

Upper Savo Guide for Immigrants

FOREWORD



A warm welcome to Upper Savo!

Internationalisation is a part of today's reality. As representatives of different nationalities, you, new residents of Upper Savo, bring a welcome breath of fresh air into our daily lives.

With the help of this practical guide we hope that we are able to facilitate your integration and offer solutions to everyday problems. We would also like to warmly welcome you to our region and hope that you will feel at home in the heart of Upper Savo!

More information about the municipalities and their services can be found on their websites:

www.keitele.fi
www.kiuruvesi.fi
www.lapinlahti.fi
www.pielavesi.fi
www.sonkajarvi.fi
www.vierema.fi

Welcome!

Chairperson of the working group of the Upper Savo integration programme, principal
Maija-Leena Kempainen



This guidebook is intended for immigrants living in Upper Savo.

The guidebook contains information which immigrants need when starting life in a new country. It contains information about housing, work, education, various different services and recreational activities.

The guidebook also contains the contact information for various authorities and officials.

This guidebook is published in Finnish, Russian, Estonian and English. It has been compiled by the Welcome to Northern Savo (*Vastaanottava Pohjois-Savo*) project in cooperation with local authorities and other partners. The guidebook for immigrants in Mikkeli, created by the employees of the South Savo Vocational College's project Pointti - Immigrants on the way to employment in South Savo (*Pointti – Maahanmuuttajat työvoimaksi Etelä-Savossa*), was used as a basis for creating this guidebook.

The Welcome to Northern Savo project is funded by ESF and it involves 10 municipalities in Northern Savo: Kuopio, Siilinjärvi, Varkaus, Iisalmi, Keitele, Kiuruvesi, Lapinlahti, Pielavesi, Sonkajärvi and Vieremä. The project aims at improving and developing the services that the different municipalities offer to immigrants. One aim is to offer and develop multilingual counselling and information services for immigrants in Northern Savo. Multilingual counselling and information services are available in Kuopio, Varkaus and Iisalmi and, if needed, in other municipalities, e.g. via telephone or e-mail. The project also offers help and support for the employees of municipalities, for example by creating networks of people working with immigration matters, by producing and handing out materials that can be utilised in multicultural work and by organising education. The project started in 2008 and it will last until the end of November 2011.



SIILINJÄRVI



1 WELCOME TO UPPER SAVO!	5
2 MOVING TO UPPER SAVO	8
2.1 REGISTRATION AT THE REGISTER OFFICE	9
2.2 PERMITS	9
2.3 KELA.....	10
2.4 BANK ACCOUNT	11
3 LIVING AND HOUSING	13
3.1 CHANGE OF ADDRESS NOTIFICATION.....	14
3.2 RENTED HOUSING	14
3.3 PRIVATELY OWNED HOUSING.....	15
3.4 IMPORTANT INFORMATION ABOUT HOUSING	18
4 TRANSPORT IN UPPER SAVO	20
4.1 LOCAL PUBLIC TRANSPORT	21
4.2 LONG-DISTANCE TRAVEL.....	21
5 FINNISH LANGUAGE STUDIES	23
5.1 STUDYING FINNISH ON YOUR OWN	24
5.2 FINNISH LANGUAGE AND CULTURE COURSES	25
6 WORK	27
6.1 SERVICES OF THE EMPLOYMENT AND ECONOMIC DEVELOPMENT OFFICE	28
6.2 IN TO FINLAND SERVICE POINT	30
6.3 ETAPPI PROJECT.....	31
6.4 ACTIVITIES FOR THE UNEMPLOYED.....	31
6.5 STARTING YOUR OWN BUSINESS.....	32
6.6 TAXATION.....	32
7 EDUCATION	33
7.1 THE EDUCATION SYSTEM	34
7.2 DAY CARE	34
7.3 PRE-SCHOOL EDUCATION	36
7.4 BASIC EDUCATION	37
7.5 STUDYING AFTER BASIC EDUCATION	39
7.6 UPPER SECONDARY EDUCATION	39
7.6.1 <i>General upper secondary education</i>	40
7.6.2 <i>Vocational upper secondary education and training</i>	41
7.7 HIGHER EDUCATION	44
7.8 OPINÖVI SERVICES	45
7.9 OTHER POSSIBILITIES FOR STUDY	45
8 HEALTH CARE SERVICES	48
8.1 HEALTH CARE SERVICES IN UPPER SAVO	49
8.1.1 <i>Ylä-Savon SOTE municipal board</i>	49
8.1.2 <i>Health centres</i>	50
8.2 EMERGENCIES.....	51
8.3 FIRST AID – URGENT MEDICAL TREATMENT	52
8.4 WHEN YOU FALL ILL	52

8.5 DENTAL CARE	54
8.6 DRUGS.....	55
9 SOCIAL SERVICES	58
9.1 SOCIAL SERVICES IN UPPER SAVO.....	59
9.2 SERVICES FOR CHILDREN, FAMILIES AND ADULTS	60
10 HELP IN CRISIS SITUATIONS	63
10.1 CRISIS SITUATIONS.....	64
10.2 24-HOUR SOCIAL SERVICES.....	64
10.3 LEGAL AID OFFICE	64
10.4 FINANCIAL AND DEBT ADVICE.....	65
11 LEISURE TIME.....	66
11.1 YOUTH SERVICES	67
11.2 SPORTS SERVICES	69
11.3 CULTURE	70
12 PARISH WORK.....	76



1 WELCOME TO UPPER SAVO!



Upper Savo is a safe haven in the middle of Finland, surrounded by unspoiled nature, 460 kilometres from both Helsinki and the Arctic Circle. You can reach Upper Savo easily from all directions as it is located at an important hub of transport connections and at the watershed of two major bodies of water, Saimaa and Päijänne. Upper Savo is comprised of seven municipalities: Iisalmi, Keitele, Kiuruvesi, Lapinlahti, Pielavesi, Sonkajärvi and Vieremä. There are nearly 60,000 inhabitants in the Upper Savo region, of which almost 500 are immigrants. More information about Upper Savo, its municipalities and services provided by municipalities can be found on the website of Upper Savo at <http://www.yla-savo.fi/> and on the municipal websites:

- www.iisalmi.fi  
- www.keitele.fi
- www.kiuruvesi.fi
- www.lapinlahti.fi
- www.pielavesi.fi
- www.sonkajarvi.fi
- www.vierema.fi

Iisalmi is the largest town in Upper Savo. It is surrounded by lakes and has 22,000 residents, of which approximately 200 are immigrants. The town offers versatile cultural and other services.

The tourist information office (*matkailuneuvonta*) offers services in Finnish and English in the heart of the town, in Iisalmi market hall by the market square (Kauppakatu 14).  

More important information about living in Finland can be found at www.infopankki.fi. **Info Bank** (*Infopankki*) contains information in 15 languages: Finnish, Swedish, English, Estonian, French, Russian, Somali, Serbo-Croat, Turkish, Arabic, Farsi (Persian), Chinese, Albanian, Spanish and Kurdish. By following the links on the Info Bank website you can find more information about the services provided by various authorities and organisations. The site is a useful tool for immigrants and people working with immigration-related matters.

Info Bank provides basic information on topics including:

- Finnish society and culture
- permits required for living in Finland
- finding an apartment
- studying the Finnish language
- work and entrepreneurship
- studying
- health care
- social services
- help in crisis situations
- culture and recreational services
- associations in Finland.

The national **FINFO Advice Line** (FINFO-puhelin) can be reached by dialling 0207 40 11 60 and it serves immigrants from outside the EU in the following languages:

- Russian: Tues–Fri from 12 noon to 3 p.m.
- Chinese: Fri from 2 to 5 p.m.
- English and Finnish: Tues–Thur from 12 noon to 2 p.m. and Fri from 12 noon to 5 p.m.
- for other languages it is possible to arrange telephone interpreting.

You can call the FINFO Advice Line from anywhere in Finland, and calls are charged at the local call rate. The Advice Line is complemented by e-mail counselling available at finfo@finfonet.fi and the website at www.finfonet.fi. The website features useful links related to finding work, studying and living in Finland. In video interviews people who have moved to Finland from various parts of the world share their experiences.

FINFO Services

Tel. 0207 401160

finfo@finfonet.fi

www.finfonet.fi

The Welcome to Northern Savo (*Vastaanottava Pohjois-Savo*) project, funded by ESF, provides people who have recently moved to Finland with information about everyday issues: where and how to obtain information about housing, day care, schools, permit procedures and so on. Information is provided free of charge in Upper Savo in Finnish, Russian, Estonian and English. Immigrant advisors are available for meetings in Iisalmi (Kauppakatu 24, 74100 Iisalmi) and in other Upper Savo municipalities participating in the project as required.

Immigrant advisors

Kaja Rahkema (Finnish, Estonian, English, Russian)

Margarita Titova (Finnish, Russian)

Kauppakatu 24, 74100 Iisalmi

E-mail: etunimi.sukunimi@iisalmi.fi

Tel. 044 718 1874 or 044 718 1873

A warm welcome to Upper Savo!

2 MOVING TO UPPER SAVO



2.1 Registration at the register office

When you move to Upper Savo, it is important to register at the register office (*maistraatti*) in order to register and submit a notification of your change of address.

- Register in the Finnish Population Register System (*väestörekisterijärjestelmä*) at the local register office (Poliisitalo, Virrankatu 2, **lisalmi**). Fill in and sign **the registration form** (*rekisteröinti-ilmoituslomake*) and submit **the Change of Address Notification** (*muuttoilmoitus*).
- After registration, you will be issued a **personal identity number** (*henkilötunnus*), which will be mailed to you. A personal identity number is important in Finland. You need it for example at the health centre, the Social Insurance Institution of Finland (*Kela*), at the bank and for the payment of your salary to ensure that the money is paid to the right person.
- Bring the following documents with you to the register office:
 1. Passport (*passi*)
 2. Residence permit (*oleskelulupa*, if you come from outside the EU/EEA area)
 3. Other relevant documents and their official translations (the apostille certificate, *apostille-todistus*). (For example, if you are married, you will need to bring your marriage certificate. If you have children, you will need to bring their birth certificates.)

Maistraatti, lisalmen yksikkö
 (Local Register Office, *lisalmi Unit*)
 Virrankatu 2, 74100 lisalmi
 Tel. 071 875 0211
www.maistraatti.fi





2.2 Permits

If a foreigner wishes to stay in Finland for more than three months, they need a residence permit (*oleskelulupa*). Citizens of the Nordic countries, the European Union (EU), Iceland, Liechtenstein, Norway and Switzerland do not need a residence permit.

EU or EEA nationals may reside, work and practise a profession or study in Finland for three months without any particular official measures. However, after three months the right of residency (*oleskeluoikeus*) must be registered at the police station (*poliisiasema*).

The Police Licence Services (*Poliisin lupapalvelut*) (Poliisitalo, Virrankatu 2, lisalmi) take care of matters related to permits and licenses. At the police station, you can also find out whether your **driving licence** (*ajokortti*) is valid in Finland.

You can find more information about residence permits in various languages at www.migri.fi and in Finnish and English on the website of the Finnish police at www.poliisi.fi.  

Iisalmen poliisiasema
(Iisalmi Police Station)
Poliisin lupapalvelut
(Police Licence Services)
Virrankatu 2, P.O. Box 104
74101 Iisalmi

POLIISI

2.3 Kela

The Social Insurance Institution of Finland (*Kansaneläkelaitos, Kela*) handles the social security matters of people living in Finland during the different phases of their lives. The social security system in Finland is based on residence in the country. Apart from certain exceptions, people with permanent residence in Finland are entitled to the social security benefits offered by Kela.

Once you have been issued a personal identity number, visit the Social Insurance Institution (KELA) office to find out whether you are entitled to Finnish social security.

If you are entitled to Finnish social security, Kela will send you your health insurance card (*sairausvakuutuskortti*), i.e. the Kela card (*Kela-kortti*), by mail. The card is provided free of charge for everyone residing permanently in Finland. You will need your Kela card for example at the health centre, hospital, pharmacy and when visiting a doctor or a dentist.

You will find more information on Kela's services in Finnish, English and Swedish at www.kela.fi → Maasta- ja maahanmuutto.   

Kansaneläkelaitos (Kela) Iisalmi
(The Social Insurance Institution of Finland, Kela, Iisalmi)
Päiviönkatu 14
74100 Iisalmi
www.kela.fi

Kela®

Kela, Keitele / general information service point
Äyräpäöntie 2
72600 Keitele

Kela, Kiuruvesi
Apteekintie 8
74700 Kiuruvesi

Kela, Lapinlahti

Asematie 8
73100 Lapinlahti

Kela, Pielavesi

Puustellintie 10
72400 Pielavesi

Kela, Sonkajärvi / general information service point

Rutakontie 28
74300 Sonkajärvi

Kela, Varpaisjärvi / general information service point

Kauppatie 20
73200 Varpaisjärvi

Kela, Vieremä / general information service point

Myllyjärventie 1
74200 Vieremä

2.4 Bank account

In Finland, almost all payment transactions are managed through a bank. Therefore, you will need to have a bank account in Finland. A cash machine card / ATM card can be added to your bank account which will enable you to draw money from a cash machine / ATM and pay your bills. According to the Finnish law, banks must be able to identify their customers. You can prove your identity with a valid passport or a permanent or temporary Finnish ID card (*henkilökortti*) issued by the Finnish police. Spouses can have a joint bank account. The holder of the bank account can also grant another individual permission to use the account with the account holder's written consent.

The bank will need the following information when opening a bank account:

- name of the person opening the bank account and/or the bank account holder
- personal identification documents
- personal identity number
- address and domicile in Finland.

Banks in Iisalmi

- | | | |
|------------------------|----------------|-------------------|
| • Säästöpankki Optia | Savonkatu 15 | Tel. 029 041 2500 |
| • Sampo Bank plc | Pohjolankatu 4 | Tel. 010 546 0250 |
| • Osuuspankki, Iisalmi | Savonkatu 17 | Tel. 010 257 1202 |

- Nordea, Iisalmi Kauppakatu 13 Tel. 020 03000

Banks in Keitele

- Osuuspankki Äyräpääntie 1 Tel. 017 769 6000

Banks in Kiuruvesi

- Säästöpankki Optia Kiurukatu 1 Tel. 029 041 26 00
- Kiuruveden Osuuspankki Niemistenkatu 4 Tel. 020 791 12 00
- Pohjois-Savon Osuuspankki Niemistenkatu 1 Tel. 010 258 8501
- Tapiola Group Niemistenkatu 3 Tel. 017 75 23 77

Banks in Lapinlahti

- Säästöpankki Optia Juhani Ahontie Tel. 029 041 26 10
- Osuuspankki Linnansalmentie 26 Tel. 017 760 22 00
- Nordea Asematie 1 Tel. 0200 30 00

Banks in Pielavesi

- Nordea Puistotie 11 A Tel. 0200 30 00
- Tapiola Group Puistotie 26 Tel. 017 770 42 24
- Osuuspankki Puistotie 26 Tel. 020 720 98 00

Banks in Sonkajärvi

- Osuuspankki Rutakontie 36 Tel. 020 798 30 00
- Säästöpankki Optia Lyseontie 1 Tel. 029 041 25 70

Banks in Varpaisjärvi

- Osuuspankki Lapinlahdentie 1 Tel. 017 760 16 00
- Säästöpankki Optia Kauppatie 25 Tel. 029 041 25 80

Banks in Vieremä

- POP Pankki Vieremä Petterintie 2 Tel. 017 760 0700
- Säästöpankki Optia Ponssentie 2 Tel. 029 041 25 90

3 LIVING AND HOUSING



3.1 Change of Address Notification

If you move from one city to another, you must submit a Change of Address Notification (*muuttoilmoitus*) at the post office or online at www.muuttoilmoitus.fi. In this way you can ensure that your mail finds you.

