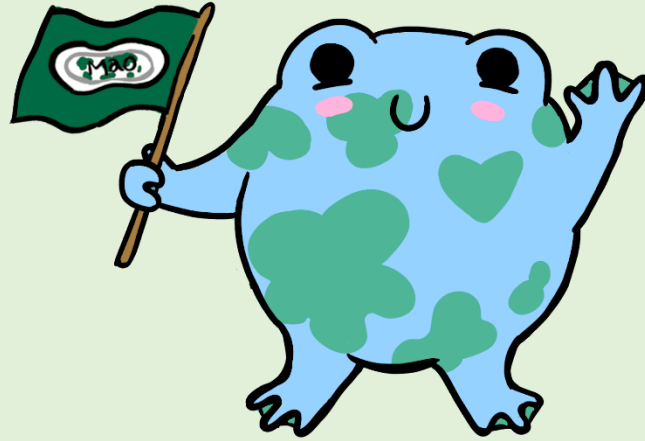


Little Mantu



Introduction handbook for international geography students during the 2023-2024 academic year

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Who are we?



Anna

Lucas

Hailing originally from Hausjärvi, just over an hour outside of Helsinki, but now settled down in Kumpula, Anna (a.k.a. Lillis, a.k.a. Arska) is a beacon of positivity who is always ready to jump in on the action. As one of the many active volunteers in our geography student organization, MaO, sit back and allow Anna to step in as your guide as you immerse yourself in Finland's colorful and varied student culture. Even though she's only a second-year student, Anna's diligence and commitment to the "geography spirit" really is admirable! She's even known for being one of the first people setting up at unforgettable events for her fellow classmates and often being one of the last ones to stay behind and clean up. If she lets me, I'll even reveal one of her pro-tips: iced tea isn't *just* a refreshing beverage, but it can also be the key to victory in geographers' beloved game of flunkyball!

An experienced sushi buffet enthusiast, you can be sure to find Anna at a number of Helsinki's fine dining establishments, selecting only the finest and tastiest nigiris and avocado makis onto her plate. However, on the off chance that Anna isn't curating a culinary experience at a sushi buffet or bringing positive vibes to MaO's events, you can find her on our cozy orange sofas in the Physicum building at Kumpula Campus. In Anna's company, you'll be sure to get a delightful conversation and a case of her contagious smile!

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Telegram: @liljeforsanna

This international tutor was practically made for his role! Born in France and raised in the heart of the state of Georgia, Atlanta, Lucas moved to Finland after finishing highschool. Now settled in Punavuori, Lucas lives with a roommate in a cozy flat, which has received lots of praise for its distinctive furnishing, houseplants and uniquely shaped kitchen! :D

Lucas has a bachelor's degree in linguistics, so he can navigate the center campus like the back of his hand. Starting his second year of studies in geography this autumn, Lucas is especially interested in urban geography. Lucas is a talented mapmaker and visualizing things is one of his expertises. In addition to international tutoring, the warm-hearted tutor is also one of MaO's international coordinators and is very adept for his role!

Lucas is a true multitalent: it seems like everything from playing volleyball and hosting get-togethers to creating the most imaginative PowerPoints comes naturally to him. This stylish tutor also loves trivia (as an exemplary geography student should) and enjoys visiting art galleries and cafes. Creativity is also one of Lucas' numerous skills: his work can be admired on the cover of geographers' magazine Mantu.

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Schedule for the first weeks of your exchange

Subject to small changes, join our Telegram group to stay up to date!

