



JYVÄSKYLÄN YLIOPISTO  
UNIVERSITY OF JYVÄSKYLÄ

# Travelling and living sustainably in Jyväskylä

27.8.2025

# Why?

1. Our actions and choices affect our future, both positively and negatively
2. Even though Finland is famous for its clear nature and forests Finns have still a huge carbon footprint (diet, transportation, heating costs) > need to find a more sustainable way of life
3. Climate crisis



# What can you do? Tips on living more sustainably in Jyväskylä



1. Public transportation – travelling locally and beyond
2. Recycling and second-hand shops
3. Cycling and walking in Jyväskylä

# Local public transport



Public transport of the city of Jyväskylä, Linkki:

<https://linkki.jyvaskyla.fi/en>

- Single tickets, travel cards or mobile app
- **Student discount available with a certificate of student status**
- **Bus card in new student backpack!**
- Route planner: <https://jyvaskyla.digitransit.fi/?locale=en>
- Linkki office in the city centre: [Asemakatu 7](#)



# Travelling beyond Jyväskylä



Prefer travelling by bus or train rather than flying (especially if you are travelling within Finland or to neighbouring countries!).

- **Trains** in Finland, [VR](#): (discount with Student Union's student card)
- **Buses** in Finland: [Matkahuolto](#) (discount with Student Union's student card) or [Onnibus](#) (no student discount)
- **Flixbus** – from Finland to the Baltics, Poland, Germany and beyond:  
<https://global.flixbus.com/bus/jyvaskyla>



# Recycling and second-hand shops

If you can, buy second hand instead of new (cheaper, and more sustainable) – especially if you don't plan on using it after your exchange!

- Second hand shops in Jyväskylä: [UFF second hand shop](#), [Happy Second](#), [Rebel second hand](#), [Fida](#), [Ekocenter harjunporras](#), [Keskustan Kirppis...](#)
- Online: [tori.fi](#), Second-hand items in Jyväskylä FB group, Roskalava Jyväskylä on FB...



# Recycling



✓ **Yes please:** dirty plastic packages, broken plastic goods, ash and cigarettes, diapers and sanitary napkins, pet feces, vacuum cleaner bags

✗ **No thank you:** recyclable waste, construction- and renovation waste, large objects, furniture, electronic equipment, hazardous waste



✓ **Yes please:** fish guts and vegetable peels, used coffee filters, coffee grounds, teabags, tissues and napkins, food leftovers, flower soils

✗ **No thank you:** liquids, pet feces, big bones, food packaging, biodegradable packaging, chewing gums, ash and cigarettes



✓ **Yes please:** empty, dry and clean household plastic packaging, detergent packaging, plastic bags and wrappings, tubes, PVC and styrofoam packaging (no construction styrofoam)

✗ **No thank you:** dirty plastic packaging, mixed waste, other plastic products (e.g. buckets, toys) or corporate plastic packaging



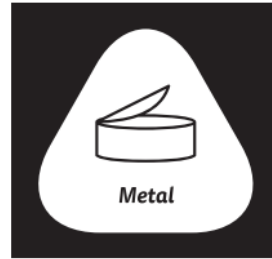
✓ **Yes please:** cardboard boxes, milk and juice cartons, cereal and cookie packaging, pizza boxes, egg cartons, toilet and kitchen paper rolls, paper bags (Please flatten the packaging.)

✗ **No thank you:** damp or dirty cartons, styrofoam and plastic, plastic bags



✓ **Yes please:** glass jars, non-deposit glass bottles (Remember to remove the tops and lids.)

✗ **No thank you:** healthcare packages (e.g. vials and ampoules), drinking glasses, porcelain, crystal, bulbs and lamps, window or mirror glass



✓ **Yes please:** tins and cans, metal lids, non-deposit beverage cans, aluminium foil, candle covers, cutlery, pots and pans

✗ **No thank you:** hazardous waste, batteries, gas cylinders, large metal objects



✓ **Yes please:** newspapers and magazines, advertisements and flyers, office paper, copying paper, envelopes

✗ **No thank you:** wet or dirty paper, brown paper bags, soft tissues, cardboard package, gift wrapping paper



**Hazardous waste:** Mustankorkea waste centre, Laukaa minor waste station and collection points  
[kierratys.info](https://www.kierratys.info)



