

Here is a list of our current local member benefits. You get them by showing the green or blue SAMOK student card. If you have an idea where we should try to get discounts, let us know. In addition to local benefits, you can get discounts in other cities too.

#### Restaurants, cafés and bars:

**Iloinen Kulkija** (Jalkarannantie 2): 0,5l Karjala beer 3,00€, coffee 1,20€, refill of coffee for free  
**Asema Ravintola** (Jalkarannantie 1): refill of coffee for free from 17.00 (5pm) to 21.00 (9pm)  
**Amarillo** (Aleksanterinkatu 10): on Wednesday 2 food portions for the price of 1 from 18.00 (6pm) to 20.00 (8pm), coffee 1€ at the Amarillo bar  
**Déjà vu** (Vapaudenkatu 18) With studentcard weekday from 16.00 to 21.00 After School prices  
**Memphis** (Aleksanterinkatu 14): 0,4l beer, 0,3l cider and a glass of champagne 2€  
**Dublin Irish Pub** (Vapaudenkatu 16): beer from the tap 3,40€, cider from the tap 4,20€  
**Oldi** (Aleksanterinkatu 9): Large A beer and cider 2,50€  
**Ravintola Ylämummo** (Aleksanterinkatu 26): Mondays from 18.00 (6pm) to 21.00 (9pm) pizza with 3 fillings 6,00€, 0,5l beer 2,50€  
**Golden Rax Pizzabuffet** (Aleksanterinkatu 23): Megabuffet meal 8,00€ + free ice cream (normally 11€)  
**Pizza Buffa** (Prisma Holma): -10 % discount  
**Rooster Pub** (Rautatiekatu 1): Wednesdays Rooster's Rock Trio, when with student card beer or longdrink from tap, Strongbow, Fisu, Whiterussian, Tequila 3 €  
**Subway** (Aleksanterinkatu 18, TRIO): -10% discount  
**Presso Sokos** (Aleksanterinkatu 19-21): coffee 1,00€  
**Hesburger Sokos** (Aleksanterinkatu 19-21): from normal priced meal -10% discount  
**Koo-Kuppila Kampus 1** (Ståhlberginkatu 2-6): discount from the student meal  
**Koo-Kuppila Kampus 2** (Ståhlberginkatu 10): discount from the student meal  
**Koo-Kuppila Kannas** (Kannaksenkatu 22): discount from the student meal  
**Koo-Kuppila Kanttiini** (Hoitajankatu 3): discount from the student meal  
**Koo-Kuppila Kasikulma** (Sammonkatu 8): discount from the student meal  
**Koo-Kuppila Katsastaja** (Katsastajankatu 14): discount from the student meal  
**Koo-Kuppila Kiveriö** (Teinintie 4): discount from the student meal  
**Koo-Kuppila Kujala** (Linnaistentie 33): discount from the student meal  
**Koo-Kuppila Kytölä** (Vipusentie 5): discount from the student meal  
**Lounasravintola Neocooker** (Niemenkatu 73): discount from the student meal  
**Opiskelijaravintola Mathilda** (Sibeliuksenkatu 6C): discount from the student meal  
**Opiskelijaravintola Melodia** (Sibeliuksenkatu 8): discount from the student meal

#### Barbers and hair salons:

**Hius Ateljé D.O.S** (Vapaudenkatu 1): from all barber, hair salon and makeup services -20%, from products -10%  
**Hius- ja kauneuskeskus HR** (Hämeenkatu 24): 20€ discount from hair coloring from Helena  
**Hius- ja kauneuskeskus C4** (Rautatiekatu 20): -10% discount  
**Imagoal** (Saimaankatu 3-5): From hair and makeup services -15%  
**Salon Serenella** (Vapaudenkatu 18, Vesijärvenkatu 30): From haircuts and coloring -15%, hair products -10% from the normal price

#### Clothes:

**Your Face** (Aleksanterinkatu 18, TRIO): -10% from normal priced items  
**Dressmann** (All the stores in Lahti): -20% from normal priced items

Paper and copying services etc.