Join the telegram group: <https://t.me/+l2ZZW2DqerowZjQ0>

| Date | Time | Event | Location |
|--|---|---|--|
| Tuesday August 15 | 14:00–15:00 | Webinar for new international degree students | |
| Friday August 28 | 18:00→ | Fresher picnic for the freshers and exchange students! You can find the geographers by searching for the green MaO flag and people in forest green overalls. The evening consists of hanging out and getting to know each other! | Esplanadi park (If it's raining: Leppäsuonkatu 11, ring the doorbell of Christina Regina -clubhouse) |
| ORIENTATION WEEK August 28 – September 1 | | | |
| Monday August 28 | Meetup at 11:30 | First meetup with fellow international students and international tutors in Kumpula! We will go on a grand tour of our campus and its cozy hangout spots. You will also receive lots of new information, but we will try to keep it as short and sweet as possible. We are prepared to answer all the possible questions! In the afternoon we will hang out and get to know each other in a park near campus. | Physicum main hall Gustaf Hällströmin katu 2 |
| Tuesday August 29 | 12:00–14:00 | Information session about using SISU, UH International Exchange services and Education Cooperation | Exactum, room B123 Pietari Kalmin katu 5 |
| | 14:00–16:00 | Geography exchange student information session | Physicum, room D106 Gustaf Hällströmin katu 2 |
| | 18:00→ | Hangout with tutors and outdoor picnic with other students in Kaisaniemi Park | Kaisaniemi Park (Kaisaniemen puisto) |
| Wednesday August 30 | | Suomenlinna day! | Suomenlinna, meetup at Market Square |
| Thursday August 31 | 9:00–16:00 | Exchange student Check-in | Language Center, Fabianinkatu 26 |
| Friday September 1 | 10:00–11:00 | Housing info | Zoom |
| | 12:00→ | Center campus and Helsinki tour! | Meetup at the Central Railway Station |
| Monday September 4 | First day of the first period. You officially start your studies! | | |
| Friday September 8 | In the evening | After surviving the first week of your studies, the geographers organize a great getting-to-know each other party! Before the party we are hanging out in the homes of the tutors. | |

Academic year 2023-2024

Orientation week 28/8 – 1/9

1st period 4/9 – 22/10

8/9. MaO's get-to-know each other party

23/9 Fresher adventure for geographers

28/9 Fresher adventure organized by the University of Helsinki

29/9 – 1.10. Fresher cottage

4/10 Limes pub crawl

5/10 Geographers and geologists' table party

12/10. Hämeenkatu pub crawl

Exam week 23/10–29/10

2nd period 30/10–17/12

4 – 6/11 KJYR -cruise

17/11 The 130th anniversary of the Geography institution

26/11 MaO's Pre-Christmas party

Exam week 18/12–23/12

Christmas holiday

Intensive period 2/1 – 14/1

3rd period 15/1–3/3

Freshers' overall Christening ceremony and Circular track rally (pub crawl)

Shrove Tuesday

Exam week 4/3–10/3

4th period 11/3–5/5 (Easter holiday 28/3– 3/4)

May First

Exam week 6/5–12/5

Summer holiday ☼



Mantsa-English dictionary

Learn to speak like local geographers!

Mantsa is the local dialect of Finnish spoken by geographers here in Helsinki. Mantsa itself is a Finnish nickname for geography deriving from the word *maantiede*, which, well, means “geography” in Finnish. Finns love to shorten their words – this is one of them! Here’s a list of important words you’ll need to know during your time with us in Helsinki! Some of the words have been translated into English, but some have been left in Finnish. Important words have been marked with a 🌐.

A. I. Virtanen Square (A. I. Virtasen aukio): The square between the Physicum ja Chemicum buildings named after Artturi Ilmari Virtanen, a Finnish chemist and Nobel laureate. He also has the honor of having a bus stop named after him, where you should get off if you take the 56 of 506 buses.

🌐 Academic quarter hour (akateeminen vartti): lectures at the University of Helsinki (almost) always start a quarter past the hour and end at a quarter till (for a duration of 90 minutes).

Active student organization member (aktiivi): a student who has voluntarily taken up a job within the geography students’ organization MaO.

Alina Hall (Alina-sali): party central at the New University House (Uusi ylioppilastalo).

Anniversary party (Vuosijuhlat, shortened to “vujut”): A fancy dinner party to celebrate an anniversary, in our case MaO’s anniversary in March.

Boozing (Lärvit): Enjoying alcohol

CorelDraw: one of the drawing programs used for digitizing, drawing and formatting maps.

Digitization (digitointi): a carpal tunnel inducing torture ritual. In the end you may get a shiny new digital map.

EGEA (European Geography Association for Students and Young Geographers): an international organization that brings together geography students from different cities across Europe. EGEA organizes short-term exchanges and meetups throughout the year.

🌐 Flunkyball a.k.a. flunky: legendary drinking game and fun amplifier where players form two teams compete to see who can finish their drinks first. You’re welcome to participate with an alcoholic or non-alcoholic drink! An unmissable sight at all MaO’s outdoor (or sometimes even indoor) events.

