER and have no clue about Finnish language? This is the best way to understand Finnish burger names.

BARS AND NIGHTCLUBS

Trip along bars and nightclubs of Turku

Would you like to have a karaoke experience? Do you have a special taste of music? Would you like to experience an authentic After Ski atmosphere? Do you prefer Guinness over Finnish beer?

SPORTS

Ice Skating, Cross-country Skiing, Cycling T(r)ips

What about outdoor activities?

THIS GUIDE IS FROM THE BUSINESS AKATEMIA

Would you like to know more about the Business Akatemia?

<https://bisnesakatemia.turkuamk.fi/en/home/>

TURKU AMK
BISNESAKATEMIA





TRAVELLING SECTION

SUMMARY

VISIT TURKU

A city full of history

One of the biggest and oldest city in Finland Turku, This city is full of surprises. A big range of activities for everyone: natural, historical and of course usual entertainments such as bars, bowlings and others...

ENJOY NAANTALI

A breathtaking view

Its beautiful city is well-known for this superb harbour's view and his old town. There is also a famous attraction which name is MOOMINS's island!

SAVOR SALO

National park only for you

Discover Salo and its surrounded areas, you won't be disappointed. The national park is one of the biggest of the Southwest region and its museum are golden!

BE AMAZED BY LAPPOHJA

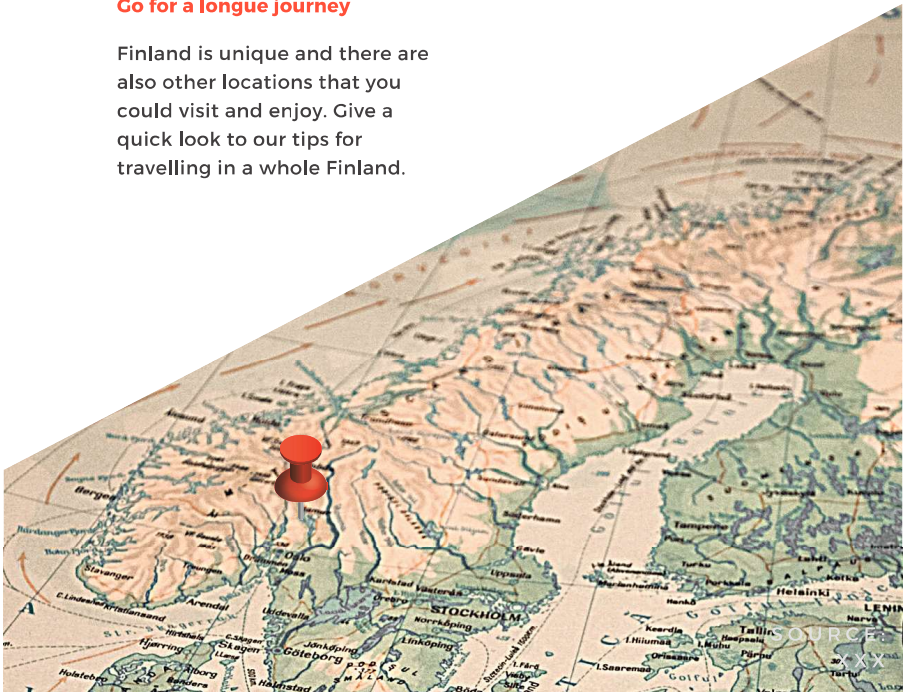
Just chill

This location is quite special but you will like it anyway! There is a special war museum with real tank, bunker and other surprises!

OTHER DESTINATIONS

Go for a longue journey

Finland is unique and there are also other locations that you could visit and enjoy. Give a quick look to our tips for travelling in a whole Finland.



TURKU

TURKU, FINLAND'S OLDEST CITY AND THE COUNTRY'S FIRST CAPITAL, IS LOCATED WHERE THE RIVER AURA EMPTIES INTO THE ARCHIPELAGO SEA.



Turku Castle

Turku Castle, one of Finland's most coveted pieces of national heritage and one of the country's oldest buildings, was built in the late-1200s during Finland's Swedish period.



Turku Cathedral

This is the seat of the Archbishop of Finland and the country's national sanctuary, and it is a hugely significant building. This 13th-century cathedral is widely regarded as Finland's most significant historic build.



Ruissalo Park

Ruissalo Island, situated on the upper side of the Turku estuary, is long and craggy. Getting on a bike and crossing the Ruissalon puistotie bridge is a perfect way to see Ruissalo's rugged coastline, botanical garden, sandy beaches, and new oak forests.



