



FINCENT

Handbook



Finnish Defence Forces International Centre





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FINCENT HANDBOOK

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Welcome to FINCENT

The Finnish Defence Forces International Centre is an internationally distinguished centre of military crisis management training and education with over 50 years of expertise. We organise and host courses according to the UN, Nordic, the EU and NATO PfP agreements and framework.



The Centre is located in the Greater Helsinki area in Tuusula. Modern facilities enable us to manage the courses so that the participants get the most out of them.

FINCENT concentrates on military crisis management training and education for command and expert personnel. FINCENT conducts three types of courses. Firstly, the training is provided in its traditional stronghold courses, such as the UN Military Observer Courses (UNMOC). Secondly, FINCENT holds courses in co-operation with other national and international training centres. A third category of courses are those that are proposed by outside parties and tailored and implemented by FINCENT.

We have exported our courses by Mobile Education and Training Teams (national and Nordic) to several locations. A co-operational establishment with the Crisis Management Centre and FINCENT, called the Finnish Centre of Expertise in Comprehensive Crisis Management, provides common training to both military and civil personnel in the field of crisis management. Additionally, we are introducing a network-based and virtual instruction system to enhance training.

The staff at FINCENT are dedicated to offering high quality courses that meet the needs of both national and international students. We also take pride in our facilities and regard the comfort of the students to be a high priority.

Our courses also offer an excellent chance to taste the Finnish way of life and culture.

I hope that this booklet offers practical information whilst preparing to attend a course here at FINCENT.

I wish you a warm welcome to Finland, to Tuusula and to FINCENT.

Jukka Tuononen

Lieutenant Colonel
Commandant



Crisis Management Know-How

- ▶ FINCENT is an internationally respected training centre for military crisis management, with traditions reaching beyond 50 years. FINCENT has been a PfP Training Centre since 2001.
- ▶ FINCENT's vision is to continue to be a highly professional Military Crisis Management Centre and a reliable partner in both national and international crisis management network.



Main tasks

- ▶ To arrange and host national and international seminars, courses and exercises for the UN, NORDEFCO, the EU, NATO and NATO/PfP.
- ▶ To support Finnish civilian crisis management efforts.
- ▶ To conduct research and development projects on peace support operations.
- ▶ To send Finnish officers to participate in courses abroad.
- ▶ To cooperate with international and national civil and military partner organizations.



High-quality training

- ▶ Demanding and challenging training can be carried out successfully using modern training equipment and excellent exercise terrain. All training sessions and courses are conducted by professional and experienced instructors from Finland and other countries.

How to get there

- ▶ FINCENT is located in Tuusula, 15 kilometres from Helsinki-Vantaa international airport. FINCENT will provide transportation to Tuusula from Helsinki-Vantaa airport or Kerava railway station according to request. The meeting point for transportation at the airport is outside the arrival exit. Expect a person with a FINCENT sign.
- ▶ If you arrive by car see the maps on pages 13 and 14. As you arrive to the old unmanned garrison gate please phone your point of contact to enter FINCENT. There are 15 parking spaces for our guests.

Entrance to
the HQC Building

PSO Gaming
Classroom

Accommodation and premises

- ▶ FINCENT Headquarters and Course Building (HQC) is open 0700–2000 hrs. FINCENT Students' Hotel is accessible 24/7.
- ▶ The HQC Building has a High Tech Auditorium for 150 persons, classrooms, and PSO-gaming classroom, library, reception and office facilities.
- ▶ The Students' Hotel offers accommodation for 56 persons. Towels and bed linen are provided. The facilities include lounges with kitchens, a well-equipped fitness room and laundry facilities.
- ▶ The Instructors' Hotel (Building 5) with six shared apartments is just outside the garrison area. The instructors have free access to sauna in the building twice a week; Wednesdays 1800-2000 hrs and Thursdays 2000-2200 hrs. Parking permits for instructors are available at the FINCENT reception.

A room in
the Students' Hotel



Security

- ▶ All students and instructors will receive a nametag in the beginning of the course. Nametags must be worn visibly at all times inside the military area, and on you at all other times. All visitors are requested to take their national identification card with them.
- ▶ Upon arrival you will be provided with a black security key to be used to open the pedestrian gate and the entrance doors to the HQC Building and Students' Hotel. In order to open the doors place your security key on the reader. Please remember to return the security key ring before departure.
- ▶ There is a safe deposit box available where you can deposit your valuables if needed.
- ▶ Mobile phones are not permitted during the lectures or formal events.

