

Fact Sheet of the University of Helsinki Erasmus+ Global Mobility (ICM), 2020-21



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.

Contact information

Erasmus code ECHE PIC	SF HELSINK01 29604 999994535	
Coordinating unit for university level student and teacher exchange	International Exchange Services P.O. Box 53 FI-00014 University of Helsinki, Finland Website: https://guide.student.helsinki.fi/en/exchange-and-visiting-students Student exchange: studentexchange@helsinki.fi Staff exchange: staffexchange@helsinki.fi Agreements: exchange-agreements@helsinki.fi International education cooperation projects: educationprojects@helsinki.fi	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 Tel. +358 2941 22401 Tel: +358 2941 40806
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.	
Social media	<ul style="list-style-type: none"> University of Helsinki in Instagram: https://www.instagram.com/universityofhelsinki/?hl=en University of Helsinki in Facebook: https://www.facebook.com/HelsinkiUniversity/ New students of the University of Helsinki: https://www.facebook.com/newstudentsuh/ Youtube: https://www.youtube.com/user/universityofhelsinki 	

Studies

Course offer and restrictions for exchange students	<p>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: https://guide.student.helsinki.fi/en/article/course-selection. Course lists for the next academic year are published around April.</p>			
	<p>University level bilateral exchange 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 and engineering.</p>			
	<p>Restrictions: Courses from the following degree programmes are only available to the degree programme's own exchange students, who are majoring in the same academic field at their home university:</p>			
	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		Also possible for minor students, considered case by case
	Politics, Media and Communication and Global Political Communication	Social Sciences	PVK, PVM, GPC	
	Economics	Soc. Sci.	ECOM	
	Law, International Business Law	Law	OIK, IBL	
	Psychology	Medicine	PSYK, PSYM	Social Psychology is taught at the Faculty of Social Sciences (Study programme for Social Research).
	<p>The following degree programmes accept only one or two exchange students each semester:</p>			
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		
Finnish courses and other language courses for exchange students	<p>Information on language courses for exchange students: https://guide.student.helsinki.fi/en/article/course-selection</p> <p>Please note that courses teaching English language are not open for exchange students.</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 https://guide.student.helsinki.fi/en/article/finnish-international-students 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 the same 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 student exchange

Nominations		
Application periods	<p>For autumn semester (late August – December)</p> <p>April 15: citizens of non-EU/EEA-member states</p> <p>May 15: citizens of EU/EEA-member states, Iceland, Liechtenstein, Norway and Switzerland</p>	<p>For spring semester (January - May)</p> <p>September 30: citizens of non-EU/EEA-member states</p> <p>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: https://guide.student.helsinki.fi/en/article/how-apply-exchange-student</p> <p>Enclosures, uploaded as attachments to the Online application system:</p> <ul style="list-style-type: none"> - Printed, signed and scanned copy of the online application form - Approved learning agreement (= study plan) - Scanned, official transcript of records from the student’s home university - Motivation letter - Language certificate, if applicable (see language requirements) - Not required: medical report <p>Online support for applicants: https://guide.student.helsinki.fi/en/article/how-apply-exchange-student#paragraph-3634</p>	
Duration of exchange	<p>Autumn Semester: 25 August – 18 December 2020 (including orientation period) Spring Semester: 12 January – 31 May 2021 (including orientation period)</p>	
Information on acceptance	<p>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 scanned, formal acceptance letter directly from the University of Helsinki, if necessary.</p>	

Support services and housing for exchange students

Financial support	<p>Incoming students will receive a monthly scholarship, which is paid based on the duration of the exchange period. Scholarship is 900 euros / full month. Students will receive the first scholarship and a travel grant on the first day of studies. The amount of the travel grant is based on the distance between the sending university and the University of Helsinki. Rest of the scholarship will be paid to a Finnish bank account of the student.</p>
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</p>

