



2022–2023

SURVIVAL GUIDE

Åbo–Vasa



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INTRODUCTION TO THE SURVIVAL GUIDE

This is your survival guide for the coming year in either Åbo or Vasa. In this booklet you will find useful information about the institutions: Åbo Akademi University (ÅAU) and Novia University of Applied Sciences (Novia UAS). **Be sure to notice the difference in information regarding the universities as well as the cities.** In regard to this, chapters 2 and 3 separately introduce the universities. However, there are also common elements and joint endeavours between the universities, e.g., the sports offered by the universities.

We do hope that you read this booklet thoroughly; it contains a lot of useful information. At least flip through the booklet and take note of keywords and sentences that are in **bold**. This booklet is designed to be a reference guide. Links and sources contain more in-depth information. There is a digital version of the survival guide at; www.abo.fi/en/study/study-abroad/exchange-students/.

At this point we would like to welcome you to Finland, whether you are staying in Åbo or Vasa. Both Åbo Akademi University and Novia University of Applied Sciences look forward to your time here and your engagement with academic affairs.

Studying and working in Finland can be an adventure, one we hope every incoming student will enjoy. This experience might differ greatly from anything else in your home country. We hope you embrace your new experiences and that you find or learn something new to bring with you back home. Do what makes you comfortable, make new friends and experience the Finnish culture!

*From Åbo Akademi University and Novia University of Applied Sciences,
Welcome!*

1 Finland

1.1 Finland in a nutshell

Due to the fact that Finland has two official languages (Finnish and Swedish), most towns have names in both languages. For example, Vasa (Swe) / Vaasa (Fin) and Åbo (Swe) / Turku (Fin). In this guide we use the Swedish names as both Åbo Akademi University and Novia University of Applied Sciences are Swedish-speaking institutions.

Population: 5.55 million (2022).

Area: 338,424 km² (the fifth-largest country in Western Europe).

Capital: Helsingfors (Swe)/Helsinki (Fin) (1.52 million inhabitants in metropolitan area 2020).

Languages: Official national languages are Finnish (spoken as a first language by 87%) and Swedish (5.2%). Sámi is an official regional language and the mother tongue of about 2,000 people, who are members of the indigenous Sámi people of northern Lapland.

Form of government: Republic, parliamentary democracy.

Head of State: President of the Republic, currently Mr. Sauli Niinistö.

International cooperation: Member of the United Nations since 1955 and the European Union since 1995.

Currency unit: Euro.

Climate: Great contrasts: cold winters and fairly warm summers (2018 extremes: coldest day was in Utosjoki -37,1°C / -34,8°F and warmest day was in Vasa 33,7°C / 92,7°F).

For more information about Finland, see www.visitfinland.com/.

1.2 The city of Åbo/Turku

Åbo, or Turku in Finnish, is situated on the southwest coast of Finland and is the sixth largest city in Finland with a population of approximately 190,000. Åbo is one of many officially bilingual towns in Finland (approx. 5% speak Swedish as their native language in the city).

Founded in the 13th century, Åbo is also the oldest city in Finland. It was the provincial capital of Finland until 1812, when the title was transferred to Helsingfors after Finland became an autonomous Grand Duchy of Russia.

Åbo is an important Baltic port for both goods and passenger traffic and is one of the centres for the shipbuilding industry in Finland. Other major industries include pharmaceuticals, electronics, and high technology. The areas of top expertise in Åbo are biosciences, ICT, logistics and tourism.

Åbo is a large university town with about 40,000 students. It is the official Christmas city of Finland and was the European Capital of Culture in 2011. Just outside of Åbo you find a beautiful archipelago with more than 20,000 islands.

For more information about Åbo, see www.turku.fi or www.visitturku.fi.

1.3 The city of Vasa/Vaasa

Vasa, or Vaasa in Finnish, is situated on the west coast of Finland and is the regional capital of Ostrobothnia. Vasa has a population of about 67,000, of which 23% are Swedish-speaking, and about 15,000 students.

Vasa is a centre of education, both in terms of further education for Finnish students and in terms of teacher training as most future teachers for Swedish-speaking schools in Finland get parts of their education in Vasa. The largest energy technology cluster of the Nordic countries is concentrated in the Vasa region with around 11,000 employees.

Vasa is known as the sunniest town in Finland based on the number of sunny hours a year. The town was founded in 1606 and got its name after the Swedish Royal house of Vasa (Gustav Vasa was the King of Sweden in the 16th century. Finland was a part of Sweden until 1809). The beautiful archipelago (Kvarken) outside Vasa has been on the UNESCO's world heritage list since 2006.

For more information about Vasa, see www.vaasa.fi or www.visitvaasa.fi.

