

Living expenses in Seinäjoki

Living expenses in Seinäjoki are much lower than for example in southern Finland. Here are some examples of the living costs as well as free time activities below.

ESTIMATED MONTHLY BUDGET OF A STUDENT IN SEINÄJOKI (APPROXIMATELY)

Rent	230–500 €
Food	200 €
Other expenses	150 €
Total	600–900 €

The distances in Seinäjoki are short and you can go to most places by bike or walking. The monthly payment of the local transportation (bus) is 30 €.

The train transportation from Seinäjoki and to Seinäjoki is really good. One-way ticket to Tampere costs approximately 10–20 euros (takes around 1–1,5 hours) and to Helsinki approximately 20–30 euros (takes around 2,5–3 hours). You can also travel from Seinäjoki with Onnibus (for example to Vaasa, Tampere, Helsinki), prices of one way ticket starts from 1 euro. The more early you order the tickets, the lower the price (goes with busses and trains).

Lunch on campus costs approximately 1,65–2,05 €, tea and coffee 1 €.

COSTS OF DIFFERENT ACTIVITIES IN SEINÄJOKI (APPROXIMATELY)

There are a lot of things to do in Seinäjoki in your free time. In Seinäjoki there is a beautiful nature to explore for free, for example Kyrkösjärvi lake and Paukaneva nature route. The gym in Frami F is free of charge for the student of SeAMK.

Here are some examples of the costs of different activities in Seinäjoki:

Movies	8–15 €
Bowling (one hour)	15–30 €
Sports games (ice hockey, Finnish baseball, football, floorball)	5–15 €
Downhill skiing in Joupiska	starting from 14 €
Eating out in a restaurant	10–25 €
Fast food	4–10 €
Swimming	6 €
Music concerts	free to 30 €