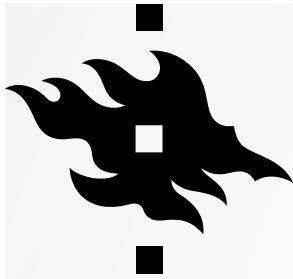




HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI



INTERNATIONAL EXCHANGE SERVICES SPECIALISTS

General guidance related to your exchange

Signatures for Learning Agreement

Arrival and departure certificates

Shortening exchanges etc.





CONTACT US



Email

studentexchange@helsinki.fi



Online face-to-face Vihta booking system



Telephone

Weekdays
12 – 14

+358 2941 22401



Contact Details



HelsinkiUni Help

Drop-in sessions



City Center

Mon 12-13

Main Library Kaisa



Kumpula

Wed 13-14

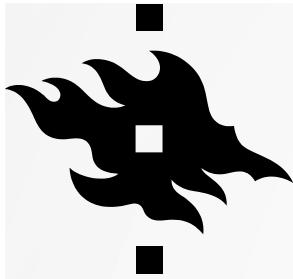
Physicum, Campus Library



Viikki

Thu 13-15

Info center, room 2050

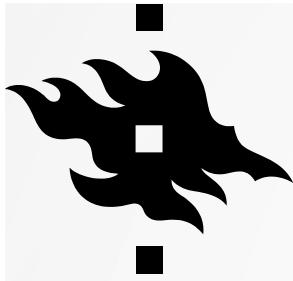


NEWSLETTERS



Welcome to our academic family at the University of Helsinki!

- Important information regarding your exchange
- Check your spam-folder
- Read them carefully or you will miss very important information!
- Next newsletter: after Orientation Week
- Please check [the newsletter archive](#), if you have not received one yet.



CERTIFICATE OF STUDENT STATUS



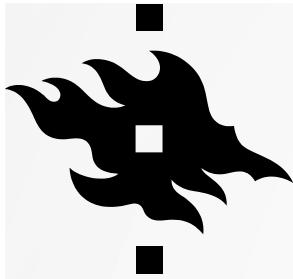
What for?

Study right
Exchange dates
Proof of student status



Where to get it?

Digital certificate of student status
(from SISU)



STUDENT UNION MEMBERSHIP & STUDENT CARD



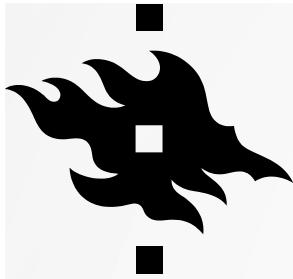
If you wish to get the Frank App (digital student union card), [become a member](#) of the Student Union **by January 31st**.



The membership fee for the spring term is **40 euros**.