1.4 Åbo Akademi University

Åbo Akademi University is the only multidisciplinary Swedish-language university in Finland. The university was founded in 1918 in order to provide higher education for the Swedish-speaking minority in Finland. The main language of teaching and administration is Swedish, but an increasing number of courses are taught in English.

Åbo Akademi University has a strong international profile. Out of our total student population (5,700 students) about 1,000 students are international students and out of these approximately 380 are international exchange students. Åbo Akademi University is one of the most international universities in Finland when looking at the student population and we are happy to be able to offer an international environment for both our international and domestic students.

Åbo Akademi University is divided into four faculties:

- Faculty of Arts, Psychology and Theology
- Faculty of Education and Welfare Studies (located in Vasa)
- Faculty of Social Sciences, Business and Economics
- Faculty of Science and Engineering

Åbo Akademi University has two main campuses, **Åbo** and **Vasa**. For more information, see chapter 2 and www.abo.fi.

1.5 Novia University of Applied Sciences

Novia UAS offers multidisciplinary higher education with a practical orientation, training professionals for expert and development posts based on the requirements of working life and its development, on scientific research and artistic principles.

With more than 4,500 students and 320 staff members Novia UAS is the largest Swedish-language university of applied sciences in Finland. Novia UAS was founded in 2008 as a merger of earlier educational institutions. The new organization has a 150-year continuum of education and a dynamic and adaptable approach to the changing needs of society.

Novia UAS operates on four campuses in four different towns: Vasa (Swe)/ Vaasa (Fin), Åbo (Swe)/ Turku (Fin), Jakobstad (Swe)/ Pietarsaari (Fin) and Raseborg (Swe)/ Raasepori (Fin), along the west coast of Finland. Novia has a yearly intake of about 100 exchange students as well as 250 international students who study for a degree in the degree programs in English.

Novia UAS offers education in the following study fields:

- Culture and Arts
- Business Administration
- Engineering
- Construction Management
- Marine Technology
- Natural Resources
- Health Care
- Social Services
- Beauty and Cosmetics

For more information, see chapter 3 and www.novia.fi.

2 Åbo Akademi University (ÅAU)

2.1 Offices at ÅAU

Åbo Campus

Education Services

International Affairs

Gripen (1st floor)

Tavastgatan 13, 20500 Åbo

Phone: +358 2 215 4169

e-mail: exchange@abo.fi

www.abo.fi/exchange

Student Office/Student Service Desk (Studentexpeditionen)

Gripen (1st floor)

Tavastgatan 13, 20500 Åbo

Phone: +358 (0)2 215 4169

e-mail: studinfo@abo.fi

www.abo.fi/en/study/already-in-2/contact-education-services

Åbo Akademi University Career Services (Arbetsforum)

Gripen (1st floor)

Tavastgatan 13, 20500 Åbo

Phone: +358 2 215 4116

e-mail: careerservices@abo.fi

www.abo.fi/en/career-services/

Research Services

Domkyrkotorget 3, 20500 Åbo

graduateschool@abo.fi

Human Resources

e-mail: HR@abo.fi

www.abo.fi/en/hr-services

Vasa campus

Education Services

International Affairs

e-mail: exchange@abo.fi

www.abo.fi/exchange

Academic Office (Studiekansli)

If you need to visit the administration in person, contact:

fpv-studieradgivare@abo.fi

www.abo.fi/en/study/

Åbo Akademi University Career services (Arbetsforum)

e-mail careerservices@abo.fi

www.abo.fi/en/career-services/

Research Services

graduateschool@abo.fi

Human Resources

e-mail: HR@abo.fi

www.abo.fi/en/hr-services

Accessibility: To discuss special arrangements regarding accessibility, in Åbo please contact the Student Office (see above) and in Vasa the Academic Office (see above).

2.2 Student Union of Åbo Akademi University

(Åbo Akademis Studentkår, ÅAS)

Åbo:

Kåren

Tavastgatan 22 (3rd floor)

20500 Åbo

Phone: +358 (0)2 215 4650

kansli@studentkaren.fi

www.studentkaren.fi

Open Mon, Wed–Thu 12:00–15:00

Vasa:

Havtornen

Inre Hamnen

65100 Vasa

Phone +358 (0)6 324 7225

havtornen@studentkaren.fi

www.studentkaren.fi

Open Mon, Wed–Thu 12:00–15:00

The student unions are public corporations completely independent of their respective universities. The role of the student unions is to represent their members in the university administration, to improve the position of students in the society in general and to provide the members with services ranging from consultations with lawyers to extra-curricular free time activities.

