

Infosheet for Volunteers

FI-KVT 4.4 Food Not Bombs

When: 22.6. - 3.7.2026

Where: Peace Station, Helsinki, Finland



If you have any questions, please contact:

KVT - the Finnish branch of SCI

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Dear Volunteer,

“We are very happy that you are participating in our camp in Finland and we are looking forward to meeting you! In this letter you will get important information about the camp in Helsinki. From the letter you find all the necessary information incl. the contact details. If you have any questions concerning travelling, timetables, practicalities etc., do not hesitate to contact us.

We are pleased to have you as a volunteer, and you are warmly welcome to summery Finland! Together we will make this experience memorable for all participants.”

- Camp organisers

Who Are We?

Kansainvälinen vapaaehtoistyö ry (KVT) is the Finnish branch of **Service Civil International (SCI)**. KVT has been a member since the 1980s. SCI is a peace organisation with 42 branches and more than 80 partner organisations worldwide. The organisation was established in 1920. SCI believes that all people are capable of living together with mutual respect and without recourse to any kind of violence to solve conflicts. You can read more about SCI on their website: <https://sci.ngo>

The main activity of KVT is organising volunteer work camps in Finland and sending volunteers abroad. The aim of our volunteering activities is to promote peace, cooperation, equality and active citizenship. KVT was established in 1947 when the first volunteers came to Finland to help rebuild Finnish Lapland after the Second World War.

Get to know KVT more through our website:
www.kvtfinland.org/en



What Is a Camp Coordinator?

Camp coordinators are not always there to manage everything; they advise volunteers, suggest various activities; they are also a link between the different actors of the workcamp: the organising association, the project sponsor, the local community and the volunteers.

Our camp coordinators are volunteers and not expected to ask or be paid by any volunteers. The camps are coordinated by either one or two camp coordinators who are also participating during the whole camp with the other volunteers. In addition, camp coordinators complete a lot of tasks outside the camp to enhance your experience.

What Do We Expect From You as a Workcamp Participant?

- That you show a willingness to work and to learn more about the specific topic of your work camp.
- That you participate in the workcamp from its very first till the very last day.
- That you participate in daily tasks (cooking, cleaning, setting the table, etc.).
- That you help to share responsibility by making suggestions for group activities, discussions, games etc.
- That you commit to a group experience and help making decisions and solving problems.
- That you respect the people in the hosting project.
- That you try to live in an eco-friendly way. Your personal attitude counts!

Welcome to Helsinki!

Get ready for the capital and most populous city in Finland! It is on the shore of the Gulf of Finland and is the seat of southern Finland's Uusimaa region. About 687,000 people live in the municipality, with 1.3 million in the capital region, and 1.6 million in the metropolitan area. As the most populous urban area in Finland, it is the country's significant centre for politics, education, finance, culture, and research.

The main camp area is in Pasila, which is a major transportation hub. At its heart is the Pasila railway station, the second busiest station in Finland. The main attraction of the camp location is the beautiful old wooden railway station building, dating back to 1915, and housing numerous peace organizations. Our camp work might take us around the Helsinki city area even more broadly, which we cannot wait to show you!

Camp Host

The Food Not Bombs camp's local organizer is AKL (The Union of Conscientious Objectors). They have organised this camp 19 times before! AKL is an anti-militarist peace organization that provides services for conscientious objectors, works as a youth organization and offers a platform for grassroots activism as well as lobbying and influencing decision makers.

Food Not Bombs (https://foodnotbombs.net/new_site/) is an international campaign of organising food sharing events in cities around the world to reduce food waste and to protest war, poverty and destruction of the environment. AKL is organizing activities for the campaign in Helsinki.



Work and Schedule

Working days are approximately 7 hours per day, 5 days a week. There will be no work on arrival and departure days. You will also have 3 free days during the camp. The work consists mainly of preparing food, transporting it to the different food sharing locations in Helsinki, setting up the event, catering the food at the Food Not Bombs food sharing events and cleaning up the kitchen facilities. Other tasks may include participating in the PR of the meal sharing events and collecting food donations. No special skills are needed.

Study Themes

Every camp has a study part where campers get to learn a bit more about the theme of the camp. For the Food Not Bombs camp the study part will introduce the volunteers deeper into the themes of nonviolence, social issues in Finland, and the background of the Food Not Bombs campaign.

Food and Meals

The volunteers will prepare the food for themselves together, using the same raw materials as for the food sharing events. All the food will be vegetarian or vegan quality, according to the Food Not Bombs principles. The volunteers will eat together in the main hall at the Peace Station. There will be three meals a day. If you want to eat some food with meat, please do it outside of the Peace Station. You can also bring some recipes and ideas for cooking from your home country.

In your applications, you already provided KVT with the dietary restrictions that we will take into account during the camp.