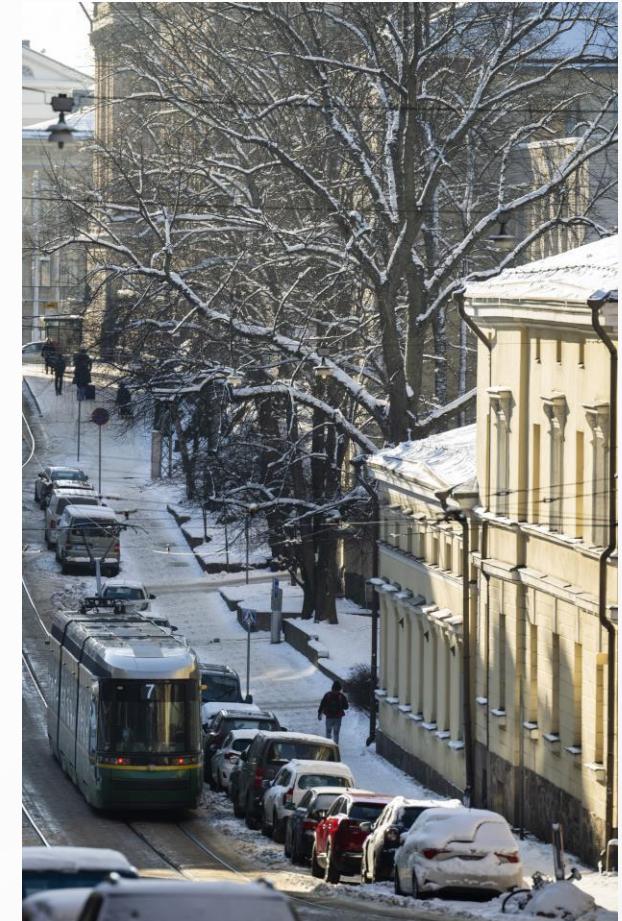


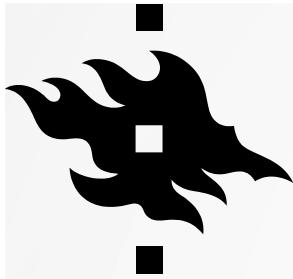
If you become a member after the Check-in Event, you can send a photo of the receipt to student services by e-mail uni-help@helsinki.fi



DISCOUNT FOR PUBLIC TRANSPORTATION

- HSL Travel Card
 - BSc / MSc exchange students: Student discount (40% on season tickets)
 - You can get the physical card at the Check-In Event and later upload value on your card
 - PhD students: Not entitled to a student discount, but you can get the local price for adults after registering your address with the DVV (Digital Population Services)
- VR & Matkahuolto (long distance transportation) discounts can be obtained only if you join the student union (HYY) by January 31st.
 - [Student Discount on VR train tickets](#)
 - [Student discount on Matkahuolto intercity bus services](#)



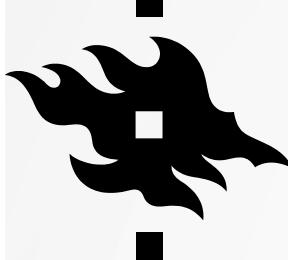


CHECK-IN EVENT ON JANUARY 8

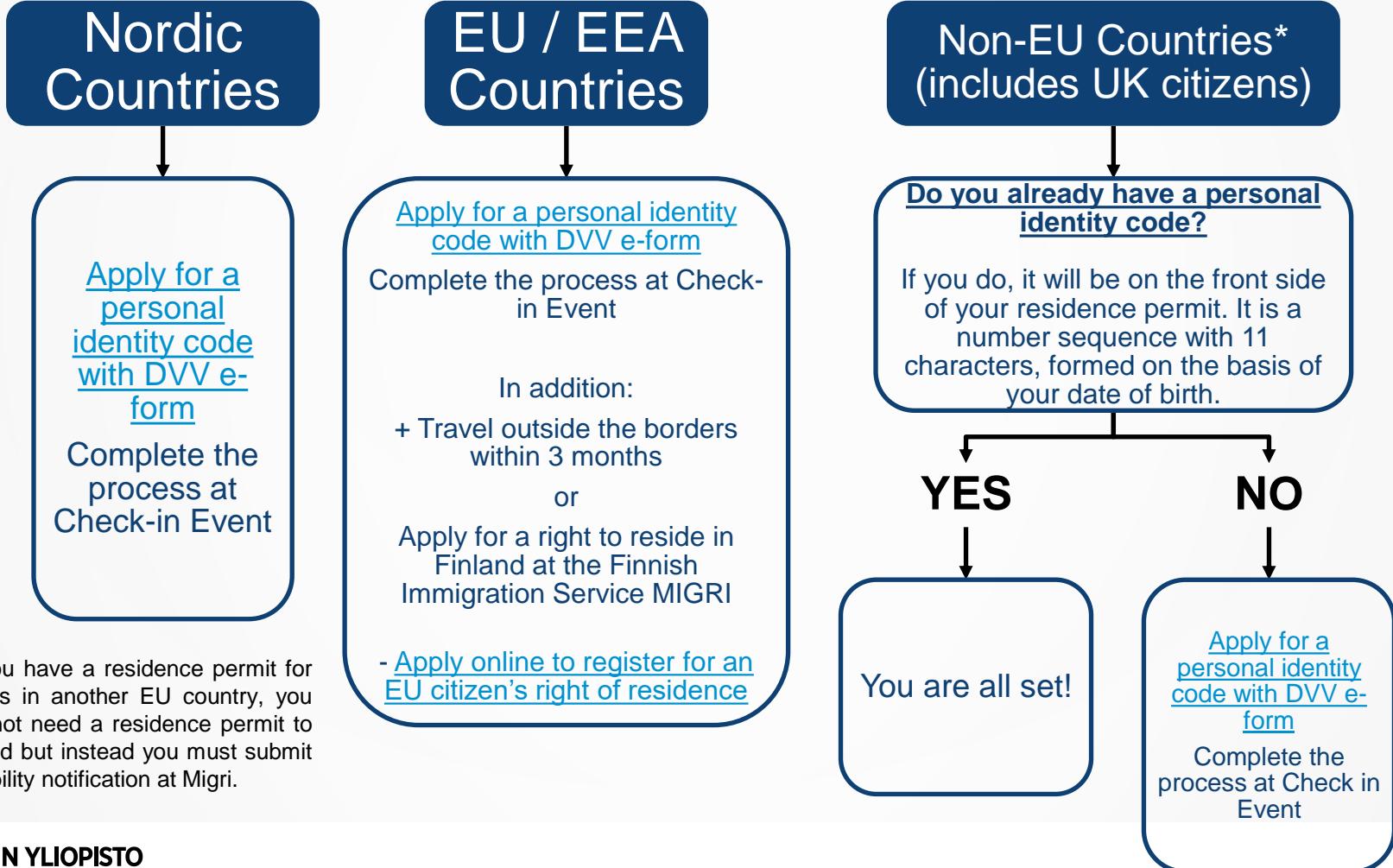
Bring these documents:

