

COST OF LIVING IN SEINÄJOKI

Monthly costs of a student are approximately 600–900 euros. Expenses in Seinäjoki are lower than for example in southern Finland in the capital region. The city of Seinäjoki is easy to get to. The capital Helsinki is less than three hours away by train, but living comfortably in Seinäjoki is much more affordable. Here are some examples of cost of living and free time activities.

ESTIMATED MONTHLY BUDGET OF A STUDENT IN SEINÄJOKI

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

Lunch on campus costs 2,00 euros. Distances in Seinäjoki are short and you can go to most places by foot or bike. The monthly payment of local transportation (bus) is 30 euros and single ticket is 2 euros.

TRAIN TICKETS WITH STUDENT DISCOUNT FROM SEINÄJOKI TO DIFFERENT CITIES

Helsinki (the capital)	20-30 €
Tampere	10-15 €
Vaasa	5-8 €
Oulu	25-35 €
Rovaniemi (Lapland)	35-45 €

Onnibus bus company is a cheap option to train transportation. Bus tickets of this company to different cities can be really affordable, starting from a few euros if you book early. However the traveling times can be double compared to train.

COSTS OF FREE TIME ACTIVITIES

There are a lot of activities provided 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 for students to use.

Movies	10–15 €
Bowling (one hour)	17–30 €
Sports games (ice hockey, Finnish baseball, football, floorball)	5–15 €
Downhill skiing in Joupiska starting from	16 €
Eating out in a restaurant	10–25 €
Fast food	4–10 €
Swimming	4 €
Music concerts	free to 30 €