**Electronic equipment (SER):** Mustankorkea waste centre, Laukaa minor waste station and shops selling these products



**Pharmaceutical waste:** pharmacies



**Batteries:** Mustankorkea waste centre, Laukaa minor waste station and points of sale (tape the poles)

- Not sure where to find the right recycling place?  
<https://www.kierratys.info/#>
- More info: [mustankorkea.fi](https://www.mustankorkea.fi) and <https://www.japary.fi/in-english/>





# Getting around on foot

- Great way to get around and exercise at the same time
- Use pavements and foot paths → walk on the right side
- No pavement or footpath? Walk on the left side of the road facing the traffic
- Cross the street at pedestrian crossings
- Use a reflector in the dark



# Road signs



- Sign for a pedestrian path



- Sign for divided path for pedestrians and cyclists. Use the side indicated in the sign



- Sign for shared path for pedestrians and cyclists. Use the right side of the path.



# Reasons to cycle

1. Fun, easy and cheap
2. Fastest vehicle for short distances (under 7 km)
3. Free from timetables
4. Good way to get exercise
5. Great way to reduce your carbon footprint



# How to get a bike?

- **Used bikes**, e.g.
  - Polkupyörätori, Vaasankatu 8
  - Uusiotuote, Keskussairaalantie 1
  - Sovatek/Kierrätyskauppa, Sorastajantie 4
  - Second-hand shops
  - Online
- **Bike rentals**: studentbikes.fi, Polkupyörätori
- **New bikes**: e.g. Biltema, Intersport, Prisma, Pyörävarikko, Ride, XXL





# Bike equipment



- Helmet – can save your life and prevent serious injury
- Tires: winter tires for winter!
- Lights in the front and back, required by law
- Reflectors in the front, back and sides
- Bell
- Lock

Image: Liikenneturva



# Cycling rules and regulations

- Almost the same rules as for cars
- Learn the priority rules in intersections – most accidents happen when crossing the road
- Pay attention to other road users, especially pedestrians
- Indicate with your hand when turning



# Where can you cycle? 1/3



## Cycling is allowed

- Cycle on the right side of the path:



- Cycle where the sign indicates:



- Pedestrian zone: pedestrians go first, speed limit of 20 km/h



- Residential zone: vehicles (cars and bikes) give way to pedestrians, max 20 km/h





# Where can you cycle? 2/3



## No cycling!

- When there is a sign for pedestrians:



- Or when there is no sign at all

- When there is a prohibiting sign:



Images: Liikenneturva

# Where can you cycle? 3/3



## On the side of the road

- When no cycle path
- Cycle close to the right side of the road
- Bicycle is a vehicle when riding on the road → follow the same rules as cars, e.g. in traffic lights

# Zebra crossing



- Cyclists must give way to cars in zebra crossings, unless:

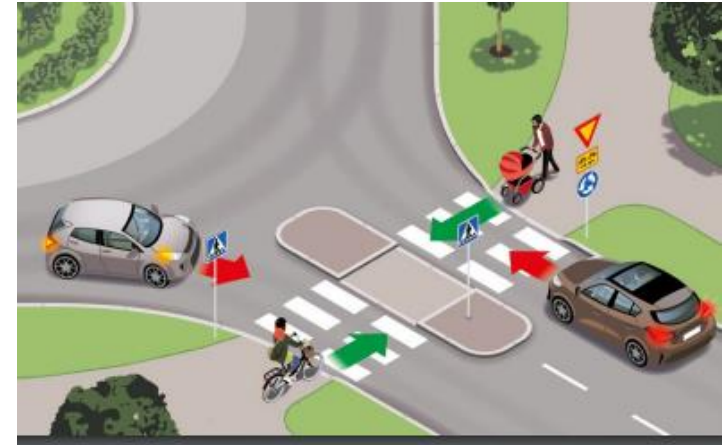
There is a stop or give way sign to cars:



The car is turning:



In a roundabout:



Images: Liikenneturva



# Winter cycling

- Beware of slippery and uneven road
  - Worst conditions: 0 C°, ice under snow, intersections
- Avoid sudden movements
- Get winter tyres
- Lights (front and back)
- Wear appropriate clothing



# Electric scooters



- Follow the rules of cyclists
- No driving on pedestrian paths
- Park on the side of the road, do not block pathways

# Further information on cycling



- Finnish Road Safety Council: <https://www.liikenneturva.fi/en/road-safety/road-safety-in-finland/>
- Jyväskylä Cyclists JYPS: <https://www.jyps.fi/jyps-in-english>



# Questions?