



**WELCOME TO THE HELSINKI REGION!**

Welcome to  
TYÖVÄEN AKATEMIA  
KAUNIAINEN  
FINLAND



Työväen Akatemia, Vanha Turuntie 14, 02770 Kauniainen, Finland

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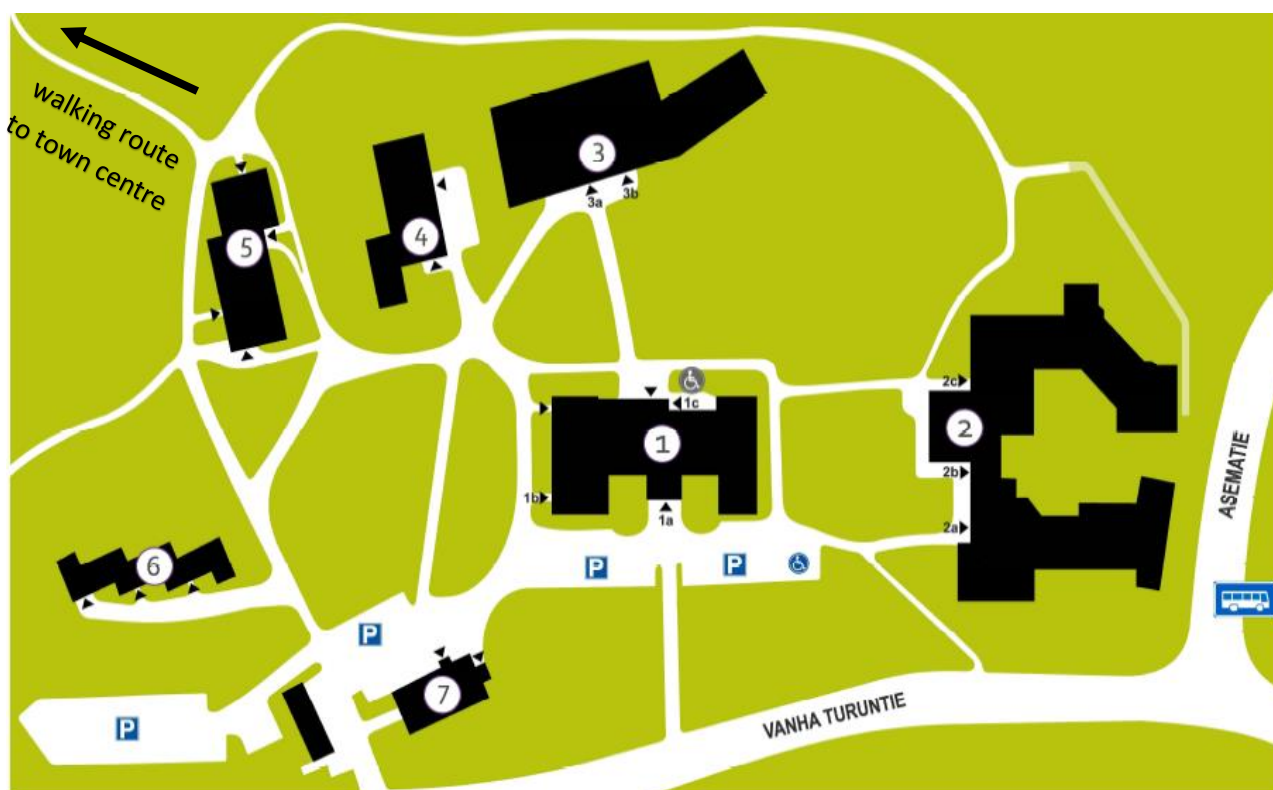
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**1** Main building:

- 1a Reception
- 1b Kitchen entrance
- 1c Disabled ramp

**2** Building 2:

- 2a Aivorihi
- 2b A-paja
- 2c Tiilirihi and hotel

**3** Building 3:

- 3a Mediateekki
- 3b Library

**4** Large dormitory

**5** Small dormitory

**6** Terraced houses

**7** Tallila building



## Welcome to Työväen Akatemia!

Työväen Akatemia is a folk high school, set up in 1924 to provide university level education to working adults. During the academic year, our students can take one-year courses in a range of humanistic subjects, from history to law and from psychology to languages. We offer a range of Open University courses in cooperation with various Finnish universities as well as our own university-level courses. At the end of their time with us, most of our students move on to study at mainstream universities in Finland and abroad.