If you have a specific diet (vegan/vegetarian, allergies, etc.) that you haven't mentioned yet, inform the camp coordinators about it as soon as possible.



Accommodation

The accommodation is modest, but fascinating: Peace Station (Rauhanasema, <http://www.rauhanasema.fi>), an old wooden railway station building, dating back to 1915. The Peace Station houses numerous peace organizations, including KVT and AKL. Peace Station is situated close to the modern and busy Pasila train station, 5 min by train from the central station of Helsinki.

We share the main hall of Peace Station for sleeping, dinners and daily activities. All volunteers will share the same sleeping space. The showers and sauna of Peace Station are also available for volunteers during the camp. **Peace Station will provide volunteers with mattresses, but you need your own sleeping bag and a pillow.**

Free Time

The free days during the camp will be the weekend on 27.-28.6. and on Wednesday 1.7. You can of course choose your own free time activities, and we recommend giving a chance to doing something fun together with the other camp participants. Free time activities are not covered by the camp budget. You are more than welcome to bring your own ideas and proposals with you!

We ask that you act responsibly during the free time too and stay safe. Finland is a rather safe country but it's good to be aware that Helsinki is the capital city which might make it attractive for e.g. pickpocketing.



Weather

In late June, Finland is blooming with summer, and the nature is beautiful. The weather is usually warm, with daytime temperatures ranging from about 12°C to 25°C (53–77°F), though it can sometimes get even warmer or cooler depending on the year. Nights can still be a bit chilly, dropping to around 5–10°C (41–50°F).

You might get sunshine, a bit of rain, and everything in between, so layers are your best friend! A light jacket, comfortable clothes, raincoat and waterproof shoes will go a long way.

What to Bring with You

Bring clothes for warm summer days, but also enough warm clothes for colder evenings and for damp weather. Take also your swimming suit and a towel with you. Insect repellent and something for the stings are useful, we have plenty of mosquitos and some ticks. Tap water in Finland is of very good quality and we recommend bringing a reusable water bottle so that you could have good drinking water everywhere you go!

You can bring your own toiletries, personal hygiene items, sun cream etc. with you or you can buy them in e.g. in Helsinki before leaving for the camp. The prices in Finland might be a bit higher than you are used to though.

Please also bring your passport, any medication you might need, and a record of your traveller's insurance (+European health insurance card (EHIC) for EU citizens). Light sleepers may find earplugs helpful. Even a sleeping mask might be useful as the sun rises early during the summertime in Finland.

If you wish to bring some game ideas, recipes, illustrative items, face paint, poetry, musical instruments etc. representing your culture and interests to share with others, that would be great. If you wish to present your local food culture, spices for cooking or snacks are also most welcome.

The host will provide only a mattress to sleep on, so please take your own sleeping bag and a pillow with you!



Here is a check-up list of all the recommended items:

- Sleeping bag and a pillow
- Clothes and shoes suitable for the work, both inside and outside
- Clothes for cold weather
- Clothes for warm weather
- Clothes for rainy weather
- Sunglasses and sun cream
- Slippers to use inside the Peace Station
- Water bottle
- Swimming suit
- Towel
- Other bath necessities
- Mosquito repellent
- Earplugs and eye mask
- Any medication you might need
- Passport
- Other travel documents
- Record of your traveller's insurance (+European Health Insurance Card EHC for EU citizens)
- Information about your home country, photos, musical instruments, songs, games, food items, ideas for free time activities etc.
- An open mind for new experiences, cultures and people.

What NOT to Bring

Please note that it is against Finland's laws to possess, use or sell drugs. Also avoid strong perfumes in case someone is allergic.

Traveling to Finland

Finland can be reached by land, sea and air. Helsinki-Vantaa airport is the destination for many international flights, so it will be your likely arrival point, if you arrive by plane.

You can also reach Finland by ferry from Estonia or Sweden. For instance, there are frequent ferry connections from Tallinn Estonia to Helsinki and from Stockholm Sweden to Helsinki.

There is also a direct ferry connection from Travemünde Germany to Helsinki. From these cities you can find busses or train connections to the rest of Europe. There are many ways of traveling, taking a flight is often the fastest and easiest way.

We understand that for long distances traveling by land or sea might not be an option. Unfortunately traveling by air has also negative impacts: It is the most polluting option and consumes much more energy (fossil fuel) than other means of transport. Fossil fuel is the main reason for global climate change. As an organization promoting sustainable development and respect for the environment, we want to offer you as much information as we can regarding alternatives to air travel.