Turku Archipelago

The Archipelago Sea, which is situated near Turku, is home to 40,000 islands, many of which are no bigger than a tennis court. You can access most of them by taking ferries.



coat of arms of
Turku

A FEW OTHER PLACES TO GO IN TURKU



EKVALLA BEACH

LITTOISTENJÄRVI
SAUNA



WÄINÖ AALTONEN
MUSEUM OF ART



TOURIST OFFICE IN TURKU

<https://kissmyturku.fi/m>
Phone : 02 2627444

ADRESSE : AURAKATU 8, 20100 TURKU

Naantali

THIS PLACE, ONLY 17 KILOMETERS FROM TURKU, COMES ALIVE IN THE SUMMER AND EVEN WELCOMES THE PRESIDENT.



Medieval Stone Church

The church is a significant part of the town's culture. The Catholic Bridgettine Monastery was established in 1443, and Naantali Church is the only part of the Monastery that has survived to this day.



MOOMINS'island

I have some exciting news for you: the island of Kailo is now the official home of the Moomins, those famous white chubby trolls! Even if you aren't traveling with children, walk along the bridge to get to Moominworld.



Naantali's old town

explore naantali's old town and its charming buildings and boutiques! . Aside from millions of stories, the old wooden buildings house souvenir shops, galleries, coffee shops, and hotels, which you can visit instead of admiring from the outside.

TOURIST OFFICE IN NAANTALI

<https://www.visitnaantali.com/en/visit-naantali>

Phone : 02 4359800

ADRESSE : NUNNAKATU 2, 21100 NAANTALI



Salo

SALO MEANS "WOODED ISLAND" IN FINNISH. IN THE 1920S, TWO RESIDENTS OF SALO PIONEERED WIRELESS RADIO IN FINLAND.

Halikonlahti Lake Park national Teijo



Teijo National Park is one of Finland's must-see parks. It is also a place of life with a multitude of animal and plant species.

Salo Art Museum Roundhouse



The Art Museum Roundhouse, is one of the most beautiful art museums in Finland, where large exhibitions and various events are organised



Enjoy the Teijo landscape on your own or with a guided tour. There are a total of about 50 kilometres of marked trails.



The exhibitions are mostly photographic art. Its gallery is located in an old locomotive shed which provides a beautiful ambience.

TOURIST OFFICE IN SALO

<https://visitsalo.fi/>

Mail : info@visitsalo.fi

Lappohja

CAPE HANKO AS WELL AS THE VILLAGE LAPPOHJA ARE MARKED BY THE SECOND WORLD WAR, MORE PRECISELY BY THE TRUCE BETWEEN THE USSR AND FINLAND BETWEEN 1940-1941.

Hangon Rintamamuseo



Hangon Rintamamuseo is a war veterans' museum located near the village of Lappohja in a war-torn region.

Irma bunker



Have the chance to visit many war relics. Rediscover this period in history. The Irma bunker offers a good insight into frontline life during the war.



There are Soviet Union model drawings, charts, and displays for war radio equipment, electronics, and cryptography, as well as numerous other objects.



At one point, the bunker housed 16 soldiers. The bunker is also armed with a 45-millimetre armoured gun and a machine gun.

TOURIST OFFICE IN HANKO

<https://www.hanko.fi/>

Phone : 019 22031

ADRESSE : BULEVARDI 6, 10900 HANKO



Other destinations

FINLAND IS A BIG COUNTRY, HERE ARE SOME RECOMMENDATIONS ON "MUST-SEES".



TRAVEL REFERENCES

TURKU

Turku Castle: <https://www.turku.fi/en/turkucastle>

Cycling archipelago: <https://www.visitfinland.com/article/cycling-the-archipelago-trail/#92af63de>

Ferry archipelago: <https://lautta.net/saariston-rengastie.php?device=mobile&lang=en>

Littoistenjärvi sauna: <https://www.kuoviludonsauna.fi/>

Wäinö Aaltonen Museum of Art: <https://www.wam.fi/en/waino-aaltonen-museum-art/welcome-museum/opening-hours-and-prices>

NAANTALI

Moomins world: <https://www.moominworld.fi/>

Naantali old town: <https://www.gofinland.fi/en/naantali/things-to-see-and-do/naantali-old-town>