**Graafinen Monipalvelu** (Aleksanterinkatu 35): Copying and printing services -20%

**Tiimari (Aleksanterinkatu 18, TRIO)**: from all normal priced items -15%

**Torkkelin paperi** (Vesijärvenkatu 15): up to -30% depending on the product

**Simolan Taide ja kehys** (Hollolankatu 10): -20% from all artist material

Hobbies:

**Solana Fitness** (Askonkatu 9): 2 students work out for the price of 1 until 16.00 (4pm)

**Maken Fitness Center** (Vesijärvenkatu 29B): discount from gym services

**Lahden Keilahalli** (bowling) (Launeenkatu 5): 1€ discount per hour per track (not valid Fri and Sat 18.00 (6pm) – 24.00 (midnight))

**Lahden Hohtokeila** (bowling) (Vapaudenkatu 18): Track fee 12.00 (12pm) – 16.00 (4pm) 16,00€/hour (normally 18,00€), Sat-Sun 18,00€/hour (normally 20,00€)

**Lahden uimahalli, Saksala and Kivimaa** (swimming halls): “1 time”-ticket 2,10€, “10 times”-ticket 19,00€, “50 times”-ticket 80,00€, “12 months”-ticket 105,00€

**Top Sport** (Aleksanterinkatu 18, TRIO, 2<sup>nd</sup> floor): -15% from all normal priced items

**Trekki Oy** (sells supplies for outdoor activities) (Hämeenkatu 15): 5-10% discount depending on the product group

**Kasi-Biljardi** (pool hall) ( Hämeenkatu 9, courtyard): 9,50€/pool table (normally 10,50€)

**Yogarocks** (Saksalankatu 26): Wall climbing 6,00€/1 time, 50,00€/10 times, 65,00€/month, climbing shoe rental 2,00€. Hotyoga 10,00€/1 time, 20,00€/week

**Lahden Astanja Joogasali** (Saimaankatu 54, entrance from Seponkatu): discounts from courses, series cards and instructed classes.

**Naisten Kuntokeskus Zenana** (fitness center for women) (Erkonkatu 9): discounts from gym and instructed classes

**Lahden kampuilulajikeskus** (martial arts center) (Vesijärvenkatu 27, entrance from Sammonkatu): gym card starting from 30,00€

**Kuntokeskus K&M** (Mestarinkatu 10): 10-times card 55 €, monthly card 45 €

**Pilates Lahti** (Vuorikatu 25): -10% with studentcard from basic lessons and and –courses. [www.pilateslahti.com](http://www.pilateslahti.com)

**Kuntostudio Fiilis** (Viipurintie 1, Möysän ostari): Discounts with student card, learn more

[www.fiilis.com/hinnat](http://www.fiilis.com/hinnat)

Electronics, Home appliances:

**Price Point** (Teräkatu 1): Always a better offer with a student card

Banks:

**Päijät-Hämeen osuuspankki** (Aleksanterinkatu 18, TRIO): for under 26-years-old discounts from service fees and Pohjola insurances

News papers:

**Etelä-Suomen Sanomat** (Aleksanterinkatu 10, Mediakulma): -50% from subscription of Etelä-Suomen Sanomat

**Helsingin Sanomat**: -50% discount from a continual subscription, -25% from a weekend subscription

**Kauppalehti**: -50% from a subscription

Others:

**Blink Optiikka** (Aleksanterinkatu 16): Free eye sight check, -20% from normal priced frames and lenses. Also ask for package deal on contact lenses.

