

# Shops and shopping

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Most shops are open Monday–Saturday from 9 or 10am to 5 or 6pm and Sunday from 12 to 6pm. Grocery stores and department stores stay usually open later, till 9 or 10pm. Small items, sweets, magazines etc. can be bought in kiosks or convenience stores, which stay open late in the evenings. Please note that the cash payments in Euros are rounded off to the nearest 5 cents in cash payments as the 1 and 2 cent coins are not in use in Finland.

In some shops you will have to take a number and wait in a queue until it is your turn to be served. Look for a machine that dispenses pieces of paper with a number. These will typically be pharmacies (for prescriptions only), fresh meat and fish counter in the supermarket, banks, doctor's office, hospital emergency and some post offices.

## Shopping centres

Helsinki: [Kamppi](#), [Forum](#), [Kluuvi](#), [Galleria Esplanad](#), [Redi](#), [Itis](#), [Kauppakeskus Ruoholahti](#), [Kauppakeskus Kaari](#)

Vantaa: [Jumbo](#), [Myyrmanni](#)

Espoo: [Heikintori](#), [Ainoa](#), [Sello](#), [Iso Omena](#), [Entresse](#)

## Supermarkets

There are two main chain supermarkets in Finland. The K-market chain denotes the size of the supermarket with four different classifications: K-Extra, K-Market, K-Supermarket and K-Citymarket (listed from smallest to largest). The S-group has different chain stores such as Prisma, S-market, Alepa and Sale. In addition to these, Lidl, for example, has several shops in the Helsinki Metropolitan Area.

## Pharmacies

Medicines are sold only at pharmacies (apteekki in Finnish) this includes over-the-counter items such as cold remedies and aspirin or paracetamol. Most pharmacies display a notice giving the address of the nearest pharmacy on night duty.

## Department stores

The biggest department stores are [Sokos](#) and [Stockmann](#).

## Bookstores

There are two main bookstore chains in Finland: [Suomalainen Kirjakauppa](#) (literally Finnish Bookstore) and Akateeminen Kirjakauppa (literally [Academic Bookstore](#)). There are also many smaller bookstores around.

## Electronics

[Verkkokauppa.com](#) is a large online electronics shop with reliable deliveries to nearest post office. They also have a big store in the Jätkäsaari area of Helsinki. You can access the store easily with tram no 9.

The [Giganti](#) and [Expert](#) store chains also have stores around the Helsinki region.

## Second-hand shops, reuse centres and flea markets (kirpputori)

Sell, borrow, rent or exchange goods and services online or look for an apartment from

- [Aalto Marketplace](#)
- [Teekkari Village Market \(Facebook group\)](#)

- [Students in Helsinki Buy/Sell/Exchange \(Facebook group\)](#)

[Reuse center stores](#) (used furniture and home appliances)

[Kontti second hand department store](#) (operated by the Finnish Red Cross - furniture, household items, table ware and a lot more)

[Students' recycling center in Otaniemi](#) (furniture and household items)

[UFF](#) and [Fida](#) have various shops in Helsinki area. In addition there are plenty of smaller flea markets around the cities.

## Buying alcohol

Alko, the State Alcohol Company, has a monopoly on the sale of wines and spirits. Opening hours may vary depending on the shop. Alko shops are closed on public holidays. Medium-strength beer and low-alcohol wine is also sold in supermarkets and other shops, but full-strength beer is only available at Alko shops. The age limit for the purchase of beer and wine is 18, and for stronger drinks 20. Note that driving under the influence of alcohol is strictly forbidden.

## Household items

You may need to buy some household items and furniture when you arrive since most of the student housing is unfurnished. Basic cutlery and dishes, linen, small items such as lamps you can find, for example, from [Citymarket](#) (e.g. in Ruoholahti and Itis in Helsinki; Sello and Iso Omena in Espoo) and [Prisma](#). Furniture can be bought from e.g. IKEA in [Espoo](#) and [Vantaa](#). IKEA also provides four free [bus services](#) from four different locations in Helsinki and Espoo.

Inexpensive or even free second hand furniture and household items can be found from e.g. [Aalto Marketplace](#) and reuse centres ([Kierrätyskeskus](#)), fleamarkets or [Students' recycling center in Otaniemi](#).

When leaving back home from Finland, consider bringing also you own used furniture and other items there or to a reuse center instead of throwing them away!