SALO

National park Teijo: <https://www.luontoon.fi/teijo>

Salo Art Museum Roundhouse:

https://www.museot.fi/searchmuseums/?museo_id=21986

LAPPOHJA

Hanko: <https://visithanko.fi/en/tuotesivu/lappohja-beach/>

Lappohjanranta's village: <https://uuvi.fi/en/area/lappohjanranta/>

Hangon Rintamamuseo: <https://rintamamuseo.fi/fin/fistart/>

OTHER DESTINATIONS

Tampere: <https://www.tampere.fi/>

Porvoo: <https://www.porvoo.fi/>

Helsinki: <https://www.hel.fi/helsinki/fi>

Aland: <https://www.visitfinland.com/fr/article/aland-l-autre-visage-de-la-finlande/>

Rovaniemi: <https://www.rovaniemi.fi/>



"Life is a trip, travelling is living
twice"



Recipe for KARJALANPIIRAKKA

INGREDIENTS FOR 8-10 PIECES

For the rice stuffing:

- 150g short grain rice
- 300g water
- 50g unsalted butter
- 1L whole milk
- Salt to taste

For the dough:

- 100g whole rye
- 50g spelt flour or wheat flour instead
- 3g salt
- 75g – 85g water
- 15g butter melted
- 50g butter for brush

For egg butter:

- 4 large boiled eggs
- 120g unsalted butter at room temperature
- Salt to taste
- Pepper to taste



Make the rice stuffing:

- 1) In a saucepan pour the water, place it over medium heat and let it boil.
- 2) Add the rice and cook for 5 minutes. You will notice that it absorbs practically all the water.
- 3) Add the butter together with the milk and reduce to low heat. Cook for about 45-50 minutes, stirring from time to time. You should take a smooth, thick texture.
- 4) Once the rice is ready, salt to taste, mix and let cool completely before filling the pies.



Make the dough:

- 1) In a bowl, add the rye flour together with the spelt or wheat flour, salt, water and melted butter. Mix with a silicone spatula to get a more or less compact mixture.
- 2) Keep working the dough with our hands until we obtain a firm and manageable dough.
- 3) Shape a cylinder with it approximately 5 cm in diameter.
- 4) With the help of a scraper, cut 8-10 portions.
- 5) Sprinkle a surface with flour and start to stretch the discs with a roller until they reach a very thin thickness. The thinner the dough, the crunchier it will be after baking.

Stuff and bake:

- 1) Preheat the oven to 260°C. Line two baking trays with baking paper, set aside.
- 2) Stuff with rice mixture, 2 tablespoons or so, leaving a little space around the edge.
- 3) To give shape to the pie, fold the dough over the filling and start creating waves from the middle to the ends, helping with your fingers. Place on a tray lined with baking paper.
- 4) Repeat the process with the rest of the pies.
- 5) Bake for 14–15 minutes, they should acquire a slightly golden and crunchy aspect.

While we bake the pies, prepare the egg butter:

- 1) Cut the boiled egg into very small squares and mix with the butter.
- 2) Season and set aside.

Get the cakes out of the oven:

- 1) Remove the pies from the oven and brush with melted butter.
- 2) Let them temper and cover them with the egg butter.





DICTIONARY



Double Burger
Kerroshampurilainen



Mega Burger
Megahampurilainen



Giant Bacon Burger
Jätitekonihampurilainen



Double Cheeseburger
Tuplajuustohampurilainen



Cheeseburger
Juustohampurilainen



Hamburger
Hampurilainen



Chicken Burger
Kanahampurilainen



Mini Chicken Burger
Minikanahampurilainen



VEKE Cheese Veggie Burger
VEKE - juustokasvishampurilainen



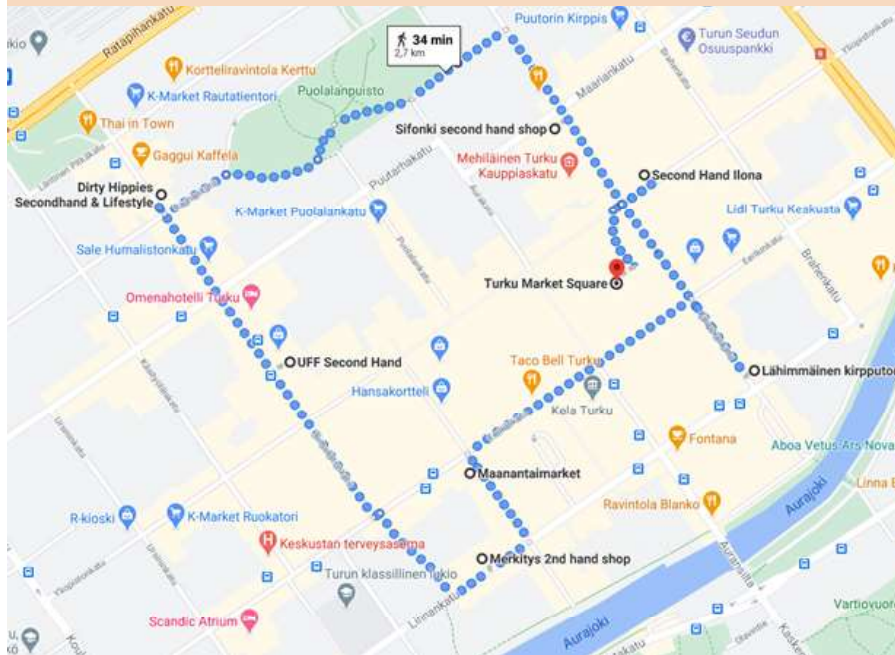
VEKE Soy Veggie Burger
VEKE - soijakasvishampurilainen