**Kuvapalatsi Lahti** (Vapaudenkatu 13): With student card discount form movietickets

**Suurmäen näkötorni** (the observation terrace at the top of the ski-jump): Top of Suurmäki and chairlift 3,00€, chairlift 2,00€, top of Suurmäki and ski museum 3,00€

**Pelicans games** (ice hockey): student ticket to the stands 7,50€

**Lahden kaupungin orkesterin liput** (Lahti Symphony Orchestra): student ticket 6,00€ (normally 14,50€-24,50€)

**Lahden liikenne** (Lahti city bus): "40 trips"-card 50,00€

**FC Lahti's games** (football): student ticket 10€ (sun bleachers and sides of the main bleachers)

**Lahden kaupunginteatteri** (Lahti City Theatre): Student priced tickets to shows

**Sibeliustalo** (Sibelius Hall): Student priced tickets to concerts

#### National member benefits (blue card):

**VR** (trains): 50% discount from train ticket in 2<sup>nd</sup> class

**Matkahuolto** (long distance bus): 50% discount from over 80km one way trips

**Opiskelijoiden liikuntaliiton (OLL) jäsenedut** (student sports union):

[www.opiskelijaliikunta.fi/etutapahtumat](http://www.opiskelijaliikunta.fi/etutapahtumat)

**Akateeminen kirjakauppa** (book store): if you also are a member of Stockmann department store, -10% discount from Finnish and foreign course books. Discount is valid at all Akateeminen kirjakauppa's stores in Finland. They also offer students a chance for group orders.

**Area, Kilroy Travels and STA Travel**: international discount cards that get you plane tickets priced for students

**Forex** (money exchange): In Finland money exchange with a discount. No exchange fee when Forex buys foreign currency

**If Vahinkovakuutus** (insurance): discounts on insurances

**Instrumentarium-stores**: -20% from normal priced eyeglasses

**Silmäasema**: -20% from eyeglasses (frames, lenses and work), -15% from sunglasses. Also S-bonus

**Kultajousi Oy**: Watches and jewelry, silver items and other gift items (not campaign, special offer and order items, spare parts, work, Lapponia jewelry and Rolex, Cartier, Breitling and Omega watches) Always show the student card.

**Restel Hotel Group**: hotel reservations with student discounts at

<https://www.hotellimaailma.fi/view.cfm?page=internet.english>, with codeword SAMOK.

Reservations also by phone from Restel's sales center with the codeword SAMOK, number:

020 055 055. You can choose from 45 hotels in Finland (Cumulus, Rantasipi, Ramada and Holiday Inn hotels in Finland, Hotelli Seurahuone Helsinki, Ikaalisten Kylpylä and Crowne Plaza Helsinki)

**Suomen Retkeilymajat SRM**: 2,50€/person/day discount at Finland's SRM-hostels. There are 72 hostels around Finland. Discount on the Hostelling International-chain's member card: adult card (17 and over) is 12€ (normally 17€), junior card (4-16 years-old) 5€ (normally 10€) and family-junior card (when parents buy cards to themselves at the same time) 2€ for all the children. Group card (min.10 people) 50€. With the International hostel card you can stay at all the HI-hostels; some of them require the card. With the international hostel card you can also get different discounts and benefits in Finland (e.g. from car rental and some bus trips, see

<http://www.hostellit.fi/hostellikortti.aspx>) and abroad. The hostel card is personal and valid 1 year from the purchase month.

**Visa**: University of applied sciences students that have completed 90 ECTS and are 20 years-old or older have a chance to get a Visa card. You apply for the card at your own bank.

**Student meals**: At every student cafeteria. To get the discount you must show the student card.

#### Discounts with the green card:

**Forex**: same as with the blue card

**Instrumentarium-stores:** same as with the blue card  
**Restel Hotel Group:** same as with the blue card  
**Suomen Retkeilymajat SRM:** same as with the blue card  
**Student meals:** same as with the blue card

Discounts at other cities (for example):

Jyväskylä: <http://opiskelijanjyvaskyla.fi/en/edut/>

Vaasa: [http://www.opiskelijanvaasa.fi/In\\_English/Benefits](http://www.opiskelijanvaasa.fi/In_English/Benefits)

Joensuu: <http://www.varmapoka.fi/englanti/studentcard.htm>

For the whole Finland: [https://www.lyyra.fi/browse\\_lyyrabenefits.php](https://www.lyyra.fi/browse_lyyrabenefits.php)