The Akatemia stands in its own private grounds in Kauniainen, just outside Helsinki. As well as the beautiful Jugend-style main building, Villa Pelander, the school has several more modern buildings, which contain a range of classrooms and meeting rooms, all with good IT facilities. We also have two computer classrooms, a language laboratory and a well-stocked library.



Many of our students live in specially built accommodation blocks on campus, and there is a separate hotel complex for visiting guests. Our friendly kitchen staff provide tasty and nutritious meals and can also cater for special occasions and private functions.

Our 6-hectare grounds include an arboretum with more than 200 different species of trees as well as a range of recreational facilities, including a gym, tennis courts and a small playing field. It is often possible to spot wildlife, including deer, red squirrels and woodpeckers around the grounds.

## Accommodation & Food

The Akatemia has its own campus **hotel**, with 20 twin rooms. There is also a common lounge area and a small kitchen, plus two saunas and a lounge with a log-burning fireplace, which can be reserved separately.



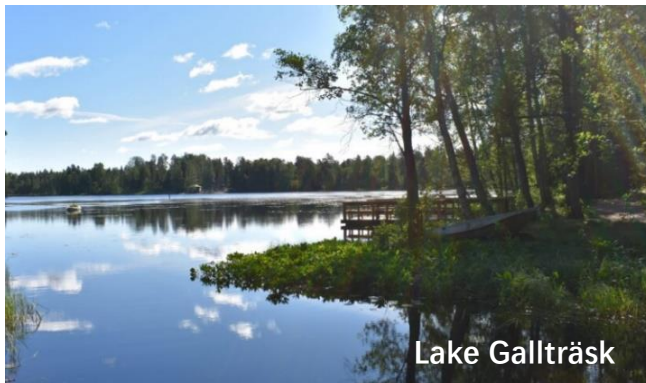
The Akatemia **restaurant** serves breakfast, lunch and snacks on weekdays. Catering at weekends and in the evenings is also possible by special arrangement.

There are also a few restaurants and a pub in Kauniainen centre, a short walk or bus ride away.

## In the local area

Työvään Akatemia is located in Kauniainen, a small town about 15 km from Helsinki city centre. Kauniainen is a garden suburb, famous for its historical villa areas, single-family homes and a close proximity to nature. The shortest walking route into the centre of Kauniainen takes you through nature and past several historic villas.

Two particularly pleasant outdoor exercise spots near the Akatemia are the walking path around Gallträsk Lake, and the rocky forest area of Kasavuori.



