



SEINAJOKI STUDY VISIT – PRACTICAL INFORMATION

A bunch of practical information before you arrive in Seinäjoki.

1. Arriving in Seinäjoki

We strongly suggest booking your flight to the Helsinki airport and from there catch a train to Seinäjoki. It is very simple, environmentally friendly, and significantly cheaper to travel to Seinäjoki by train.

Go to the Finnish Railways page - <https://www.vr.fi/en/> - and choose 'From' station "Helsinki Airport" and 'To' station "Seinäjoki". You will have to transfer once as first you have to get from the airport to the train station. You will do it by a Commuter Train. Ticket for this commuter train is included in the price of your train ticket, just make sure to choose Helsinki Airport as the starting station. Helsinki Airport is easy to navigate as signs are easy to notice, so you shouldn't have any problem finding a passage to the Commuter Train.

There is plenty of connections to Seinäjoki every day. On the next page you can see an example screenshot with the timetable for the 23.03.2022. You can see that trains leave every hour, so we bet you can find a suitable ride. It takes around 3h to get from Helsinki Airport to the beautiful city of Seinäjoki. If you book your tickets two weeks ahead of your trip, you can count on the discounts visible on the screenshot. Prices will raise sharply with time.

InterCity trains are always equipped with a restaurant car so if you are worried about having time to eat, do not be worried anymore. Finnish Railways also offer free Wi-Fi network so you can entertain yourself during the ride.

If you however absolutely prefer flying, there is a possibility to fly to the [Vaasa Airport](#) (80km away from Seinäjoki) however getting to Seinäjoki from that airport is expensive. Please let us know as soon as possible if you would prefer this option and we will help you to organise a private transport from there, as it must be booked ahead of time.



Select outward journey

Helsinki Airport

→ Seinäjoki

Departure date

Return date

Passengers, additional services and accessibility

We 23.3.



-



1 adult

Show cabin prices and night trains

Outbound: Wednesday 23.3.

Helsinki Airport - Seinäjoki, 1 adult

⏏ Limit the search results

4:52 → 8:27	⌚ 3 h 35 min	↩ 1 transfer	Commuter train P → Pendolino 35	€17.80
6:12 → 9:18	⌚ 3 h 06 min	↩ 1 transfer	Commuter train P → InterCity 21	€17.80
8:22 → 11:05	⌚ 2 h 43 min	↩ 1 transfer	Commuter train P → InterCity 23	€24.90
9:22 → 12:29	⌚ 3 h 07 min	↩ 1 transfer	Commuter train P → InterCity 43	€17.80
11:02 → 14:16	⌚ 3 h 14 min	↩ 1 transfer	Commuter train P → InterCity 45	€17.80
12:22 → 15:09	⌚ 2 h 47 min	↩ 1 transfer	Commuter train P → InterCity 25	€17.80
13:22 → 16:25	⌚ 3 h 03 min	↩ 1 transfer	Commuter train P → InterCity 37	€20.90
15:22 → 18:10	⌚ 2 h 48 min	↩ 1 transfer	Commuter train P → InterCity 47	€17.80
16:22 → 19:05	⌚ 2 h 43 min	↩ 1 transfer	Commuter train P → InterCity 51	€33.10
17:22 → 20:13	⌚ 2 h 51 min	↩ 1 transfer	Commuter train P → InterCity 49	€17.80
18:22 → 21:17	⌚ 2 h 55 min	↩ 1 transfer	Commuter train P → InterCity 29	€33.10
20:12 → 0:56	⌚ 4 h 44 min	↩ 1 transfer	Commuter train P → InterCity 265	€20.90
21:57 → 1:38	⌚ 3 h 41 min	↩ 2 transfers	Commuter train P + 2 others	€21.00
ⓘ A limited number of cabins are available.				
23:42 → 4:11	⌚ 4 h 29 min	↩ 1 transfer	Commuter train P → InterCity 273	€20.90



Previous day

Next day





2. Hotels in Seinäjoki

We would advise you choosing one of the four hotels located in the city, so it would be easy to get there on foot, as they are all within 500m from the train station. It would also make it easier for you to get to Frami as we are located only 20-minute walk from the city centre (more about how to get to Frami on the following pages). As well as sightseeing the city would be easier if you are in one of these hotels.

- Hotelli-Ravintola Alma - <https://www.hotelalma.fi/en/> - approx. 160 € per night
Address: Ruukintie 4, 60100 Seinäjoki
- Scandic Seinäjoki - <https://www.scandichotels.com/hotels/finland/seinajoki/scandic-seinajoki> - approx. 120€ per night
Address: Kauppakatu 10, 60100 Seinäjoki, Finland
- Sokos Hotel Lakeus - <https://www.sokoshotels.fi/en/seinajoki/sokos-hotel-lakeus> - approx. 130€ per night
Address: Torikatu 2, 60100 Seinäjoki
- Sokos Vaakuna - <https://www.sokoshotels.fi/en/seinajoki/sokos-hotel-vaakuna> - approx. 140€ per night
Address: Kauppatori 3, 60100 Seinäjoki

You can also use Booking.com to book your stay or check other options: <https://bit.ly/3sep4HN>

3. Public transport

Public transport in Seinäjoki is realised by busses. The operator is called Komia Liikene.

