



# WELCOME GUIDE FOR EXCHANGE STUDENTS 2011-2012



INTERNATIONAL EXCHANGE SERVICES

Helsinki 2011

## WELCOME TO UH [www.helsinki.fi/university](http://www.helsinki.fi/university)

Welcome to the University of Helsinki (UH) and to Helsinki. The International Exchange Services hopes that your stay in Helsinki will be successful and pleasant. In this guide you will find in short the most important and necessary guidelines and some practical information to help your study period at the University of Helsinki.



## EXCHANGE [www.helsinki.fi/exchange](http://www.helsinki.fi/exchange)

On the website you will find a lot of important, necessary and practical information to help prepare your exchange period at the University of Helsinki.

## DATES

[www.helsinki.fi/exchange/dates/index.html](http://www.helsinki.fi/exchange/dates/index.html)

### Semester dates:

- Autumn / Fall semester September 1, 2011 – December 31, 2011
- Spring semester January 1, 2012 – May 31, 2012.

### Exchange periods:

- Mainly 1 semester or 2 semesters (see the acceptance letter).

### Teaching periods:

- Between September – May.
- Dates vary from faculty to faculty, web [www.helsinki.fi/exchange/dates/index.html](http://www.helsinki.fi/exchange/dates/index.html)

### Orientation Course:

- September 2-6, 2011
- January 9-11, 2012
- [www.helsinki.fi/orientation](http://www.helsinki.fi/orientation)



## HOUSING

[www.helsinki.fi/exchange/howtoapply/housing.html](http://www.helsinki.fi/exchange/howtoapply/housing.html)

### Housing options:

- Student Dormitory housing: HOAS (Foundation for Student Housing in Helsinki Region)
- Private market housing.

### HOAS International Rooms

HOAS International Rooms are equipped with bed and mattress, desk, chair and wardrobe. In the kitchen there is a fridge and stove with oven.

### HOAS Housing Offer, Housing is for Fixed-period, Deposit

When you receive the Housing Offer, please act immediately and confirm your housing. Every exchange student must pay the refundable deposit for housing. The housing will be reserved for a fixed-period and fixed-period housing can't be changed. The shortest period for housing is one full month. Information on Offer, period and deposit payment on web [www.hoas.fi](http://www.hoas.fi).

### Housing from private market

Housing offer, tenancy agreement, rent, deposit etc. will be agreed with the lessor. Read carefully all information you receive from the lessor.

### Tenancy agreement

Whether your housing is from HOAS or private market, please remember to sign a written tenancy agreement.



## ARRIVAL IN HELSINKI

[www.helsinki.fi/exchange/acceptance/arrival.html](http://www.helsinki.fi/exchange/acceptance/arrival.html)

Exchange students must arrive in Helsinki before the Orientation course and courses start.

### Arrival dates:

[www.helsinki.fi/exchange/dates/index.html](http://www.helsinki.fi/exchange/dates/index.html)

Welcome Desk serves incoming students during the Orientation Course in various matters. Web [www.helsinki.fi/orientation](http://www.helsinki.fi/orientation).

## STUDIES

[www.helsinki.fi/exchange/studies/index.html](http://www.helsinki.fi/exchange/studies/index.html)



You will find information on studies, credit system, grading etc. on website

[www.helsinki.fi/exchange/studies/index.html](http://www.helsinki.fi/exchange/studies/index.html)

- The faculties and departments (Studies and courses)
- Links to Courses in English, and Courses given in Finnish or Swedish.
- Credit system and grading
- More detailed information on faculties, departments etc. [www.helsinki.fi/inbrief/units.html](http://www.helsinki.fi/inbrief/units.html)
- Information on basic language courses in Finnish on web <http://www.helsinki.fi/fus/studying/finnishforinternationalstudents.html>
- Information on basic language courses in Swedish on the web [www.helsinki.fi/kks/intstud/swedish.html](http://www.helsinki.fi/kks/intstud/swedish.html)

## ESTIMATED EXPENSES

- Living expenses: 650-950 € / month, including housing (300-500 €)
- Food / meals: 220-270 € / month. Lunch prizes 2,50-4.00 € at Student Unicafe (February 2011)
- Personal Expenses: Approx. 150 -170€ / month (February 2011).



## PERMITS

[www.helsinki.fi/exchange/permits/index.html](http://www.helsinki.fi/exchange/permits/index.html)

- Citizens of the Nordic countries do not need a residence permit in Finland.
- Citizens of EU/EEA countries need to apply for a Right to Reside in Finland at the local police station (in Finland) within three months of arrival.
- Citizens of non-EU/EEA countries must apply for a Residence Permit beforehand at the nearest Finnish Embassy or Consulate.
- More information on website of the Finnish Immigration Service [www.migri.fi](http://www.migri.fi).



## CONTACT US

[www.helsinki.fi/exchange/programmes/contact.html](http://www.helsinki.fi/exchange/programmes/contact.html)

### Contact the International Exchange Services:

- Erasmus Programme: [erasmus@helsinki.fi](mailto:erasmus@helsinki.fi)
- Nordplus programme: [nordplus@helsinki.fi](mailto:nordplus@helsinki.fi)
- Other programmes (university bilateral agreements, ISEP, AEN, MAUI etc.): [studentexchange@helsinki.fi](mailto:studentexchange@helsinki.fi)
- Information on arrival [arrivalandstart@helsinki.fi](mailto:arrivalandstart@helsinki.fi)
- Other contact information, see web [www.helsinki.fi/exchange/programmes/contact.html](http://www.helsinki.fi/exchange/programmes/contact.html)

### Websites:

- University of Helsinki [www.helsinki.fi/university](http://www.helsinki.fi/university)
- Exchange website [www.helsinki.fi/exchange](http://www.helsinki.fi/exchange)
- Websites of faculties and department [www.helsinki.fi/inbrief/units.html](http://www.helsinki.fi/inbrief/units.html)
- The Student Union of the University of Helsinki [www.hyy.helsinki.fi/](http://www.hyy.helsinki.fi/)
- City of Helsinki [www.hel.fi](http://www.hel.fi)
- Finland [finland.fi/](http://finland.fi/)

