

## EMG2023 HANDBOOK FOR ATHLETE

### ACCREDITATION

Every participant should pick up the accreditation and welcome bag **before the competition** from Tampereen Stadium at Ratina (EMG2023 Accreditation and Info office). Please show the relevant document (passport) to prove the identity. No medical certificates are needed.

Adress: Tampere Stadium, Ratina, Ratinan Rantatie 1

#### Opening hours:

DAY	OPENING TIME
Thu 22.6.2023	14-18
Fri 23.6.2023	Closed
Sat 24.6.2023	Closed
Sun 25.6.2023	13-19
Mon 26.6.2023	8-20
Tue 27.6.2023	8-20
Wed 28.6.2023	13-19
Thu 29.6.2023	13-19
Fri 30.6.2023	13-19
Sat 1.7.2023	13-19
Sun 2.7.2023	13-19
Mon 3.7.2023	13-19
Tue 4.7.2023	13-19
Wed 5.7.2023	13-19
Thu 6.7.2023	13-19
Fri 7.7.2023	13-19
Sat 8.7.2023	9-11
Sun 9.7.2023	9-11

## EMG2023 SHOP

At Tampere Stadium (Ratina) you will find a sales point with a wide selection of EMG2023 merchandise. You can also order products to be picked up from our online store:

<https://emg2023.designshop.fi/shop>

EMG2023 merchandise will also be sold at the event square (Central Square). The sales point is open during the opening hours of the event square 27.6.-8.7. at 16:00-22:00

## EMG2023 EVENT SQUARE

Event Square is a meeting place where you can get to know the atmosphere of the games with various activities, partners and program. Relax on the terrace and enjoy refreshments and snacks. The event area is entry-free, non-smoking and has no age limit. Kisatori connects event participants, city residents and other tourists.

Location at Tampere Central Square.

Event Square is open from 27 June to 8 July 2023 daily from 16:00 to 22:00 (weather permitting).

From the Event Square you can find e.g. EMG info, EMG2023 official merchandise and medal engraver.

## TRANSPORTATION

### Tampere-Pirkkala Airport

The bus line 103 runs daily to Tampere-Pirkkala Airport. In the center of Tampere the route passes through train station and bus station.

The bus leaves from the center of Tampere about 2 hours before the flight's departure. The trip takes about 30 minutes. The schedule of the bus may change due to changes in flight schedules.

### Helsinki Airport

Train connection to Tampere takes around 2 hours, with one change at Tikkurila station. The airport train station is located between Terminals 1 and 2.

You can buy the tickets at the platform. You will get two tickets, one for the commuter train and one for the long-distance train (Intercity train or Pendolino).

Timetable of the trains is available at <https://www.vr.fi/en>

There are also bus connections from the Helsinki Airport to Tampere. Connections and the timetable is available at

- [https://www.matkahuolto.fi/passengers/timetables\\_or](https://www.matkahuolto.fi/passengers/timetables_or)
- <https://www.onnibus.com/from-tampere-to-helsinki-vantaa-airport-cheap-bus-tickets>

### **Public transportation in Tampere**

Free public transportation (trams and local busses) is provided for accredited participants and covers the city area as well as the neighboring municipalities. The ticket is included in the accreditation card as a QR-code. The Accreditation card is personal and non-transferable. If it is lost, there is a charge of 40 euros for a replacement card at the Accreditation Centre. The QR-code must be inserted in the card reader in the tram or bus.

There is shuttle bus connection to the venues that can't be reached by public transportation (Archery, Shooting). Please check the information on the webpage of the sport in question.

### **Taxis**

Official taxis can be identified with yellow taksi /taxi signs. There are official taxi stops for customers or taxi can be ordered with phone. It is not common to summon them directly from the street.

The price of the taxi ride is based on the following parts: starting price, which is depending on the time of the day, travel rate affected by the number of passengers as well as time charge per minute.