Members of the Student Union are entitled to:

- Subsidized lunches in the student cafeterias
- Long distance bus/railway/ferry tickets at student prices in Finland
- Reductions in most theatres, concerts, exhibitions, swimming pools, sport centres and in some shops and restaurants by showing their student card
- Reductions in over 1,000 shops. For a full list of the shops included in the benefits, see <https://student.frank.fi/offers>.
- Basic health care at the Finnish Student Health Service (does not apply to exchange students)
- Advice for members in matters related both to studies and social affairs

Student Union Membership

There is a student union (studentkår in Swedish, ylioppilaskunta in Finnish) at every Finnish university. The student union membership is compulsory by law for all degree students. Membership is optional for formal exchange students and PhD students (see chapter 2.6), whereas visiting students and trainees are not eligible to join the Student Union. The student union membership fee is 64,00 euros for the academic year 2022–2023 (32,00 euro per semester). For more information, see: www.studentkaren.fi/en/membership-fee.

There are also many **student associations** within the university and within each faculty. These are sub-organizations of the Student Union, and the purpose of their work is to bring forth the opinions of the different associations within the university. Another important purpose of the student associations is to create opportunities for students to meet new and old friends by organizing e.g., meetings, parties, and excursions. There are also student associations specifically for international students. For more information about all the different associations, see www.studentkaren.fi/english/student-associations/.

ÅAS Membership Benefits

In addition to the general Student Union benefits mentioned before, ÅAS services for its members include the usage of e.g. meeting rooms for free at

Kåren in Åbo and Havtornen in Vasa. There is also a gym and sauna in Kåren in Åbo. Also, in Åbo, ÅAS offers free legal advice once a week together with the Student Union at the University of Turku (TYU). The Service Experts in Åbo and Vasa can answer questions about membership benefits. The Students' Rights Expert offers help and consultation in academic, social, and international affairs to all Student Union members.

Two of the Student Union employees act as harassment contact persons. You can talk to the contact persons, in confidence, to get help and support if you have been subject to inappropriate behaviour and jargon, bullying, discrimination, sexual harassment or violence, see <https://www.studentkaren.fi/en/harassment-contact-persons>.

The Student Union Card

The student identification card used in Finland is called Frank. The card is your Student Union membership card and with it comes offers for all kinds of services and benefits.

To order your student card you need to be registered at Åbo Akademi University (ÅAU) and a member of the Student Union of Åbo Akademi University (ÅAS). In the beginning of the term while you are waiting for the student card, the receipt of paid student union fee + ID can be used as proof of your membership.

The student card can be ordered at: www.frank.fi. You will need to upload a digital photo of yourself when you order the card as well as your student number. The card is sent by mail to your address in Finland. You can also combine the student card with the ISIC feature.

Note that your student card is validated with a new term sticker every autumn/spring after you have paid the membership fee.

The card is not valid without the term sticker.

Note that only the international student identity card (ISIC) does not give you access to subsidized student meals or discounts in public transportation in Finland. For this you need the official student card issued by the National Union of Finnish Students (SYL/FSF). For more detailed information please [see: https://www.studentkaren.fi/en/the-student-card/](https://www.studentkaren.fi/en/the-student-card/).

Instead of ordering a plastic student card, you can download the Frank App for free to your iOS or Android phone. They are available in the official app stores.

2.3 Friendship Programme (only in Åbo)

During the autumn/spring it is possible to participate in a voluntary-based Friendship Programme. The programme aims at offering international visitors and local families a chance for mutual cultural exchange. With a friend from the local community, it is possible to learn about Finnish culture and everyday life.

All activities within the Friendship Programme are voluntary, which means that the international visitor and his/her Friend decide on their own how much and in what way they want to spend time together. The participants of the programme are ordinary Finnish families and people of different ages living in Åbo or the neighbouring area. The programme period is one term. The application form and more information can be found at

www.abo.fi/en/friendship-programme/.

2.4 Exchange Students

Study Registry

N.B. This also concerns Degree Students and PhD Students

Åbo Akademi University has a study register where all information about our students is being registered. We only register such information about you that is required by law in order to be able to register your study credits and your study time at ÅAU. For more information on how we handle your personal details in our registry, please see: www.abo.fi/en/processing-of-personal-data-at-abo-akademi-university/.

University Registrations

The actual registration with the university is made **online** during the registration period. The last day for registration is **September 2 at 15:00 (Finnish time)** for the Fall semester and for the whole academic year 2022–2023 and at the latest **January 13th at 15:00 PM (Finnish time)** for the spring term.

During other times the registration must be made in person at the Education Services (Student Office in Åbo, Academic Office in Vasa). **Before registering you must obtain your personal username and password by signing a User Agreement form.** This can be done at the Education Services/International Affairs (in Åbo: Gripen building, Tavastgatan 13, in Vasa: Academill, Strandgatan 2). You will need to bring your passport or ID.

