

## **IFITT Doctoral Summer School**

### **Location, transportation and accommodation**

#### **Summer School information**

Location: Haaga-Helia University of Applied Sciences

Address: Helsinki, Pasila, Ratapihantie 13, 00520 Helsinki

Room 2209, second floor

WWW-site: <http://www.haaga-helia.fi/en/frontpage>

#### **Transportation:**

Haaga-Helia Pasila Campus is easily accessible from all over Helsinki. The campus is situated right next to the Pasila Railway Station and Messukeskus, Expo and Convention Centre Helsinki. Easiest way to get to Pasila from Central Helsinki is to take any local train (Coded with letters such as R and N) from Central Railway Station (Asema-aukio, 00100 Helsinki). All local trains stop at Pasila, which is always the first stop. The trip to Pasila takes about 10 minutes. Remember to buy a ticket from the train in a railroad car that says "Lipunmyynti". You can buy the ticket from the conductor.

You can also get to Pasila with tram. Tram lines 7A and 9 go to Pasila, 7B goes from Pasila to Central Helsinki. The trip takes about 35 minutes. These trams can be accessed from Mannerheimintie, Aleksanterinkatu, Kampintori, close to Central railway station, Kaisaniemi and Hakaniemi.

Route planner tool and further information can be found from Helsinki Region Transport home page: <https://www.hsl.fi/en>.

### **Accommodation:**

The Summer School participants are free to choose whatever accommodation they find suitable. However, we have great deals for the summer school with the following hotels:

**Holiday Inn Helsinki Exhibition & Convention Centre -Messukeskus**, Messuaukio 1, 00520 Helsinki, Finland

tel. +358 (0)9 150 900 | fax +358 (0)9 150 901 [helsinki.holidayinn@restel.fi](mailto:helsinki.holidayinn@restel.fi)

5.6 87 € / 1 person room 108 € / 2 person room / night

6. - 8.6 72 € / 1 person room 78 € / 2 person room / night

All fees include breakfast

Holiday Inn Helsinki Exhibition & Convention Centre is located within one minute walk from the Pasila campus and recommended hotel for IFITT Summer School guests.

**Cumulus Hakaniemi Helsinki**, Siltasaarenkatu 14, 00530 Helsinki, Finland

tel. +358 (0)9 54660100 | fax +358 (0)9 54660101 [hakaniemi.cumulus@restel.fi](mailto:hakaniemi.cumulus@restel.fi)

5.6 92 € / 1 person room 118 € / 2 person room / night

6. - 8.6 75 € 1 person room 84 € / 2 person room / night

All fees include breakfast

[http://www.cumulus.fi/hotellit/hakaniemi/en\\_GB/hakaniemi/](http://www.cumulus.fi/hotellit/hakaniemi/en_GB/hakaniemi/)

Located within a walking distance of Helsinki city center, Cumulus Hakaniemi also provides easy access to Pasila by taking the trams 9 or 7B that leave directly from the front of the hotel.

These rooms can be directly booked by contacting the hotel in question and mentioning IFITT Summer School in the e-mail or on the phone. These prices are not accessible through online reservation services. Please note that there is a quota for these prices and those who book earlier have better chance at getting the hotels with the prices listed here.

### **Omenahotel Yrjönkatu 30**

### **Omenahotel Lönnrotinkatu 13**

These are cheap, clean and standardized hotels right in the center of Helsinki. You can reserve your accommodation to these hotels at <https://www.omenahotels.com/book/>. By using the code IFITT2014 you can get 10 % off from the list price.

# MAP

