

cafés that offer coffees, cakes, sandwiches and sometimes salads. For tips about cafés and restaurants, visit the tourist information offices or have a look at their websites (www.visitturku.fi and www.visitvaasa.fi), or talk to some of the local students. They may have some good advice! If you're in Åbo, don't miss the river boats that lie mostly on the east side of the riverbank between the bridges Aurabron (Auransilta) and Kvarnbron (Myllysilta). Some of them offer food whereas others function as bars.

Student Cafeterias and Lunch Restaurants

Åbo

On the Åbo campus there are five student restaurants that serve lunches for 2.60 euros on weekdays. These are:

- *Café Arken*, Arken building/Fabriksgatan 2
- *Café Fänriken*, ASA building/Fänriksgatan 3
- *Café Gadolinia (Gado)*, Gadolinia building/Porthansgatan 3-5
- *Café Hanken*, Hanken building/Henriksgatan 7
- *Café Kåren*, Kåren/Tavastgatan 22

For more information about opening hours, lunch menus etc., please see www.studentlunch.fi.

There are also similar restaurants on the campus of the University of Turku. In the ICT building (Joukahainengatan 2-3), there is a student restaurant called *Sodexo* and *Tottisalmi* is located in the Student Health Care building (Kyrkovägen 13).

Vasa

On the Vasa campus there are two student restaurants that serve lunches for 2.40-2.60 euros on weekdays. These are:

- *Restaurang Alexander*, Academill/Strandgatan 2
- *Café Ann-Mari*, Academill/Strandgatan 2

For more information about opening hours, lunch menus etc., please see: www.abo.fi/student/sv/dagenslunch.

The lunches include a warm meal, sallad buffet, bread and a beverage. To get the lunch for the student price of 2.60 you have to present your

Finnish student card or a Kela/Fpa meal subsidy card. Without any of these cards you will have to pay the full meal price. There is always a vegetarian and/or a vegan option available.

9.6 Other Services

Both Åbo and Vasa offer most services that you need in your daily life. If you need help with finding a company/store offering the service that you need, you can use www.fonecta.fi. The website is in Finnish only but is very easy to use. In the yellow field marked "Yritykset" ('companies') you write the name of the city you're interested in in the box marked "Paikkakunta". In the other box, marked "Yrityksen nimi tai hakusana", you write a search word in Finnish (e.g. 'kahvila' for 'café') or the name of a specific company you're looking for. Press Enter and the site should give you the search results.

Shopping

There are a few things that may be good to know when doing your shopping, both groceries and other things. The words '*ale*' (short for *alennusmyynti*), '*tarjous*', '*erikoishinta*', '*erbjudande*' and '*rea*' (short for *realisation*), mean 'sale', 'special offer', 'discount' etc. The opening hours of shops vary so check the opening hours of your local food store. Most department stores and grocery stores are open from 9.00/10.00 to 19.00/21.00 during weekdays, from 9.00/10.00 to 17.00/18.00 on Saturdays, and from 12.00 to 18.00 on Sundays. Some small shops that sell only groceries are allowed to stay open to 23.00 every day. Bookshops, clothes shops etc. are open from 9.00/10.00 to 17.00/20.00 weekdays, from 9.00/10.00 to 14.00/18.00 on Saturdays and 12.00 to 18.00 on Sundays.

N.B. On public holidays (see list at the end of this guide) all shops are closed and on the eve of a public holiday they close at the same time as on Saturdays. If a public holiday falls on a Saturday, some shops are open on the following Sunday.