Gluten-free Burger
Gluteeniton hampurilainen



SECOND HAND TRIP THROUGH TURKU



STARTING AND ENDING POINT:
TURKU MARKET SQUARE

First Stop:
Lähimmäinen kirpputori
(Kauppiaskatu)



Second stop:
Maanantaimarket
(Kristiinankatu 6)

Third stop:
Merkitys 2nd hand shop
(Linnankatu 19b)



Fourth stop:
UFF Second Hand
(Humalistonkatu 5)

Fifth stop:
Dirty Hippies Secondhand &
Lifestyle
(Humalistonkatu 13)



Sixth stop:
Sifonki second hand shop
(Kauppiaskatu 10)

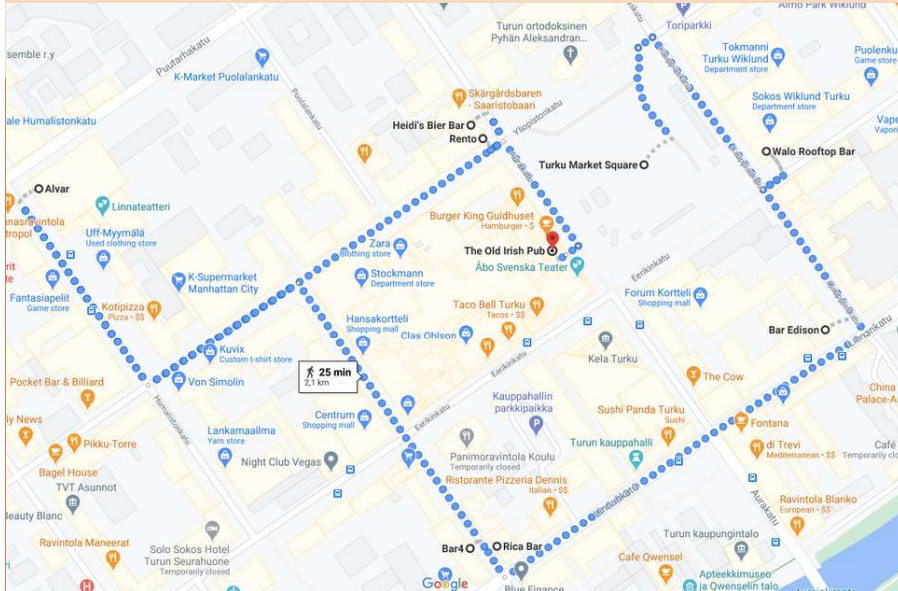
Seventh stop:
Second Hand Ilona
(Yliopistonkatu 15)



Have fun shopping!



TRIP ALONG BARS OF TURKU



STARTING POINT:
TURKU MARKET SQUARE
ENDING POINT:
THE OLD IRISH PUB

First Stop:
Walo Rooftop Bar
(Eerikinkatu 11)



Second stop:
Bar Edison
(Kauppiaskatu 4)

Third stop:
Rica Bar
(Kristiinankatu 5)



Fourth stop:
Bar4
(Kristiinankatu 4)

**Fifth stop:
Alvar
(Humalistonkatu 7)**



**Sixth stop:
Heidi's Bier Bar
(Aurakatu 14)**

**Seventh stop:
Rento
(Yliopistonkatu 23)**



**Eighth stop:
The Old Irish Pub
(Aurakatu 10)**

WALO ROOFTOP BAR Walo is Turku's first rooftop bar, with the best views in the city! Get up to the green oasis to enjoy a relaxed stylish feel, happy people and refreshing drinks.

BAR EDISON Edison's relaxed atmosphere and great service guarantee your comfort, you can play board games with friends, enjoy quality drinks, read the daily newspapers, watch sports on screen, or even come to the restaurant for a date.

