

Fact Sheet of the University of Helsinki Erasmus+ Global Mobility (ICM), 2022-2023



The University of Helsinki is the oldest and largest institution of academic education in Finland, an international scientific community of 40,000 students and researchers.

In international university rankings, the University of Helsinki typically ranks among the top 100.

The University of Helsinki seeks solutions for global challenges and creates new ways of thinking for the best of humanity.

The University of Helsinki welcomes about 1,200 exchange students per year and offers them a wide variety of courses taught in English. The degree programmes offering the courses include dozens of International Master's Programmes and Bachelor's level programmes.

Contact information

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International Exchange Services

P.O. Box 53
FI-00014 University of Helsinki, Finland

Address for courier post (FedEx, DHL, UPS etc.):

International Exchange Services, University of Helsinki
Fabianinkatu 28 (janitor's booth inside the courtyard)
FI-00100 Helsinki, Finland

Website

Student exchange: studentexchange@helsinki.fi Tel. +358 2941 22401
Staff exchange: staffexchange@helsinki.fi Tel: +358 2941 57156
Agreements: exchange-agreements@helsinki.fi
International education cooperation projects: educationprojects@helsinki.fi

Nominations:

Student exchange: Partners are asked to send **nominations through an electronic form:**

<https://elomake.helsinki.fi/lomakkeet/80266/lomake.html>

We do not have a separate deadline for nominations, but we recommend that students are nominated at least two weeks before the application deadlines. An automatic email with application instructions is sent to nominated students right after nomination.

Teacher exchange (if included in the agreement)

Nominations should be sent through an electronic form: <https://elomake.helsinki.fi/lomakkeet/95196/lomake.html> at least eight weeks before the estimated arrival date. Please note that visits are only possible during the academic year. Applications cannot be

processed during the holiday seasons (end of December and beginning of January, July). Incoming teachers should have prior contact with the receiving unit. Documents needed: CV, work plan, pre-acceptance letter from the receiving unit at the University of Helsinki. Quota for teacher exchange is indicated in the agreement.

Studies

The University of Helsinki has the widest range of disciplines in Finland with 11 [faculties](#) and around 37 Bachelor's degree programmes and 56 Master's degree programmes. [Information on courses suitable for exchange students](#). Course lists for the academic year 2022 – 2023 will be published in late March/April 2022.

Students should choose the majority of their courses from the faculty/degree programme (or study track) that has the Erasmus+ ICM exchange agreement with your institution. If the agreement is on university level, students are required to choose the majority of their courses from one faculty, closest to their educational background. Exchange students need to have sufficient prior academic background in the disciplines taught at the receiving Faculty. Within one faculty, they can choose courses from several study programmes. One of the study programmes will be chosen as the host study programme for the student. Students are welcome to choose some courses from other faculties, as well, if they meet the requirements for the courses. Please note that some faculties/study programmes offer courses in English mainly on Master's level (suitable for advanced Bachelor students as well): Agriculture and Forestry, Pharmacy, Biological and Environmental Sciences, Geography, Translational Medicine. **Fields not offered** at the University of Helsinki: business, engineering, fine arts.

Students interested in a laboratory or research group traineeship can check the [traineeship page](#). Please note that the thesis work option mentioned on the page is not open for university-level bilateral exchange students, unless agreed otherwise in the bilateral agreement.

Restrictions: Courses from the following degree programmes are open only to exchange students placed in that programme and who are majoring in the same academic field at their home university:

Degree programme	Faculty	Course codes	Please note
Study track of English at the Bachelor's Programme in Languages	Arts	KIK-EN	
Master's Programme in English Studies	Arts	ENG-	
Other foreign languages at the Bachelor's and Master's Programme in Languages	Arts		Considered case by case depending on the student's educational background
Politics, Media and Communication and Global Political Communication	Social Sciences	PVK, PVM, GPC	
Economics	Soc. Sci.	ECOM	
Law, International Business Law, Global Governance Law	Law	OIK, IBL, GGL, OTM	
Psychology	Medicine	PSYK, PSYM	Social Psychology is taught at the Faculty of Social Sciences (Study programme for Social Research).