In order to be registered as present and have the right to study and receive credits, you must register at Åbo Akademi University.

In order to do this, you need to log into Selfservice using your Åbo Akademi University username and password. Pay the Student Union membership fee using the Paytrail service. The payment must be done with a credit card or using Finnish online banking services. Please print a receipt of payment. You will need this until you have your student card to prove that you are a member of the student union.

If a student fails to register by September 2, 2022, for the autumn term or January 13th 2023 for the spring term, a **late registration fee** of 35 euros will be charged separately by ÅAU. Please note that this fee will not be charged in case the student has been admitted for a different period than an academic term.

Exchange- and degree students at the Åbo campus have the right to take courses from the University of Turku as well. In this case, you must register at the other university too. Students at Åbo Akademi University wishing to take courses at the University of Turku should follow the instructions given by International Affairs. The process of acquiring a student number at the other university is handled via e-mail. Without a student number for every university where courses are taken, a transcript cannot be issued for those courses.

Study Counselling

If you need to consult someone about your studies, contact International Affairs or the study advisor of your department. There is also a study psychologist to talk to if you are experiencing motivation problems, stress, or other study related issues. For more information about the study psychologist, please see <https://www.abo.fi/en/study/already-in/student-wellbeing/study-psychologist/>.

All new exchange- and degree students are expected to attend the **Orientation Course** at the beginning of the term. You will receive a lot of useful information during these days. The Orientation Course provides you with necessary information about the university, helps you to adjust to Finnish student life and to living in Åbo or Vasa.

2.5 Degree Students

For important information about the study registry, see chapter 2.4.

University Registration

Students who have accepted the study entitlement by the deadline given in the admission letter can register online provided they can log into the

<https://oili.csc.fi/?lang=en> service. If unable to log into the service, they can register in person at the Student service desk or by contacting the Student service desk. The registration in person must be made between August 1st and September 2. First-year degree students who have not registered by September 2 will lose their right to register. Second year students onwards can register online from May until September 2. Please follow the instructions found on our website: <https://www.abo.fi/en/study/already-in/information-for-new-degree-students-enrollment-as-presentabsent/registration-service-oili/>.

Note that a student must register every year. However, the registration procedures for new students are different than for those already enrolled. All students who have been registered during the previous year receive information via e-mail about registration before the start of the autumn term.

All new degree students are expected to attend the **Orientation Course** at the beginning of the term. You will receive a lot of useful information during these days. The Orientation Course provides you with necessary information about the university, helps you to adjust to Finnish student life and to living in Åbo or Vasa.

Study Counselling

Soon after the beginning of your studies you will make a **personal study plan**. Usually, the plan is discussed with your contact person at the department. If you need counselling concerning your studies, contact the study advisor of your department or your teacher tutor. There is also a study psychologist to talk to if you are experiencing motivation problems, stress and other study related issues. For more information about the study psychologist, please see: <https://www.abo.fi/en/study/already-in/student-wellbeing/study-psychologist/>.

2.6 PhD Students

University Registration

New PhD students enrol in the university at the Student/Academic Office (Gripen, Tavastgatan 13 20500 Åbo/Academill, Strandgatan 2, 65100 Vasa).

Please bring your admission letter with you to registration.

Note that PhD students must register every year. PhD students register in the same way as other degree students (except for the first registration) during the registration period May-September 2.

Student Union Membership

It is possible for the PhD students to join the student union, but it is not mandatory. Note that the membership benefits of PhD students are fewer than those of exchange/degree students. For more information, please see chapter 2.2 or <https://www.studentkaren.fi/en/membership-fee/>.

Study Counselling

If you need to discuss your studies, please turn to your supervisor. He/she is the best person to give you advice. Study counselling for doctoral students varies between faculties and departments.

Research Services

The personnel at Research Services helps you with all research-related questions. For important information about the study registry, see chapter 2.4.

2.7 International Trainees and Visiting Students

Students who arrive to Finland for an internship/Erasmus placement period are considered as employees of the host organization. The host organization can be any public or private enterprise, also a university.

Normally students doing an internship, within a university or in another organization, will not be registered as a university student and thus cannot join the Student Union and will not get the student benefits. However, trainees of a university can get access to the university library and computer services.

A visiting student must, as soon as he or she is granted a study right, visit the Student Office to **register for the academic year**. At the time of registration, the student receives a student number, but does not need to pay the Student Union fee. **The student should always be registered as present at his or her home university before enrolling at the host university.**

Those who pursue free-standing studies at **The Faculty of Education and Welfare Studies** must **follow the directions for registration given in the admission letter**. The main rule is that you should be registered as present in order to attend courses. Supplementary studies after a degree are conducted by the Centre for Lifelong Learning at Åbo Akademi University (CLL), and registration is done according to the instructions given by CLL. This also applies to those who study as extra students or as students at the Open University

(ÖPU) and within continuing education.