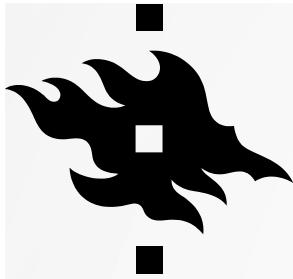
- Passport or EU Citizen's ID card
- Residence permit if applicable, or EU Citizen's registration document if applicable
- Certificate of student status printed from Sisu, or digital version
- Address in Finland, including the number of your apartment/room
- Arrival Certificate (printed, if your home university requires one)
- Bank receipt of the HYY student union membership payment (optional & only if you did not send it already to uni-help@helsinki.fi or studentinfo@helsinki.fi)
- Credit/debit card (for HSL, ESN & HYY membership fee and Unicafe!)

Your tutor will collect the documents that need to be signed for you by the **International Exchange Services**.



REGISTERING WITH FINNISH AUTHORITIES





AFTER RECEIVING YOUR PERSONAL IDENTITY CODE

Once you have received your Finnish personal identity code, update it in the student register by ONE of the following methods:

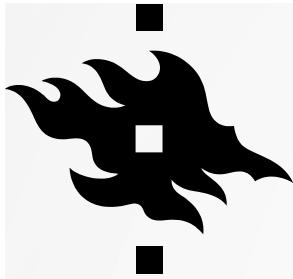
1. Visit the [Student Services](#)

Bring with you proof of your new identity code and your official ID

2. Email uni-help@helsinki.fi

Include the last four digits of your personal identity code and your student number



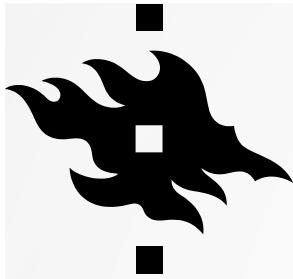


AT THE CHECK-IN EVENT 1/3

Make sure that you have filled in these:

- HSL travel discount form (you get this from your tutor)
- DVV registration e-form online, fill it in today!
 - Before you register via the DVV e-form:
 - Download a certificate of student status from Sisu (study right active!)
 - Attach the certificate of student status to the [DVV registration form](#)
 - Copy of your passport or EU citizen's ID card and residence permit (if applicable) - make sure that you have attached pictures of both the front and backside of the card
 - A driver's license is not an official id and will not be accepted

Your tutor will collect your documents that need to be signed by **International Exchange Services**.