**REMEMBER TO SUBMIT THE CHANGE OF ADDRESS NOTIFICATION EVERY TIME
YOU MOVE!**

Posti, Iisalmi
(Post, Iisalmi)
Satamakatu 10
74100 Iisalmi
www.posti.fi



source: Itella Corporation

Maistraatti
(Register office)
Virrankatu 2
74100 Iisalmi
www.maistraatti.fi



Post offices in Upper Savo:

- Keiteleentie 7, 72600 Keitele
- Niemistenkatu 1, 74700 Kiuruvesi
- Linnansalmentie 12–14, 73100 Lapinlahti
- Puustellintie 15, 72400 Pielavesi
- Rutakontie 36, 74300 Sonkajärvi
- Lapinlahdentie 4, 73200 Varpaisjärvi
- Huoltotie 2, 74200 Vieremä

In Finland, people generally live in rented or owned apartments. Homes for rent or sale can be found on websites advertising apartments and through advertisements in local newspapers or estate agents' listings.

More information about living and housing in Upper Savo can be found on the website at <http://www.yla-savo.fi/> → Palvelut → Asuminen 

3.2 Rented housing

You can rent apartments from municipalities, municipal property management companies, estate agents or private individuals. When you rent an apartment, always sign a written tenancy agreement (*vuokrasopimus*). The tenancy agreement can be made for a fixed period or be valid until further notice, i.e. open-ended. The amount of rent payable and the date on which it should be paid are stated in the tenancy agreement.

Your landlord/landlady may also require a deposit (*vuokratakuu*) that will be returned to your account when you move out, provided that you have taken care of all duties appropriately.

lisalmi




lisalmi has many options for renting apartments. The agent for rented housing managed by the Town of lisalmi is:

Kiinteistö Oy Petterinkulma

Kirkonsalmentie 12, 74120 lisalmi

Tel. 0207 439 125

<http://www.petterinkulma.fi>

→ You can also apply for an apartment at Petterinkulma via the website at www.petterinkulma.fi → Asunnon hakeminen. The site is in Finnish.  On the Petterinkulma website you can also find a Resident's Guide video in Finnish and English at www.petterinkulma.fi → Asukasopas / Resident's Guide.  

Kiuruvesi

In Kiuruvesi, apartments owned by the municipality are leased by

Kiinteistö Oy Kiuruveden Kiurunkulma

Asematie 28, 74700 Kiuruvesi

Tel. 017 272 9792

<http://www.kiurunkulma.fi>

You can apply for an apartment by submitting an apartment application with attachments to the Kiurunkulma office. You can print out the application form from the company's website. The website also contains more detailed application instructions.

Apartments of the municipality of **Vieremä** and Kiinteistö Oy Vieremän Hakatalot:

Myllyjärventie 1

74200 Vieremä

Tel. 0400 370 112

3.3 Privately owned housing

Upper Savo has many estate agents that can help you find the right apartment if you looking to buy one.

If you want to build a house, you can rent or buy land from municipalities or from private individuals. More information about building can be obtained from the technical office or department of the municipality in question.

Further information is available by contacting the municipalities directly:

Iisalmi

Pohjolankatu 14, 74101 Iisalmi
Tel. 017 272 31 (exchange)
Open: Mon–Fri from 8 a.m. to 3:30 p.m.

Kiuruvesi

Tekninen palvelukeskus
(*Technical Services Centre*)
Harjukatu 2, 74700 Kiuruvesi
Tel. 017 272 900 (exchange)
Measuring Technician (*mittausteknikko*) 0400 741492, Town Planner (*kaavoittaja*) 040 714 4908 or Building Inspector (*rakennustarkastaja*) 040 707 7681

Vieremän tekninen toimi

(*Technical Department of the municipality of Vieremä*)
Technical Director (*tekninen johtaja*)
Myllyjärventie.1, 74200 Vieremä
Tel. 0400 370 112

Contact information of various estate agents in Upper Savo

- **Huoneistokeskus**

Jofogo Oy, Iisalmi
Kauppakatu 13, 74100 Iisalmi
Tel. 017 823 481, www.huoneistokeskus.fi

- **Kiinteistömaailma**

Pohjolankatu 4, 74100 Iisalmi
Tel. 017 279 8932

- **Kiinteistönvälitys Kortelainen Oy**

Savonkatu 15, 74100 Iisalmi
Tel. 017 812 344
www.kortelainen.fi or e-mail: LKV@kortelainen.fi

- **Ylä-Savon OP- Kiinteistökeskus Oy**

Savonkatu 17, 74100 Iisalmi
Tel. 010 257 1207

- **SKV Kiinteistönvälitys**

Riistakatu 11, 74100 Iisalmi
Tel. 010 228 4944

- **SKV Isännöinti Oy, Kiuruvesi**

Kiurukatu 1, 74700 Kiuruvesi
Tel. 010 228 8292

E-mail: veijo.kauhanen@skv.fi

- **Kiuruveden Kiinteistötili Oy**

Niemistenkatu 1, 74700 Kiuruvesi
Tel. 0400 424 891

- **Asunto Oy Keitele Pappilanpelto**

Peltotie 1, Keitele

Tel. 017 273 1015, 0400 278 382

It may be possible to get the tenancy agreement in another language, for example

- **Kiinteistö Oy Nilakanranta**

Äyräpääntie 2C (technical services), 72600 Keitele

Tel. 017 273 1015, 0400 278 382

- **Lapinlahden Kaskihovi Oy**

Supplies only rented apartments, not owner-occupied apartments

Asematie 4, 73100 Lapinlahti

Tel. 0400 571 785

- **Asuntotoimisto Pielavedellä ja Kiinteistö Oy Pielaveden vuokratilat**

(Pielavesi Housing Office and Kiinteistö Oy Pielaveden vuokratilat)

Puustellintie 13, 72400 Pielavesi

Tel. 017 273 2025

- **Sonkajärven kunta, asuntotoimisto**

(Municipality of Sonkajärvi, Housing Office)

Rutakontie 28, 74300 Sonkajärvi

Tel. 017 2727 042

- **Apartments of the municipality of Vieremä and Kiinteistö Oy Vieremän Hakatalot**

Myllyjärventie 1, 74200 Vieremä

Tel. 0400 370 112

The Kotiinpäin real estate portal (*Kotiinpäin-kiinteistöportaali*) is a website that facilitates the marketing of plots and parcels of land, farms, forest estates, real estates, apartments and holiday houses in Upper Savo. The Kotiinpäin database contains practically the entire real estate offering in **Keitele, Pielavesi, Kiuruvesi, Vieremä, Sonkajärvi, Varpaisjärvi, Lapinlahti** and **Iisalmi**, be the seller or landlord the apartment owner, an estate agent, a municipality or another institution. The aim is to promote real estate sales and help people find a home that meets their needs in the villages of Upper Savo.

Kotiinpäin real estate portal

<http://www.kotiinpain.fi/> 

3.4 Important information about housing

The **mover's list** below contains important information about things which you need to take care of when moving to a new apartment.

- You can make an electricity contract (*sähkö sopimus*) by calling a power company (*sähköyhtiö*) and giving them your name and new address. You will find the contact information of power companies in Iisalmi below.
- Residents are responsible for buying and changing light bulbs and fuses themselves.
- The tenancy agreement will state whether the water charge (*vesimaksu*) is included in the rent or whether it is payable separately each month.
- If you own a television, you will need a TV licence (*tv-lupa*). TV licences can be purchased from the Finnish Communications Regulatory Authority (*viestintävirasto*).

More information can be found at www.tv-maksu.fi 

- Under Finnish law, every home must have a fire alarm (*palovaroitin*). The resident must make sure that the alarm works and the batteries are changed approximately once a year. If the fire alarm is out of order, you cannot get any compensation from your home insurance (*kotivakuutus*) in the event of a fire.
- You can get home insurance from an insurance company (*vakuutusyhtiö*). Insurance companies will help you choose the kind of insurance that best meets your needs. Make sure that you know exactly what is covered by the home insurance.
- The resident is responsible for taking care of household appliances (e.g. the refrigerator, freezer, cooker, cooker hood and washing machine).
- If you want to put up a satellite dish/antenna, you will need permission from your property manager/real estate manager (*isännöitsijä*).
- Balconies are for the residents' recreational purposes only. Cooking or the storing of food on balconies is forbidden.
- Household waste should be transferred in a closed bin liners to the relevant containers reserved for such waste.
 - Toxic materials, electrical products and electronic products are classed as hazardous waste. These cannot be disposed of in the waste containers of the property/real estate.
 - The organic waste bin (*biojäteastia*) is brown or green and intended for food waste. Plastic or other waste cannot be disposed of in it.
 - Only put newspapers and flyers into the paper container, not plastic or other waste.
 - Any household waste left outdoors attracts birds and other animals that can spread diseases. Therefore, household waste should always be disposed of in the containers reserved for it.

Communal areas for residents:

- When you sign an agreement with your property manager/real estate manager on the use of the sauna (*saunasopimus*), you will have the right to use it at a certain date and time (a so-called *saunavuoro*) and you will get a key for the sauna.
- Using the laundry room (*pesutupa*) requires a reservation.
- The storage facilities are reserved for belongings which are not needed daily.

- Cars must be parked in allocated areas only. You can rent a personal parking place for your car by signing an agreement (*autopaikkasopimus*) with your property manager/real estate manager.

You will find a household safety guidebook (*Kodin turvaopas*) on the website of the Rescue Department of the Ministry of the Interior (*Sisäasiainministeriön pelastusosasto*) (<http://turvaopas.pelastustoimi.fi/index.html>). It contains information about fire safety and the prevention of accidents, for example.

Each estate or building usually has a house committee (*talotoimikunta*) which is connected to the board of the housing company (*taloyhtiön hallitus*). The house committee is a channel for communicating the residents' opinions and wishes. All residents should participate in the residents' meetings (*asukaskokous*). Members of the residents' committee (*asukastoimikunta*) are elected in the meetings, which enables them to have a say in matters concerning their own building. The house committee can also be contacted in the case of any housing-related problems.

You can familiarise yourself with materials related to housing (instructions on waste disposal and recycling, invitations to residents' meetings and neighbourhood gatherings, instructions on cleaning, illustrated instructions about using the laundry room and sauna) produced by the Kotilo project (*Kotilo-hanke*) available in various languages at www.pakolaisapu.fi → Suomen pakolaisapu → Pakolaisapu Suomessa → Kotilo → Materiaalipankki.

In addition to the actual rent, residents must pay **water and electricity bills** (*vesi- ja sähkölaskut*). Check whether the water charge is included in the rent. You must always make **an electricity contract** (*sähkösopimus*) for your apartment. You can request tenders from different power companies on the Internet and choose the one that suits you best. In Upper Savo, you can sign an electricity contract with Savon Voima, for example.

Savon Voima

Papinkatu 30, 74120 Iisalmi

Tel. 029 022 3111

www.savonvoima.fi

4 TRANSPORT IN UPPER SAVO



4.1 Local public transport

lialmi has three local bus routes. You can find the timetables in Finnish at www.kuopionliikenne.fi → Aikataulut → lialmen aikataulut. A local transport trip planner in Finnish can be found on the same website. 

In **Kiuruvesi**, the scope of local public transport covers both the centre of the municipality and rural areas. Kiuruvesi service routes (*PALI-liikenne*) operate on all working days according to a timetable. Journeys should be booked in advance at the Travel Dispatch Centre (*Matkojen yhdistelykeskus*) (contact information below). An advance booking at the Travel Dispatch Centre is required because there are no fixed routes in rural areas. A normal bus fare is charged for the trip. No fee is charged from residents for whom the Act on Services for the Disabled (*vammaispalvelulaki*) is applicable.

<http://www.kiuruvesi.fi/Suomeksi/Palvelut/Matkailu/Paikallisliikenneaikataulut.iw3>

In **Lapinlahti**, service routes (*PALI-palveluliikenne*) operate with two service vehicles which are also equipped to transport disabled persons. The vehicles serve predefined transport areas according to set timetables on all working days. The service covers the rural areas of the municipality almost in their entirety. For these routes, too, journeys should be booked in advance at the Travel Dispatch Centre.

Matkojen yhdistelykeskus

(Travel Dispatch Centre)

Tel. 017 183 183

Open: weekdays from 7 a.m. to 5 p.m.





4.2 Long-distance travel

Bus stations (*linja-autoasema*) can provide you with information about the routes and timetables of both local and long-distance buses. You can also buy bus tickets there. More information about long-distance bus transport and timetables can be found in Finnish, Swedish and English at www.matkahuolto.fi   

Bus stations in Upper Savo:

- Asematie 4, 72600 Keitele
- Asematie 12, 74700 Kiuruvesi
- Asematie 25, 73100 Lapinlahti
- Puistotie 34, 72400 Pielavesi
- Rutakontie 24, 74300 Sonkajärvi
- Kauppatie 22, 73200 Varpaisjärvi

- Huoltotie 2, 74200 Vieremä

Iisalmi, Kiuruvesi and **Lapinlahti** also have **railway stations** (*rautatieasema*). Information about train timetables is available at Iisalmi railway station (Savonkatu 38, 74100 Iisalmi) and at www.vr.fi in Finnish, Swedish, English and Russian.    . You can purchase tickets at the railway station, at R-Kioski kiosks and online.

Railway stations in Upper Savo:

- Savonkatu 38, 74100 Iisalmi
- Asematie 24, 73100 Lapinlahti
- Ratakatu 1, 74700 Kiuruvesi

The nearest airport, Rissala, is located in Siilinjärvi (Lentokentäntie 275, 70900 Toivala). Rissala is approximately 60 kilometres from Iisalmi, 100 kilometres from Keitele, 117 kilometres from Kiuruvesi, 54 kilometres from Lapinlahti, 70 kilometres from Pielavesi, 100 kilometres from Sonkajärvi, 55 kilometres from Varpaisjärvi and 105 kilometres from Vieremä.

5 FINNISH LANGUAGE STUDIES



5.1 Studying Finnish on your own

Finnish language skills will help you to cope in Finland. You can learn Finnish using several different methods.