A visiting student has the right to study only in the program to which he/she has been accepted. However, if the program includes courses that are arranged by another university, the visiting student has the right to participate in these courses and needs to register with the organizing university.

2.8 General Information Concerning Studies

Courses

The courses at Åbo Akademi University vary in length and can therefore run for, for instance, an entire semester or one period (half a semester). Students usually have to register for courses before attending them. This is done through the study tool, **Peppi**. (studie.abo.fi) By logging in to Peppi with your Åbo Akademi University credentials you will be able to sign up for courses and see your achievements. More detailed information about all courses (course requirements, prerequisites etc.) can be found in the Study Guide at: studiehandboken.abo.fi (choose the English version in the top right corner).

Course Assessment and Examinations

Most courses are assessed by a written examination and/or an essay at the end of the course. Other assignments during the course are usually part of the course assessment. The lecturer will inform the course participants of the course requirements at the beginning of the course. As the courses vary in length, there are exams throughout the term.

Sometimes students are required to sign up for an exam (please check this with your lecturer). If you need to do so, you should sign up according to separate instructions, found here: <https://www.abo.fi/en/study/already-in/plan-your-studies/>.

Some exams are available as electronic exams (<https://libguides.abo.fi/e-exam/>) but you need to check with your lecturer about the possibility to write an exam electronically.

There are certain **general regulations regarding exams and essays**, see <https://abofi.sharepoint.com/sites/intra-en-about-us/SitePages/Regulations-and-guidance-documents.aspx> (the link requires ÅA login). Please note that departments and/or subjects may have additional regulations and guidelines.

Academic freedom and academic responsibility

The university has rules that must be followed. **It is against the university**

regulations to cheat or to plagiarize in an examination or an essay. Plagiarism means that the work of someone else is presented as one's own. This includes copying from books, from the Internet as well as from other written or spoken mediums without reference to the original source.

Cheating

Cheating means that you break one of the rules set for examinations. This includes completing an assignment for another person, copying other students' answers during the examination and/or bringing any books, papers, or other reading material to the examination unless the teacher has given specific permission beforehand.

In the case of a suspected misconduct the case will always be investigated, and the student will be heard. If the student has been found cheating in an examination or having plagiarized, the matter will be brought to the Rector who then decides on the issuing of a warning. **The consequence for exchange students is that the home university will be informed of the Rector's warning and the student will fail the course.** In more serious cases the consequence is expulsion for a period of time.

Study Guide

Study Guide refers both to the student's individual study plan, and to the IT tool for administering the study plan, and for registering for courses and exams. Information about all courses is found in the electronic study guide, which is openly accessible online at studiehandboken.abo.fi. Many courses require online registration before the start of the course. Note that some courses have a minimum and/or maximum of participants and that there may be requirements regarding previous studies.

Transcript of Records

The department or faculty office registers all results with the central study register of the university, **Peppi. International Affairs will send an official transcript of records of all passed courses to exchange students and/or their home university when requested.** Note that failed courses are not registered and will not show on the transcript. Degree and visiting students can get transcripts when needed from the faculty office or Student Office. A student can also print an unofficial transcript from the new study registry. If a student needs an additional transcript after having finished the exchange/degree at Åbo Akademi University, a new transcript can be issued but is subject to an

additional fee of €35/transcript. Former exchange students who need additional transcripts can contact International Affairs to ask for a transcript.

Credits

All coursework is measured in credits (*studiepoäng, sp*). The recommended amount of **credits for one academic year is 60**. A **Bachelor's Degree** (*kandidatexamen*) **consists of 180 credits and a Master's Degree** (*magisterexamen*) **of 120 credits**. The credit system is compatible with the European Credits Transfer System (ECTS) where a year of full-time studies corresponds to 60 ECTS.

Grades

Most courses are graded. The grading system runs from **5 to 1** with 5 being the highest score and 1 the lowest passing grade. Some courses are given on a *pass/fail* basis without further grading.

JOO-studies

All Finnish universities are part of a **flexible study rights** or JOO (*joustava opinto-oikeus*) agreement which offers degree and PhD students the possibility to study at other universities in Finland. A student at Åbo Akademi University can complete studies for their degree at another Finnish university and vice versa. JOO-studies are free of charge for students. This system is in a transition period and will not exist in 2023, therefore, please contact the International Office for more information about instructions and application.

Keys

Åbo Akademi University uses an electronic access control in most of its buildings. Students can order personal keys to access specific buildings and departments. For more information about keys, visit: <https://abofi.sharepoint.com/sites/intra-en-facilities/SitePages/Electronic-access-control-and-keys.aspx> (the link requires ÅA login).