RICA BAR Rica Bar is an atmospheric tavern for people whose glass is half full. Carefully selected drinks, sprawling music, familiar and unfamiliar. Anything can happen at Rica Bar.

BAR4 They make drinks with a cordial feeling and a little touch of skill, just for you! You can grab a sip from the seasonally changing list or rely on old familiar classics.

ALVAR Atmosphere is great, relaxed, cosy and friendly. Vast selection of beers and ciders. The staff is awesome including bouncers. Interior is mixed retro 70s and british pub.

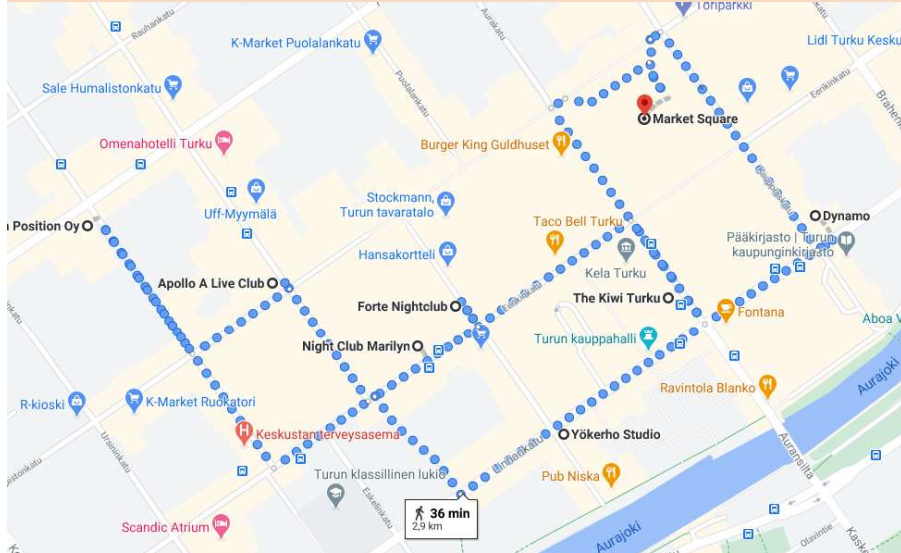
HEIDI'S BIER BAR Here you can experience the authentic After Ski atmosphere. It includes large beers, many different taps and Oktoberfest-style dancing at the tables.

RENTO Meet nice people and experience what live music and enjoyment can mean at best. Meeting place for modern everyday life, where you can make the best friendships.

THE OLD IRISH PUB A classic Irish pub, bringing musicians every weekend to entertain guests with live music performances, to a raucous nightclub.

Enjoy the Bars!

TRIP ALONG NIGHTCLUBS OF TURKU



STARTING AND ENDING POINT:
TURKU MARKET SQUARE

First Stop:
Dynamo
(Linnankatu 7)



Second stop:
The Kiwi
(Aurakatu 6)



Third stop:
Forte Nightclub
(Kristiinankatu 8)



Fourth stop:
Nightclub Marilyn
(Eerikinkatu 19)



**Fifth stop:
Apollo A Live Club
(Humalistonkatu)**



**Sixth stop:
Aalto Yökerho
(Kauppiaskatu 5)**

**Seventh stop:
Yökerho Studio
(Linnankatu 18)**



DYNAMO

It has a vibrant atmosphere and offer a great night out in the town. A great more alternative atmosphere and unique venue.

THE KIWI

Pretty awesome seafood salad, the craft beers were nice as well. Really friendly and casual service. Awesome bar and club round the back as well as karaoke.

**FORTE
NIGHTCLUB**

Everyone can enjoy music on the two dance floors, and Turku's largest bar counter fulfills even the most thirsty wishes. The Sunday of the legendary nightclub, SuFo, is a real institution in Turku's nightlife.

**MARILYN
NIGHTCLUB**

Turku's most expensive drinks when compared to other nightclubs, but there's always good bunch of people inside and still enough space to dance.

APOLLO

A nice bar to visit, and have a little party with a small group of friends. Wouldn't be a good fit for a big company of friends. With live music and many small rooms with different themes to choose from

AALTO YÖKERHO

If you are looking for a little more luxury and DJs who have a special taste for dance music then this is the place to be.

**YÖKERHO
STUDIO**

Lots of people, good music, nice looking dance girls. Drinks are expensive though so either prepare yourself before hand or take a full wallet with you.

Enjoy the Clubs!

WHERE IS IT CHEAPER?