You can borrow Finnish textbooks or cassettes from a library and study Finnish on your own at home. Libraries also have computers that can be used free of charge to search for information and for studying.

Iisalmen kirjasto

(Iisalmi Library)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 017 272 3500

The opening hours of the Iisalmi Library can be found at www.iisalmi.fi → Palvelut → Kulttuuripalvelut → Kirjasto → Aukioloajat ja yhteystiedot

Keiteleen kirjasto

(Keitele Library)

Kulttuuriasiat

(Cultural Affairs)

Koulutie 1, 72600 Keitele

Tel. 017 273 1303

www.keitele.fi → Palvelut → Kirjasto

Kiuruveden kaupunginkirjasto

(Kiuruvesi Town Library)

Lähteentie 10 A, 74700 Kiuruvesi

Tel. 040 5766 500

www.kiuruvesi.fi → Palvelut → Kirjasto

Lapinlahden kunnankirjasto

(Lapinlahti Municipal Library)

Mykkäläntie 2, 73100 Lapinlahti

Tel. 040 4883 275

www.lapinlahti.fi → Vapaa-aika → Kirjasto

Pielaveden kunnankirjasto

(Pielavesi Municipal Library)

Laurinpurontie 14, 72400 Pielavesi

Tel. 017 273 2193, 040 489 4191

www.pielavesi.fi → Palvelut → Kirjasto

Sonkajärven kirjastotalo

(Sonkajärvi Library)

Rutakontie 21, 74300 Sonkajärvi

Tel. 017 272 7103

www.sonkajarvi.fi → palvelut → kirjasto- ja tietopalvelut

Sukevan kirjasto*(Sukeva Library)*

Sukevantie 22

74340 Sukeva

Tel. 017 2727981

Varpaisjärven kirjasto*(Varpaisjärvi Library)*

Kirjastontie 1, 73200 Varpaisjärvi

Tel. 040 4883 274

www.varpaisjarvi.fi → Kuntapalvelut → Sivistyspalvelut → Kirjasto**Vieremän kunnankirjasto***(Vieremä Municipal Library)*

Lyhtytie.2, 74200 Vieremä

Tel. 0400 370 126

www.vierema.fi → Palvelut → Kirjasto**5.2 Finnish language and culture courses**

Finnish language courses are organised by the following institutions, for example:

- **Iisalmi** Community College (*Iisalmen kansalaisopisto*), Kirkkopuistonkatu 9, Iisalmi
- Community College of **Kiuruvesi** (*Kiuruveden kansalaisopisto*), Harjukatu 2, Kiuruvesi
- Community College of **Vieremä** (*Vieremän kansalaisopisto*), Myllyjärventie 1, Vieremä
- **Lapinlahti**, Kaskikuusi Adult Education Centre (*Kaskikuusen kansalaisopisto*), Asematie 4, Lapinlahti

Community college courses are open to all.

Iisalmen kansalaisopisto*(Iisalmi Community College)*

Iisalmen kulttuurikeskus

(Iisalmi Cultural Centre)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 017 272 3370

www.iisalmi.fi → Palvelut → Koulutus → Kansalaisopisto**Kiuruveden kansalaisopisto***(Community College of Kiuruvesi)*

Harjukatu 2 B, 74700 Kiuruvesi

Tel. 040 527 1798 (office) or 040 039 9301 (Study Secretary)

kansalaisopisto@kiuruvesi.fiwww.kiuruvesi.fi → Palvelut → Kansalaisopisto

Vieremän kansalaisopisto*(Community College of Vieremä)*

Myllyjärventie 1, 74200 Vieremä

Tel. 0400 370 132

www.vierema.fi → Palvelut → Kansalaisopisto**Lapinlahti, Kaskikuusen kansalaisopisto***(Lapinlahti, Kaskikuusi Adult Education Centre)*

Asematie 473100 Lapinlahti

Tel. 040 4883 202

www.kaskikuusi.fi/

For more information about Finnish language courses organised by **the Iisalmi Unit of the Summer University of Kuopio** (*Kuopion kesäyliopiston Iisalmen yksikkö*), contact the Summer University.

Kuopion kesäyliopisto*(The Summer University of Kuopio)*

Iisalmen kulttuurikeskus

(Iisalmi Cultural Centre)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 044 746 2840

www.kuopionkesayliopisto.fi/s/

If you are registered as a job seeker at the Employment and Economic Development Office (*työ- ja elinkeinotoimisto*), you have the right to participate in labour market integration training (*työvoimapolitiittinen kotoutumiskoulutus*). In integration training, you will study the Finnish language and learn more about Finnish society and working life. Integration training is free of charge for participants and the number of weekly teaching hours is 35. More information about integration training in Upper Savo is available at **the Employment and Economic Development Offices**.

Iisalmen seudun työ- ja elinkeinotoimisto*(The Employment and Economic Development Office of the Iisalmi Region)*

Karjalankatu 3, 74100 Iisalmi

Open: Mon–Fri from 9 a.m. to 3:45 p.m.

Tel. 010 19 4167

www.mol.fi**Työ- ja elinkeinotoimisto**

- **Kiuruvesi:** Apteekintie 8, mailing address: P.O. Box 1, 74701 Kiuruvesi, open: Mon–Fri from 9 a.m. to 3:45 p.m. (closed from 12 noon to 1 p.m.)
- **Pielavesi:** Puistotie 30, mailing address: 72400 Pielavesi, open: Mon–Fri from 9 a.m. to 3:45 p.m. (closed from 12 noon to 1 p.m.)
- **Lapinlahti:** Visiting address: Asematie 8, 73100 Lapinlahti, open: Mon–Fri from 9 to 11:30 a.m. and from 12:30 to 3:45 p.m.

6 WORK



6.1 Services of the Employment and Economic Development Office

The Employment and Economic Development Office (*työ- ja elinkeinotoimisto, TE-toimisto*) offers information about studying opportunities and places where you can look for a job. If you are registered as a job seeker at the Employment and Economic Development Office, you are entitled to an integration plan (*kotoutumissuunnitelma*) and have the opportunity to get personal counselling and to participate in labour market training (*työvoimapolitiittinen koulutus*).

The Employment and Economic Development Office of the Iisalmi Region offers services in English, Swedish and Spanish.



Some customer service is also provided in German and French. For other languages, the Employment and Economic Development Office will arrange an interpreter, if necessary.

Who can register as a job seeker (*työnhakija*)?

You can register as a job seeker if your residence permit is:

- a permanent residence permit (P) or a long-term resident's residence permit (P-EY)
- a continuous residence permit (A) without any employer-related restrictions
- a fixed-term temporary residence permit (B) if you have the right to be in gainful employment and the permit does not contain any employer-related restrictions
- the EU citizen's certificate of registration (*EU-kansalaisen rekisteröintitodistus*) or a residence permit card (*oleskelulupakortti*).

You will find the letter for your residence permit on the residence permit sticker in your passport. A holder of an EU citizen's certificate of registration (*EU-kansalaisen rekisteröintitodistus*) has an unlimited right to work.

Contact the Employment and Economic Development Office also when you have arrived in Finland from another EU/EEA country to look for work (a so-called three-month job seeking period). Bring also the forms (U2 or E303) which you received from your country of departure.

You will be registered at the Employment and Economic Development Office from the date of your personal registration. You will be given an appointment with your personal employment counsellor (*työvoimaneuvoja*).

When you attend your appointment, bring with you:

- official Finnish translations of your **work and study certificates**
- Finnish language **course** certificates and other certificates that might help you in finding a job.

You have to check in with the Employment and Economic Development Office regularly. Your personal employment counsellor will give you more detailed instructions. Remember to notify the Employment and Economic Development Office of any changes in your situation (illnesses, trips abroad and changes of address, for example). In addition, you can ask the Employment and Economic Development Office about the recognition of foreign qualifications in Finland.

If you are registered as a job seeker at the Employment and Economic Development Office, you have the right to participate in labour market integration training (*työvoimapolitiittinen kotoutumiskoulutus*). In integration training, you will study the Finnish language and learn more about Finnish society and working life. Integration training is free of charge for participants and the number of weekly teaching hours is 35. More information about integration training in Iisalmi is available at **the Employment and Economic Development Office** (Karjalankatu 3, Iisalmi).

Iisalmen seudun työ- ja elinkeinotoimisto
(The Employment and Economic
Development Office of the Iisalmi Region)



Työ- ja elinkeinotoimisto

Karjalankatu 3, 74100 Iisalmi

Open: Mon–Fri from 9 a.m. to 3:45 p.m.

Tel. 010 19 4167

www.mol.fi

- **Kiuruvesi:** Apteekintie 8, mailing address: P.O. Box 1, 74701 Kiuruvesi, open: Mon–Fri from 9 a.m. to 3:45 p.m. (closed from 12 noon to 1 p.m.)
- **Pielavesi:** Puistotie 30, mailing address: 72400 Pielavesi, open: Mon–Fri from 9 a.m. to 3:45 p.m. (closed from 12 noon to 1 p.m.)
- **Lapinlahti:** Visiting address: Asematie 8, 73100 Lapinlahti, open: Mon–Fri from 9 to 11:30 a.m. and from 12:30 to 3:45 p.m.

The national Työlinja help line:  

The national help line (*Työlinja*) offers help in Finnish and English with matters related to work, education opportunities, online services, residence permits and employer services. The service is free of charge, but the telephone operator will make a charge for the call.

Personal counselling: 010 19 4904 (Mon–Fri from 8 a.m. to 6 p.m.)

Educational counselling: 010 19 4901 (Mon–Fri from 9 a.m. to 5 p.m.)

Unemployment security counselling: 010 19 4911 (Mon–Fri from 9 a.m. to 5 p.m.)

Change security counselling: 010 19 4910 (Mon–Fri from 9 a.m. to 5 p.m.)

E-mail: tyolinja@te-toimisto.fi

The Työlinja help line in Russian 

Mon–Fri from 12 noon to 5 p.m.

Tel. 010 194 924 and 010 607 6710

E-mail: trud@te-toimisto.fi

6.2 In To Finland service point

In To is the service point of Kela and Finnish Tax Administration (*Verohallinto*) for employees moving to and from Finland. In addition to employees, In To also helps self-employed persons and students coming to Finland and companies hiring and recruiting foreign labour.

At the In To service point, multi-lingual officials help you with Finnish social security and taxation matters and direct you to other immigration authorities.

In To Finland -palvelupiste

(*In To Finland service point*)

Opening hours: Mon–Fri from 9 a.m. to 12 noon and from 1 to 4 p.m.

Visiting address: Salomonkatu 17, Doorway A, 2nd floor

Mailing address: P.O. Box 82, 00601 Helsinki

www.intofinland.fi

info@intofinland.fi

The In To service point does not have a help line.

6.3 ETAPPI project

Etappi is an employment project for 2008–2012, funded by the EU. Most of its activities are organised in six Upper Savo municipalities: Iisalmi, Keitele, Kiuruvesi, Pielavesi, Sonkajärvi and Vieremä. Etappi offers individual coaching for those seeking employment and acquiring education and training. The project produces company surveys that provide job seekers with useful information about employment and on-the-job training opportunities. Training and group activities are also organised for job seekers.

Etappi- hanke

(Etappi project)

Kauppakatu 24, 74100 IISALMI

Tel. 040 830 2723, 040 830 2733

www.etappi.eu



6.4 Activities for the unemployed

If you are unemployed, you can take part in the activities organised by an association for the unemployed. Associations for the unemployed organise courses, excursions, events and other activities.

Iisalmen työttömät ry

Kunnankatu 6, 74120 Iisalmi

<http://personal.inet.fi/koti/iisalmen.tyottomat/>

Kiuruveden työttömät ry

Asematie 16, 74700 Kiuruvesi

www.tvy.fi/component/option,com_comprofiler/task,userProfile/user,120/Itemid,126/

Lapinlahden työttömien tuki ry

Asematie 3 B, 73100 Lapinlahti

www.tvy.fi/component/option,com_comprofiler/task,userProfile/user,141/Itemid,126/

Pielavesi, Monitaitoset ry

Pajatie 2, 72400 Pielavesi

www.monitaitoset.net/

6.5 Starting your own business

One way to find employment is to start your own business. More detailed information about starting a business can be obtained from the Employment and Economic Development Office and a business advisor (*yrittysneuvoja*) of Upper Savo Development Ltd. (*Ylä-Savon Kehitys Oy*), for example. A business advisor can help you in matters related to establishing a company, finances, legislation, permits and licences.

Ylä-Savon Kehitys Oy:n yrittysneuvoja

(*Business Advisor, Upper Savo Development Ltd.*)

Kankaankatu 1 A 6, 74100 Iisalmi

Tel. 0207 434 090

Iisalmen seudun työ- ja elinkeinotoimisto, Iisalmi

(*The Employment and Economic Development Office of the Iisalmi Region, Iisalmi*)



Karjalankatu 3, 74100 Iisalmi

Tel. 010 19 4167

www.mol.fi

6.6 Taxation

If you are planning to work in Finland, you will need a tax card (*verokortti*). You can get one from the Iisalmi office (*Iisalmen toimipiste*) of the North Savonian Tax Office (*Pohjois-Savon verotoimisto*) and you have to submit it to your employer.

More information about taxation can be found online, in Finnish at www.vero.fi  and in English at www.vero.fi/english 

Pohjois-Savon verotoimisto Iisalmen toimipiste

(*North Savonian Tax Office*)

(*Iisalmi Office*)

Luuniemenkatu 3, 74101 Iisalmi

Tel. 017 153 7811

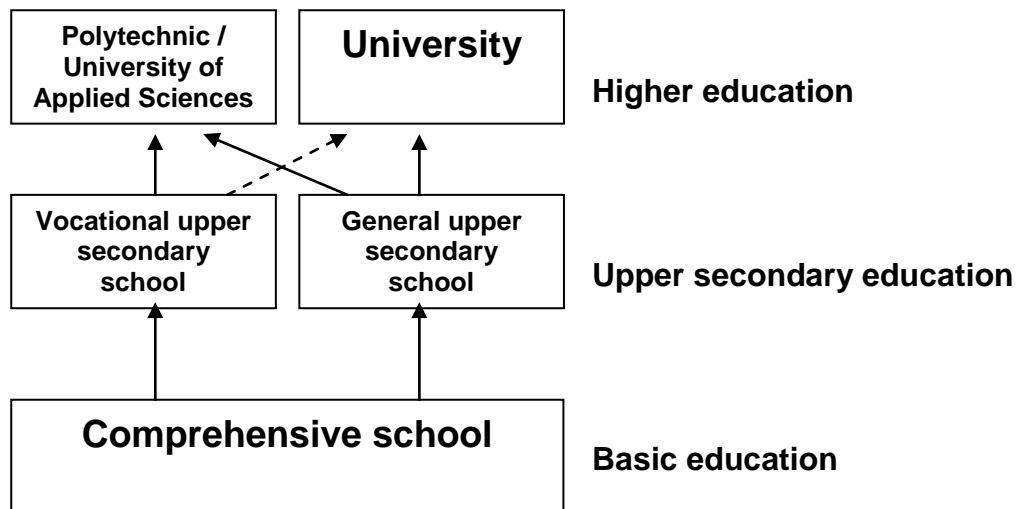


Remember to open a bank account in order to get your salary! In Finland, salaries are paid to bank accounts, not in cash.