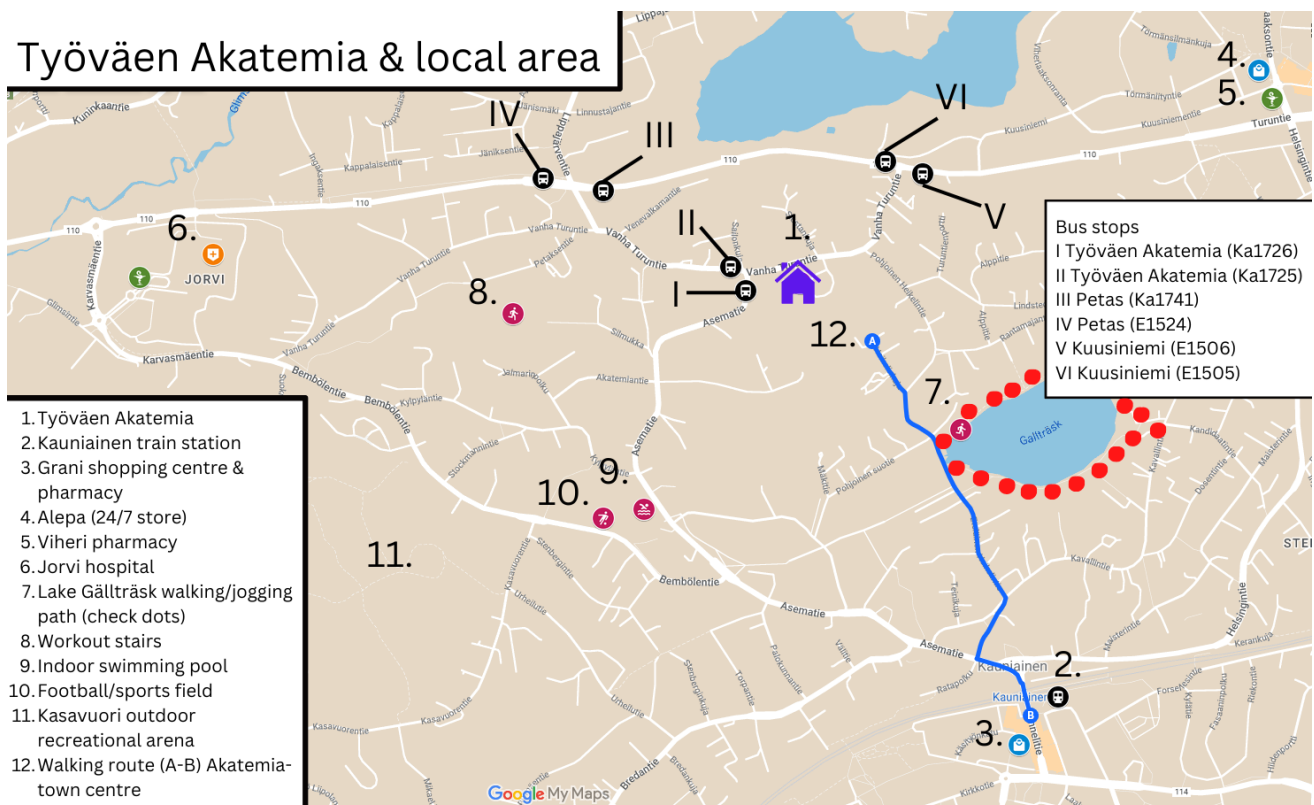
Lake Gallträsk



Kasavuori

Kauniainen also has a good range of other exercise areas, including a swimming pool, running track, workout stairs and a ski slope.

In the centre of town is the small Grani shopping centre, which has a few shops, restaurants and services. (<https://www.kauppakeskusgrani.fi/fi/> - Finnish/Swedish language only).





## Things to see and do in Helsinki

Helsinki is a short trip away by bus and/or train. (See the *Getting around* section for more details.) Most places of interest are within a short walk of the main railway station.

The main **shopping** areas are located in Kamppi and in the streets between the railway station and the Esplanadi park. Stockmann is the main department store in Helsinki but there are also many specialist shops in the side streets.

Below we've listed some of the main **tourist sights** in Helsinki. For more ideas, and for recommendations of places to eat, check out the official **Helsinki tourist website** here: <https://www.myhelsinki.fi/en>

**Senate Square** is the main square in Helsinki, with **Helsinki Cathedral** standing on a small rise above it. Nearby you'll also find the Orthodox **Uspensky Cathedral** (*Kanavakatu 1*) and the **market square** (*Eteläranta*), with stalls selling souvenirs and traditional Finnish foods beside the harbour. More stalls are to be found in the **Old Market Hall**, just to the side of the market square (<https://vanhakauppahalli.fi/>). Also near the market square there is the **Allas Sea Pool** complex, with a spa, sauna and several swimming pools right on the sea front. <https://www.allasseapool.fi/fi/>



There are many unusual **buildings** to be seen in Helsinki, including the new Central Library and meeting space, **Oodi** ([oodihelsinki.fi](https://oodihelsinki.fi) - *Töölönlahdenkatu 4*) and the "Church in the Rock" **Temppeliaukion kirkko** (<https://www.temppeliaukionkirkko.fi/> - *Lutherinkatu 3*).