Gambina a.k.a. “G”: Ruby-red party elixir.

Game night (peli-ilta): a chance to hang out with fellow geographers and play fun board games in a relaxed setting.

Geopiste (“geopoint”): Meeting room belonging to the Department of Geosciences. Located in the geography hall (Valopiha) in the Physicum building. Also sometimes referred to affectionately as the G-spot.

GIS, Geographic Information Sciences (geoinformatiikka): one of the trendiest topics among Helsinkian geographers, many of whom aspire to become revered GIS-wizards (gizzards?).

GIS Labs (GIS-labrat): where Gis-wizards do their magic, more specifically rooms A111–A114 in the geography hall (Valopiha). If you’re lucky you may spend some long days here.

Hacky sack (bägi): a low-threshold pastime and popular sport among geography students; a sure sign of spring.

HOAS: Housing foundation for Helsinki region students. If you’re lucky you may find an apartment with affordable rent, after a long waiting time (mainly applies to studio apartments).

Instagram: You can follow @maantieteenopiskelijatry and #mantsaonkivaa to get familiar with the spirit of studying geography at the University of Helsinki.

“JJE”: This sound can only be described as an affirmative, celebratory grunt, but despite its primitive nature, it manages to bring geographers together and closer to their cavedwelling roots. You may hear this in a variety of situations.

K.A.R.H.U: The Lecturer of the Year will be awarded with this title at the Christmas party. The title is based on an acronym from the Finnish words: *kiinnostava, auttava, rohkaiseva, hauska ja uusia näkökulmia avaava* (in eng. interesting, helpful, encouraging, fun and giving new perspectives). Fun fact: *karhu* in Finnish means bear.

Kikki-Monkey: headgear that lets you know there’s some rough partying ahead! Be prepared, you have been warned.

Kitchen: Found by the sofas. Help yourself to a nice cup of coffee or tea. But remember to wash any mugs or dishes you have used!

Kivipiha (Rock garden): The geologists' Valopiha (Light garden) (see the separate entry about this below) is located opposite Valopiha in the Physicum building. You can find the geological rock map of Finland there.

KJYR: Yearly autumn student cruise to Stockholm. The name comes from an acronym from the Finnish words: *Kumpulan Järjestöjen Yhteinen Risteily* (in eng. Kumpula student organization's joint cruise trip). This is an epic event that you don't want to miss.

Klusteri a.k.a. Klusse: Shared clubhouse in Kamppi used by MaO and other student organizations in the Faculty of Science. Also known as Klusse, the clubhouse hosts, pre-parties, afterparties, game nights, board meetings—you name it! Hanging out at Klusse means abiding by strict rules that apply there. Most importantly clean up after yourself and do not fall asleep there!

KOOMA: The annual gathering of Finnish geography students from different Finnish universities since 2015. Includes lectures, parties, and a table party (see the separate entry below) for example. The next meeting will be held in the spring of 2024 in Oulu! Kooma in Finnish means coma but in this case it is another acronym from the Finnish words *Kokoontuvat Opiskelevat Maantieteilijät*, direct translation: Gathering Student Geographers.

LG: An abbreviation of the words "löysää göysii", which means "loosen the ropes". This victory chant definitely amps up the hype! This is one of geographers' most popular sayings that you will most likely hear when playing flunky (see the separate entry above) or in a sports match with other geographers!

Mailing lists: mao-lista@helsinki.fi for all members of MaO. All important information will come through this mailing list. Messages will be available to read in Finnish, English, and sometimes Swedish.

How to join the email lists:

- Send the following message from your UH email address to majordomo@helsinki.fi:

subscribe mao-lista@helsinki.fi

(leave the subject line empty!).

Mankeli: Literally the Finnish word for mangle, an old fashion contraption used for straightening sheets. In the land of Mantsa, *mankeli* is used to refer to the feeling of being *inside* the mangle - you can only imagine how it feels. It can be a feeling that is the sum of several (chaotic) things. It is mostly used when "going nuts" and the result of the action can be felt the next day. It can also be used to describe a tricky situation.

Mantsa: Finnish nickname for maantiede, which means geography in Finnish. Finns love to shorten their words - this is one of them! You may hear "mantsa" used in spoken language.