Dresscode during courses

- ▶ UNMOC: a field uniform for daily service, a service dress for formal ceremonies, civilian clothes for free time (casual, and jacket & tie). Many of the exercises are outdoors, please be prepared to dress accordingly.
- ▶ PfpCLC, PfpCIS, PfpLOC, OMLT: a field uniform for daily service and for formal ceremonies.
- ▶ MEC, MFC and PSOTC: jacket and tie (civilian).
- ▶ Sportswear and swimwear is recommended.

Meal services

- ▶ The daily meals are served according to the course programme. The meals are served in a dining hall next to the HQC Building.
- ▶ Coffee and snacks are served during the course at the second floor lounge of the Students' Hotel. There are also vending machines where you can purchase snacks, sweets and soft drinks.
- ▶ The accommodation has fully equipped kitchens.

Kitchen in
the Students' Hotel

Recreational facilities

- ▶ **Saunas and swimming pools:** Tuusula indoor swimming pool is located right next to FINCENT. Students and instructors are welcome to use the pools and saunas at the indoor swimming pool free of charge once a day during the course. Please, tell the cashier that you are representing "FINCENT / the name of the course". You will be given a list, please tick next to your name.
- ▶ **Cycling and outdoor routes:** a map of the extensive routes is available. Bicycles and helmets can be borrowed from FINCENT. Please note that according to Finnish law, a bicycle helmet must be worn at all times when bicycling.
- ▶ **The fitness room** can be found on the ground floor of the Students' Hotel.
- ▶ FINCENT's own **library** is open during office hours and offers professional literature. Magazines and newspapers can be found at the Students' Hotel second floor lounge.

Reception in
the HQC Building

Fitness room in
the Students' Hotel

Internet, mail and fax



- ▶ Some laptops with internet access are available. If you bring your own laptop, you can get a password to use FINCENT's wireless network free of charge.
- ▶ Personal mail can be picked up at the numbered pigeon holes in the HQC Building. The mail address of the course is:

Student's name

Course Name

FINCENT

P.O.BOX 1

FI-04301 TUUSULA

FINLAND

- ▶ The box for outgoing mail is in the lobby of the HQC Building. Stamps can be purchased from supermarkets, kiosks and post offices.
- ▶ Fax (+358 299 540 902) is located in the Course Secretaries' Office. Incoming faxes are delivered to the pigeon holes.
- ▶ Calls outside Finland can be dialed automatically as follows: first dial the international prefix 990 or 999, country code, area code, and subscriber's number.
- ▶ Duty calls: In cases found extremely necessary please negotiate with the Course Director for authorization.

Other information

- ▶ Average midday temperatures °C in Helsinki:
Jan -5, Feb -6, Mar -1, Apr +5, May +8, Jun +18,
Jul +19, Aug +16, Sep +13, Oct +7, Nov +3,
Dec -1. The minimums/maximums can be
considerably lower/higher.
Please check www.fmi.fi for weather forecast.
- ▶ Drinking and driving: The blood alcohol legal limit is
0,5 o/oo. At the course we have a zero tolerance
policy during the lessons and exercises.
- ▶ Emergency telephone numbers: General emergency
number is 112.
- ▶ Earthed electricity sockets are embedded in the
walls. The current is 240 V 50 Hz. Please bring an
adapter for your electrical appliances if needed.
- ▶ Tap water in Finland is clean and safe to drink. The
water coolers in the HQC Building have specific bins
for the used cups, please use them.
- ▶ Please check the information screen in the HQC
Building lobby regularly: it gives you important up-
to-date information concerning your course and
stay at FINCENT.
- ▶ Smoking areas are outdoors. Smoking is not allowed
indoors.

FINCENT Library

Finnish electricity socket

Tuusula indoor
swimming pool



- ▶ FINCENT is located right in the centre of the municipality of Tuusula (www.tuusula.fi). All basic services such as supermarkets, restaurants, health services and banks are within walking distance. Maps and further details are available at FINCENT.

Service directory

AIRPORT

Helsinki-Vantaa International Airport, 15 km from Tuusula, has direct flights to most European countries as well as some intercontinental connections. www.helsinki-vantaa.fi



BANKS and ATMs

The banks in Tuusula offer normal services including money exchange. There are ATMs in Tuusula where you can withdraw euros. Credit cards are widely accepted.



BUS STATION

Autoasemankatu 2.
www.matkahuolto.fi. Good bus connections to Helsinki Kamppi Bus Station.

TAXI

Autoasemankatu 2, tel. +358 9 1066 4300. If coming to FINCENT by taxi, advice the driver to drive to Hyrylä Garrison, Rykmentintie.

