



Vaasan yliopisto
UNIVERSITY OF VAASA



lculture™

Global Symposium 2025
@ the University of Vaasa

Travel suggestions after or before visit to Vaasa

X-Culture Global Symposium, 2025



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1 Informational notice

Warm welcome to all participants attending the X-Culture Global Symposium in Vaasa this year 2025! Thank you for reading the following notice which includes information about the travel suggestions provided in the next pages.

1.1 Information behind the links

There are many links in this booklet, to access the content behind the links, **click directly from the page** to open the link in your browser. Copy/pasting the link into the browser will not work as many links have been shortened to fit into these travel suggestions.

1.2 More about the travel suggestions

In the next pages are different travel suggestions to different areas of Finland and Sweden. You are welcome to use any of these suggestions to make your travels, however we would like to remind you of key points:

1. our organization committee cannot make any reservation on your behalf, nor are we able to modify any reservations you will make.
2. the average prices mentioned hereafter are subject to change; **always** check directly from the company's website for the updated prices.
3. the currency in many countries in Europe, including Finland, is the Euro, you can convert to your own currency easily online. However, in Nordic countries this may vary, e.g., if you travel to Sweden the currency is Swedish Krona, in Norway – Norwegian Krone, in Denmark – Danish Krone.
4. Checking the opening hours and possible summer holidays of the places you want to visit is highly recommended as there may be restricted opening times even during the peak touristic season.
5. When possible, we highly recommend making the reservation using the official company website rather than relying on the intermediary pages, because it is quite difficult in Finland to make modifications to tickets if they are booked via external providers. However, external provider's will be very handy to explore options and reviews of the service you intend to book.

1.3 Hotel suggestions

To book your hotel in any of the cities that the suggestions will bring you to, we recommend that you check the booking.com website. This platform is often used in Europe, and you are able to check the hotels' availabilities, depending on your preferences (stars, prices, dates, options, etc.). Afterwards, you are able to make the reservations either via booking.com or on the hotel's own website. The general link is: <https://www.booking.com/>

And for different cities, the links are:

- Helsinki: <https://www.booking.com/searchresults.Helsinki>
- Tampere: <https://www.booking.com/searchresults.Tampere>



- Rauma: <https://www.booking.com/searchresults.Rauma>
- Turku: <https://www.booking.com/searchresults.Turku>
- Stockholm: <https://www.booking.com/searchresults.Stockholm>
- Umeå: <https://www.booking.com/searchresults.Umeå>

2 Adventuring the capital city: Helsinki

Helsinki is the capital of Finland since 1812, and definitely a place worthy to visit when being in Finland. The recommended length of your stay in the capital city depends on the scope of your interest. This can be a weekend or a week trip given the objects you hope to visit. On this page you will find information and links to travel from Vaasa to Helsinki as easily as possible.

2.1 Travelling from Vaasa to Helsinki

To get to Helsinki, it is recommended to use either the bus, the train, or the plane; choosing the best one for you depend on your time availabilities and budget.

- **Getting there by bus** takes between 7 and 8 hours, and there are mainly two providers that will bring you there:
 - o **Onnibus:** <https://www.onnibus.com/from-vaasa-to-helsinki>
 - o **Matkahuolto :** <https://liput.matkahuolto.fi/Vaasa-Helsinki>

To get the travel details, change the dates and times to yours, and the prices will update automatically. To give you an idea, the price of the ticket average between 15€ and 40€, the earlier you purchase the ticket, the cheaper it will be.

- **Getting there by train** takes about 4 hours and there is only one provider in Finland: VR, link: <https://www.vr.fi/en>. The company operates on dynamic pricing, so the earlier you buy the tickets, the cheaper the price will be; the prices can be found as low as 25€ one-way.

To get the travel details, on the home page, in the section "From" write Vaasa, in the section "To" write Helsinki. It will then prompt you to enter your departure/return date and other information. **IMPORTANT! Do not mark your passenger type as "student"; even if you are a student in your country.** In Finland, student prices are only reserved for students in Finnish Universities, so you cannot benefit from the student prices online in Finland.