Mantu: MaO's very own not-so-academic academic journal, currently mostly written in Finnish, but submissions in any language are always more than welcome! The journal covers very advanced and very serious science, of course! You're reading the first edition of Little Mantu, the English-language spinoff of Mantu for new students.



MaO ry (Maantieteen Opiskelijat ry, lit. Students of Geography): Student organization for geography students at the University of Helsinki. The organization takes care of its members and organizes different events. Membership costs 10€ and it is lifelong, how great, right? The membership is required if you are planning to attend parties and events or enjoy affordable tea and coffee in the kitchen which is provided by MaO.

MaO's annual Cultural geography trip (KuMa-retki): Epic annual multi-day trip abroad held by MaO's trip coordinators. The trip's destination has often been one of the Baltic countries and has included both guided activities and free time to explore cities in our neighboring countries.



Mapsu: MaO's adorable, huggable, frog-shaped mascot!

May Day (Vappu): The climax of the spring semester! Finnish students celebrate this event for at least a week, or maybe even the whole year. Traditionally a holiday for students and the working class, nowadays students - young and old - gather in the streets and celebrate together and ring in the spring after a long winter.

Musta Härkä (lit. The Black Bull): Karaoke Bar/Nightclub located in Vallila and it is one of geographers' go-to places to party. There you have a chance to sing karaoke and eat pizza while dancing! Often offers student discounts on drinks.

Oljenkorsi: Geographers' favorite pub just a hop and a skip away from Kumpula campus!

🌐 Overalls (haalarit): As part of an iconic Nordic university tradition students in Finland and Sweden sport different colored jumpsuits or overalls at student events. Overalls are decorated with a diverse array of badges that students collect over the course of their university career. Each major has different colored overalls; geography students at the University of Helsinki have fittingly forest green overalls. Student overalls are about pure fun, but they come with a few rules. For example, they can never be washed and all the patches must be sewn on by the owner of the overalls themselves!

Parmesan: A pizzeria down the street from Kumpula campus.

Pisang Ambon: This drink has the color and taste of a real banana. Surprisingly good!

🌐 Pre-Christmas party (Pikkujoulut): Following the Nordic tradition of hosting Christmas parties in the weeks coming up to Christmas, our first-year geography students organize a wintry bash in the Alina-hall. Keep your eyes peeled for a stolen Christmas tree!

🌐 Reippailijat: MaO's sports association Reippailijat hosts weekly sports sessions, which cost around 2 euros per session (the volleyball session is free!). You can check out the sessions and sign up for them (by giving a specific post a like) on the ["MaO:n liikuntainfo" Facebook group](#). Reippailijat translates to "the diligent or spirited ones". Anyone is welcome to become a reippailija!

Shrove Tuesday (Laskiainen): Although originally a religious holiday, in Finland Shrove Tuesday is a winter celebration spent sledding and having fun. Every year a crazy downhill sledding race takes place in Kaivopuisto. Geographers and other students come to watch, hang out, and enjoy hot chocolate and a delicious shrove bun with creme filling. Shrove buns come traditionally with either berry jam or marzipan filling.

Silliaamiainen, "Sillis" (lit. Herring Breakfast): A breakfast with herring and drinks (usually sparkling wine) traditionally served the day after a table party (see the separate entry below). P.S. nowadays herring is usually replaced with other food.

Suppa (lit. kettle hole): The shared club room of geographers and geologists, which is located in the Rock garden in Physicum. You can study here or even reserve the room for meetings.

🌐 Table party or "sit sit" (sitsit): An iconic academic tradition where students gather to enjoy a dinner,

during which traditional student songs are sung alongside other activities, such as making speeches. If you like, you can buy your very own songbook from MaO! Songbooks are passed around and all attendees write fun messages to each other and bond over the shared memory of the night. Many people cherish their songbooks throughout and even after their studies!

The Department of Geosciences and Geography (Geotieteiden ja maantieteen osasto): An entity of the University of Helsinki bringing together geographers and geologists.

The Finnish Geographical Society (Suomen Maantieteellinen Seura): Publishes two journals, Terra and Fennia.

🌐 The sofas (sohvat): The geographers' meeting spot and the best place to hang out in Physicum, Kumpula campus. You can get cheap coffee and tea from the kitchen. Welcome!