7 EDUCATION



7.1 The education system



In Finland, children are subject to compulsory education (*yleinen oppivelvollisuus*). This means that children of compulsory school age are required to participate in basic education (*peruskoulu*) where the scope of the syllabus is nine years. Teaching, school meals and materials are provided free of charge in basic education.

Finnish citizens are subject to compulsory education from the age of 7 to the age of 16. Compulsory education also applies to foreign children residing permanently in Finland. Municipalities are obliged to ensure that all children are able to attend school.

7.2 Day care

You will find more information about the Finnish day care system on the Info Bank website at www.infopankki.fi → **Social Services** → **Children and Young People**.

All children under school age living in the municipality are entitled to day care (*päivähoito*). The objective of day care is to support the growth and development of children in close cooperation with the home. In day care, children learn such skills as working in a group. Day care also supports the development of the child's abilities through play, thus enhancing the child's Finnish language skills.

Day care is provided as part-time or full-time care depending on the family's needs. In Upper Savo, day care is provided by municipal day care centres (*kunnallinen päiväkot*), by group family day care centres (*ryhmäperhepäiväkot*) and by family day care providers (*perhepäivähoitaja*) who work in their own homes. If parents have to work in the evenings or at weekends, it is also possible to arrange care during these times.

Day care employees and parents draw up an early childhood education and pre-school education plan (*lapsen varhaiskasvatuksen ja esiopetuksen suunnitelma*) for the child. The implementation of this plan is observed and evaluated at least once a year.

Day care fees (*päivähoitomaksu*) are determined on the basis of the parents' income in accordance with national regulations (Act on Client Fees, *Asiakasmaksulaki*). Day care offers children free meals (breakfast, lunch, and an afternoon snack).

Information about getting a place for your child in day care can be obtained by contacting the following:

- **Iisalmi:**

Päivähoidon toimisto- ja hallintopalvelut

(*Day Care Office and Administration Services*)

Päivähoidon johtaja

(*Director of Day Care*)

Kulttuurikeskus (*Cultural Centre*), Riistakatu 13, 74100 Iisalmi

Tel. 040 543 4982

Perhepäivähoidon ohjaajat

(*Family Day Care Advisors*)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 040 708 6301

Tel. 040 549 4393

More information can be found on the website of the Town of Iisalmi: www.iisalmi.fi →
Palvelut → Koulutus → Päivähoito

- **Keitele**

Päivähoidon ja lasten kotihoidontuen yhteyshenkilö

(*Day Care and Child Home Care Support Contact Person*)

Äyräpäätie 10 C, 72600 Keitele

Tel. 017 2731 331 or 0400 969 587

- **Kiuruvesi**

Visiting address: Harjukatu 2 (at the Town Hall)

Mailing address: P.O. Box 28, 74701 Kiuruvesi

Director of Early Childhood Education (*varhaiskasvatuksen johtaja*), tel. 040 533 8547

Family Day Care Advisor (*perhepäivähoidon ohjaaja*), tel. 040 7059 586

- **Lapinlahti / Varpaisjärvi**

Kunnanvirasto

(*Municipality Office*)

Asematie 4, 73100 Lapinlahti

Family Day Care Advisor (*perhepäivähoidon ohjaaja*), tel. 040 4883 361

- **Pielavesi**

Päivähoitotoimisto

(*Day Care Office*)

Puistotie 30, 72400 Pielavesi

Tel. 017 273 2341, 0400 328240

- **Sonkajärvi**

Päivähoidon ohjaaja
(*Day Care Advisor*)
Rutakontie 16, 74300 Sonkajärvi
Tel. 017 2727 328, 040 5115 202

- **Vieremä**

Päivähoitotoimisto
(*Day Care Office*)
Päiväkoti Nuppula
(*Nuppula Day Care Centre*)
Härköniementie 16, 74200 Vieremä
Tel. 040 861 0281

7.3 Pre-school education

Pre-school education (*esiopetus*) is one year of school-like, systematic education for 6-year-old children before compulsory education.

Pre-school education is arranged for all voluntary 6-year-old children before compulsory education. The objective of pre-school education is to prepare children for school. Pre-school education is free of charge.

Pre-school education is offered at the day care centres and in separate pre-school education teaching groups and combined classes.

- **Iisalmi**

Päivähoidon toimisto- ja hallintopalvelut
(*Day Care Office and Administration Services*)
Päivähoidon johtaja
(*Director of Day Care*)
Riistakatu 13, 74100 Iisalmi
Tel. 040 543 4982

- **Keitele**

Päivähoidon ja lasten kotihoidontuen yhteyshenkilö
(*Day Care and Child Home Care Support Contact Person*)
Äyräpääntie 10 C, 72600 Keitele
Tel. 017 2731 331 or 0400 969587

- **Kiuruvesi**

Visiting address: Harjukatu 2 (at the Town Hall)
 Mailing address: P.O. Box 28, 74701 Kiuruvesi
 Director of Early Childhood Education (*varhaiskasvatuksen johtaja*): 040 533 8547
 Family Day Care Advisor (*perhepäivähoidon ohjaaja*): 040 7059 586
 Enrolment takes place at schools. Enquiries should be directed to the school and the Municipal Education Administration (*koulutoimisto*).

- **Lapinlahti / Varpaisjärvi**

Kunnanvirasto
 (Municipality Office)
 Asematie 4, 73100 Lapinlahti
 Family Day Care Advisor (*perhepäivähoidon ohjaaja*), tel. 040 4883 361

- **Pielavesi**

Päivähoitotoimisto (the former government office building, *valtion virastotalo*)
 (Day Care Office)
 Puistotie 30, 72400 Pielavesi
 Tel. 017 273 2341, 0400 328 240

- **Sonkajärvi**

Päivähoidon ohjaaja
 (Day Care Advisor)
 Rutakontie 16, 74300 Sonkajärvi
 Tel. 017 2727 328, 040 5115 202

- **Vieremä**

Päivähoitotoimisto
 (Day Care Office)
 Päiväkoti Nuppula
 (Nuppula Day Care Centre)
 Härköniementie 16, 74200 Vieremä
 Tel. 040 861 0281

7.4 Basic education

In Finland, children usually start comprehensive school (*peruskoulu*) in the August of the year they turn seven. All children under 16 years of age living in the municipality are entitled to basic education (*perusopetus*).

Children must be enrolled for basic education. Enrolment can be made by visiting the school which the parents want the child to attend, by calling the school headmaster or office during office hours or by submitting an online form that is available in Finnish at www.iisalmi.fi → Koulutus → Yleisimmät kysymykset → Koulunkäynnin aloittaminen.

More detailed information about basic education in Iisalmi can be obtained from the Education and Culture Department (*sivistyspalvelukeskus*) office (Riistakatu 13, tel. 017 272 3365), from schools and online at www.iisalmi.fi → Palvelut → Koulutus → Perusopetus.

More information about basic education in the other municipalities of Upper Savo:

- **Keitele**

Sivistystoimenjohtaja
(*Director of Education and Culture*)
Äyräpääntie 2, 72601 Keitele
Tel. 017 273 1101 or 040 761 5120

- **Kiuruvesi**

Koulutoimisto
(*Municipal Education Administration*)
P.O. Box 28, 74701 Kiuruvesi
Tel. 040 505 6236 or 040 5766 484

- **Lapinlahti / Varpaisjärvi**

Sivistysjohtaja (*Director of Education and Culture*), tel. 040 488 3101

- **Pielavesi**

Sivistysosasto
(*Department of Education and Culture*)
Koulutie 3, 72400 Pielavesi
Tel. 040 4894 197 or 040 524 2184

- **Sonkajärvi**

Sivistyslautakunta
(*Local Education and Culture Committee*)
Lyseotie 3, 74300 Sonkajärvi
Tel. 017 2727 124 or 040 543 6180

- **Vieremä**

Sivistysosasto
(*Department of Education and Culture*)
Myllyjärventie 1, 74200 Vieremä
Tel. 0400 370 152 or 040 714 8560

Instruction preparing for basic education

If the Finnish language skills of an immigrant child are poor, it is possible for the child to start school a year later on application. In this case, the child can continue at day care or be offered teaching in preparation for basic education (*perusopetukseen valmistava opetus*). Preparatory teaching lasts one academic year and during that time, the child will be provided with teaching in Finnish or Swedish and in basic education subjects. When the preparatory teaching is completed, the child will move on to a regular class.

In **lissalmi**, in addition to teaching in preparation for basic education, immigrant children can be offered instruction in their own native language or a foreign language in order to maintain the child's language skills (*oman äidinkielen tai vieraan kielen ylläpitämiseen tähtäävä opetus*) as well as remedial teaching for immigrant children (*maahanmuuttajien tukioetus*). More information is available at the Education and Culture Department (*sivistyspalvelukeskus*). In **Kiuruvesi**, you can contact schools directly for additional information.

lissalmen sivistyspalvelukeskus

(*The Education and Culture Department of lissalmi*)

Kirkkopuistonkatu 9 or Riistakatu 13 / P.O. Box 5

74100 lissalmi

Tel. 017 272 3365 or 040 830 920

7.5 Studying after basic education

In the final grade (9th grade) of the comprehensive school students usually apply for upper secondary education. In the spring of the final grade, students can apply for a place in vocational training (*ammattilliset opinnot*) or a general upper secondary school (*lukio*) through a nationwide joint application system (*yhteishaku*). Adults can also study at a general upper secondary school or acquire a vocational qualification at a vocational education institution.

If a young person does not know where to study after comprehensive school or if he/she wants to improve their comprehensive school grades, they can apply for a place at the additional 10th grade education (*10-luokka*). In **Upper Savo**, the 10th grade education is available at the **Portaanpää Christian College** (*Portaanpään Opisto*) in **Lapinlahti**.

Portaanpään opisto

(*Portaanpää Christian College*)

Portaanpäätie 63, 73100 Lapinlahti

Tel. 017 272 0900

www.portaanpaa.fi



7.6 Upper secondary education

Upper secondary education (*toisen asteen koulutus*) is offered by general upper secondary schools (*lukio*) and vocational education institutions (*ammattillinen oppilaitos*). In upper secondary education, teaching and meals are free of charge but students must buy their text books. Students apply for upper secondary education through the nationwide joint application system (*yhteishaku*). The joint application process is conducted in the spring and in the autumn but some schools have different application periods. For more information, refer to the Info Bank website at www.infopankki.fi → **Education** → **Vocational education institutions and upper secondary schools**.

7.6.1 General upper secondary education

A general upper secondary school (*lukio*) provides students with general and all-round education. Towards the end of general upper secondary education, students have the chance to take the matriculation examination (*ylioppilastutkinto*) which comprises a number of different tests (*ylioppilaskirjoitukset*). General upper secondary schools do not offer qualifications for any particular occupation but they provide students with an all-round education. All those who have a school-leaving certificate from the comprehensive school (*peruskoulun päättötodistus*) can apply for a place at a general upper secondary school.

Iisalmi has two general upper secondary schools (Haukiniemenkatu 12, Iisalmi). At **the Upper Secondary School of Iisalmi** (*Iisalmen lyseon lukio*) teaching is arranged during the day time and at **the Iisalmi Adult Secondary School** (*Iisalmen aikuislukio*) in the evening.

More information about general upper secondary schools in Iisalmi can be found in Finnish at www.iisalmi.fi → Palvelut → Koulutus → Lukiokoulutus  and in English at www.iisalmi.fi → In English → Studying → Iisalmi high school . On the English website, you will also find the English version of the study guide of the Upper Secondary School of Iisalmi.

The closest general upper secondary schools to **Keitele** are in Pielavesi (distance: 30 kilometres), Vesanto (34 kilometres) and Viitasaari (40 kilometres). Some students opt to apply for a specialised upper secondary school (music, sports, IB, drama) typically in Kuopio or Jyväskylä.

Students can also choose to participate in combination studies (*yhdistelmäopinnot*, general and vocational upper secondary education). Educational institutions provide information about these studies according to their annually confirmed plans, publishing this information in the study guide issued by the Finnish National Board of Education (*opetushallitus*). More information about studying can be found at www.opintoluotsi.fi/

Koulutie, 72601 Keitele

Tel. 017 273 1111 (school days)

In **Kiuruvesi**, there is a general upper secondary school with 195 students. The school participates in the MAHIS+ project (*MAHIS+-monitutkintohanke*) facilitating the acquisition of multiple qualifications. The project enables students of the general upper secondary school to study horse riding and horse care and management (*ratsastus- ja hevostalous*) as well as electrical engineering (*sähköala*), thanks to cooperation with the Ylä-Savo Vocational College (*Ylä-Savon ammattiopisto*).

Kiuruveden lukio

(*Kiuruvesi Upper Secondary School*)

Lähteentie 10, 74700 Kiuruvesi

Tel. 040 527 1633

www.kiuruvesi.fi/Suomeksi/Palvelut/Opiskelu/Lukio.iw3

Lapinlahti Senior High School (*Lapinlahden lukio*) is an upper secondary school specialising in visual arts, attracting students from throughout Finland. The visual arts programme and the general programme of the school have altogether 300 students from approximately 35 municipalities. In addition, you can complete some general upper secondary school studies at the **Portaanpää Christian College** (*Portaanpään Opisto*).

Lapinlahden lukio

(*Lapinlahti Senior High School*)

Kivistöntie 2, 73100 Lapinlahti

Tel. 040 488 3212

www.lapinlahti.fi/?page=palvelut.perheosasto.koulutuspalvelut.lukio

Pielaveden lukio

(*Pielavesi Upper Secondary School*)

Koulutoimisto (*Municipal Education Administration*), Koulutie 3, 72400 Pielavesi

Tel. 017 273 2101, 040 524 2184

www.peda.net/veraja/pielavesi/lukio

Sonkajärvi Upper Secondary School (*Sonkajärven lukio*) is a traditional general upper secondary education. During general upper secondary education, students can also achieve vocational qualifications through the MAHIS project. The school also participates in the ISOVerstas project, enabling students to complete courses in other upper secondary schools as online studies.

Sonkajärven lukio

(*Sonkajärvi Upper Secondary School*)

Lyseotie 3, 74300 Sonkajärvi

Tel. 017 2727 124, 040 5436 180

www.sonkajarvi.fi/Suomeksi/Palvelut/Opetus_ ja_koulutus/Lukio-opetus.iw3

Vieremä Upper Secondary School (*Vieremän lukio*) is a small and dynamic general upper secondary school with less than 100 students. Our teaching personnel are willing to experiment and learn new things and they consider the individual success of each student their foremost priority. The general upper secondary school provides a firm foundation for further studies.

