

Instructions for the Participants of Courses and Seminars on Seili

Course and seminar participants arrive to the main island primarily by connecting ferry or in group transports. Transportation of a single person can be arranged only in exceptional cases. Please make sure to arrive within office hours; other arrival times must always be arranged by separate agreement.

You can find our full list of prices and terms of service [here](#).

Accommodation

- Please fill and turn in the accommodation form immediately on arrival.
- Accommodation is arranged primarily in 2-person rooms. Our rooms have between 2 and 8 beds; the availability of single rooms is limited.
- The keys will be distributed by the course leader.
- All guests must use sheets in beds. Guests can either bring their own bed linen or use sheets provided by the Institute. A bottom sheet and a pillow case must be used also with a sleeping bag.
- Please keep the rooms and kitchenettes clean. Before you leave, make sure there are no foodstuffs left in the refrigerator or cupboards.
- Please tidy up the room before your departure. The keys must be turned in by 10.00 on the day of departure.
- Foodstuffs should be stored separately from detergents, soaps and shampoos etc.
- Please take empty bottles to the glass storage (red, wooden shed) next to the stone building Portti.
- Silence in the dormitories begins at 22.30.
- Smoking in the rooms is prohibited for fire safety and the general comfort of all guests. There are places reserved for smoking outside.
- The laundrette is available for guests after 17.00.
- The course leader will collect and return all keys to the office by 10.00. A fine of 30 euros will be charged for a lost or unreturned key.

Catering

Please inform the kitchen of all allergies and special dietary needs at least two weeks in advance.

Meals

- 07.15-08.00 Breakfast
- 12.00-13.00 Lunch
- 16.30-17.15 Dinner

- 18.00 - Evening snack in the TV room

The evening snack is self-service. You can find the instructions for preparing it in the TV room.

The doors of the main building are locked at 17.00. Entry requires a key code that can be obtained from your course leader.

Coffee breaks

- 10.00-10.15
- 14.00-14.15

Please observe the meal times punctually. This ensures that the kitchen staff can work without disturbance and course events run without delays. If there are any changes in the meal times, they will be announced on the notice board in the dining-hall and/or you will be informed by your course leader.

Lecture Rooms

The Institute has two lecture rooms that can also be used in practical lessons, as well as for parties or other events.

Please ask in advance which laboratories are available for course use. Some laboratories are reserved for individual researchers. All laboratory use must be supervised by a course leader.

The library resources are available to course participants. Please make sure to mark all borrowed items (books, journals, maps etc.) with a loan form (follow the instructions in the library). Taking any materials outside the island of Seili is not permitted.

The materials in the lecture rooms may be taken elsewhere only with permission from the office. If something is missing, inquire with the office or other staff of the Institute.

Research Department

The western and northern wings of the main building are reserved for research use. The doors to these corridors are locked after office hours. Entry requires a key.

Excursions: Terrain and Sea

There are no restricted research areas on Seili. There are a number of private properties on the northern and southern ends of the island, so please avoid trespassing. Inquire with the office for further information. Camping and campfires are strictly forbidden everywhere on the island.

At sea, follow instructions given by the boat captain/course leader in all circumstances. In small boats, all passengers must wear a life vest and adhere to common maritime safety regulations.

Ticks

Ticks are common on Seili. If possible, avoid areas with high grass or other thick vegetation and keep to the roads and lawns. A daily check for ticks is effective in preventing them from attaching. You should especially check areas of the body with thin skin.

If you find an attached tick, tweezers for removing it can be obtained at the office, as well as in every medicinal cabinet at the Institute. If you have difficulty detaching the tick, contact the staff for help.

You should observe the bite for a few weeks in case of a Lyme disease (borreliosis) infection. The most visible symptom is a rash that appears around the bite in a spreading circle shape. Other symptoms resemble the common cold: fever, headache, muscle aches etc. The infection is treatable with antibiotics.

Sauna and Showers

There are two saunas ("beach sauna" and "course sauna") available to course and seminar groups. The course sauna is by the road to the post quay and may be used on up to two days during the course. Please make a reservation at the office to avoid conflicts in scheduling. The beach sauna, on the shore past the laundrette, may be used by separate agreement.

The showers of the accommodation building Mankeli are located in the laundrette.

Phone and Post

The public phone (358-2-460 3315) is located in the corridor in the northern wing of the main building. Please follow the instructions by the phone. Mark your call in the folder and pay immediately to the office or in the white money box.

Outgoing post can be left at the office. The post box at the post quay is emptied according to the timetable of the connecting ferry. Incoming post is delivered daily to the Institute office. You can buy stamps in the office.

Several newspapers are available for reading in the TV room. Please do not remove them from the room.

Leisure

There are newspapers and board games in the TV room. The TV room and the disco may be used freely.

There is a gym in the laundrette building and a volleyball field by the road to the post quay. Volley- and footballs can be found in a closet by the kitchen entrance.

The rowing boats of the Institute are at your disposal. Please inquire with the office if you wish to use the motorboats. Always return the boat to its proper place. Before embarking, make sure there are life vests for everyone on board. Always inform someone of your destination and estimated time of return.

Guided tours to the museum church of Seili can be arranged by a course leader or the office staff. In June, July and August, the church is open for visitors from Tuesday to Sunday (Tue-Fri 11-15, Sat 11-16, Sun 12-16). The entrance fee is 2 euros per person.

Please do not ring the church bells. It will be interpreted as a fire alarm, and you will be responsible for covering the cost of a false alarm.

Fishing

A fishing card of the state and a fishing licence for the local fishery collective are required for fishing on the waters of Seili. You can obtain these permits e.g. in the Nauvo post office (phone +358-2-465 1010) or on the Internet (<http://www.kalakortti.com>, page available only in Finnish).

Emergencies

In case of injury, fire or a missing person, call the public emergency number 112 and follow the instructions you receive. Inform a member of Institute staff of the emergency as soon as possible.

Contact:

- Station manager Jari Hänninen (+358) (0)50 401 7838
- Director Ilppo Vuorinen (+358) (0)40 556 0668
- Service men (+358) (0)400 704 683