- **Getting there by plane** takes about 1 hour (excluding getting to airport, checking in and passing security) and the easiest provider to use is the national airline: Finnair, link: <https://www.finnair.com/fi-en>. The prices average 140€ one-way.

2.2 Activities recommendations in Helsinki

Whether you want to get to know more about Arts, Architecture, History, Cultural traits, or Traditions, Helsinki has something for you to see and do. Make sure to check the website: <https://www.myhelsinki.fi/visit/> and the interactive map to discover everything the capital city has to offer you (there is a lot of possibilities depending on your interests). But, here are a few ideas already:

- **Ateneum Art Museum** > home of the Finnish art, and part of the Finnish National Gallery
<https://ateneum.fi/en/?lang=en>
- **Senate Square** > architectural wonder dominated by four buildings: Helsinki Cathedral, Government Palace, University of Helsinki, National Library of Finland.

<https://www.myhelsinki.fi/places/senate-square/>

- **Suomenlinna Sea Fortress** > a Unesco World Heritage Site located on the coast of Helsinki and accessible easily, where guided tour can be booked in advance.

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

- Explore the heritage of **Alvar Aalto**: <https://www.myhelsinki.fi/visit/alvar-aaltos-helsinki/>
- **OodiHelsinki Central Library**: <https://oodihelsinki.fi/en/>
- **Helsinki Olympic Stadium** to explore the city view from above: <https://www.stadion.fi/en/visit-stadium/visit-tower>
- **Heureka - Finnish Science Centre** – for exploring science in a playful manner: <https://www.heureka.fi/en>
- **Finnish Museum of Natural History**: <https://www.helsinki.fi/en/luomus/visit-us/natural-history-museum>
- **Tempeliaukio Church** – the most interesting church in Helsinki in the stone: <https://www.temppeliaukionkirkko.fi/en/index/nimi.html#>
- **Harbor, market square** for a visit and tasting salmon soup: <https://www.myhelsinki.fi/places/market-square/>

2.3 Useful links

- City of Helsinki: <https://www.myhelsinki.fi/>
- More about what to visit in Helsinki: <https://www.myhelsinki.fi/visit/>
- Visit Finland: <https://www.visitfinland.com/en/places-to-go/helsinki-region/helsinki-city/>
- **HSL** : Public transportation in Helsinki: <https://www.hsl.fi/en>

3 Exploring the West-coast: Vaasa-Tampere-Turku

Travelling to different cities on a circuit is a very easy trip in Finland to do by train, and it allows you to visit different part of the country. This West-Coast exploration circuit is shared in two sections, the first part is Vaasa-Tampere, and the second part is Tampere-Turku.

3.1 Circuit 1: Vaasa-Tampere

3.1.1 Travelling from Vaasa to Tampere

In Finland, there is only one train line: VR, link: <https://www.vr.fi/en>. To travel from Vaasa to Tampere is very easy; on the home page, in the section “From” write Vaasa, in the section “To” write Tampere. It will then prompt you to enter your departure/return date and other information. The prices will automatically update when you click “search journeys”. As the company operates on dynamic pricing, the earlier you buy the tickets, the cheaper the price will be; the prices can be found as low as 16€ one-way.

IMPORTANT! Do not mark your passenger type as “student”; **even if** you are a student in your country. In Finland, student prices are only reserved for students in Finnish Universities, so you cannot benefit from the student prices online in Finland.