WANT TO SAVE SOMETHING DURING GROCERIES?

Places around Varissuo

K SUPERMARKET

Only 3 mins walk

K supermarket is part of a chain, the overall quality is good, but is famous not to be the cheapest one. Raccomanded if you need few stuff.

BENO OY

Only 3 mins walk

Muslim shop with incredible low prices on some articles, and a really huge varieties on coffee, rice, frozen and sauces

PRISMA

15 mins by bus and 10 by bike

Huge chain with a really huge varieties on almost every product, clothing and cookware as sold as well as a lot of more stuff.

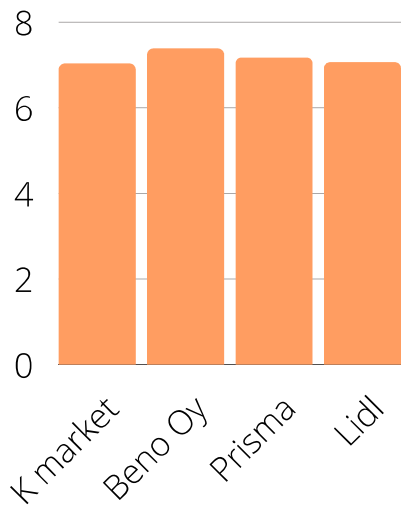
LIDL

20 mins by bus and 15 by bike

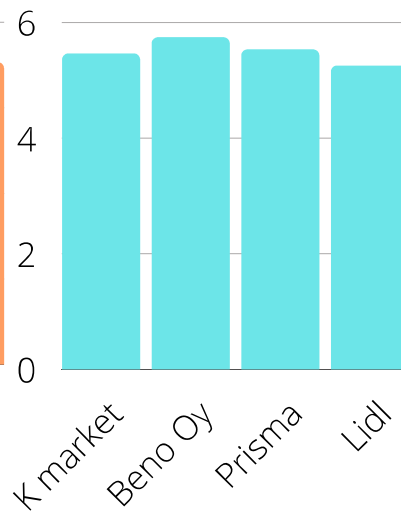
Lidl with it's unique way to make deals, do not offer a huge varieties of products, but overall is the cheapest.



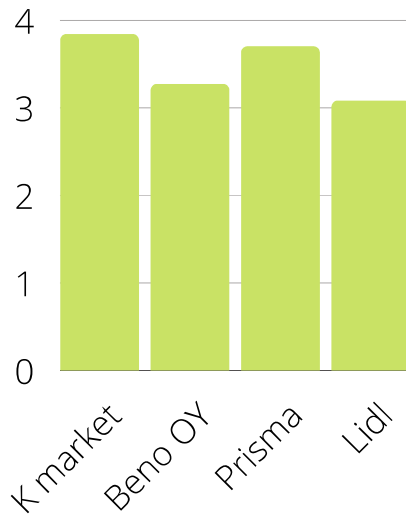
Meat & Fish



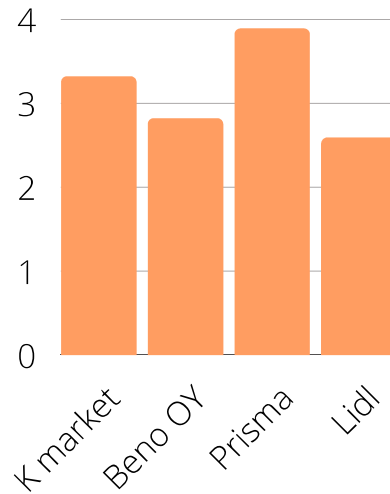
Liquids



Vegetables

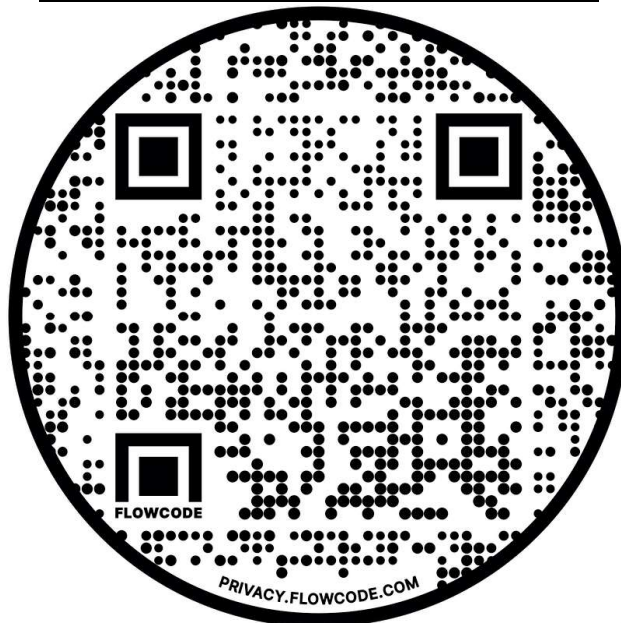


Others



WANT TO
LOOK AT
THE PRICES?