2.9 Libraries

Library cards to the university libraries are issued by the university libraries themselves. **You can get a library card from the library by proving your**

identity and giving your contact information to the register. You can also fill in the library card application online www.abo.fi/en/library/borrow/ and then visit the library to pick up your card. Remember to bring your ID.

Most of the university library services are free of charge, except interlibrary loans, certain book orders and information retrieval. Also, if you do not return books by the due date, you will have to pay a fine accordingly. Your borrowing rights may also be suspended if you leave the fines unpaid and for certain other reasons. Check the terms and conditions for loans of each library you borrow books from.

The books that are prescribed for any course at Åbo Akademi University in Åbo should be available at the **ASA course book library**. For those studying at the Vasa Campus, course books can be found at the **university course book library Academill** in Vasa. For courses given at the University of Turku, please consult their course book library. There should be several copies of each book, but please note that there may not be enough copies for all course participants.

In the university libraries, most items are listed in the **library catalogue**.

Use the database Alma Finna for ÅAU-libraries.

For books in the libraries of the University of Turku, use **Volter**. You will find the information about the library catalogue and how to use it on the library's web pages.

You may also want to use the database of all Finnish university libraries, **Melinda** (www.kansalliskirjasto.fi/en/services/melinda) as well as other special databases. Information about the catalogues and the databases is available on the library web pages. Online searches in the university network's catalogues and databases are free of charge and can be done in Swedish, Finnish and English. You can ask the library staff for help to get you started.

Åbo

Åbo Akademi University Library (Åbo Campus)

Åbo Akademis bibliotek

Domkyrkogatan 2–4, 20500 Åbo

Phone: +358 (0)2 215 4180

e-mail: biblioteket@abo.fi

www.abo.fi/bibliotek/en

Åbo Akademi University Library is an all-around knowledge centre actively supporting research, teaching, and learning. The library serves primarily

teachers, researchers and students at the university, but it is also open to the general public.

The library offers access to 17,000 e-journals and 300,000 e-books and to reference databases, which are available via library and other computers in the university network or by remote login with abo.fi-user accounts.

The database Alma (<https://abo.finna.fi/?lng=en-gb>) is the online public access catalogue of the library. **Please note that some library units have open shelves whereas others have closed stacks, in which case the material must be requested via Alma.** For more information regarding the facilities of the different units, opening hours, contact information, and loaning policies, see: www.abo.fi/en/library/. Åbo Akademi University Library consists of several units which focus on different disciplines. In connection to the library units there are computers, photocopiers, reading rooms, desks, cafés, and smaller rooms for groups. You can also read newspapers at the library. The facilities vary between the different units.

ÅAU Library Service Units:

Book Tower (Main Library): has a complete collection of all materials published in Finland since 1919

Arken Library: all subjects at the Faculty of Arts, including Psychology, Logopedics and gender studies, as well as the Centre for Language and Communication

ASA Library: course books, Information Studies, Law Studies, Mathematics, Economics and Statistics, Sociology, Political Science, Public Administration

Axelia Library: Department of Chemical Engineering, Department of Natural Sciences, The Accelerator Laboratory

Archive Collections: Manuscripts and pictures (the printed material consists of over 2 million volumes)

For contact details, see:

www.abo.fi/en/library/about-the-library/staff/

Turku City Library (*Åbo stadsbibliotek/Turun kaupunginkirjasto*)

Slottsgatan 2 (The main library)

Phone: +358 (0)2 262 0624

e-mail: kaupunginkirjasto@turku.fi

<http://www.turku.fi/en/turku-city-library>

Anyone can borrow books from the Turku Public Library free of charge. In order to obtain a library card, you have to fill in an application and present

proof of identity. This you can do at the library or online. If books and other materials are not returned by the due date, overdue fees are charged. It is also possible to borrow different types of recordings and electronic material from the public libraries. The public library also offers a variety of newspapers.

You can find more information online where you also find their electronic catalogue Vaski. The main library offers free Wi-Fi. In addition to the main library, there are thirteen other units in the city area, as well as other libraries belonging to the same network and using the same library card. For further information: www.turku.fi/en/turku-city-library or <https://vaski.finna.fi/?lng=en-gb>.

Vasa

Academill Academic Library (Vasa Campus)

Strandgatan 2, 65100 Vasa

Phone: +358 6 324 7180

e-mail: biblioteket@abo.fi

www.abo.fi/en/library/

The Academill library is Åbo Akademi University Library's service point in Academill, Vasa. As a public academic library, the library is open for everyone. For more information about loans policies, service desk hours etc., please visit www.abo.fi/en/library/. When the service desk is not staffed, borrowing, and returning happens independently via the self-service machine.