Think Corner (Tiedekulma): Think Corner is your one-stop-shop for all your studying, chilling, or even weight-lifting needs! Completed in 2017, Think Corner is an architectural gem located on the Center Campus across from the Porthania building. It houses numerous studying and meeting spots and an expansive Unisport gym in the basement floors. Think Corner often hosts riveting academic discussions and events.

Toto – Africa: The geographers' anthem. Adding this to the queue is sure to make you popular.

Trivia (visat, visailu): An excellent way to spend time at the sofas and postpone all the important stuff. MaO holds a Trivia night once in a while. Trivia night is an all-English event for local and exchange students alike!

🌐 Tutor (tuutori): Your trustworthy guide to academic life, student culture, and anything you may need during your time in Helsinki!

Valopiha (Light Garden): Geographers' corridor that has high ceilings and lots of natural light (of course)! You can find our cozy sofas, our plentiful kitchen, and lots of friends! The best and coziest place in Physicum, at least in our opinion!

Website: <http://www.maantieteenopiskelijat.fi/>. Here you can find all the most important information about MaO.

🌐 #mantsaonkivaa (lit. #geographyisnice): A hashtag that geography students use on social media to spread love and fun vibes in the geographer community. Feel free to take part in the fun!

Kumpula Campus Map

More information about our campuses:

[Campuses | University of Helsinki](#)



Greetings from MaO!

Meet some of the faces of MaO!

Alex and Siiri, this year's tutors for the new master's students, can also help you with anything related to your studies as an international student at the University of Helsinki. They're also just really nice! Don't hesitate to say hi if you run into them on campus.



Alex

Siiri

Straight outta the Venice of Helsinki, Ruoholahti, comes Alex who's a real veteran for our tutor gang. As a former HSL bus driver this walking map knows Helsinki's traffic like his own pockets. If you ask his opinion about this former profession of his, you'll most likely hear cursing. Behind the words there is some kind of professional pride, though. Alex does not leave Helsinki without an actually good reason. If he'd have to live somewhere outside Helsinki, it would be Kotka, where he can find relatives and good vibes created by port cranes.

Little less than a year ago dachshund Maki Naumanen joined the small and close Naumanen-family and is a constant receiver of affection. All kinds of interests from football to Estonia's security guys make sure that there is never a dull moment. Alex is an old-fashioned sports fan. At the gym he pumps iron, game results are followed from teletext and games are watched from the TV, even as recordings. Liverpool for life.

Alex is easily approachable and always kind and breaks the ice in any situation imaginable. With this gentleman you'll never be bored, since you'll never know what he's going to say. Alex has awesome stories which you should ask more about. For example, his grandparents' eloping to the USA or Alex's dad and Mike Tyson's meeting in a public sauna. Turvamees will also offer karaoke company when needed!

Some famous products from Riihimäki: Ice hockey coach Jukka Jalonen, writer Sinikka Laine and master tutor Siiri Saloranta. We are talking about a tough series of people. Some would argue that they belong to the Mt. Rushmore of Riihimäki people. Starting her fifth year as a geography student, she has had her toes dipped in the shallow part and in the deeper part of the sea of geography. From Riihimäki to now in Kallio suburbs, Siiri has conquered the spirits of fellow students and friends with her memeing and uplifting presence, like a hotel receptionist. And if you ever have any questions regarding MaO organisation activities, Siiri has an answer to that. She is like an encyclopedia of organisational activities of MaO.

And if you ever find yourself thinking: "Hmm, I wonder how's the weather at the sea?", well then, you're in luck because Siiri works with sea weather at Dynamicum (next to the Kumpula Campus). The sea weather fits well with Siiri's favourite drink, sparkling water. The sea of fresh water.

But if the waves of the sea rock your boat too much, then the comforts of literature may be the soothing answer you need. A fan of books, Siiri has found a niche hobby, in which she recharges her batteries for the next chapter in her life. In this case wisdom speaks. With a very impressive vocal delivery.

These are some more of our fellow tutors this year! Although they will mostly be focused on helping our first-year geographers settle into their studies, feel free to say hi or ask them anything if you ever see them on campus!