TRAIN STATION

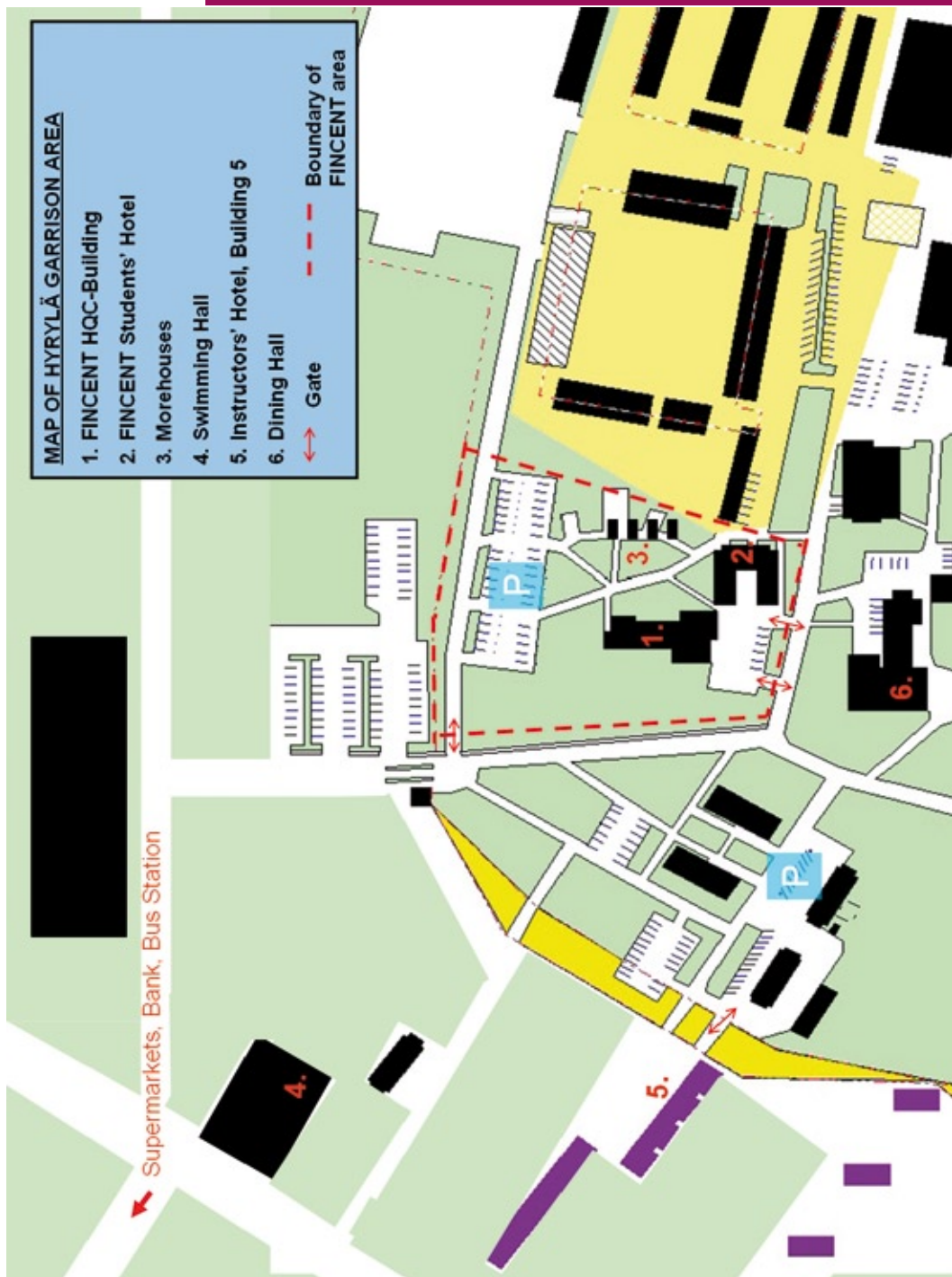
The nearest Train Station is in Kerava, 5 kilometres from FINCENT. Timetables and information: www.vr.fi and tel +358 600 41900.