Vieremän lukio

(*Vieremä Upper Secondary School*)

Petterintie 12, 74200 Vieremä

Tel. 0400 370 152, 0400 370 113

vierema.fi/Suomeksi/Palvelut/Opetus_ ja_koulutus/Lukio.iw3

7.6.2 Vocational upper secondary education and training

Iisalmi has two institutions offering vocational upper secondary education and training (*ammattillinen koulutus*): the Ylä-Savo Vocational College (*Ylä-Savon ammattiopisto*) and the Savo Consortium for Education (*Savon ammatti- ja aikuisopisto*).

At the **Ylä-Savo Vocational College**, both young people and adults can study for several professions. The Ylä-Savo Vocational College organises vocational education and training (*ammattillinen peruskoulutus*), preparatory and rehabilitative training and counselling (*valmentava ja kuntouttava koulutus ja ohjaus*) and preparatory training and counselling for basic vocational training (*ammattilliseen peruskoulutukseen ohjaava ja valmistava koulutus*). However, there is no preparatory training and counselling for basic vocational training targeted particularly at immigrants.

The primary channel for applying for a vocational upper secondary qualification at the Ylä-Savo Vocational College is the nationwide joint application system and its supplementary application system (*yhteishaun täydennyshaku*). In the joint application system, an applicant can also take part in so-called flexible selection, i.e. make an appeal on personal grounds to be accepted as a student outside the rating system. The applicant should select the option "*haen joustavassa haussa*" ("*I would like to take part in flexible selection*") in the electronic application. The applicant should mail the written application and any attachment directly to the educational institution in question by the stated due date.

Vocational education and training can be completed in three years (120 credits). In a vocational college you can complete shorter courses, too, and take part in apprenticeship training (*oppisopimuskoulutus*), for example. At the Ylä-Savo Vocational College you can complete the following vocational qualifications, for example: construction (*rakennusalan perustutkinto*), e.g. builder (*talonrakentaja*), hotel, restaurant and catering services (*hotelli-, ravintola- ja catering-alan perustutkinto*), e.g. cook (*kokki*) tai agriculture (*maatalousalan perustutkinto*), e.g. animal attendant (*eläintenhoitaja*).

Persons whose native language is not Finnish will be invited to the Ylä-Savo Vocational College for an interview and a language test. This aims at ensuring the applicant's ability to participate in studying in Finnish.

Applications for preparatory and rehabilitative teaching and counselling as well as preparatory teaching and counselling for basic vocational training that are not included in the nationwide joint application system are to be submitted via a separate written application returned directly to the Ylä-Savo Vocational College.

More information, in Finnish and English, about studying opportunities can be found at

www.ysao.fi  

Ylä-Savon ammattiopisto

(*Ylä-Savo Vocational College*)

Asevelikatu 4, 74100 Iisalmi

- Guidance Counsellor in Charge (*johtava opinto-ohjaaja*)
Tel. 017 272 5211 / 0400 791 029
- Guidance Counsellor (*opinto-ohjaaja*), tel. 0400 793 146
- Student Affairs Office (*opintotoimisto*), tel. 017 272 5288

Apprenticeship training

Apprenticeship training (*oppisopimuskoulutus*) is a flexible, individual and practical form of education which is based on a fixed-term employment contract or existing employment relationship between a student and an employer or on entrepreneurship. Working as part of a work community is the key learning environment. This is supplemented by theoretical studies at an educational institution. Qualifications are acquired through vocational skills demonstrations on the job (*työtoimintanäyttö*).

In apprenticeship training, it is possible to complete all vocational upper secondary qualifications (*ammattillinen perustutkinto*), further vocational qualifications (*ammattitutkinto*) and specialist vocational qualifications (*erikoisammattitutkinto*). In order to acquire vocational upper secondary qualifications students are expected to demonstrate the skills and knowledge required for the basic tasks of the profession. As for further vocational qualifications, students are expected to demonstrate vocational proficiency required of a professional in a specific field, and specialist vocational qualifications require students to demonstrate proficiency in the most demanding tasks in the field in question.

If you are interested in apprenticeship training, contact **the Apprenticeship Training Office** (*oppisopimustoimisto*) (Asevelikatu 4, Iisalmi, tel. 017 272 5465) or visit the website at www.ysao.fi/oppisopimus

The Ylä-Savo Vocational College also offers education and training for **adults**. The selection includes approximately 50 vocational upper secondary qualifications, further vocational qualifications and specialist vocational qualifications.

In the Adult Education unit, it is possible to study tourism (*matkailuala*), catering (*ravitsemisala*), agriculture (*maatilatalousala*), cleaning services (*puhdistuspalveluala*), construction (*rakennusala*), transportation (*kuljetusala*) and business (*kaupan ala*), for example. In addition, the Adult Education unit offers short courses that provide new knowledge and skills with regard to information technology and languages, for example.

More information about education and training as well as how to apply can be found at www.ysao.fi/koulutuskalenteri

Ylä-Savon ammattiopisto/aikuisopiskelu

(Ylä-Savo Vocational College / Adult Education)

Yrittäjätie 23, 74130 Iisalmi

Study Secretary, tel. 017 272 5508


www.ysao.fi

At **the Iisalmi Unit** (*Iisalmen toimipaikka*) (Asevelikatu 24, Iisalmi) of **the Savo Consortium for Education** (*Savon ammatti- ja aikuisopisto, SAKKY*) both young people and adults can study in order to gain a vocational upper secondary qualification or participate in other training and education.

The vocational education for young people offers educational opportunities in the following fields, for example:

- Business and Administration: e.g. Vocational Qualification in Business and Administration (*yhteiskuntatieteiden, liiketalouden ja hallinnon ala, merkonomi*)
- Natural Sciences: e.g. Vocational Qualification in Business Information Technology (*luonnontieteiden ala, datanomi*)
- Health and Social Services and Physical Education: e.g. Practical Nurse (*sosiaali-, terveys- ja liikunta-ala, lähihoitaja*)

In adult education, it is possible to supplement vocational skills with short courses or by completing parts of qualifications or gain a vocational qualification through apprenticeship training, labour market training (*työvoimakoulutus*) or by completing vocational upper secondary qualifications, further vocational qualifications and specialist vocational qualifications.

More information in Finnish, English and German about studying possibilities can be found at www.sakky.fi 

Savon ammatti- ja aikuisopisto (SAKKY)

(Savo Consortium for Education, SAKKY)

Asevelikatu 24, 74100 Iisalmi

Tel. 017 214 8883

www.sakky.fi

7.7 Higher education

Higher education (*korkea-asteen koulutus*) is offered at polytechnics / universities of applied sciences (*ammattikorkeakoulut*) and at universities (*yliopistot*). You can apply to higher education institutions with a Finnish or foreign certificate of vocational qualification (*ammattillinen tutkintotodistus*) or with a certificate corresponding to the Finnish general upper secondary school certificate (*lukion päästötodistus*). In Iisalmi, you can study at a university of applied sciences. There is no university in Iisalmi. The nearest university, **the University of Eastern Finland** (*Itä-Suomen yliopisto*), is located in Kuopio, approximately 80 kilometres from Iisalmi.

At the Iisalmi campus of **the Savonia University of Applied Sciences** (*Savonia-ammattikorkeakoulu*) you can become a Bachelor of Natural Resources (*agrologi*), a Bachelor of Health Care (*sairaanhoitaja*) or a Bachelor of Social Services (*sosionomi*). Study programmes are taught in Finnish. A prerequisite for studying is passing a Finnish entrance examination.

Savonia-ammattikorkeakoulu

(Savonia University of Applied Sciences)

P.O. Box 72 (Haukisaarentie 2), 74130 Iisalmi

www.savonia.fi

7.8 OpinOvi services

OpinOvi services (*OpinOvi-palvelu*) operate in the Northern Savo region. They aim at helping adults with all matters related to studying. OpinOvi can give you information, for example, about the educational offering in the region, financing your studies or accommodation during your studies.

OpinOvi -palvelu / Ylä-Savon ammattiopisto (*OpinOvi services / Ylä-Savo Vocational College*)

Yrittäjätie 23, 74130 Iisalmi

www.akkuna.eu


Appointments:

ohjaajat@akkuna.eu

Tel. 0400 793 025

7.9 Other possibilities for study

Community colleges (*kansalaisopisto*) offer courses which can be attended by anyone. You can study languages (e.g. Finnish), arts, crafts, music and information technology. Usually courses charge a participation fee and start in the autumn.

The courses offered by the Iisalmi Community College (*Iisalmen kansalaisopisto*) are listed in the study programme which can be viewed at www.iisalmi.fi → Palvelut → Koulutus → Kansalaisopisto (in Finnish).  You can pick the courses that you want to participate in and enrol for them in the section **Internet-ilmoittautuminen**. You can also enrol for the courses at **the Community College office**. The office is located on the second floor of the Cultural Centre (*Kulttuurikeskus*).

- **Iisalmen kansalaisopisto**

(*Iisalmi Community College*)

Kulttuurikeskus

(*Cultural Centre*)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 017 272 3370

www.iisalmi.fi → Palvelut → Koulutus → Kansalaisopisto

- **Kaskikuusen kansalaisopisto**

(*Kaskikuusi Adult Education Centre*)

www.kaskikuusi.fi

- **Lapinlahti unit**

Asematie 4, 73100 Lapinlahti

Tel. 040 4883 202

- **Varpaisjärvi unit**

P.O. Box 17, 73201 Varpaisjärvi

Tel. 040 4883 202

- **Kiuruveden kansalaisopisto**

(Community College of Kiuruvesi)

P.O. Box 28, 74701 Kiuruvesi

Tel. 040 527 1798

www.kiuruvesi.fi/Suomeksi/Palvelut/Kansalaisopisto.iw3

- The mission of the **Community College of Pielavesi and Keitele** (*Pielaveden ja Keiteleen kansalaisopisto*) is to organise versatile opportunities for learning and intellectual growth for the inhabitants of the region.

- **Pielavesi unit**

Koulutie 1, 72400 Pielavesi

Tel. 017 273 2172 or 040 4894187

www.pielavesi.fi → Palvelut → Kansalaisopisto

- **Keitele unit**

Pikonmäentie 2

72600 Keitele

Tel. 017 273 1151

- **Sonkajärven kansalaisopisto**

(Community College of Sonkajärvi)

Rutakontie 21 (the library building, *Kirjastotalo*), 74300 Sonkajärvi

www.sonkajarvi.fi → Palvelut → Opetus ja koulutus → Kansalaisopisto

- **Vieremän kansalaisopisto**

(Community College of Vieremä)

Kansalaisopiston toimisto

(Community College office)

Myllyjärventie 1, 74200 Vieremä

Tel. 0400 370 132

www.vierema.fi → Palvelut → Kansalaisopisto

The Iisalmi Unit of the Summer University of Kuopio (*Kuopion kesäyliopiston Iisalmen toimipaikka*) organises open university studies for everyone as well as further vocational education and training for persons working in the fields of law, education, social and health care or in supervisory duties. Studies are organised all year round.

In addition, the Summer University organises education related to organisational development and welfare at work as well as tailor-made education and training for municipalities, companies and organisations. General, all-round education includes language courses, open lectures and lectures of the University of the Third Age, for example.

You can enrol for the Summer University courses at www.kuopionkesayliopisto.fi. The study programme, published in August, has more detailed information on the courses. A fee is charged for attending the courses.

Kuopion kesäyliopiston Iisalmen toimipaikka

(Iisalmi Unit of the Summer University of Kuopio)

Iisalmen kulttuurikeskus

(Iisalmi Cultural Centre)

Kirkkopuistonkatu 9, 74100 Iisalmi

www.kuopionkesayliopisto.fi

Secretary of the Summer University (*kesäyliopiston sihteeri*), tel. 044 746 2851

Office Secretary of the Summer University (*kesäyliopiston toimistosihteeni*), tel. 044 746 2852

8 HEALTH CARE SERVICES



8.1 Health care services in Upper Savo

8.1.1 Ylä-Savon SOTE municipal board

The Ylä-Savon SOTE municipal board (*Ylä-Savon SOTE -kuntayhtymä*) is a municipal board for social welfare and health care established by Iisalmi, Kiuruvesi, Sonkajärvi and Vieremä. In addition to health care and medical treatment (*terveyden- ja sairaanhoito*) and social welfare services (*sosiaalihuollon palvelut*), it takes care of environmental protection and health supervision services (*ympäristönsuojelu- ja terveysturvontapalvelut*) and veterinary services (*eläinlääkintäpalvelut*) of its member municipalities. Health care services are available at the health centre, hospital and private medical centres.

www.ylasavonsote.fi.

Ylä-Savon SOTE kuntayhtymä

(*Ylä-Savon SOTE municipal board*)

Mailing address: P.O. Box 4 (Meijerikatu 2), 74101 Iisalmi

Tel. 017 272 31 (exchange)

kirjaamo@ylasavonsote.fi

www.ylasavonsote.fi

Iisalmen sairaala (Riistakatu 23) (<i>Iisalmi Hospital</i>)	Tel. 017 272 2000 (exchange)
Iisalmen terveyskeskus (Meijerikatu 2) (<i>Iisalmi health centre</i>)	Tel. 017 272 41 (exchange) or 017 272 4204
Kiuruveden terveyskeskus (Nivankatu 31) (<i>Kiuruvesi health centre</i>)	Tel. 017 272 900 (exchange)
Sonkajärven terveyskeskus (Taivallahdentie 4) (<i>Sonkajärvi health centre</i>)	Tel. 017 272 700 (exchange)
Vieremän terveyskeskus (Ponssentie 11) (<i>Vieremä health centre</i>)	Tel. 017 272 8471, 017 272 8472

Emergency services, phone counselling and referral to treatment are available at health centres at the times defined below. At other times contact the General Emergency Unit (*yhteispäivystys*) of the Iisalmi Hospital (Riistakatu 23):

- **Iisalmi** (Mon–Thur from 8 a.m. to 6 p.m., Fri from 8 a.m. to 3:30 p.m.), emergency services the Iisalmi Hospital (24 h), tel. 017 272 4224
- **Kiuruvesi** (Mon–Sun from 8 a.m. to 8 p.m.), tel. 017 272 9482
- **Sonkajärvi** (Mon–Fri from 8 a.m. to 4 p.m.), tel. 017 272 7468
- **Vieremä** (Mon–Fri from 7:30 a.m. to 3:30 p.m.), tel. 017 272 8471 and 017 272 8472

Lasten ja nuorten palvelut (*Services for children and young people*), guidance and counselling (Mon, Wed, Fri from 9 to 10 a.m.), tel. 0400 144 514

Mielenterveys- ja päihdepalvelut (*Mental health services and drug and alcohol dependency services*), guidance and counselling (24 h), tel. 040 761 4400

Yhteispäivystys Iisalmen sairaala (*General Emergency Unit, Iisalmi Hospital*), 24 h, tel. 017 272 2346

8.1.2 Health centres

- **Iisalmen** terveystakeskus

(*Iisalmi health centre*)

Meijerikatu 2, 74120 Iisalmi

Tel. 017 272 41 (exchange)

Patient office, tel. 017 272 4204

www.ylasavonsote.fi

- **Keitele**en terveystakeskus

(*Keitele health centre*)

Sairaatie 1, 72600 Keitele

Tel. 017 273 1460 (exchange)

www.pielavesi.fi/Suomeksi/Palvelut/Terveys.iw3

- **Kiuruveden** terveystakeskus:

(*Kiuruvesi health centre*)

- Emergency services daily from 8 a.m. to 8 p.m., tel. 017 2729 482, the Emergency Unit of the Kiuruvesi health centre, phone counselling provided by a nurse on weekdays

- From 8 p.m. to 8 a.m., tel. 017 2722 346, the General Emergency Unit of the Iisalmi Hospital, phone counselling provided by a nurse

Nivankatu 31

74700 Kiuruvesi

Tel. (017) 272900

www.kiuruvesi.fi/Suomeksi/Palvelut/Terveyspalvelut.iw3

www.ylasavonsote.fi

- **Lapinlahden** terveystakeskus

(*Lapinlahti health centre*)

- Health centre emergency services, phone counselling and referral to treatment from 8 a.m. onwards, tel. 017 2720411

- Doctor's consultation by appointment Mon–Fri from 8 a.m. to 4 p.m., tel. 017 2720411

- There are doctors on call at the Lapinlahti health centre 24 hours a day.