Olivia & Tatu



Heta & Joona



Leo & Sofia



Anna K. & Tuuli



Antti & Kerttu



Elida & Elena

The board of MaO:



Chair: Sarianna Waldén



Hello, our new international student!

On my own behalf, I warmly welcome you as a part of our community of geographers! Welcome to Helsinki and Finland as well – congratulations on your choice!

I'm Sarianna, a fourth year Human Geography student and this year's chair of Maantieteen opiskelijat ry (geography students' association).

I, together with our board and active members, make sure that our students are represented in the university's decision-making, and that we have a lot of fun events together throughout the year.

I sincerely encourage you to participate in our diverse selection of events and hangouts! Our amazing tutors, both international and national, will guide you through your exchange. We all want to make sure that you feel safe and welcome to take part in our activities.

If there's anything more you would like to know considering our association or the University of Helsinki, don't hesitate to contact me, your international tutors, or our board members. :)

Looking forward to meeting you,

Sarianna

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Helpful Apps

Facebook: We recommend you to join MaO's facebook group (it's called MaO ry), so you can easily keep up with the events. Event info will also be posted on the mail list (mao-lista@helsinki.fi). You can check out and sign up for MaO's weekly sports sessions by joining a Facebook group called "MaO:n liikuntainfo".

Foodora: A mobile app and online platform that offers food delivery!

Frank App: Offers an official student card and a lot of student benefits. You can get special student discounts from restaurants, shops and bars for example. Show your student card on this app when buying lunch at Unicafe.

HSL: Helsinki Regional Transport Authority. You can buy tickets, check timetables, use a journey planner (similar to Google Maps) and get travel information from the HSL app (you should definitely download this!). The student discounted monthly ticket is only available on the app.

Kide App: Check this app or webpage if you want to buy tickets to a student event!

Lidl Plus: Get discounts while you shop at Lidl grocery stores.

Matkahuolto: Postal delivery company. You can also find information about public transport timetables across Finland.

MobilePay: Finland's most popular (and free) mobile payment app. You should download this app, in case you want to buy some beverages from MaO's parties!

Outlook: Mostly used to send and receive emails. You get your own username from the University of Helsinki.

Posti: Mobile app for the Finnish national postal service. Track your packages and receive notifications of incoming orders here.

ResQ: You can buy affordable food and decrease food waste by rescuing portions from restaurants, cafés and grocery stores using this app.

Telegram: Free instant messaging service that offers the option to message without using a phone number.

Tise: A mobile marketplace for second-hand clothes and furnishings.

Tori: The largest marketplace for second-hand goods in Finland. You can buy/sell pretty much everything on this webpage. Finns like to reuse (and recycle) things!

VR: The Finnish state railway company and only long distance rail operator in Finland. VR has a webpage, but we recommend you download the VR matkalla -app, so you can easily buy train tickets and check timetables.

WhatsApp: A free instant messaging app available on both Android and iPhone. Basically everyone has this app in Finland.

Wolt: A Finnish start-up and mobile app that offers food delivery! Great way to discover restaurants in your area.

Grocery stores

In Finland, grocery stores are split into different larger corporations. The most common grocery store chains are K-group, S-group and Lidl. You'll find everything you need from all the grocery stores, but stores belonging to the same chain will have the same brands and products. Hypermarkets K-Citymarket and Prisma (S-group) sell a wide variety of other items besides food.

K-markets (in order from smallest to biggest: K-Market, K-Supermarket, K-Citymarket): Usually more expensive than Lidl or S-markets but may have a more diverse array of specialty products.

S-markets (in order from smallest to biggest: Alepa, S-Market, Prisma): Usually cheaper than K-stores but a bit more expensive than Lidl.

Lidl: Probably the cheapest grocery store chain in Finland. You can install the Lidl Plus app if you want to check out their offers!

R-kioski: Very small (and expensive) convenience stores. You can find these near pretty much every train station. Good place to buy last-minute snacks.

- 🌐 Some of the stores are open 24/7. You can check out the opening hours from Google maps.
- 🌐 In S-group stores, you can buy discounted food items that are approaching their expiry date. After 9 pm, the discount goes up to 60%!
- 🌐 Remember to bring your own bags with you as bags need to be purchased separately!

Yay! You made it to the end of the very first edition of Little Mantu. See you soon! <3 #mantsaonkivaa