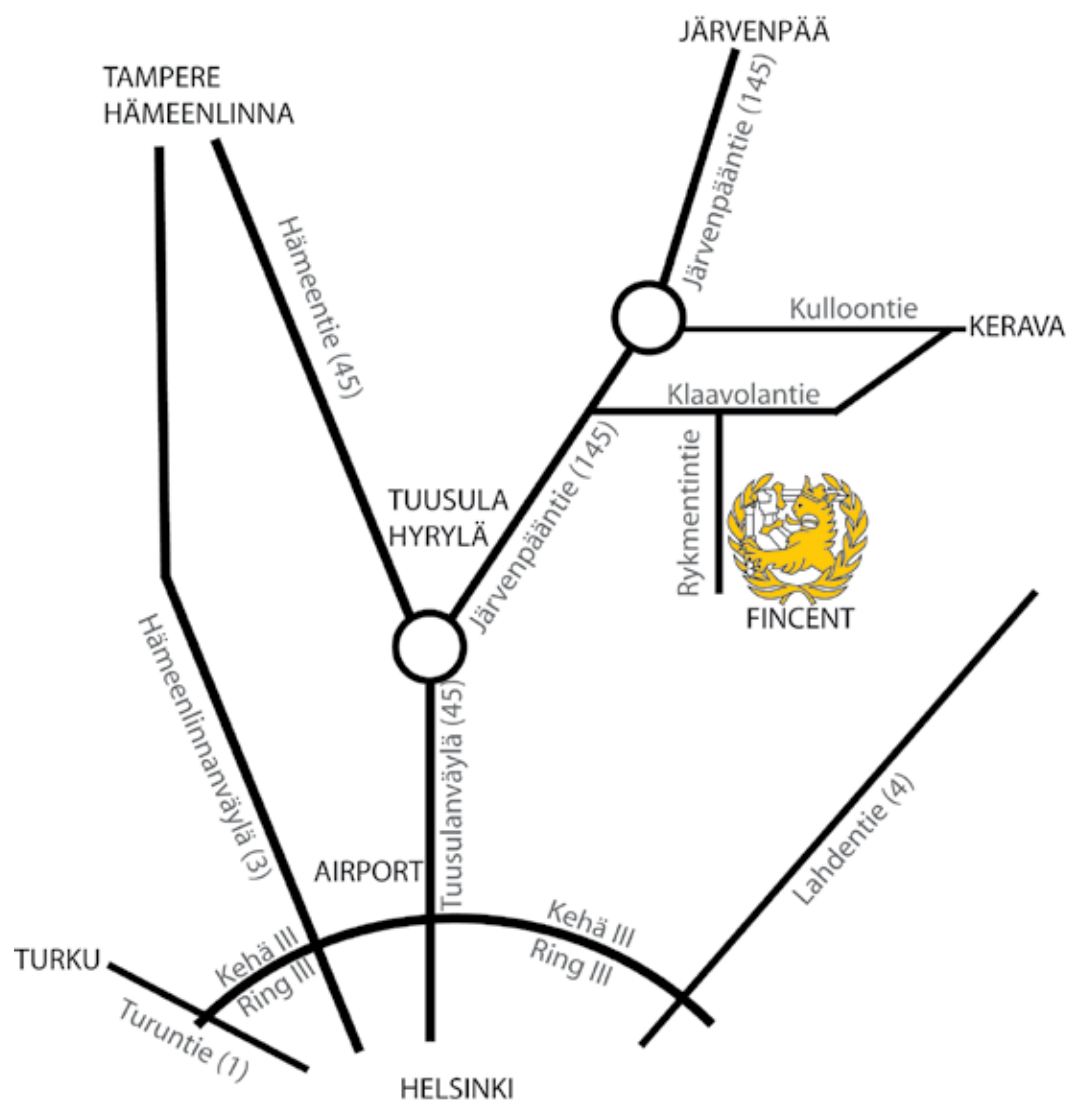
Finnish Centre of Expertise in Comprehensive Crisis Management

- ▶ The Finnish Defence Forces International Centre (FINCENT) and the Crisis Management Centre Finland (CMC Finland) established the Finnish Centre of Expertise in Comprehensive Crisis Management in June 2008.
- ▶ The core tasks of the Centre are the development of civil-military relations and coordination in crisis management both for national crisis management capacity building and international crisis management missions.
- ▶ The Finnish Centre of Expertise is based on a shared campus principle where the responsibility is shared between FINCENT and CMC Finland, both of which continue to function in their capacity of independent governmental institutions. The goal is to create a clear framework for the cooperation that already exists between these two institutions.
- ▶ The Finnish Centre of Expertise in Comprehensive Crisis Management endeavours to develop common and shared training in crisis management as well as to promote an overall understanding of comprehensive crisis management. Its tasks also include research, publishing and seminar activities.



Finnish Centre of Expertise in
Comprehensive Crisis Management







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