AT THE CHECK-IN EVENT 2/3

- When you arrive to the Language Centre, scan the QR code to get your queue number for the DVV
- In every room, there is a screen with the next three numbers that are served at DVV
- Visit various stands and collect stamps until your turn to visit DVV approaches
- Have all your documents ready when you go to the DVV
- Bring the same identification document that you have attached to your application
- Leave HSL for last!





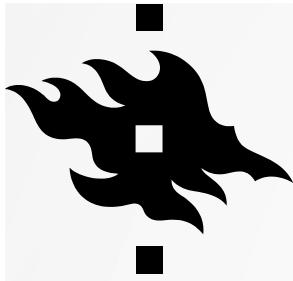
AT THE CHECK-IN EVENT 3/3

You will also meet the representatives of:

- International Exchange Services
- HYY (Student Union) and the different student organisations
- Language Centre, Finnish Language Studies
- Library
- Unisport
- Una Europa
- Helsinki Alumni
- UniPID
- Helsinki-info (Helsinki city information desk)
- Helsinki Think Company
- University Chaplains
- IT Helpdesk

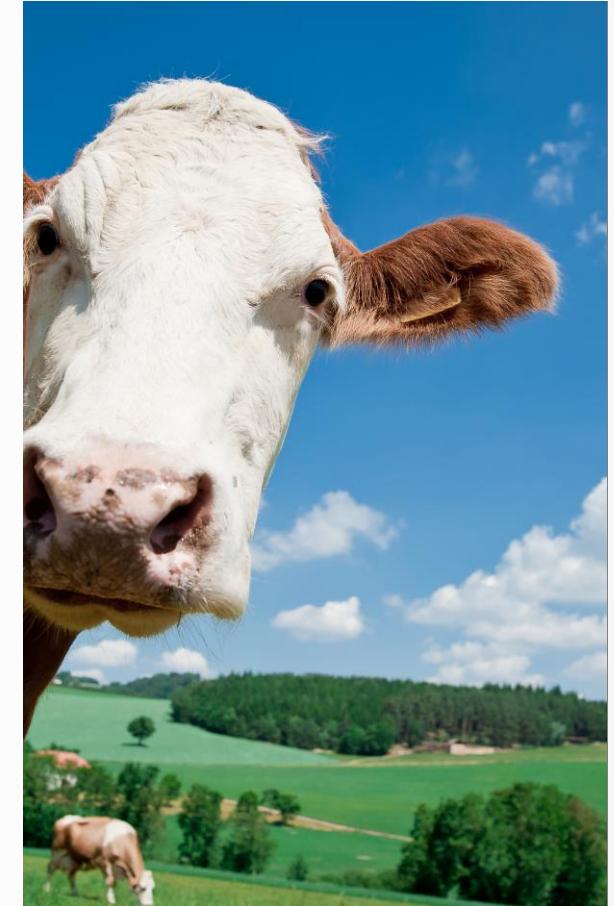
Collect at least 7 stamps and get a free Unicafe coffee & bun voucher!

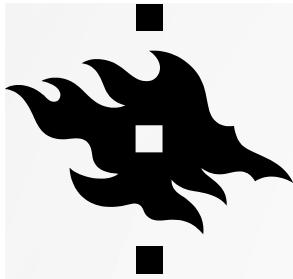




LEARNING AGREEMENT

- **Changes possible**
(overlaps, cancellations, full courses)
 - You might need approval for changes from your home university
 - Make sure not to choose courses that end after your study right ends!!!
- Signatures to your LA or Changes form
 - Erasmus+ students: Online Learning Agreement
 - Possible pdf versions, send the document to:
studentexchange@helsinki.fi





COURSE REGISTRATION

The LA /OLA is **not**
a course
registration

Register in Sisu
during the
orientation week for
period III

Registration is not
yet a guarantee for
acceptance!