Here you will find
the excel file



SOURCE:
WWW.REALLYGREATSITE.COM

**WHAT ABOUT OUTDOOR
ACTIVITIES?**

SPORTS IN TURKU

ICE SKATING

You do or don't have your own ice skates- Turku get you covered

You can find a lot of ice rings in Turku, first of all look in your neighborhood, you can spot them next to the school playgrounds. At bigger places it is possible to rent ice skates. If you want to own your own pair, best place to get one is the Facebook marketplace

CROSS-COUNTRY SKIING

Only 3 mins walk

Muslim shop with incredible low prices on some articles, and a really huge varieties on coffee, rice, frozen and sauces

CYCLING T(R)IPS

Commuting or going on an adventure

Huge chain with a really huge varieties on almost every product, clothing and cookware as sold as well as a lot of more stuff.



ICE SKATING

Best way to substitute running when it is too cold or just to hang out with friends



Photo: Turku.fi <https://www.turku.fi/en/culture-and-sports/sports/sports-facilities/outdoor-sports-facilities/>

KUPITTAAN SKATING RING

Kupittaa Park Field

Open ice ring in a beautiful park. It is a 300m long loop with few benches and shelters along the way. Going on ice is forbidden during maintenance hours, but it last for around 40min. Ice skates rental is available but there is no fee for entering the ice. Beautiful view and vibrant atmosphere



Photo: Turku.fi-
<https://www.turku.fi/sites/default/files/thumbnails/image/parkin-kentan-ilmakuva>

PARKIN KENTTÄ

Tuureporinkatu 2

Great place no matter if you are taking first steps on ice or your friends call you Teemu Selänne. Ice rink is very big, it has skate helpers for free and very affordable prices for renting skates and hockey equipment.

Fees:

- one time 5.50 EUR
- Wristband- 10 entries = 20 EUR

TIPS

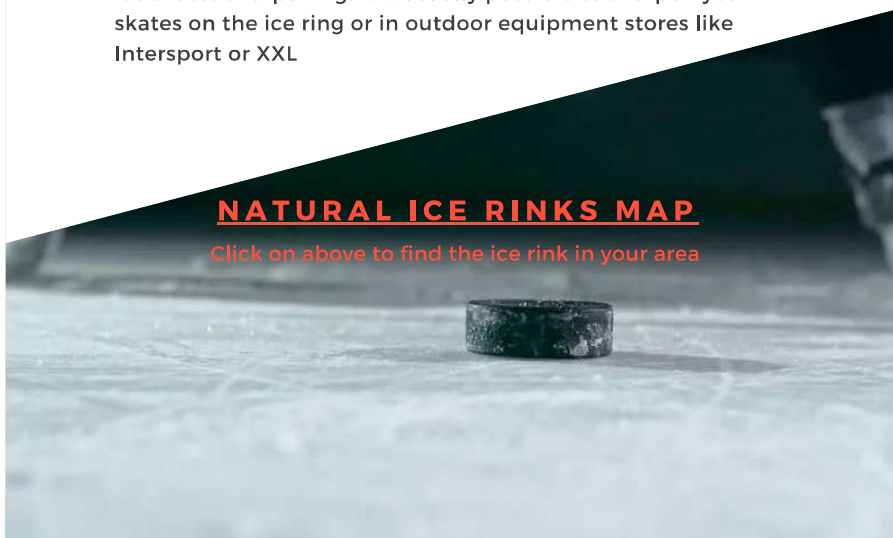
If you like ice skating or know that you will be going more than couple of times, check the local Facebook market place for used skates. You can get your own second hand pair for around 10 EUR.

If you would like to have your own brand new skates check Prisma for affordable good quality skates or go to XXL Outdoor store for bigger choice.

Ice skates sharpening: it is usually possible to sharpen your skates on the ice ring or in outdoor equipment stores like Intersport or XXL

NATURAL ICE RINKS MAP

Click on above to find the ice rink in your area



CROSS-COUNTRY SKIING

Absolute "must do" in Finland. It is easy and fun!