- Maternity and family planning clinic services (*äitiys- ja perhesuunnitteluneuvolapalvelut*): nurse's telephone hours Mon–Fri from 12 noon to 1 p.m., tel. 040 4883 325 and 040 4883 323

- Child health clinic services (*lastenneuvolapalvelut*): nurse's telephone hours Mon–Fri from 12 noon to 1 p.m., tel. 040 488 3321 and 040 488 3326

Kansantie 10, 73100 Lapinlahti

www.lapinlahti.fi/?page=palvelut.terveysosasto.perusterveydenhuolto.avohoito

- **Sonkajärven** terveystakeskus

(*Sonkajärvi health centre*)

- There are doctors on call at the Sonkajärvi health centre on weekdays from 8 a.m. to 4 p.m., tel. 017 272 7468.
- Patient office (*potilastoimisto*), tel. 017 272 7469
- At other times doctors are on call at the Iisalmi Hospital, tel. 017 272 4224

Taivallahdentie4, 74300 Sonkajärvi
Tel. 017 272 700

www.sonkajarvi.fi/Suomeksi/Palvelut/Terveys.iw3
www.ylasavonsote.fi

- **Pielaveden** terveystakeskus
(*Pielavesi health centre*)

Savikontie 15, 72400 Pielavesi
Tel. 017 273 2460 (exchange)

www.pielavesi.fi/Suomeksi/Palvelut/Terveys.iw3

- **Varpaisjärven** terveystakesema
(*Varpaisjärvi health centre*)

- Doctors on call Mon–Thur from 8 a.m. to 4 p.m. and Fri from 10 a.m. to 3 p.m.
- In the evening and at weekends, emergency services are provided by the Lapinlahti health centre
- Doctor's consultation by appointment Mon–Fri from 8 a.m. to 3 p.m., tel. 040 4883 461
- Maternity and family planning clinic services (*äitiys- ja perhesuunnitteluneuvolapalvelut*): telephone hours from 8 to 9 a.m., tel. 040 4883 484
- Child health clinic services (*lastenneuvolapalvelut*): telephone hours from 8 to 9 a.m., tel. 040 488 3484.

Mäkitie 3, 73200 Varpaisjärvi

www.varpaisjarvi.fi/index.php?id=383

- **Vieremän** terveystakeskus
(*Vieremä health centre*)

- Open: weekdays from 7:30 a.m. to 3:30 p.m.
- Appointments: Mon–Fri from 7:30 a.m. to 3 p.m., tel. 017 272 8471, 017 272 8472
- At other times doctors are on call at the Iisalmi Hospital, tel. 017 272 4224

Ponssentie 11, 74200 Vieremä

www.vierema.fi/Suomeksi/Palvelut/Terveystakesema.iw3
www.ylasavonsote.fi

8.2 Emergencies

Emergencies are urgent dangerous situations where someone's life, health or property or the environment are threatened.

In the event of an emergency, always call the general emergency number 112
(service in Finnish, Swedish and English) 

The emergency number 112 should also be used when you need to call an ambulance.

When you call 112

- state your name
- give the street address and city you are in
- explain what has happened and why you need urgent help
- answer the questions you are asked and follow the instructions you are given
- hang up only after you have been given permission to do so.

The website of the Emergency Response Centre Administration (*Hätäkeskuslaitos*): www.112.fi. There you will find a brochure (*Näin käytät hätänumeroa 112 Suomessa, How to use the emergency number 112 in Finland*) about the work of the Emergency Response Centre Administration in the following languages: English, Swedish, German, Finnish, French, Sami, Russian and Estonian. 

8.3 First aid – urgent medical treatment

In urgent matters, first aid treatment (*ensiapu*) is provided **24 hours a day** at the **lisalmi** hospital.

Services of the 24-hour, round-the-clock hospital emergency unit (*päivystys*) are reserved for patients who need urgent emergency care in situations where treatment must be given immediately due to the serious nature of the situation. The emergency unit provides treatment for patients who have, for example, **suddenly fallen severely ill** or **have been injured in an accident**.

It is not possible to make an appointment for the emergency unit. Patients arriving at the unit are treated according to their triage classification.

In case of a sudden, serious illness, you can go directly to **the lisalmi Hospital emergency unit** (*lisalmen sairaalan ensiapu, Riistakatu 21–23, 74120 lisalmi*), tel. **017 272 2346**.

8.4 When you fall ill

When you suddenly fall ill but do **not** need emergency care, **call the nurse at the health centre for phone counselling** (*sairaanhoitajan puhelinneuvonta*) **before coming to the emergency unit**, if possible. For more information about phone counselling and contact numbers, see Chapters 8.1.1 and 8.1.2 above.

Health centres of the municipalities of the Ylä-Savon SOTE municipal board (Iisalmi, Kiuruvesi, Vieremä and Sonkajärvi) and the Iisalmi Hospital use a **phone system** that aims at improving availability, ease of contact and customer service.

As a general rule, the phone system is in operation at health centres as follows:

- Mon–Fri from 8 a.m. to 3:30 p.m.
- in addition, at the Emergency Unit of Kiuruvesi Mon–Sun until 8 p.m.
- at the General Emergency Unit Mon–Sun from 8 a.m. to 9 p.m.
- at other times, calls will be directed to a mobile phone.

The phone system gives callers instructions on its use. The caller's number will be recorded in the system for a nurse to call back, but only if the caller listens to the recorded message right up to the end. One call is enough if you listen to the message in its entirety. If you do not listen to the whole message, your number will not be recorded in the system. Calls are responded to in the order they are received. The peak hours are from 8 to 10 a.m. and from 1 to 2 p.m. If your issue is not urgent, it is a good idea to avoid calling during these peak hours. **If you require immediate, urgent treatment, always call 112!**

Fees

Visiting an emergency unit is free of charge for Finnish citizens under the age of 18 whereas adults are charged a client fee. Visiting a nurse is free of charge.

- **Acute care team**

The acute care team (*akuuttityöryhmä*) consists of a doctor, a psychologist, three psychiatric nurses and a part-time service counsellor. The team works at **the Koljonvirta Hospital** (*Koljonvirran sairaala*).

The purpose of the acute care team is to respond to **those in need of psychological help**, when the help is needed within 1 to 7 days (urgency category I). This includes different acute psychological crises that threaten the mental health or normal functional capacity of the patient. **The acute care team can be reached 24 hours a day on 040 761 4400.**

- **Mental health and alcohol and drug treatment unit**

The alcohol and drug treatment unit (*päihdeyksikkö*) is a ward with 10 beds which offers detoxification and rehabilitative services for patients in the area of the Ylä-Savon SOTE municipal board. Treatment aims at improving the patient's psychological and physical well-being, analysing the patient's situation and planning follow-up treatment. Patients can be admitted to the unit's care without a doctor's referral.

Koljonvirran sairaala

(*Koljonvirta Hospital*)

Ouluntie 217, 74160 Iisalmi

Tel. (office) 017 272 2026

Tel. (patients) 017 272 2064

- **Stoppi alcohol and drug unit for young people**

Stoppi is a non-drug, low-threshold alcohol and drug unit for young people and their families in Iisalmi. The unit is maintained by the Town of Iisalmi.

Nuorten päihde- ja huumeopysäkki Stoppi

(*Stoppi alcohol and drug unit for young people*)

Pohjolankatu 7, 74100 Iisalmi

Open: Mon, Tues, Thur from 9 a.m. to 4 p.m.

Wed from 12 noon to 6 p.m.

Fri from 9 a.m. to 12 noon

At other times, by appointment as agreed.

Drug and alcohol worker, tel. 040 5434 944

8.5 Dental care

The municipality organises dental care (*hammashuolto*) services for its residents. The care is free of charge for people under 18 years of age. Others will be charged client fees according to the relevant decree.

Cancelling your appointment

If you cannot make it to your dentist's appointment, cancel it by phone on the previous working day at the latest. If you do not cancel the appointment, you will be charged a fee.

Dentist appointments:

- Iisalmi Tel. 017 272 4400
- Kiuruvesi Tel. 017 272 9617
- Sonkajärvi Tel. 017 272 9617
- Vieremä Tel. 017 272 4400

- **Keiteleen hammashoitola**

(*Keitele dental clinic*)

Sairaatie 1, 72600 Keitele

Office and appointments: from 7 a.m. to 3 p.m., tel. 017 2731 590

www.kuh.fi/pk-web/

- **Kiuruveden terveystakeskuksen hammashoitola**

(*Dental clinic of the Kiuruvesi health centre*)

Harjukatu 2, Town Hall, 74700 Kiuruvesi

Appointments centre and phone counselling: Mon–Fri from 7:30 a.m. to 3:30 p.m., tel. 017 2729 617

www.kiuruvesi.fi/Suomeksi/Palvelut/Terveyspalvelut/Hammashuolto.iw3

- **Lapinlahden ja Varpaisjärven hammashoitola**

(Lapinlahti and Varpaisjärvi dental clinic)

Appointments: Mon–Fri from 7:30 a.m. to 2 p.m.

- in Lapinlahti tel. 040 4883 561
- in Varpaisjärvi tel. 040 4883 565

Kansantie 10, Lapinlahti

www.lapinlahti.fi/?page=palvelut.terveysosasto.perusterveydenhuolto.hammashuolto

- **Pielaveden hammashoitola**

(Pielavesi dental clinic)

Office and appointments: from 7 a.m. to 3 p.m., tel. 017 2732 590

Savikontie13, 72400 Pielavesi

www.kuh.fi/pk-web/

- **Sonkajärven hammashoitola**

(Sonkajärvi dental clinic)

Dentists, appointments: tel. 017 272 9617

- **Vieremän hammashoitola**

(Vieremä dental clinic)

Ponssentie 11, 74200 Vieremä

Appointments: tel. 017 272 4400

Dentist emergency services (*hammaslääkäripäivystys*) at weekends and mid-week holidays at **the dental clinic of the Kuopio health centre** (*Kuopion terveyskeskuksen hammashoitola*), Tulliportinkatu 17, Kuopio. Appointments: from 8 to 9 a.m., tel. 017 186 611.

8.6 Drugs

You can buy drugs at pharmacies (*apteekki*). For some drugs, you need a doctor's prescription, while others can be purchased without a prescription.

If a doctor writes you a prescription for drugs (medication), go the pharmacy with the prescription and your Kela card (*Kela-kortti*). When you show your Kela card, you will get a discount on the prescription drugs. This compensation is not available for non-prescription drugs.

Pharmacies in Upper Savo:**Iisalmen I apteekki**

(Iisalmi I Pharmacy)

Savonkatu 15, 74100 Iisalmi

Open: daily from 8 a.m. to 9 p.m.

www.iisalmenapteekki.fi

Kirkkopuiston apteekki

(Kirkkopuisto Pharmacy)

Kirkkopuistonkatu 17, 74100 Iisalmi

For opening hours, see: www.kirkkopuistonapteekki.fi

Savipellon apteekki

(Savipelto Pharmacy)

Parkatintie 2, 74120 Iisalmi

Opening hours: Mon–Fri from 9 a.m. to 8 p.m., Sat from 9 a.m. to 6 p.m.

Keiteleen Apteekki

(Keitele Pharmacy)

Keiteleentie 2, 72600 Keitele

Tel. 017 852 006

Kiuruveden apteekki

(Kiuruvesi Pharmacy)

Asematie 11, 74700 Kiuruvesi

Tel. 017 752 206, 017 752 783

Open: Mon–Fri from 9 a.m. to 7 p.m., Sat from 9 a.m. to 3 p.m.,

Sundays and holidays from 12 noon to 3 p.m.

Lapinlahden apteekki

(Lapinlahti Pharmacy)

Linnansalmentie 14–16, 73100 Lapinlahti

Tel. 017 732 103

Pielaveden Apteekki

(Pielavesi Pharmacy)

Puistotie 11, 72400 Pielavesi

Tel. 017 861 366

Sonkajärven Apteekki

(Sonkajärvi Pharmacy)

Rutakontie 36, 74300 Sonkajärvi

Tel. 017 770 3111

Varpaisjärven Apteekki

(Varpaisjärvi Pharmacy)

Lapinlahdentie 1, 73200 Varpaisjärvi

Tel. 017 771 007

Vieremän apteekki
(*Vieremä Pharmacy*)
Petterintie 2, 74200 Vieremä
Tel. 017 714 008

9 SOCIAL SERVICES



9.1 Social services in Upper Savo

You can get help from **social services** (*sosiaalipalvelut*) when facing different situations in life. The professional social workers will offer help, guidance and support with different kinds of social and financial problems. Social workers maintain and promote the safety of individuals and families and help them to cope with everyday life. Upper Savo offers the following social services: services for children and young people, services for families with children, services for the disabled and services for the elderly.

The Ylä-Savon SOTE municipal board (*Ylä-Savon SOTE -kuntayhtymä*) is a municipal board for social welfare and health care established by **Iisalmi, Kiuruvesi, Sonkajärvi** and **Vieremä**. In addition to health care and medical treatment (*terveyden- ja sairaanhoito*) and social welfare services (*sosiaalihuollon palvelut*), it takes care of environmental protection and health supervision services (*ympäristönsuojelu- ja terveysturvontapalvelut*) and veterinary services (*eläinlääkintäpalvelut*) of its member municipalities.