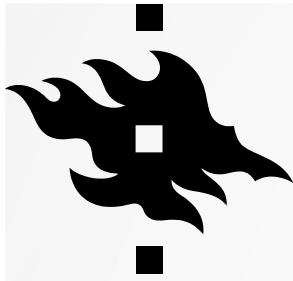
Independent courses'
registration by email

At least half of your
courses should be
from your own
Faculty

[Courses for
exchange students](#)

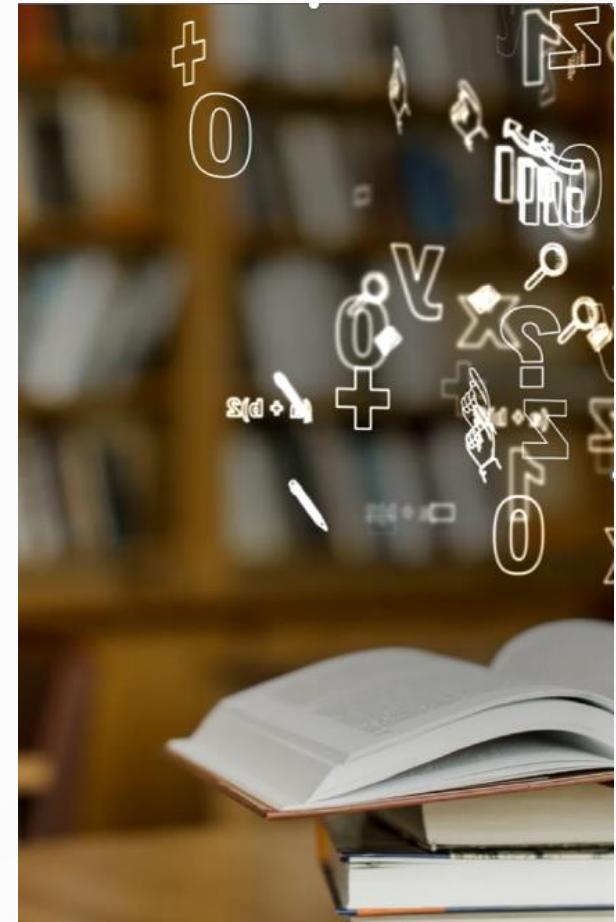
[Course search](#)

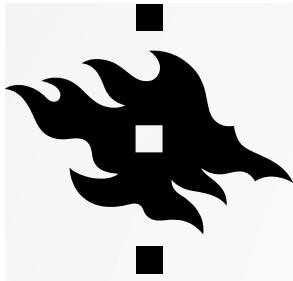
Check the
prerequisites and
target group for
each course!



INDIVIDUAL ARRANGEMENTS FOR STUDIES

- Individual arrangements support your learning when your studying is hindered, for example, by a long-term illness, disability or impediment.
- If you require these arrangements during your stay at UH, contact specialneeds@helsinki.fi with a description of your needs and certificates related to them asap!
- The Accessibility Liaison Officer of your host Faculty will guide you with the arrangements at the University of Helsinki based on the certificates you send
- Read more about [individual arrangement support services](#).

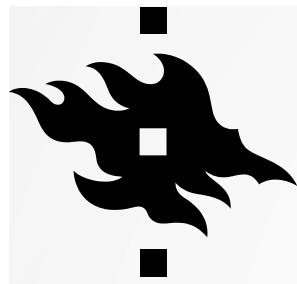




TRANSCRIPT OF RECORDS

- Includes only the courses you have passed at UH:
 - Failed courses will not appear in your transcript
 - It is not possible to delete courses from the transcript
- You can download a digitally verified transcript from Sisu.
- You will receive more information closer to your departure in one of our Newsletters.