## **DRIVING AND PARKING**

Right-hand traffic. Seatbelts are required for everyone travelling in a car or in a van, whether seated in the front or rear. It is prohibited to talk on a mobile phone while driving, without using a hands-free device. Drinking and driving is a punishable offence regardless of the road or location (a blood alcohol level of at least 0.5 mg/litre). If buses have seatbelts, you are required to use them.

Public parking lots are marked with a blue P-sign. Usually, you have to pay for parking, in some areas you can park with a parking disc. Please check the parking signs at the parking lot for more information.

## **MEDICAL SERVICES**

Basic First Aid for competitors is provided by the officials of each Competition.

### **General emergency number is 112**

Tampere University Hospital ER (ACUTA) is located 3km from the City Centre and covers all acute emergencies and illnesses in the whole Tampere area. Open 24/7.

Address: Ensitie 8, 33520 Tampere.

Tel: +358 116 117

### **Public Health**

Finland has a well-developed Public Health System. Citizens of the EU, Iceland, Liechtenstein, Norway or Switzerland are entitled to public healthcare upon provision of a *European Health Insurance Card*. <http://ec.europa.eu/social/main.jsp?catId=559>

European Union citizens can also obtain travel insurance if they prefer to use private services.

If you are *not* from the European Union, it is important to obtain travel insurance before visiting Finland, allowing you to use private healthcare services. [https://www.expat-finland.com/living\\_in\\_finland/public\\_healthcare.html](https://www.expat-finland.com/living_in_finland/public_healthcare.html). However, if admitted to hospital, charges will be made to the individual. Health care insurance is highly recommended.

### Private Health Care

Pihlajalinna Kelloportti and Koskiklinikka and private clinics/ hospitals are partners of the Games. Full range of imaging modalities (diagnostic ultrasound, CT, MRI) clinical specialists, and other health care services (physiotherapy, chiropractic, osteopathy) are available.

For making the appointments to both clinics, call +358 10 312 010 (phone service open 27/4).

Pihlajalinna Kelloportti is located at Tampella area at the City Centre Address: Kelloportinkatu 1.

Kelloportti clinic serves also walk-in patients during opening hours.

Open:	Mo-Fri	8 - 22
	Sat-Sun	10 – 18

Pihlajalinna Koskiklinikka is located just next to the Ratina Stadium at 3<sup>rd</sup> floor of Koskikeskus Shopping Centre. Address: Hatanpäänvaltatie 1.

Open:	Mo-Fri	7 – 20
	Sat-Sun	10 - 16

**The expenses at the private clinics have to be paid by Credit Card or cash. International insurances do not allow direct billing.**

## HINTS AND TIPS

### Currency

The Finnish Currency is the Euro (€) which is made up of 100 cents. There are coins of 1, 2, 5, 10, 20 and 50 cents and 1 and 2 euros. Bank notes are of 5, 10, 20, 50, 100, 200 and 500. All the major international credit cards are accepted in hotels, shops and restaurants (Visa, Mastercard, Eurocard, American Express).

Finland applies rounding rules under which retail payments are rounded in principle to the nearest 5 cent with cash payments.

### **Tipping**

Tipping in Finland is not very common. The prices have service and taxes always included. So it's normal to pay the bill as it is.

If you like to tip anyway, it is totally acceptable. You can sometimes find a tipping jar at a bar. You can also round the bill up to the nearest convenient figure.

### **Calling abroad**

If you are expecting a call from abroad, the international country code for Tampere is +358, remove the first zero of the phone number.

If you wish to call abroad, dial first + and then the country code of the destination country.

### **Smoking**

Smoking is banned in all indoor areas in Tampere. Smoking is also not permitted in taxis, rental cars or public transportation as well as all Competition venues.

### **Electricity**

The electric current for use in homes and hotels, as in most of Western Europe countries, is 230 volts (50 Hz) and the plugs used are two round pins.

### **Local Time during the Games**

GMT + 3 hours (Summertime).

**Notice** that there will be around 18 hours of daylight during the Championships.

### **Water**

Note that it's safe to drink tap water in Finland.