Ylä-Savon SOTE kuntayhtymä

(*Ylä-Savon SOTE municipal board*)

P.O. Box 10 (Kankaankatu 1 B 1), 74101 Iisalmi

Tel. 017 272 3360 (counselling)

www.ylasavonsote.fi

Social services (*social services*):

- Iisalmi (Kankaankatu 1), tel. 017 272 3360 (counselling)
- Kiuruvesi (Harjukatu 2), tel. 017 272 900 (exchange)
- Sonkajärvi (Taivallahdentie 4), tel. 017 272 700 (exchange)
- Vieremä (Myllyjärventie 1), tel. 040 525 7886 and 040 594 9078

- **Keiteleen** sosiaalitoimisto

(*Keitele Social Services Office*)

Äyräpäätie 2, 72601 Keitele

Tel. 017 273 100 (exchange)

www.keitele.fi/Suomeksi/Etusivu/Yhteystiedot.iw3

- **Lapinlahti:**

- **Lapinlahden** sosiaalitoimisto

(*Lapinlahti Social Services Office*)

Telephone hours and making appointments for social workers Mon–Fri from 12 noon to 1 p.m. either via the exchange at 017 272 000 or by calling the direct numbers of social workers.

Asematie 4, 73100 Lapinlahti

www.lapinlahti.fi/?page=ajankohtaista&id=812

- **Varpaisjärven** sosiaalitoimisto

(*Varpaisjärvi Social Services Office*)

Kauppatie 20, 72300 Varpaisjärvi

Tel. 040 4883 314

www.varpaisjarvi.fi/index.php?id=383

- **Pielaveden** perusturvaosasto
(*Department of Basic Security in Pielavesi*)
Puistotie 30 (P.O. Box 27), 72400 Pielavesi

The office is open:

- Mon from 8 to 11 a.m. and from 12 noon to 3:30 p.m.
- Tues–Fri from 9 to 11 a.m. and from 12 noon to 2:30 p.m.

www.pielavesi.fi/Suomeksi/Palvelut/Sosiaalipalvelut.iw3

9.2 Services for children, families and adults

If your family needs guidance or counselling when different situations in life, you can turn to a social worker. Together with the social worker, you can contemplate what kind of help is needed by your family:

- financial aid
- children's day care, domestic aid
- children's holiday activities
- help with sorting out crises which involve your relationship or family
- help provided by the Family Guidance Centre (*perheneuvola*) in matters related to children's upbringing and education.

Services for children, families and adults:

- **Iisalmi**

Sosiaalikeskus

(*Social Centre*)

Kankaankatu 1, 74120 Iisalmi

Tel. 017 272 3360 (counselling)

- **Keitele**

Sosiaalitoimisto

(*Keitele Social Services Office*)

Äyräpäântie 2, 72600 Keitele

Tel. 040 724 1975 or 017 273 1762

Tel. 040 523 5821 or 017 273 1322

www.keitele.fi/Suomeksi/Etusivu/Yhteystiedot.iw3

- **Kiuruvesi**

Sosiaalikeskus

(*Social Centre*)

Harjukatu 2 (Town Hall), 74701 Kiuruvesi

www.kiuruvesi.fi/Suomeksi/Palvelut/Sosiaalityo/Yhteystiedot.iw3

- **Lapinlahti**

- **Lapinlahden** Perheneuvola

(*Lapinlahti Family Guidance Centre*)

Asematie 4, 73100 Lapinlahti

- **Varpaisjärvi**, sosiaalitoimisto
(*Varpaisjärvi, Social Services Office*)
Kauppatie 20, 73200 Varpaisjärvi
Tel. 040 4883 314

www.varpaisjarvi.fi/index.php?id=383

- **Pielavesi**

Perusturvaosasto

(*Department of Basic Security*)

Puistotie 30 (P.O. Box 27), 72400 Pielavesi

The office is open Mon from 8 to 11 a.m. and from 12 noon to 3:30 p.m., Tues–Fri from 9 to 11 a.m. and from 12 noon to 2:30 p.m.

- Social worker (*sosiaalityöntekijä*), tel. 017 273 2331, 040 722 8355
- Social counsellor (*sosiaaliohjaaja*), tel. 017 273 2323, 040 521 2091
- Family worker (*perhetyöntekijä*), tel. 040 503 2424, 040 521 3091

www.pielavesi.fi/Suomeksi/Palvelut/Sosiaalipalvelut/Perhepalvelut/Perhetyo.iw3

- **Sonkajärvi**

Perhe- ja sosiaalipalvelut

(*Family and Social Services*)

Taivallahdentie 4, 74300 Sonkajärvi

Tel. 017 272 700

www.sonkajarvi.fi/Suomeksi/Palvelut/Perhe- ja sosiaalipalvelut.iw3

- **Vieremä**

Sosiaalikeskus

(*Social Centre*)

Myllyjärventie 1, 74200 Vieremä

Open: weekdays from 9 a.m. to 3 p.m.

Social worker appointments and telephone hours, Mon–Fri from 12 noon to 1 p.m.

Tel. 040 594 9078, 040 525 7886

www.ylasavonsote.fi

- **Family's House** (*Perheen talo*) cooperation organises activities for children, young people and families with children.

Perheen talo -yhteistyö

(*Family's House cooperation*)

Pohjolankatu 9, 74100 Iisalmi

Tel. 040 743 1773

www.perheentalo.fi

- The Northern Savo district organisation of **the Mannerheim League for Child Welfare** (*Mannerheimin Lastensuojeluliitto*) organises clubs, events and activities for children, young people, parents and families with children in various municipalities in Northern Savo: http://www3.mll.fi/paikallisyhdistysten_sivut/?RYHMA_I=110#listalle
- **The Mother and Child Home and Shelter Association of Upper Savo** (*Ylä-Savon Ensi- ja turvakotiyhdistys ry*) offers family services, such as meeting places for families and overnight activities.

Ylä-Savon Ensi- ja turvakotiyhdistys ry

(*Mother and Child Home and Shelter Association of Upper Savo*)

Karjalankatu 34 A, 74120 Iisalmi

Tel. 017 272 3284

www.ensijaturvakotienliitto.fi/jasenyhdistykset/yla-savon_ensi-ja_turvakotiyhdi/

- **The MoniNaiset group for immigrant women** meets once a month in the premises of the Mother and Child Home and Shelter of Upper Savo (*Ylä-Savon Ensi- ja turvakoti*).

MoniNaiset

Karjalankatu 34 A, 74120 Iisalmi

Tel. 017 272 3284

10 HELP IN CRISIS SITUATIONS



10.1 Crisis situations

Crisis situations are unexpected events. Crises include serious illness, divorce, the death of a family member, unemployment, an accident, drug abuse or other unforeseeable events that seem threatening.

Information about different crisis situations and where to get help can be found on the Info Bank website at www.infopankki.fi → Crises.

10.2 24-hour social services

In Upper Savo, municipalities have **a shared solution for providing 24-hour social services** (*yhteinen sosiaalipäivystys*). Its task is to respond to urgent social welfare emergencies affecting residents of Upper Savo, that occur outside office hours or require attention before the next working day. Such acute emergencies/crises may include the following: domestic violence, abandonment of children, the elderly or other persons requiring care and protection and cases of substance abuse or crimes involving young people and requiring the intervention of the police.


The office of the 24-hour social services of Upper Savo is located at the police station in Iisalmi (Virrankatu 2, 74100 Iisalmi).

The 24-hour social services of Upper Savo can be reached:

At weekends (from Fri 4 p.m. to Mon 8 a.m.)


On weekday evenings (Mon–Thur from 4 to 10 p.m.) and on holidays at the following numbers:

- 040 830 2618 (social worker on duty)
- 040 830 2619 (social worker on duty)

On weekday nights (Mon–Fri from 10 p.m. to 8 a.m.) social services needs are met by municipal social workers on call. They can be reached by dialling the general emergency number 112. (Finnish, Swedish, English). 

A child welfare notice can be submitted:

Mon–Fri from 8 a.m. to 3:30 p.m., social worker on duty, tel. 040 543 4935.

At other times, urgent issues (for example, child welfare issues) should be reported to the emergency response centre (*hätäkeskus*): the general emergency number 112 (Finnish, Swedish, English). 

10.3 Legal aid office

A legal aid office provides impartial legal aid in matters concerning divorce, crimes or violence, for example. Check whether you are entitled to legal aid free of charge.

lisalmen oikeusaputoimisto

(Iisalmi Legal Aid Office)

Pohjolankatu 6 A, 74100 Iisalmi

Tel. 010 366 1080

www.oikeus.fi/6229.htm

In **Kiuruvesi**, legal aid office services are provided by appointment only, tel. 010 366 1080.

10.4 Financial and debt advice

If you have financial problems (unpaid bills collected by enforcement authorities, for example), the Financial and Debt Advice (*velkaneuvonta*) can help you. There is one common debt advisor covering the whole of Upper Savo. The office is located at the Social Services Centre (*sosiaalipalvelukeskus*) in Iisalmi.

Iisalmen kaupungin talous- ja velkaneuvonta

(Financial and Debt Advice of the Town of Iisalmi)

Kankaankatu 1, 74100 Iisalmi

Tel. 017 272 3545 or 040 830 4362

Telephone hours: Mon–Fri from 1 to 2 p.m.

11 LEISURE TIME



11.1 Youth services

In Finland, municipalities are responsible for organising youth work (*nuorisotyö*). Municipal youth work aims to support the growth and independence of children and young people, promote active citizenship and social empowerment of young people as well as improve their development and living conditions. The values and starting points for youth work include community spirit, shared responsibility, equality, multiculturalism and internationality, a healthy life style and respect for the environment and life in general. Youth work is also carried out by youth organisations and parishes in compliance with their values and objectives.

In Upper Savo, municipal youth work is organised by the following parties:

- **Iisalmi**

Vapaa-aikapalvelukeskus (*Leisure Services Centre*), P.O. Box 15, 74100 Iisalmi

Nuorisotalo (*Youth Centre*): Kirkkopuistonkatu 25, 74100 Iisalmi

Kangaslammin nuorisotupa (*Kangaslampi Youth Cabin*): Pajukatu 1, 74130 Iisalmi

Peltosalmen kerhotila Peltokoto (*Peltokoto Club House, Peltosalmi*): Asuntopolku 4, 74510 Peltosalmi

Tel. 040 5454 546

www.iisalmi.fi → Palvelut → Nuorisotyö

www.po1nt.fi/pk/iisalmi.html

- **Keitele**

P.O. Box 14, 72601 Keitele

Nuorisotalo (*Youth Centre*): Koulutie 2, 72600 Keitele

Tel. 040 829 5310

www.keitele.fi → Palvelut → Nuorisotyö

- **Kiuruvesi**

Nuorisotalo (*Youth Centre*): Kuorevirrankatu 10, 74700 Kiuruvesi

Tel. 040 821 2630 and 040 570 7241

Fenix-kahvila (*Café Fenix*): Kiurukatu 3

Auto- ja metallipaja (*Car and Metal Workshop*): Salahmintie 25

www.kiuruvesi.fi → Palvelut → Nuorisotyö

In **Kiuruvesi**, youth work activities are mainly targeted at over 13-year-olds. In addition, theme events are organised for children attending the primary school. Furthermore, the youth services of the Town of Kiuruvesi arrange band nights, disco evenings, excursions, camps and other events, as well as activities in small groups (Tyttis and The Äijät). Youth services also cooperate with a network of partners from various fields and schools.

The youth services of Kiuruvesi have three premises:

- **The Kiuruvesi Youth Centre** is located in the Kuorevirta sports area (Kuorevirrankatu 10, 74700 Kiuruvesi) and is open Tues–Thur from 3 to 8 p.m. and Fri from 6 to 9 p.m. The Youth Centre has rehearsal premises for bands, a

studio, Open House premises, a hall and a meeting room that can be rented. It also houses Luotsi, the kitchen, textile and woodwork facilities of the workshop for young people.

- **Café Fenix** (Kiurukatu 3) is open Mon–Tues and Thur–Fri from 10 a.m. to 4:30 p.m.
- **Car and Metal Workshop** (Salahmintie 25, 74700 Kiuruvesi)

- **Lapinlahti**

Asematie 4, 73100 Lapinlahti

www.lapinlahti.fi/index.php?page=nuorisotilat

www.varnu.net/

Lapinlahden nuorisotila (*Lapinlahti Youth Facilities*): Asematie 6, 73100 Lapinlahti

Tel. 040 4883 772 or 040 4883 774

Nuorisotoimisto ja seurakunnan kerhotilat

(*Youth Work Office and the club room of the Evangelical-Lutheran parish*)

Kauppatie 17, 73200 Varpaisjärvi

Varpaisjärven nuorisotila (*Varpaisjärvi Youth Facilities*): Kirjastontie 4, 73200

Varpaisjärvi

Tel. 040 488 3803

- **Pielavesi**

Koulutie 1, 72400 Pielavesi

Nuorisotalo (*Youth Centre*): Laurinpurontie

Tel. 0400 186351

www.pielavesi.fi → Palvelut → Nuorisotila

- **Sonkajärvi**

Rutakontie 28, 74300 Sonkajärvi

Sonkajärven nuorisotila (*Sonkajärvi Youth Facilities*): Kuntotie 1, 74300 Sonkajärvi

Sukevan nuorisotila (*Sukeva Youth Facilities*): Matarantie 11, 74340 Sukeva

Tel. 040 5965 700

www.sonkajarvi.fi → Palvelut → Nuorisotyö

- **Vieremä**

Nuorisotoimisto (*Youth Work Office*): Myllyjärventie 1, 74200 Vieremä

Tel. 040 753 3433

Nuorisotalo (*Youth Centre*): Petterintie 35, 74200 Vieremä.

The Youth Centre is open on Mondays, Wednesdays and Thursdays from 6 to 9 p.m. and on Fridays from 7 p.m. to midnight.

Tel. 040 753 3433.


www.vierema.fi → Palvelut → Vapaa-aika → Nuorisotoimi

www.po1nt.fi/pk/vierema.html

11.2 Sports services

- **Iisalmi**

In Iisalmi, you can take part in various sports activities, such as football, judo, volleyball, boxing and pesäpallo (Finnish baseball). For more information, see www.iisalmi.fi → Palvelut → Liikuntapalvelut.

There are more than 50 sports associations and youth organisations, offering versatile opportunities for everyone to take part in activities and practise sport, regardless of age or physical fitness. More information about sports clubs operating in Iisalmi can be found at www.iisalmi.fi → Palvelut → Liikuntapalvelut → Yhdistysten toiminta → Urheiluseurat (in Finnish). 

You can also contact the Leisure Services Centre (*vapaa-aikapalvelukeskus*) to find out more about its sports offering:

Vapaa-aikapalvelukeskus

(*Leisure Services Centre*)

Joukolankatu 15 (swimming hall), 74120 Iisalmi

Tel. 017 272 3257

Swimming

Iisalmi has a swimming hall with gym facilities. The swimming hall is located at Joukolankatu 15.