	<p>of rooms for incoming exchange students. Apartments are located around Helsinki. Students should choose their housing option based on their budget and their wishes. 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.</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 https://guide.student.helsinki.fi/en/article/housing</p>														
International Exchange Services	<p>With any questions during their stay at the University of Helsinki, exchange students are welcome to visit the International Exchange Services, represented on each campus in conjunction with the local Student Services. Please look here for the address and office hours of each campus' Student Services: https://guide.student.helsinki.fi/en/article/contact-international-exchange-services</p> <p>With any questions before or during their stay, students can e-mail studentexchange@helsinki.fi or call +358 2941 22401.</p>														
Tutoring	<p>During orientation, incoming exchange students receive help from students 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.</p>														
Hobbies and friendship activities	<p>University of Helsinki has hundreds of student organisations, and exchange students are welcome to join. Please see https://guide.student.helsinki.fi/en/article/student-union-and-subject-organisations</p> <p>Students' ESN network organises a lot of activities for exchange students: https://esnuni.helsinki.com/</p>														
Practical Information	<table> <tr> <td>City of Helsinki</td> <td>http://www.hel.fi/www/helsinki/en</td> </tr> <tr> <td>Helsinki University Library</td> <td>http://www.helsinki.fi/kirjasto/en/home/</td> </tr> <tr> <td>Student benefits</td> <td>https://guide.student.helsinki.fi/en/article/living-helsinki#paragraph-3655</td> </tr> <tr> <td>Learning Centre Aleksandria</td> <td>http://www.helsinki.fi/kirjasto/en/library-locations/aleksandria/</td> </tr> <tr> <td>Student Cafeterias</td> <td>https://www.unicafe.fi/en/#/9/1</td> </tr> <tr> <td>Student Union</td> <td>https://hyy.fi/en/</td> </tr> <tr> <td>Unisport</td> <td>https://unisport.fi/en#?</td> </tr> </table>	City of Helsinki	http://www.hel.fi/www/helsinki/en	Helsinki University Library	http://www.helsinki.fi/kirjasto/en/home/	Student benefits	https://guide.student.helsinki.fi/en/article/living-helsinki#paragraph-3655	Learning Centre Aleksandria	http://www.helsinki.fi/kirjasto/en/library-locations/aleksandria/	Student Cafeterias	https://www.unicafe.fi/en/#/9/1	Student Union	https://hyy.fi/en/	Unisport	https://unisport.fi/en#?
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Student Cafeterias	https://www.unicafe.fi/en/#/9/1														
Student Union	https://hyy.fi/en/														
Unisport	https://unisport.fi/en#?														
Information for accepted students															
Residence permit	<p>Students who are non-EU nationals need to apply for a Residence permit according to the instructions provided by Finnish Immigration Service http://migri.fi/en/studying-in-finland . Information regarding applying for a Residence permit is also available at the closest Consulate of Finland.</p> <p>University of Helsinki recommends that students submit their application electronically, because it makes the application process faster. Students are advised to apply immediately after receiving their Acceptance Letter from the University of Helsinki.</p> <p>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.</p> <p>Please note that cost for the online residence permit is 350 euros (subject to change)</p>														
Health insurance	<p>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.</p>														
Student union membership	<p>Student Union membership fee for exchange students is ca 52 euros for autumn semester 2020 and it includes right to use the services of Finnish Student Health Service, which is open Mon-Fri: http://www.yths.fi/en/internationalstudents. There will be changes starting in January 2021 and most likely exchange students are not able to use student health services anymore.</p>														
Cost of living	<p>https://guide.student.helsinki.fi/en/article/living-helsinki#paragraph-3645</p>														
Course enrolment	<p>Students need to have their University of Helsinki computer user ID to register for courses in WebOodi system, http://www.helsinki.fi/weboodi. Students receive the computer user ID when they arrive in Finland. Course registration happens after arrival.</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 during their exchange year again before they arrive.
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 courses.</p>
Transcripts of records	<p>Students can get one official transcript per semester free of charge from the Student Services, see https://guide.student.helsinki.fi/en/article/order-transcript-studies</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 Weboodi student register. More information is available here: https://guide.student.helsinki.fi/en/article/digital-signatures.</p>
Websites for accepted students	<p>Orientation, Welcome Fair, Tutoring https://guide.student.helsinki.fi/en/article/orientation-tutoring-and-welcome-fair</p> <p>Exchange Students Website https://guide.student.helsinki.fi/en/article/instructions-incoming-exchange-students</p> <p>Welcome to UH Blog http://blogs.helsinki.fi/welcometouh/</p>
Campus locations	<p>University of Helsinki has four campuses, all located within 10 kilometres from each other.</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)
Information provided on	30 July, 2020