3.1.2 Activities recommendation in Tampere

Tampere is known to be the most loved city in Finland. With numerous events, activities for all, fascinating cultural experiences, lakes and urban views at every corner, the city will welcome you into a gorgeous landscape. The full list of activities what you can see and do in Tampere during your stay is available here: <https://visittampere.fi/en/see-do/>. But here are a few ideas already:

- **Moomin Museum** > the World’s only Moomin Museum offers you a stroll into the Moomin world and arts of all types.
<https://www.muumimuseo.fi/en/etusivu/>
- **Amuri Museum of Historic Housing:** <https://visittampere.fi/en/attraction/amuri-museum-of-historic-housing/>
- **Museum Centre Vapriikki:** <https://visittampere.fi/en/attraction/museum-centre-vapriikki/>
- **Näsinneula Observation Tower** > see Tampere from a bird-eye perspective at 120 meters high, and enjoy a treat at the Sky Café. <https://sarkanniemi.fi/en/nasinneula>
(Tip! You can also enjoy a dinner in the restaurant in the observation tower, at 124m high, it is a unique place that rotates and gives you a different view every minutes – a truly unique dinner!)
- **Finlayson Rooftop Walk** > experience Tampere from the rooftops, a new perspectives and unique route of stunning sights and historical stories.
<https://roofwalk.fi/en/frontpage/>
- **Pyynikin Observation Tower** (visit & abseil)
<https://visittampere.fi/en/experience/abseiling-at-pyynikki-observation-tower/>
- **Visit a local sauna** > as the Sauna capital of the World, Tampere has dozens of public saunas where you can go and relax. And you may also want to have a look at the typical “sauna-boat” experiences
<https://visittampere.fi/en/see-do/sauna-capital/>

3.2 Circuit 2: Tampere-Turku

3.2.1 Travelling from Tampere to Turku

In Finland, there is only one train line: VR, link: <https://www.vr.fi/en>. To travel from Tampere to Turku is very easy; on the home page, in the section "From" write Tampere, in the section "To" write Turku and choose the option: Turku (City Centre, Logomo) – *this is the station in the city-centre and the main train station in the city of Turku*. It will then prompt you to enter your departure/return date and other information. The prices will automatically update when you click "search journeys". As the company operates on dynamic pricing, the earlier you buy the tickets, the cheaper the price will be; the prices can be found as low as 10€ one-way.

IMPORTANT! Do not mark your passenger type as "student"; **even if** you are a student in your country. In Finland, student prices are only reserved for students in Finnish Universities, so you cannot benefit from the student prices online in Finland.

3.2.2 Activities recommendations in Turku

Turku is the oldest city in Finland and used to be the capital city of the country until 1812 (year when it changed to Helsinki). The city is a gateway to Finnish archipelago and has plenty to keep you occupied both on land and at sea. Make sure to check the website to get the full list of what you can see and do in Turku during your stay: <https://en.visitturku.fi/see-and-do>. But here are a few ideas already:

- **Moomin World** > a theme park based on the Finnish-Swedish artist who created the Moomin characters. Get to know the characters that every Finns and Swedes know and learn to love.
<https://www.moominworld.fi/>
- **Largest island labyrinth (Turku Archipelago)** > Hop on a boat and adventure around the islands of Finland and Sweden.
<https://en.visitturku.fi/experience-the-finnish-archipelago-the-world-s-largest-island-labyrinth>
- **Kakola Prison** > Closed since 2007, the prison is on the Kakolanmäki Hill – the second-largest hill in Turku, and has become an imposing complex overlooking Aura River.
<https://en.visitturku.fi/life-after-lockdown-the-story-of-kakolanmaki-hill>
- **Ruissalo** > the idyllic combination of nature and culture has a lot to offer and is a local-favourite place to hang out and relax.
<https://en.visitturku.fi/escape-to-the-island-of-ruissalo>
- **Turku Castle** > whether your interest relies in the history, the people or the exhibition, visiting the Turku Castle is a must for all curious minds.
<https://turunlinna.fi/en/home-page/>
- **Viking restaurant:** <https://www.ravintolaharald.fi/en/> - the visit may require reservation since it is always very busy. The reservation can be made online.
- **Take a river cruise:** <https://river-cruises.fi/en/home/>
- **Forum Marinum:** <https://www.forum-marinum.fi/en/>
- **Enjoy lively cafes and walks along the river Aura:** <https://en.visitturku.fi/the-aura-riverside---turku--s-living-room>