In addition, Iisalmi has four public beaches. The location of the beaches can be found on the map available at www.iisalmi.fi → Liikunta ja nuorisot → Liikuntapaikat ja tilat → Uimarannat (kartalla).

- **Keitele**

Sports field (*urheilukenttä*), address: Lepolantie 3

Gym, downstairs at the health centre (entrance at Pikonmäentie 4C)

Sports Area Caretaker, tel. 0400 362641

- **Kiuruvesi**

Kiuruvesi offers versatile sports services. Most facilities are located in the Kuorevirta sports area (*Kuorevirran urheilualue*): ice, swimming and sports halls, a bowling alley, football fields, track and field facilities, tennis and beach volleyball courts.

In the municipality, there are a wide variety of sports clubs.

Sports clubs are listed at www.kiuruvesi.fi → Vaikuttaminen → Järjestöt ja yhdistykset.

Kiuruveden uimahalli ja kuntosali

(*Kiuruvesi Swimming Hall and Gym*)

Kuorevirrankatu 10, 74700 Kiuruvesi

Tel. 040 576 6507

www.kiuruvesi.fi/Suomeksi/Palvelut/Liikunta_ ja_ ulkoilu/Uimahalli_ ja_ kuntosali.iw3

In all matters related to sports, contact the Sports Services Office of Kiuruvesi (*Kiuruveden liikuntatoimisto*), address: Harjukatu 2
74700 Kiuruvesi, tel. 040 759 5005.

- **Lapinlahti**

The address of the sports hall (*liikuntalaitos*): Nelson House, Ringettetie 5
The address of the community centre (*monitoimitalo*): Koulukuja 14

- **Pielaveden liikuntahalli**

(*Pielavesi Sports Hall*)

Museotie 3

Tel. 017 861 925

Sports Facilities Caretaker (*liikuntapaikkojen hoitaja*), tel. 040 722 0969

Urkinmäet ulkoilualue

(*Urkinmäet Outdoor Recreation Area*)

Pielavedentie 151, 72400 Pielavesi.

www.pielavesi.fi/Suomeksi/Palvelut/Liikunta_ ja_ ulkoilu/Urkinmaet.iw3

- **Sonkajärvi**

Central sports field (*keskusurheilukenttä*), address: Urheilutie, 74300 Sonkajärvi

Football field (*jalkapallokenttä*), address: Kauppilantie, 74300 Sonkajärvi

Sports hall (*liikuntahalli*), address: Kuntotie, 74300 Sonkajärvi

Tel. 017 272 7718 or 040 756 1622

- **Vieremä**

In Vieremä, you can practise many sports. Contact information for sports clubs is available in Finnish at: www.vierema.fi → Kuntainfo → Yhdistykset → Urheiluseurat.

More information about different sports opportunities can also be obtained from the Sports Services Office (*liikuntatoimisto*), tel. 0400 370 157.

Liikuntahalli

(*Sports Hall*)

Petterintie 12, 74200 Vieremä

Open: Mon–Fri from 3 to 10 p.m., Sat closed, Sun from 12 noon to 6 p.m.

Tel. 0400 573 412

11.3 Culture

- **Libraries**

When you have a library card, you can borrow books, magazines, audio materials and films at the library (*kirjasto*) free of charge. Books, magazines and audio books are available in several languages. Anyone living in Finland can obtain a library card (*kirjastokortti*) on application by presenting a personal identification document at the service desk. All libraries in Upper Savo form part of the library network **Rutakko** (*kirjastoverkko Rutakko*), which means that you can use a single library card to borrow material from all the libraries in Upper Savo, as well as use the online library services. You can also order books and other materials from other libraries. Inquire about prices at the library. The borrowed material must be returned to the library, or loans renewed, by the due date. Otherwise you will be charged an overdue fine. In addition, use of the Internet is available free of charge at all libraries.

Iisalmen kaupunginkirjasto

(*Iisalmi Town Library*)

Kirkkopuistonkatu 9, 74100 Iisalmi

Information desk, tel. 017 272 3500

www.iisalmi.fi → Palvelut → Kulttuuripalvelut → Kirjasto

Pielaveden kunnankirjasto

(*Pielavesi Municipal Library*)

Laurinpurontie 14, 72400 Pielavesi

Tel. 017 273 2193 or 040 4894191

www.pielavesi.fi → Palvelut → Kirjasto

Keiteleen kirjasto

(*Keitele Library*)

Koulutie 1, 72600 Keitele

Tel. 017 273 1303

www.keitele.fi → Palvelut → Kirjasto

Kiuruveden kaupunginkirjasto

(*Kiuruvesi Town Library*)

Lähteentie 10 A, 74700 Kiuruvesi

Tel. 040 5766 500

www.kiuruvesi.fi → Palvelut → Kirjasto

Lapinlahden kunnankirjasto

(*Lapinlahti Municipal Library*)

Mykkäläntie 2, 73100 Lapinlahti

Tel. 040 4883 275

www.lapinlahti.fi/?page=palvelut.perheosasto.koulutuspalvelut.kirjasto

Sonkajärven kirjastotalo

(*Sonkajärvi Library*)

Rutakontie 21, 74300 Sonkajärvi

Tel. 017 272 7103

www.sonkajarvi.fi → palvelut → kirjasto- ja tietopalvelut

Sukevan kirjasto

(*Sukeva Library*)

Sukevantie 22, 74340 Sukeva

Tel. 017 2727981

In **Varpaisjärvi**, there is a **branch library** (*sivukirjasto*) of the municipality of Lapinlahti.

Kirjastontie 1, 73200 Varpaisjärvi

Tel. 040 4883 274

<http://www.varpaisjarvi.fi/index.php?id=469>

Vieremän kunnankirjasto

(*Vieremä Municipal Library*)

Lyhtytie.2, 74200 Vieremä

Tel. 0400 370 126

www.vierema.fi → Palvelut → Kirjasto

Rules and regulations of the Upper Savo library network Rutakko:

www.iisalmi.fi/loader.aspx?id=e4033147-af95-4c04-be6d-d30b03204222



www.iisalmi.fi/loader.aspx?id=7652f8c3-a067-4d4d-9099-4eb8b9281647

At www.lib.hel.fi/fi-FI/ulkomaalaiskirjasto/esitteet/ you can find a **general brochure about the operating principles of libraries** in 16 languages.

- **Community colleges**

The community colleges located in Upper Savo (*Ylä-Savon kansalaisopistot*) organise a wide range of courses for adults, young people and children. At community colleges, you can study several languages, e.g. Finnish (see Finnish language studies, p. 21→), sports, music, crafts and visual arts. Every autumn and spring, brochures containing detailed information on all the courses at the community colleges are mailed to every household.

Iisalmen kansalaisopisto

(*Iisalmi Community College*)

Kulttuurikeskus

(*Cultural Centre*)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 017 272 3370

www.iisalmi.fi → Koulutus → Kansalaisopisto

Kiuruveden kansalaisopisto*(Community College of Kiuruvesi)*

Harjukatu 2 B, 74700 Kiuruvesi

Tel. 040 527 1798

www.kiuruvesi.fi → Palvelut → KansalaisopistoAdvance enrolment: <https://www.opistopalvelut.fi/kiuruvesi/>**Kaskikuusen kansalaisopisto (Lapinlahti / Varpaisjärvi)***(Kaskikuusi Adult Education Centre, Lapinlahti / Varpaisjärvi)*

- Lapinlahti unit

Asematie 4, 73100 Lapinlahti

Tel. 040 4883 202

- Varpaisjärvi unit

Kauppatie 20, 72300 Varpaisjärvi

Tel. 040 4883 202

www.kaskikuusi.fi/**Pielaveden ja Keiteleen kansalaisopisto***(Community College of Pielavesi and Keitele)*

- Pielavesi unit

Koulutie 1, 72400 Pielavesi

Tel. 017 273 2172, 040 4894187

- Keitele unit

Pikonmäentie 2, 72600 Keitele

Tel. 017 273 1151

Sonkajärven kansalaisopisto*(Community College of Sonkajärvi)*

Rutakontie 21 (the library building, Kirjastotalo), 74300 Sonkajärvi

www.sonkajarvi.fi/Suomeksi/Palvelut/Opetus_ja_koulutus/Kansalaisopisto.iw3**Vieremän kansalaisopisto***(Community College of Vieremä)*

Myllyjärventie 1, 74200 Vieremä

Tel. 0400 370 132

www.vierema.fi/Suomeksi/Palvelut/Vapaa-aika/Kansalaisopisto.iw3

- **Culture**

The Iisalmi Cultural Centre (*Iisalmen kulttuurikeskus*) is a venue where concerts, exhibitions, seminars and theatre performances are held. The Cultural Centre also houses the Town Library (*kirjasto*), the Community College (*kansalaisopisto*), the Summer

University of Kuopio (*Kuopion kesäyliopisto*), the Ylä Savo Music Institute (*Ylä-Savon musiikkiopisto*), the Museum of Natural Science (*Iisalmen luontomuseo*) and the Underground Photo Gallery.

Iisalmen kulttuurikeskus

(*Iisalmi Cultural Centre*)

Kirkkopuistonkatu 9, 74100 Iisalmi

Tel. 017 272 3600

www.iisalmi.fi → Palvelut → Kulttuuripalvelut → Kulttuurikeskus

Keitele

In all matters related to cultural activities, contact the Keitele Municipal Library (*Keiteleen kunnankirjasto*).

Koulutie 1, 72601 Keitele

keitele.kirjasto@keitele.fi

Tel. 017 273 1303 (customer service)

www.keitele.fi/Suomeksi/Palvelut/Kulttuuri_ ja_museo.iw3

Kiuruveden kulttuuritalo/kulttuuritoimi

(*Kiuruvesi Culture House / Culture Department*)

Lähteentie 10 A, 74700 Kiuruvesi

www.kulttuuritalo.kiuruvesi.fi

The Kiuruvesi Culture House can be seen as a “living room” for all residents of the municipality. Activities organised at the Culture House enrich people’s lives by offering versatile, high-quality cultural services. The House consists of various facilities: the Kiurusali hall that adapts to accommodate different events, four exhibition rooms, the library, a café/restaurant as well as meeting and IT rooms. The Kiurusali hall serves as the venue for concerts, theatre performances, films and seminars, for example.

The Culture Department of Kiuruvesi (*Kiuruveden kulttuuritoimi*) aims to activate the residents of the town to produce and use diverse cultural services and to preserve local culture. The Kiuruvesi Museum (*Kiuruveden kotiseutumuseo*) is also worth a visit. In addition to housing a collection of exhibits, the museum consists of buildings that form a historical farmyard of the region.

Lapinlahti offers opportunities for various leisure time activities.

For more information, see: www.lapinlahti.fi/?page=vapaa-aika

Pielaveden kulttuuritoimisto

(*Pielavesi Culture Services Office*)

Open: Mon from 8 a.m. to 3:30, Tues–Fri 9 a.m. to 2:30

Koulutie 1, 72400 Pielavesi

www.pielavesi.fi/Suomeksi/Palvelut/Kulttuuri_ ja_museo.iw3

The Sonkajärvi Culture Services Office (*Sonkajärven kulttuuritoimisto*) is located at the Sonkajärvi library building (*kirjastotalo*).
The office is open Mon–Fri from 8:30 a.m. to 4 p.m.
Rutakontie 21, 74300 Sonkajärvi
Tel. 017 2727 104 or 040 7766 263
www.sonkajarvi.fi/Suomeksi/Palvelut/Kulttuuri.iw3

Cultural services in **Vieremä** (*Vieremän kulttuuripalvelut*): www.vierema.fi → Palvelut → Vapaa-aika → Kulttuuripalvelut

12 PARISH WORK



- In **lisalmi**, the Evangelical-Lutheran Parish of lisalmi (*lisalmen evankelis-luterilainen seurakunta*) and the Orthodox Parish of lisalmi (*lisalmen ortodoksinen seurakunta*) organise activities aimed at immigrants, for example.

Immigrants are welcome to all activities organised by **the Evangelical-Lutheran Parish of lisalmi**. Learn more about their activities at www.iisalmenseurakunta.fi

Ilvolankatu 14 B, 74100 lisalmi
Tel. 017 833 51

The Porstua meeting place (*kohtaamispaikka Porstua*), maintained by the Evangelical-Lutheran Parish, is open to all and offers the opportunity to meet new people and organise activities for immigrants, too.

Savonkatu 22, 74100 lisalmi
Tel. 040 1789 352

www.porstuaan.fi

The Orthodox Parish of lisalmi

The Orthodox Parish of lisalmi arranges evening events for immigrants. Keep an eye on the *lisalmen Sanomat* newspaper for notices advertising these events.

Kirkkopuistonkatu 28, 74100 lisalmi
Tel. 017 817 441

lisalmi Orthodox Parish Hall (*lisalmen Ortodoksinen seurakuntasali*)

www.ort.fi/fi/kirkko_palvelee/srk/iisalmi/index.php

- **Keiteleen seurakunta**
(*Evangelical-Lutheran Parish of Keitele*)
Kirkkotie 1, 72600 Keitele
Tel. 050 303 2008
www.keiteleenseurakunta.fi/

- **Kiuruvesi**
Kiuruveden seurakunta
(*Evangelical-Lutheran Parish of Kiuruvesi*)
Kirkkokatu 8A, 74700 Kiuruvesi
Tel. 017 7700 421
www.kiuruvedenseurakunta.fi/

Kiuruveden ortodoksinen seurakunta
(*Orthodox Parish of Kiuruvesi*)
Niemistenkatu 6, 74700 Kiuruvesi
Tel. 050 5721 026
www.ort.fi/fi/kirkko_palvelee/srk/kiuruvesi/
The website is also available in Russian.

- **Lapinlahden seurakunta**
(*Evangelical-Lutheran Parish of Lapinlahti*)

Mykkäläntie 6, 73100 Lapinlahti

Tel. 020 7438 151

www.lapinlahdenseurakunta.fi/cgi-bin/linnea.pl?document=perustiedot

- **Pielaveden** seurakunta

(Evangelical-Lutheran Parish of Pielavesi)

Pappilantie 11, 72400 Pielavesi

Tel. 0400 358 638

www.pielavedenseurakunta.fi/

- **Sonkajärven** seurakunta

(Evangelical-Lutheran Parish of Sonkajärvi)

Rutakontie 20, 74300 Sonkajärvi

Tel. 017 8203 011

www.sonkajarvenseurakunta.fi/

- **Varpaisjärven** seurakunta

(Evangelical-Lutheran Parish of Varpaisjärvi)

Kauppatie 17, 73200 Varpaisjärvi

Tel. 040 480 6801

www.varpaisjarvenseurakunta.fi/

- **Vieremän** seurakunta

(Evangelical-Lutheran Parish of Vieremä)

Activities are advertised on the parish website and in the parish notices in the Iisalmen Sanomat and Miilu newspapers every Wednesday.

Kirkkotie 1, 74200 Vieremä

Tel. 017 714 504 or 0400 714 554

www.vieremanseurakunta.fi/