NUNNAVUORI SKI TRACK

Eskonkatu 1, 20320 Turku



Photo: Turku.fi <https://www.turku.fi/en/culture-and-sports/recreation/trails-routes-and-ski-tracks/ski-tracks/impivaara-ski-rental-service>

Ski rental and track are located behind the football hall. The service is held by the Turku City Sports Services Centre. The staff can also instruct you with use of the skis. Take some warm tea and try to be in the ski rental asap, line is growing really fast! No worries, there is enough equipment for everyone.

Rental fees:

- unemployed and concessions 3 € / 2 hours
- adults 5 € / 2 hours

You can also rent sledge

No entrance fee for ski tracks.

ORIKEDON KUNTORATA

Next to Varissuo student village



Photo: TS.fi
<https://www.ts.fi/uutiset/paikalliset/4443151/Nyt+suksi+luistaa++latuja+on+ajettu+vilme+paivina+kalkissa+Turun+seudun+kunnissa>

It is 1,5km loop were you cannot be bored. Track is illuminated so you can have fun until 22:00.

However there is no rental close to this location.

If you are a sledging fun, this is also a great place for having fun races on slopes. Simply go into the woods and find your favourite spot. Cheapest sledge can be found in Tokmanni

TIPS

Stay on the track when training and step on a side once you stop for a break!!!

Do not block other participants and respect others privacy. This will help once you would like to ask for any tips from locals on polishing your skiing technic

SKIING TRACKS MAP

Click on above to find the skiing tracks in your area



CYCLING

Best way to commute and tune out on beautiful day

ARCHIPELAGO TRAIL

Small Loop (Green)

Distance: 120 km
Recommended time: 1-2 days
Open 14.5-29.8.2021



Photo: Ferry.fi <http://lautta.net/saariston-rengastie.php?device=mobile&lang=en>

Great way to spend a weekend, cycling in Finland is safe as cars do keep a good distance and cities provide a lot of cycling roads. Even gravel roads are firm, so grater majority is accessible no matter what kind of bike you have. Download the ferry schedule on your phone before going! You will need cash to pay for the longest ferry but rest of them is free.

ARCHIPELAGO TRAIL VOL.2

Big Loop (Red)

Distance: 250km (~220 on road)
Recommended time: 2-5 days
Ferries: 8-9
Open 14.05 - 29.8 2021



Photo: TrupHobo <https://www.triphobo.com/places/turku-finland/archipelago-trail>

One of the most beautiful rides in Southwest Finland. You will have an opportunity to see how archipelago nature change every kilometer and experience small cities on the sea shore. Highly recommend, again only one ferry is under the fee, rest of them for free. Take a tent or book a cottage on the way. This is one of the adventures you will be sharing with our grandkids- guaranteed.

TIPS

Remember to wear a helmet and have rear and front lights! This is must have as it does increase your visibility and above accessories are required by law- you may get a ticket for not having them.

Always bring essential spare parts: spare inner tube or patches, pump and set of bicycle tools/multi-tool

CYCLING MAP

Click on above to find the cycling maps

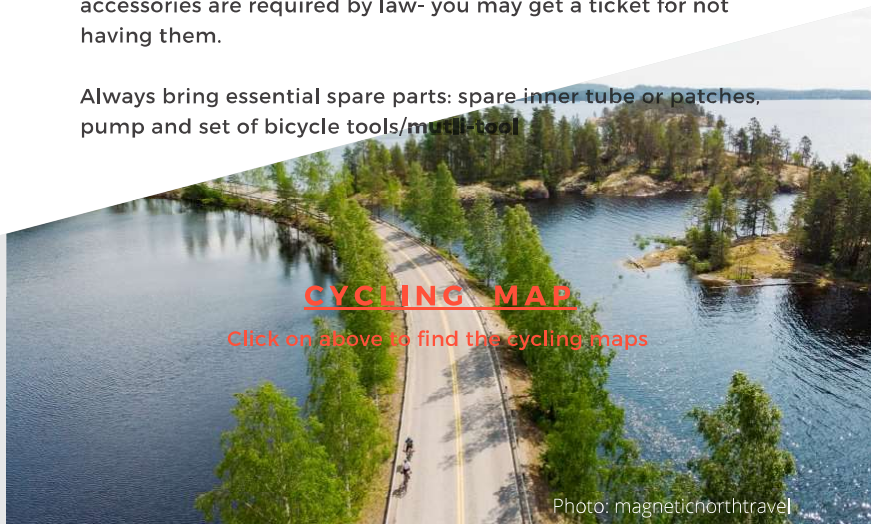


Photo: magneticnorthtravel