Helsinki also has many **museums and art galleries** including the **National Museum** (<https://www.kansallismuseo.fi/en/kansallismuseo> - *Mannerheimintie 34*) and the **Ateneum** national art museum (<https://ateneum.fi/en/> - *Kaivokatu 2*.)



Modern art museums include Amos Rex ([amosrex.fi](https://amosrex.fi) - *Lasipalatsi, Mannerheimintie 22-24*) and **Kiasma** (<https://kiasma.fi/en/> - *Mannerheiminaukio 2*)



Slightly outside the city centre, are the **Sibelius Monument**, a sculpture dedicated to Finland's national composer, Jean Sibelius (*Sibeliuksen puisto / Sibelius Park*), and the **Olympic Stadium**, built for the Olympic Games in 1952. At the newly renovated stadium, you can visit the sports museum or go up the tower for a panoramic view over Helsinki. ([stadion.fi](http://stadion.fi) - *Paavo Nurmen tie 1*)

A Unesco World Heritage Site, **Suomenlinna sea fortress** is one of the most popular tourism destinations in Finland. There are six kilometers of walls, 100 cannons, tunnels and beautiful parks to visit. It's a 15-minute ride by public ferry away from the market square. Entrance to the island is free.

(<https://www.suomenlinna.fi/en>)



Another popular island is **Seurasaari**, an open-air museum in the west of Helsinki. Dotted about in the forest you'll find a collection of historic wooden buildings from around Finland. Free entrance to the island itself; there is a small charge if you want to go inside the buildings. Bus 24 from Kamppi in the city centre takes you to the bridge across to the island.

## Exploring Finnish Nature

**Nuuksio National Park.** Within easy reach by bus or taxi, you can escape into wild natural settings and enjoy typically Finnish scenery, with lovely lakes, green forests and rugged crags. There are nature trails and walking paths for all levels of fitness. The Finnish Nature Centre Haltia at Solvalla spotlights the best of Finland's natural treasures from across the country.

[www.nationalparks.fi/nuuksionp](http://www.nationalparks.fi/nuuksionp)



At **Oittaa Recreation Area**, on the banks of Lake Bodom, you can go for a sauna and swim in the lake throughout the year, and explore the nature trails in the local area. In winter you will find tracks for ice skating and cross-country skiing. It's possible to rent winter sports equipment and rowing boats and kayaks there.

## PRACTICAL INFORMATION

### Prices in Finland

Finland is a fairly expensive country. Some example prices are:

- Dishes in a restaurant >25 e
- Buffet / fast food meals 10-20 e
- Beer in a pub 8 e
- Coffee 3 e

### Getting around

#### By taxi

Taxis are expensive in Finland: the trip from the airport or the harbour to Työväen Akatemia is likely to cost more than 50€. Taxi companies are allowed to set their own rates, so it is important to be sure how the price will be calculated before you set off on the journey.

#### By public transport

All public transport in the Helsinki Metropolitan area (bus, train, metro, tram, some ferries...) is operated by HSL: <https://www.hsl.fi/en> .

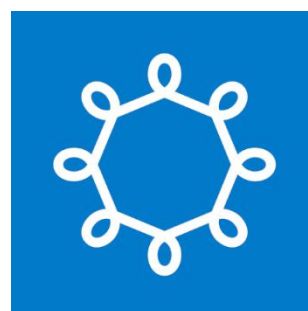
Single tickets are valid for one hour 20 minutes from the time of issue (2-zone tickets) or one hour 30 minutes (3 and 4-zone tickets); you can change between different means of transport as often as you like within that time.