You can read more about it on Seinäjoki city website: <https://www.seinajoki.fi/en/housing-and-environment/streets-and-traffic/public-transport-2/>

You can find schedule on the Komia Liikenne website: <https://harmanliikenne.fi/en/frontpage/>

We would suggest you choose one of the mentioned hotels in the city centre and commute on foot around the city. To all the programme activities outside of the city area, we will provide you a transportation.

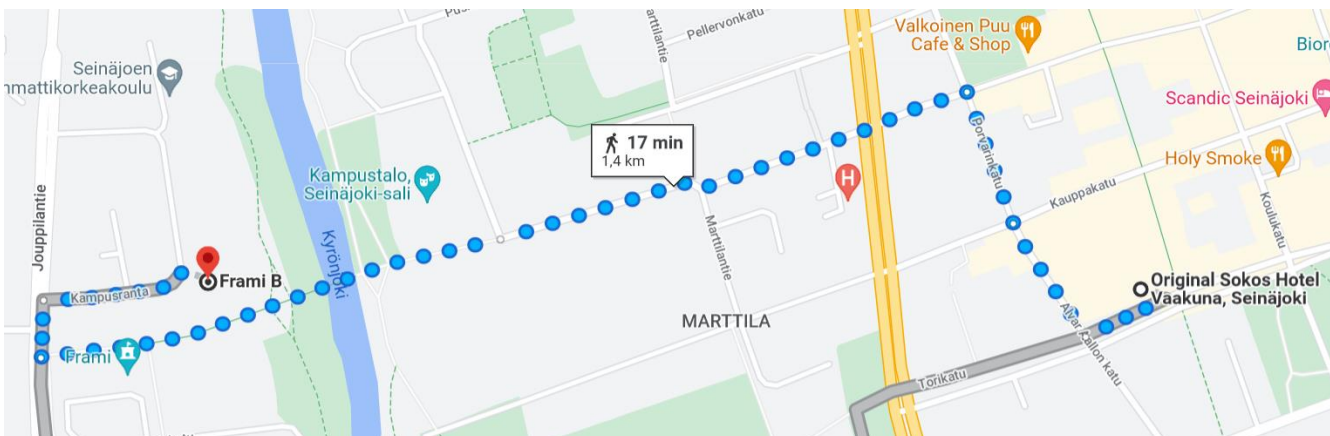


4. How to get to Frami?



Frami is a complex of offices which houses over 1000 employees from many different companies. This is also where The Regional Council of South Ostrobothnia has its headquarters. We are residing on the 4th floor of building C.

Our partner meeting will take place in building B. You can see it on a picture above. It is the round building where all aulas are located. As well as restaurant Komia. Here is an exact address: Kampusranta 9 B.



And here is a Google Maps link to help you find it on the map:

<https://goo.gl/maps/qSwKD7x2XBvwCMT8A>

You can read more about Frami here:

<https://www.frami.fi/briefly-in-english/>



5. Touristic attractions & free time activities

We have quite a tight plan for our study visit in Seinäjoki, but you should still be able to have some free time to explore the city. We would like to recommend you two things worth seeing in here.

- **Seinäjoki Library**

First, a Seinäjoki public library. Finland is known for its love to books and libraries. Nearly 80% of Finnish citizens over the age of nine read at least [two books per year](#)! Maybe that is why Finnish libraries are beautiful, modern and you simply like to spend time there.

Visit Seinäjoki:

<https://visitseinajoki.fi/en/attractions/come-and-experience/for-families/apila-library/>

Tripadvisor:

https://www.tripadvisor.com/Attraction_Review-g230040-d7714599-Reviews-Seinajoki_Library-Seinajoki_Southern_Ostrobothnia.html

- **Aalto Center of Seinäjoki**

Seinäjoki is the city of [Alvar Alto](#). This most famous Finnish architect and designer designed many buildings in Seinäjoki. His unmistakable style earned him international recognition and number of architectural awards.

Visit Seinäjoki:

<https://visitseinajoki.fi/en/see-and-experience/alvar-aalto/>

Tripadvisor:

https://www.tripadvisor.com/Attraction_Review-g230040-d5005064-Reviews-Aalto_Center_of_Seinajoki-Seinajoki_Southern_Ostrobothnia.html

If you have time to explore Seinäjoki and South Ostrobothnia more we advise you to search through the Visit Seinäjoki and Visit Lakeus websites:

- [Visit Seinäjoki](#)
- [Visit Lakeus](#)