The following degree programmes accept only one or two exchange students in total each semester:

Medicine	Medicine		A set international schedule for each semester
Dentistry	Medicine		No courses in English
Translational Medicine	Medicine	TMED	
Veterinary Medicine	Veterinary Medicine		A clinical practice period from February to May on advanced level
Urban Studies and Planning	Science	USP	

Course offer and restrictions for exchange students

Finnish courses and other language courses for exchange students	<p>Information on language courses for exchange students</p> <p>Please note that courses teaching English language are not open for exchange students, with the exception of Academic writing in English for exchange students (if course is offered).</p> <p>There are Finnish courses available for those exchange students wanting to learn Finnish. The course includes 4 hours of teaching each week. For more, please see our page on Finnish courses. Students are not required to participate in Finnish courses, but may do so if they wish.</p>	
Terminology related to the courses	<p>The Courses in English website includes courses of various levels. Some courses require previous studies in the discipline in question. The following terminology will help the students to find out if the courses are suitable for them:</p> <ul style="list-style-type: none"> - Basic studies (or “perusopinnot” in Finnish): Bachelor’s level courses, do not usually require previous studies from the student - Subject studies or Intermediate studies (or “aineopinnot” in Finnish): Bachelor’s level courses, intermediate level, require some previous studies from the student, mainly for 2nd or 3rd year students of the subject - Advanced studies (or “syventävät opinnot” in Finnish): Master’s level courses, for students who have completed a Bachelor’s degree or have equivalent level 	
Workload	<p>Students should aim to complete 30 ECTS credits per semester. One ECTS credit equals 27 hours of work, including both lectures and homework. A full year of 60 ECTS credits corresponds to a workload of 1600 hours. Course descriptions may use terms “cr” or “ECTS cr” or “op”. They all mean the same thing, ECTS credits.</p>	
Application information for incoming students		
Nominations	<p>We recommend that students are nominated at least two weeks before the application deadline.</p> <p>Please fill out this form for your nominations (you may need to paste the link to your browser): https://elomake.helsinki.fi/lomakkeet/80237/lomake.html . The nomination form for the AY 2022-2023 opens on March 1, 2022.</p>	
Application periods	<p>For autumn semester (late August – December)</p> <p>April 1 – April 15: citizens of non-EU/EEA-member states</p> <p>April 1 – May 15: citizens of EU/EEA member states, Iceland, Liechtenstein, Norway and Switzerland</p>	<p>For spring semester (January - May)</p> <p>September 1 – September 30: citizens of non-EU/EEA-member states</p> <p>September 1 – October 15: citizens of EU/EEA member states, Iceland, Liechtenstein, Norway and Switzerland</p>
Online application system	<p>The nominated students submit their applications online by using the online application system of the University of Helsinki, and include the listed enclosures in their application. There is no need to send paper copies of the application. Students should read carefully further instructions.</p> <p>Enclosures, uploaded as attachments to the Online application system:</p> <ul style="list-style-type: none"> - Approved Learning Agreement (= study plan) - Scanned, official Transcript of Records from the student’s home university - Motivation letter <p>N.B. The University of Helsinki requires exchange students to have language skills in English, Finnish or Swedish (the language the student mainly plans to study with) that correspond to Level B2 on the CEFR scale. However, from the academic year 2022 – 2023 onwards, exchange students do not need to submit proof of language proficiency. We trust our partners to check that their nominees have the required B2 level.</p> <p>Online support for applicants</p>	
Duration of exchange	<p>Autumn Semester: 30 August – 23 December 2022 (including orientation period)</p> <p>Spring Semester: 11 January – 31 May 2023 (including orientation period)</p>	

	Full Academic Year: 30 August 2022 – 31 May 2023
Information on acceptance	Decisions regarding acceptance are made by faculties of the University of Helsinki. Acceptance information is available about 6 weeks after the application deadline. Accepted students receive an automatic acceptance e-mail from their host Faculty with a formal acceptance letter as an e-mail attachment. Finnish immigration authorities can check the validity of the, formal acceptance letter directly from the University of Helsinki, if necessary.
Support services and housing for exchange students	
Housing	<p>For the students wanting to live in a student dormitory, University of Helsinki has agreed with housing providers, including Unihome and HOAS (Foundation for Student Housing in the Helsinki Region), on a number of rooms for incoming exchange students. Apartments are located around Helsinki. Students should choose their housing option based on their budget and their wishes.</p> <p>Exchange students submit their housing application as a part of their exchange application. Their information will be forwarded to housing providers. Each exchange student will receive one housing offer. Exchange students coming under university-level bilateral agreements are guaranteed housing but not necessarily the room type they have wished for.</p> <p>Mandatory fees prior to arrival: room deposit: €500 (subject to change) to be paid to the housing provider according to their instructions. Students should be prepared to pay the deposit when they receive instructions from the housing provider. This can be several months prior to arrival.</p> <p>Information about various other housing options is available at our housing page.</p>
International Exchange Services	<p>With any questions during their stay at the University of Helsinki, exchange students are welcome to contact the International Exchange Services, represented on each campus together with the local Student Services. Please check the address and office hours as well as online appointment times of each campus's Student Services at our Contact page.</p> <p>With any questions before or during their stay, students can e-mail studentexchange@helsinki.fi or call +358 2941 22401.</p>
Tutoring	During orientation, incoming exchange students receive help from student tutors, who introduce Finnish university life to the new exchange students and help them with practical issues such as mobile phones, getting a monthly ticket for public transportation etc.
Hobbies and social activities	<p>University of Helsinki has hundreds of student organisations, and exchange students are welcome to join. Please see our Student organisations page.</p> <p>Students' ESN network organises many activities for exchange students.</p>
Practical Information	<p>City of Helsinki http://www.helsinki.fi/kirjasto/en/home Student benefits http://www.helsinki.fi/kirjasto/en/library-locations/aleksandria Student Cafeterias Student Union Unisport</p>
Information for accepted students	
Residence permit	<ul style="list-style-type: none"> Students who are non-EU nationals need to apply for a Residence permit according to the instructions provided by the Finnish Immigration Service (Migri). Information regarding applying for a Residence permit is also available at the closest Consulate of Finland.