If you will be using public transport regularly during your visit, it is worth thinking about buying a day ticket, which gives you unlimited travel within a set period, from 24 hours to 13 days. More here: <https://www.hsl.fi/en/tickets-and-fares>.

You must have a valid ticket before you start your journey. You can buy tickets from the ticket machines at railway and metro stations, or download the HSL app onto your phone. The app allows you to search for route information and to buy tickets wherever you happen to be.



*HSL ticket machine*



*The logo for the HSL app.*

## Getting to Työväen Akatemia

1. From Helsinki-Vantaa airport The most common routes are:

**A.** (needs BC ticket – 2,80€)

1. Train from airport railway station to **Huopalahti**: I-train (*Helsinki via Huopalahti*). Change to:
2. Train from Huopalahti to **Kauniainen**: E-train (*Kauklahti*)
3. Walk about 100 metres to the bus stop: *Kauniaisten asema - stop number Ka1739*
4. Bus **533** (*Järvenperä*) or bus **549** (*Jorvi*) to **Työväen Akatemia** stop (5 stops). It's a 2-minute walk from the bus stop to the Akatemia.



**B.** (needs ABC ticket – 4,10€)

1. Train from airport railway station to **Pasila**: P-train (*Helsinki via Tikkurila*). Change to:
2. Train from Pasila to **Kauniainen**: U-train (*Kirkkonummi*)
3. Take bus 533 or 549 to Työväen Akatemia – see steps 3 and 4 above.

2. From Helsinki railway station (needs AB ticket – 2,80€)

Take train E (*Kauklahti*) or U (*Kirkkonummi*) to Kauniainen station, then take bus 533 or 549 to Työväen Akatemia – see steps 3 and 4 above.

### 3. From the harbours

Ferries arrive in several different places in Helsinki, but the simplest way to get to Työvään Akatemia from all of them is to take a tram to the main railway station and then get a train from there (see 2, above). You will need an AB ticket – 2,80€ for the whole journey.

*Arriving on:*

- [Silja Line](#) (Olympia terminal). Take a tram to Helsinki railway station. Tram 3 (*Töölön halli*) stops right in front of the station. If you take tram 2 (*Pasila*), you'll need to get off at **Lasipalatsi** and walk for 5 minutes.
- [Viking Line](#) (Katajanokka terminal). Take tram 4 (*Munkkiniemi*) to **Lasipalatsi**, then walk 5 minutes to Helsinki railway station.
- [Eckerö Line](#) / [Tallink](#) (West Harbour). Take tram 7 (*Länsi-Pasila*) or tram 9 (*Ilmala*) to Helsinki railway station. (It's also possible to take the metro from Ruoholahti, a 20 minute walk from the terminal, and then a bus from either Matinkylä or Tapiola, but this tends to take longer.)

## Travelling from Työväen Akatemia

Buses 533 and 549 take you back to Kauniainen town centre and the railway station. From there, you can take a train to Helsinki.

You can also take bus 200 direct to Helsinki city centre: it leaves from the Petas (Ka1741), bus stop, a 5-10 minute walk away from the Akatemia. (See local map on p 3)



## Contact information

**Webpage:** [https://www.akatemia.org/in\\_english/](https://www.akatemia.org/in_english/)

**Address:** Työväen Akatemia, Vanha Turuntie 14, 02700 Kauniainen

<https://www.google.com/maps/place/Ty%C3%B6v%C3%A4en+Akatemia>

**Bookings:** [myynti@akatemia.org](mailto:myynti@akatemia.org) +358 50 354 1246

**General enquiries:** [info@akatemia.org](mailto:info@akatemia.org)

**Caretaker** (Mon-Fri 08:00-16:00) +358 50 354 1246

**On-call caretaker** (after 16:00 and at weekends) +358 50 594 7499

**Emergency number:** 112

**Nearest public hospital:** Jorvin Sairaala, Karvasmäentie 8, 02740 Espoo