3.3 Useful links

For Tampere:

- City of Tampere: <https://visittampere.fi/en/>
- More about what to visit in Tampere: <https://visittampere.fi/en/see-do/>
- Visit Finland:
 - o Tampere, Sauna Capital of the World: <https://www.visitfinland.com/en/articles/tampere-sauna-capital-of-the-world/>
 - o Tampere, the city where lakes meet the urban: <https://www.visitfinland.com/en/places-to-go/lakeland/tampere/>
- **Nysse**: Public transportation in Tampere: <https://www.nysse.fi/en/>

For Turku:

- City of Turku: <https://en.visitturku.fi/>
- More about what to visit in Turku: <https://en.visitturku.fi/see-and-do>
- Take a test, and find out what kind of city holiday in Turku is made for you: <https://en.visitturku.fi/what-kind-of-city-holiday-in-turku-is-right-for-you-take-the-test-to-find-out->
- Visit Finland: <https://www.visitfinland.com/en/places-to-go/coast-and-archipelago/turku/>
- **Föli**: Public transportation in Turku: <https://www.foli.fi/en/timetables-and-routes>

4 Escaping further North: trip to Lapland

Lapland is a region in Northern Finland, but also in Sweden and Norway. This section will highlight mainly the Finnish Lapland, but you are welcome to make your own research on Swedish Lapland and Norwegian Lapland.

4.1 Travelling to Lapland

From Vaasa, the easiest Lappish places to reach are the city of Rovaniemi and the area of Kittilä, and you can get there either by train, or by plane. However, you may be interested in flying to another one of the six airports in Lapland, just make sure you can get there from Vaasa (or the city you are departing from).

- **Getting to Rovaniemi by train** takes between 6h30 - 8 hours, the time difference depends on the type of train and number of stops/changes on the road. There is only one provider in Finland: VR, link: <https://www.vr.fi/en>. The company operates on dynamic pricing, so the earlier you buy the tickets, the cheaper the price will be; the prices can be found as low as 19€ one-way. (Rovaniemi is the only city that is reachable in the summer)

IMPORTANT! Do not mark your passenger type as “student”; **even if** you are a student in your country. In Finland, student prices are only reserved for students in Finnish Universities, so you cannot benefit from the student prices online in Finland.

- **Getting to Rovaniemi and Kittilä by plane** takes about 3 hours to Rovaniemi and 4h30 to Kittilä (excluding getting to airport, checking in and passing security) and it is made easy with Finnair, the Finnish national airline: <https://www.finnair.com/fi-en>. Prices average 125€ one-way for both destinations.

4.2 Getting around in Lapland

Lapland is a large area, getting to one city is the easiest solution to reach Lapland, and you are then invited to get around using the public transportation or your own mode of transportation. On the LaplandNorth website: <https://laplandnorth.fi/en/about-the-area/travel-information/> can be found a lot of information about: airport shuttle, or public transportation.

4.3 Staying in Lapland

Because Lapland is a large area and unique lodging are possible there, booking.com (as mentioned in the informational notice on page 2) might not present you with all of the possibilities. As a result, we want to link the official Lapland webpage “plan your stay” for you: <https://www.lapland.fi/visit/plan-your-stay/> (scroll to the bottom and choose your destinations for more information).