	<ul style="list-style-type: none"> • Students should submit their application electronically, because it makes the application process faster and less expensive. Students are advised to apply immediately after receiving their acceptance e-mail from the University of Helsinki. • Even if the student has submitted the Residence permit application electronically, he/she needs to visit the Finnish consulate in person to verify his/her identity and to present the original copies of any supplements needed for the application. Because of the above, students should apply for a Residence permit immediately after receiving acceptance information from the Univ. of Helsinki. • Please note that cost for the online residence permit is 350 euros (subject to change).
Health insurance and health services	Students who are non-EU nationals need to seek comprehensive health insurance prior to applying for a Residence permit. University of Helsinki purchases insurance for Erasmus+ ICM students with so called Erasmus+ Organizational support funding.
Student Union membership	Student Union membership fee for exchange students is ca. 21 euros per semester (subject to change). Joining the Student Union is voluntary.
Cost of living	Cost of living page
Course enrolment	<p>Students need to have their University of Helsinki computer user ID to register for courses. Students receive the computer user ID when they arrive in Finland. Course registration happens after arrival.</p> <p>After course information for the following academic year is published, there may be some changes, so the Learning agreement is only a preliminary plan. Students are advised to check the list of courses offered during their exchange year again before they arrive.</p>
Grading system	<p>The University of Helsinki uses a six-level grading scale from 0 to 5.</p> <p>5 = excellent or A 4 = very good or B 3 = good or C 2 = satisfactory or D 1 = passable or E 0 = fail or F or FX</p> <p>Please note that reference to the A-F grading scale is only indicative. In addition to applying this grading scale, a pass/fail grade may be used when grading certain courses, e.g. ones containing practical training or practical skills. Please note it is not possible to receive a numeric grade for these pass/fail courses.</p> <p>The University of Helsinki grading scale is not a proportionate scale and does not therefore fully correspond to the ECTS grading scale: the ECTS system is based on an expectancy of the distribution of different grades, the Finnish system is not. This means that in the Finnish system each student is graded on his/her individual performance, not in relation to the performance of others.</p>
Transcripts of records	<p>Students can get one official hard copy of their transcript per semester free of charge from the Student Services, see our Transcript page.</p> <p>Students are responsible for ordering their official transcript. It is not automatically sent to the partner university. If your university accepts an electronically signed official transcript as a pdf, students can order one from the student register. More information is available at our Digital signatures page.</p>
Websites for accepted students	<ul style="list-style-type: none"> • Orientation, Welcome Fair, Tutoring • Exchange Students Website • Welcome to UH Blog

Promotional materials and social media	<ul style="list-style-type: none"> • Promotional materials • University of Helsinki in Instagram • University of Helsinki in Facebook • New students of the University of Helsinki in Facebook • Youtube
Campuses	<p>University of Helsinki has four campuses, all located within 10 kilometres from each other. You can find pictures in the promotional materials above.</p> <ul style="list-style-type: none"> • City Centre Campus for Arts and Social Sciences (location on a map) • Kumpula Science Campus (campus map) • Meilahti Campus for Medicine • Viikki Campus for Life Sciences (location on a map)
Safety and security	<p>The health and safety of students and staff is the top priority for the University of Helsinki. We encourage students to read our emergency situation page.</p> <p>University of Helsinki's safety and security guide is available online .</p> <p>As the COVID-19 situation is constantly changing, please check and ask your students to check the updated information on our COVID-19 page.</p>
Information provided on	14 December, 2021