Course name and code	Scope	Lang	Grade	Date
Finnish 2, Basic Studies of Finnish Language 2 (410061)	12 cr	fi	4	11 Dec 1992
Basic Studies in Finnish Language I (410060)	6 cr	fi	3	5 May 1992



YOUR UH EMAIL

- The University of Helsinki uses Office365 mail system and you will get your own email with the **helsinki.fi** ending.
- Log in (activate the e-mail) as soon as possible.
- If you don't use this e-mail, forward the messages to your own e-mail, so that you don't miss out on important information.
- [Multifactor Authentication](#) is used regularly. The Authenticator mobile app is the easiest option for this.

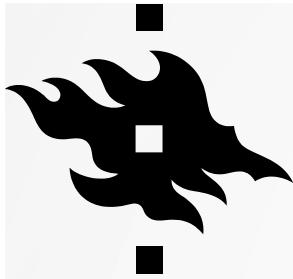




HEALTHCARE

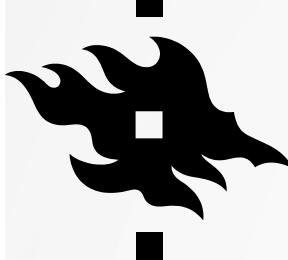
- Availability of healthcare services depends on your nationality.
- Please check our instructions on [Healthcare for exchange students](#) as soon as possible, so you know what to do if health concerns occur.
- In urgent cases call the free Medical Helpline number 116 117 before visiting a health station or emergency department.
- If you have a life-threatening emergency, please call 112.





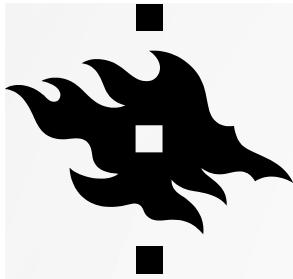
HOUSING

- **Join online housing session on Friday, January 9 for detailed information by Hoas and Unihome**
- Respect other students and avoid making noise especially during silent time 22:00 - 07:00
- Take good care of the apartment and common areas
 - It is strictly forbidden to smoke inside (not even through the windows)
- Pay the rent on time
- Take care of the keys
 - If you forget your keys inside the apartment or lose them, you have to pay expenses incurred.
 - Do not hand over the keys to anybody.
- You are liable to pay for all the damage you and your guests cause
- UH may contact student's home university if disturbances occur
- General emergency number for police, ambulance and fire brigade - **112**