4.4 Activities recommendations in Lapland

The Lapland region is filled with incredible treasures, from National Parks to Nature Reserves and passing once-in-a-lifetime experiences, there is something to do for everybody. Remember that the region is spread across a lot of land, so carefully check where the activity is located before reserving it. In the next few lines are activities spread around in the region, and in the section 5.3 Useful links are even more suggestions about what to see and do. But here are already some ideas:

- **Amethyst Mine** > Located in the Pyhä-Luosto Lapland, the amethyst of Lampivaara was formed 2 000 years ago and is a special gem mine. A truly unique experience!
<https://www.amethystmine.fi/visits/summer/>
- **Santa Claus Village** > you can visit the village every day of the year.
<https://santaclausvillage.info/>
- **Visit a National Park (or three)** > An interactive map let you see where national parts are situated, if you have time and possibility to reach them, have a look and breath the freshest air on the planet.
<https://www.luontoon.fi/en/activities/hiking-and-outdoor-recreation/map>
<https://www.visitfinland.com/en/places-to-go/national-parks/national-parks-in-lapland-region/>
- **Tornio – Twin cities of Lapland** > sitting at the border between Finland and Sweden, Tornio is one of the North's twin cities and offers access to Bothnian Bay, wilderness, valley views, and more!
<https://www.lapland.fi/visit/plan-your-stay/tornio-twin-cities-of-lapland/>
- **Visit one of the reindeer farms:** <https://www.visitrovaniemi.fi/see-do/activities/reindeer-sleigh-rides-farm-visits/>
- **Visit one of the husky farms:** <https://santaclausvillage.info/activities/arctic-circle-husky-park/>
- **Check out Auttiköngäs:** https://www.tripadvisor.com/Attraction_Review-g189922-d547234-Reviews-Auttikongas-Rovaniemi_Lapland.html

4.5 Useful links

Hereafter are useful links to check out for Lapland in general, but also specific links about Rovaniemi if you are planning on getting there and staying there. Other official websites (cities that have an airport and where you can land) that you could check are:

- Ylläs: <https://yllas.fi/en/>
- Pyhä-Luosto: <https://www.pyha.fi/en>
- Salla: <https://www.salla.fi/en/>
- Inari: <https://www.inari.fi/en/home-page.html>
- Levi: <https://www.levi.fi/en/> (this is a city in the area of Kittilä)
- Enontekiö: <https://enontekio.fi/en>

For Lapland area in general:

- Finnish Lapland website: <https://www.lapland.fi/>
- What to know about sustainable tourism in Lapland: <https://www.lapland.fi/visit/sustainable-tourism/>
- More about what to visit in Lapland: <https://www.lapland.fi/visit/bucketlist-top-things-to-do-lapland/>
- Visit Finland: <https://www.visitfinland.com/en/places-to-go/lapland/>

- More information about travelling within Lapland, and getting around:
<https://laplandnorth.fi/en/about-the-area/travel-information/>

For Rovaniemi:

- City of Rovaniemi: <https://www.visitrovaniemi.fi/>
- More about what to see and do in Rovaniemi:
 - o general webpage: <https://www.visitrovaniemi.fi/see-do/>
 - o Summer-special webpage: <https://www.visitrovaniemi.fi/seasons/rovaniemi-summer/>
- Visit Finland: <https://www.visitfinland.com/en/places-to-go/lapland/rovaniemi/>
- Public transportation:
 - o Official Rovaniemi website: <https://www.visitrovaniemi.fi/plan/getting-around/>
 - o Another source of information: <https://www.visitrovaniemi.fi/plan/getting-around/>

5 Experiencing a sea tour: Umeå

Umeå is the largest city in Northern Sweden and a cultural hotspot immersed in nature. In the city you will find excellent shopping opportunities, interesting architecture, magnificent wilderness, world-class museums, and more. It is the European Capital of Culture. What is most exciting – you can get there by sailing with the [most sustainable ship in the world that is sailing from Vaasa to Umeå!](#)

5.1 Travelling to Umeå

You can easily travel to Umeå, from Vaasa, by boat thanks to a ready-made travel package by Wasaline. To book your boat and hotel package, head over to: <https://www.wasaline.com/en/hotel-packages-from-vaasa/> and choose your dates, hotels, and additional options.