### **Mobile Phones and Networks**

Finnish mobile phone networks operate under 5G, 4G, 3G and 2G. Only phones that are manufactured to operate under these systems will work in Finland. You are advised to contact your own country's mobile phone operator to determine if your country has an international roaming agreement with Finland, which will allow temporary connection with the Finnish networks. The main mobile companies are Telia, Elisa, DNA and Moi.

### **Prepaid**

A prepaid subscription means that you pay upfront for calls, text messages and internet use. In other words, you buy a subscription for a certain amount and after you use the balance, the subscription stops working. A prepaid card is suitable for everyone and is a safe choice, for example, when travelling abroad: you will not receive surprise phone bills afterwards.

The new prepaid subscription can be purchased at Elisa stores, R-kioski, S Group stores, K Group stores and Shell/St1 service stations. The prepaid starter kit includes a SIM card (Mini/Micro/Nano) suitable for all phones, €6 talk time and a user manual.

### Seutu Wireless - Free Wifi Network

When you select the Seutu Wireless network, you must log in to the network using either email or Phone number. You will then receive an email or text message with a link to open the service to allow you to use the web for longer. In order to perform this verification, the network is available without verification for 15 minutes. Logging in to the Seutu Wireless network only works for 12 hours at a time.

### Dining

There is a versatile food culture in Tampere. You can find an overall view of it from the Visit Tampere website ([visit tampere.fi/en](http://visit tampere.fi/en)).

The official EMG2023 After Games pub and restaurant is Ranta and Laituri at Ratina area.

### Latest information about the event

Please follow up the official social media channels @emg2023 tampere at [Facebook](https://www.facebook.com/emg2023tampere) and [Instagram](https://www.instagram.com/emg2023tampere).

On the front page of the website ([www.emg2023.fi](http://www.emg2023.fi)) you will find a current news window where we update current events related to sports and events. Please follow up your email too!

### Languages

Official languages are Finnish (spoken by 87.9 %) and Swedish (5.2 %). Sámi is the mother tongue of about 1,900 people. In larger cities, nearly all people speak English apart from the older generation.

<b>Finnish</b>	<b>English</b>
Hyvää huomenta	Good morning
Hyvää päivää	Good day
Hyvää iltaa	Good evening
Hei	Hi!
Moi	Hello!
Näkemiin	Goodbye!
Paljon kiitoksia	Thank you very much
Hauska tutustua	Nice to meet you
Puhutko englantia?	Do you speak English?
En ymmärrä	I do not understand
En tiedä	I do not know
Anteeksi	Excuse me / Sorry / Apologize

### **Fair Competition at the European Masters Games**

The European Masters Games, which will be held in Tampere, will showcase fair competition and clean sports. The event is part of the summer tour of the Finnish Center for Integrity in Sports (FINCIS) and the information stand will be present at the venues to pass on the message of fair competition.

At the information stand, the athletes and spectators can vote for a Fair Play athlete of the event. The athlete with the most votes for each day will be rewarded. Athletes can test their own anti-doping knowledge in the World Anti-Doping Agency's (WADA) Play True Quiz, which is available in many different languages. The best quizzers will take home a sports water bottle as a prize. At the FINCIS information stand, you can also create a fair and clean sports badge for yourself or a friend. Let's make fair play visible together.

#### Fair Play Tour:

- 1 July from 9 am to 5 pm, Tampere Exhibition and Sports Centre (handball, karate, volleyball)
- 2 July from 10 am to 3 pm Tampere Tennis Center (squash)
- 3 July from 3 pm to 10 pm Event Square
- 4 July from 3 pm to 8.30 pm Tampere Stadium in Ratina (athletics)

The purpose of the Finnish Center for Integrity in Sports FINCIS is to promote responsibility in sports in co-operation with its partners. As an integral part of this mission, FINCIS has been assigned specific tasks in the areas of anti-doping activities, prevention of competition manipulation and promoting spectator safety and comfort. FINCIS is also responsible for investigating serious ethical violations and submitting disciplinary provisions in a centralized disciplinary system. In addition to these, FINCIS brings current ethical topics into public discussion and produces information on them to support the entire community.

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