DRESS IN LAYERS

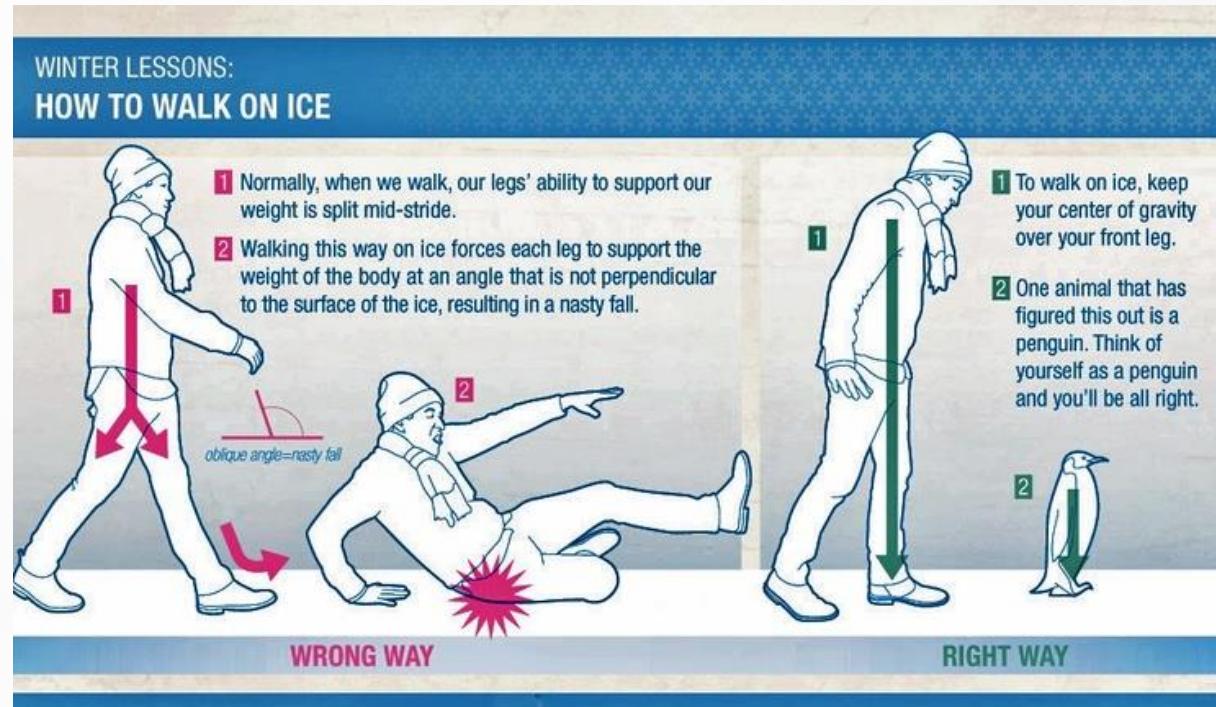


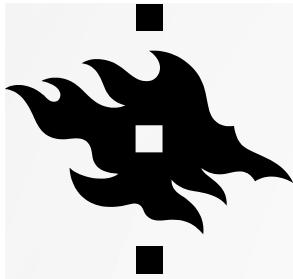


WALK LIKE A PENGUIN ON ICE AND STAY WARM!

- Remember to mind black ice and ice hiding beneath a layer of snow!
 - Wear several layers of clothes to stay warm and remember to remove them indoors

"Finns are stylish but aestethically tolerant"





FINLAND AND WINTER



Be aware of dangers of vitamin D deficiency while living in northern latitudes



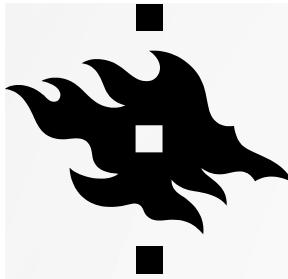
For S.A.D. (seasonal affective disorder)



[Bright light therapy instructed by the Finnish Student Health Services](#)



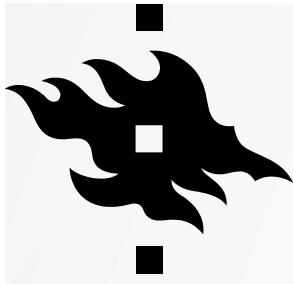
Watch out for snow and ice falling from rooftops



LASTLY: A CRASH COURSE IN FINNISH



- Hei! / Moi! / Terve! – Hello!
- Kiitos – Thank you
- Ole hyvä – Here you are, "Don't mention it"
- Eipä kestä - Don't mention it
- Anteeksi – Sorry, Excuse me
- Hyvää huomenta! – Good morning!
- Hyvää päivää! – Good day!
- Hyvää iltaa! – Good evening!
- Hyvää yönä! – Good Night!
- Nämäkäin!/ Hei Hei!/ Moi Moi! – Good bye!

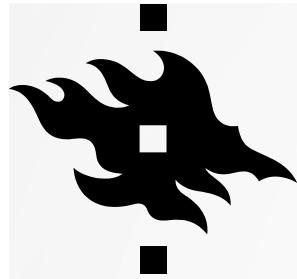


FINLAND AND UNIVERSITY OF HELSINKI IN A NUTSHELL: KAHOOT

Time for a KAHoot!

Go to kahoot.it
with your mobile and
wait for the game PIN





GENERAL QUESTIONS

Any questions?

Please raise your hand ☺



KIITOS JA TERVETULOA ! THANK YOU AND WELCOME!