The library uses the digital catalogue Alma (abo.finna.fi), where you can find books, journals, and other material, reserve books, renew your loans etc. More information on how to use the catalogue is available on the library website. Anyone can get a library card by submitting an online form

(https://survey.abo.fi/lomakkeet/3962/lomake.html?rinnakkaislomake=lanekortsansokan_eng) or visiting the library. Proof of identity is required.

Vaasa City Library (*Vasa stadsbibliotek/Vaasan kaupunginkirjasto*)

Biblioteksgatan 13, 65100 Vasa (The Main Library)

Phone: +358 (0)6 325 3533

e-mail: kirjasto.info@vaasa.fi

<https://vaasankirjasto.finna.fi/?lng=en-gb>

Anyone can borrow books from the Vaasa City Library free of charge. In order to obtain a library card, you have to visit the library and present proof of identity. If books and other materials are not returned by the due date, overdue fees are charged. It is also possible to borrow different types of recordings and electronic material from the public libraries. The public library also offers a variety of newspapers.

Computers can be used in all libraries. In addition to the main library, there are five other units in the city area, as well as other libraries belonging to the same network (Finna) and using the same library card.

2.10 IT Facilities

Åbo Akademi University has its own ICT services which provide the university's staff and students with IT services free of charge. ICT services maintain and develop programs, give instructions and information about the use of PCs and develop data processing within the university in general.

The PCs and terminals managed by the university are linked to a local university computer network and to the catalogue databases of the university library. Registered students, staff, researchers and visiting researchers can get access to the IT facilities at the university. **In order to use the computer network, you will need a user account, which is supplied by ICT services.**

ICT services in Åbo
(Helpdesk: "Oraklet")

ASA building

Fänriksgatan 3C, 20500 Åbo

Open weekdays 8:15-11:00, 13:00-16:00

Phone: +358 (0)2 215 4777

email: helpdesk@abo.fi

ICT services in Vasa

Academill B, 3rd floor

Strandgatan 2, 65100 Vasa

Open weekdays: 8.15-12.00,

Tue & Wed 8:15-12:00, 13:00-16:00

Phone: +358 (0)2 215 4777

e-mail: helpdesk@abo.fi

If you need help with computer-related problems, or if you suspect you have opened a file containing a virus on a university computer, please contact ICT services. Various kinds of software, including virus protection, word-processing, and spreadsheets, are available for home/personal use at low prices or for free at ICT services. For more information, contact ICT services or visit: <https://abofi.sharepoint.com/sites/intra-en-ict> (link requires ÅA login).

Username and password

Registered students are granted a user account with access to the university's

computers. Your username and password for the IT services at Åbo Akademi University are personal and you must not give your personal account information to anyone else.

Your username and password are used within the university for a number of services requiring a login, such as email, the local web, the study register, certain library services etc.

E-mail

Once you have received your user account for the university network (see above), you should be able to use your own ÅAU e-mail account. **It is recommended that you use this Finnish e-mail account while staying in Finland.** The abo.fi e-mail address you get with your user account are used by the university, including International Affairs, to contact you regarding study matters. Students can also redirect their abo.fi e-mails to another e-mail address in SelfService.

General information from the university is also sent to the abo.fi e-mail. Therefore, **all students and staff are advised to use their abo.fi e-mail.** Your department and various student associations may have mailing lists that you can ask to be added to in order to receive information about events and other news that may interest you.

Computer labs

The university has computer labs aimed at the university's own students and staff to use for working and studying. You should not disturb other people working in the computer classroom. For example, talking with your friends and on your mobile phone, as well as playing computer games are not suitable behaviour in the computer rooms. For more details on where the student computers are situated, contact your department.

Wireless Networks

Eduroam is available to students in both Åbo and Vasa who have acquired a user account and password from the ICT facilities. Eduroam is a worldwide roaming access service developed for the international research and education community. Åbo Akademi University is a member of Eduroam. Eduroam offers a safe and easy wireless connection to the Internet free of charge. University members can see the Eduroam network in other Eduroam organizations around the world. Åbo Akademi Guest wireless network is available for guests. Åbo Akademi Staff network is meant for staff at the university.

2.11 Photocopying, Scanning & Printing

At Åbo Akademi University, printing and copying is subject to charge. The value system used is Krediter. The price for 1 black-and-white A4 page is 1 Krediter, 1 colour page 8 Krediter. However, students have a **quota** of 400 Krediter, which is reset per six months. After this, students are charged per page. Students who have exceeded their quota can buy a digital top-up card for more quota via the ÅAU webshop (<https://webshop.abo.fi>). Staff at the university is not charged for printing and copying.

At the Åbo campus, copying machines for students are available in the libraries and several other places. At the Vasa campus, a copying machine for students can be found in Academill, G-house, 4th floor (outside the computer rooms).