For direct flights to Finland see for instance:

<https://www.finnair.com/fi-en>

Ferries:

<https://www.directferries.com/finland>

Busses between Tallinn Estonia and eastern/northern Europe:

<https://ecolines.net/international/en>

<https://luxexpress.eu/en/>

<https://global.flixbus.com/>

Other international train or bus connections:

<https://www.raileurope.com/>

<https://www.omio.com/>



Arrival to the Campsite

Volunteers are expected to arrive at Peace Station (in Finnish: Rauhanasema, a yellow wooden building in the middle of Pasila) on Monday 22nd of June during the daytime, preferably before 16:00. If you cannot make it on time or want to arrive earlier, please inform us as soon as possible.

Peace Station is located more specifically in Pasila district (Helsinki) at Veturitori 3, just outside of Pasila railway station. Easiest way to arrive is to come by train to the Pasila station, but you can also use local buses or trams to get to Pasila.

You can buy tickets for HSL public transportation in Helsinki:

- From ticket machines located at railway stations and the airport
- From any R-Kioski store in the city
- In the transport vehicle itself, if you have a card with contactless payment feature
- Or by downloading the HSL app on your phone.

For more information on ticket prices and travel zones, please see:

<https://www.hsl.fi/en/tickets-and-fares>

Train connections to Pasila station:

- From Helsinki Central Railway Station: ca. 5 minutes (one stop) by any local train departing from the station (trains: A, E, U, Y, I, K, P, R, Z). You will need a ticket for zones A and B.
- From Helsinki Airport: Train I or P (travel time approx. 30 mins). You will need a ticket for zones A, B, and C.

Tips for Traveling

If you are a group of three or more, you are entitled to a group discount in long-distance buses. If you buy train tickets ahead, they are cheaper. Foreign students are not entitled to discounts on trains or buses unless you have the international student card.

One option is hitchhiking or car sharing but it's not that common. Finland is known to be a safe country, but anything can happen anywhere.

If you need to stay overnight elsewhere in Finland other than the camp place, we recommend hostels over hotels, which are generally very expensive in Finland. If you wish to pay even less money and get in touch with locals, you can use Airbnb or Couchsurfing!

Camp Language

The camp language is English and English is widely spoken in Finland. It is recommended for all the participants to communicate in English as much as possible in order to avoid excluding anyone from the group. If someone's English skills are not at a sufficient level to communicate in English, other languages may be used.

Here is a few useful words and expressions in Finnish:

Hi!	Hei! / Moi!
Thank you	Kiitos
Sorry / Excuse me	Anteeksi
How are you?	Mitä kuuluu?
Yes	Kyllä / Joo
No	Ei
Welcome	Tervetuloa
Good morning	(Hyvää) huomenta
Good night	(Hyvää) yötä
Bye!	Heihei!
I'm lost	Olen eksynyt
Help	Apua



Camp Rules and Safety

Finland is in general a very safe country. The camp coordinators with the organizers, will do everything in their power to ensure your safety. To ensure camp life is safe for all, there are some rules to be followed at the camp, e.g. smoking inside and using drugs is prohibited. We will also follow general safety recommendations to prevent, for instance, forest fires and to ensure safety while swimming/rowing on the lake. KVT does not approve of any discrimination or personal attacks based on ethnicity, gender, sexual orientation, disability, age etc. and rules of mutual respect and safe space will be established at the beginning of the camp.

In case of emergency, the general emergency number in Finland is **112**, we recommend saving this number to your phone.

Insurance

All the 16 - 70 years old volunteers are covered by SCI's health insurance during the work camps. SCI's insurance only covers accidents and sudden illness during the camp. It does not cover loss of luggage or other personal belongings. Please note that SCI's insurance is only valid for the period of the camp, so it does not cover the period of travel to and from the camp.

We strongly recommend that you get your own travel insurance as well.

Citizens of the EU can also get the European Health Insurance Card (EHIC) from their national social insurance office for the cheap health services in Finland.

<http://ec.europa.eu/social/main.jsp?catId=559>



Contact Information

Camp Host

Camp organizer: Aseistakieltäytyjäliitto (AKL)

Contact person: Tarmo Sorsa

Address: Veturitori 3, 00520 Helsinki

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Web: <https://akl-web.fi/en>

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Camp Coordinators

Will contact you closer to the camp.

Hosting organisation of SCI

KVT - the Finnish branch of SCI

Rauhanasema, Veturitori 3

FIN-00520 Helsinki

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E-mail: incoming@kvtfinland.org

Web: www.kvtfinland.org

If you encounter any issues during the camp, we appreciate it if you let us know as soon as possible. Many issues can be addressed straight away if we are aware of them. Depending on the issue and what feels most comfortable to you, you can talk to the camp leaders and the camp host or contact the KVT office directly.

However, we appreciate hearing from all the amazing camp experiences, as well. You can send us pictures, videos or greetings to share your memories.

Don't hesitate to contact us if you need any more information or help. We are looking forward to meeting you!

**With the kindest regards,
KVT staff and the camp coordinators**