5.2 Activities recommendations in Umeå

Umeå being the European Capital of Culture (in 2014), the cultural life is filled with arts, theatres, dance and music scenes, and more! The city is also known for its architectural wonders, diverse museums, unique designs where different worlds meet and unite. Whatever you desire to see, Umeå has it for you. Welcome to check the official website to get the full list of what you can see and do in Umeå during your stay: <https://visitumea.se/en/to-do-umea>. But here are a few ideas already:

- **Gammlia friluftsmuseum (part of Västerbotten Museum)** > an open-air museum that depicts the country's history; it has 30 historic buildings in the area, activities in the summer and is at walking distance from the city-center.
<https://vbm.se/>
- **Umedalens Sculpture Park** > Enjoy a walk in one of Northern Europe's leading sculpture collections, with over 40 pieces made by renowned artists. Free of charge and open every day.
<https://visitumea.se/en/umedalens-skulpturpark>
- **The Arts Campus** > The World's highest ranking design school is open for visit in Umeå, and so is the Museum of Contemporary Art in the same space.
<https://www.bildmuseet.umu.se/en/>
- **Visit a Nature reserve** > in the Umeå region there are many exciting nature reserves, get to know them and choose which you would want to visit this summer.
<https://visitumea.se/en/nature-reserves-around-umea>
- Explore science and technology in **Curiosum**: <https://www.curiosum.umu.se/en/>
- Visit impressive **library** which connects with lovely **vintage shopping centre**:
<https://www.librarybuildings.eu/library/umea-city-library/>

5.3 Useful links

- City of Umeå: <https://visitumea.se/en>

- More about what to see and do in Umeå: <https://visitumea.se/en/to-do-umea>
- Visit Sweden:
 - o general page: <https://visitsweden.com/>
 - o About Umeå: <https://visitsweden.com/where-to-go/northern-sweden/vasterbotten/umea/>
- **Tabussen**: Public transportation in Umeå: <https://www.tabussen.nu/en/>
And more information about public transports: <https://www.umea.se/flytta/english/movetoumea>

6 Visiting the Nordic capital: Stockholm

6.1 Travelling to Stockholm

Travelling to Stockholm can be done by taking a flight from Vaasa. Getting there by plane takes about 2h30 (excluding getting to airport, checking in and passing security). The national Finnish airline Finnair will take you to Stockholm often with a single stop in Helsinki for a price that average the 195€ round-trip. More information can be found directly on the airline's own website: <https://www.finnair.com/fi-en>.

6.2 Activities recommendations in Stockholm

Stockholm is the Capital of Scandinavia, an open city where innovations in music, design, fashion and technologies are born. There are many things to see and do in the city, make sure to check the website to get the full list of what you can see and do in Stockholm during your stay: <https://www.visitstockholm.com/see-do/>. But here are a few ideas already:

- **Sculpture Parks** > You can find several parks filled with sculptures of different styles; the outdoor artworks are often located next to museums.
<https://www.visitstockholm.com/see-do/attractions/sculpture-parks-in-stockholm/>
- **Free entry museums** > Stockholm offers many opportunities to visit museums for free, the City Museum, an Art Gallery, the National Sport Museum, and more!
<https://www.visitstockholm.com/see-do/attractions/museums-with-free-entry/>
- **Follow the footsteps of the Vikings in Stockholm** > there are four attractions regarding the Vikings in Stockholm, check them out and make your own Viking Adventure!
<https://www.visitstockholm.com/see-do/attractions/vikings/>
- **Boat and/or Bus tours** > if you want to make the most of the sightseeing experiences, why not relax on the water or on the road? Choose a *hop on - hop off* tour or a more organized one directly online.
<https://www.visitstockholm.com/see-do/attractions/boat-and-bus-sightseeing/>

6.3 Useful links

- City of Stockholm: <https://www.visitstockholm.com/>
- More about what to visit in Stockholm: <https://www.visitstockholm.com/see-do/>



- Visit Sweden:
 - o general webpage: <https://visitsweden.com/>
 - o Stockholm webpage: <https://visitsweden.com/search/?query=stockholm>
- **SL:** Public transportation in Stockholm: <https://sl.se/en/in-english>