You must register a key to use the copier. Every copier equipped with a key reader should have instructions posted how to do this. Almost any contactless smart card will work as a copy key, e.g. the HID key to the buildings will work fine. For a list of copying machines equipped with key readers, see <https://abofi.sharepoint.com/sites/intra-en-ict/SitePages/Copying.aspx> (the link requires ÅA login).

You can check your printing and copying info (e.g. used quota) here: <https://print.abo.fi/user> (info accessible to all users). The copiers also work as scanners (via e-mail). This is also described in the instructions posted at the copier.

2.12 Language Studies

Courses in Swedish are held at the Centre for Language and Communication at Åbo Akademi University. There is a limited number of seats on the courses, which tend to be very popular, so be sure to check the registration procedures and sign up for the course(s) you want to take well in advance.

Åbo

Centre for Language and Communication

Arken (B and G buildings)

Fabriksgratan 2, 20500 Åbo

Phone: +358 (0)2 215 4365

e-mail: csk-kansli@abo.fi

The Open University

The Centre for Lifelong Learning at ÅAU

Fabriksgatan 2, 20500 Åbo

e-mail: opu@abo.fi

The following institutions may offer courses in Swedish and/or Finnish as a foreign language in Åbo:

Turun Iltalukio/Åbo Kvällsgymnasium, www.turku.fi/en/turku-evening-high-school

Turku Summer University, <https://turunkesayliopisto.fi/front-page/>

Turku Vocational Institute (Turun Ammatti-instituutti/Åbo yrkesinstitut),

www.turkuai.fi/en/turku-vocational-institute

Turku University of Applied Sciences, www.tuas.fi/en/

Turun Suomenkielinen Työväenopisto,

<https://opistopalvelut.fi/turku/index.php?&l=en>

Åbo svenska arbetarinstitut, <https://blog.edu.turku.fi/arbis/info-in-english/>

Turku Christian Institute, turunkristillinenopisto.fi/

Vasa

Centre for Language and Communication

Academill (B2)

Strandgatan 2, 65100 Vasa

Phone: +358 (0)6 324 7394

e-mail: csk-vasa@abo.fi

The Open University

The Centre for Lifelong Learning at ÅAU

Strandgatan 2, 65100 Vasa

e-mail: opu@abo.fi

The following institutions may offer courses in Swedish and/or Finnish as a foreign language in Vasa:

- *Vasa arbetarinstitut*, www.vaasa.fi/en/living/freetime/alma-adult-education-centre/
- *Vaasa Summer University*, www.vaasankesayliopisto.fi/startpage/
- *Vaasa Adult Education Centre Vamia*, vamia.fi/en/
- *The Swedish Evangelical Folk High School in Ostrobothnia*, <https://efo.fi/en/>

Courses and information available on the Internet:

Studyinfo: <https://studyinfo.fi/wp2/en/>

Finnish, basics: <https://yle.fi/aihe/oppiminen/suomen-kielen-alkeet>

Language Skill Certificates

Certificates of Finnish or Swedish skills are sometimes needed when e.g. applying to a university as a degree student. Contact the language centres when you need a **certificate of your language skills**.

2.13 Grants and Scholarships

Scholarships for master students

Tuition fee-paying (non-EU/EEA) applicants can during the application for admission also apply for a scholarship to cover a part or the whole tuition fee.

There are two scholarship categories:

1. Tuition Fee Scholarship, covering 100 % of the tuition fee, awarded for 2 years (second year conditional)
2. Tuition Fee Scholarship, covering 50 % of the tuition fee, awarded for 2 years (second year conditional)

Please note that **the scholarship for the second year is conditional** depending on the progress of the studies. The scholarship holder must earn at least 55 ECTS (for 100% scholarships)/ 45 ECTS (for 50% scholarships) during the first academic year in order to secure the scholarship for the second year.

Students who have paid the tuition fee during the first year or have received a scholarship covering 50% for the first year, can apply for an **additional second year scholarship**. To receive this scholarship the student must have earned 55 credits during the first year and present a good motivation to continue the studies.

For students (admitted 2020 and later) who are liable to pay tuition fee and have already studied for two years, it is possible to apply for an **additional scholarship to complete the studies**. This requires excellent academic performance and valid reasons for the delay of the studies.

For more information see: www.abo.fi/en/study/apply/international-master-programmes/scholarship-programme-for-master-students/

Other scholarships

The Finnish National Agency for Education has several scholarship programs for doctoral level studies and research at Finnish universities. For more information, see www.oph.fi/en.

The Finnish Cultural Foundation (*Suomen Kulttuurirahasto/Finlands kulturfond*) awards grants to individuals, working groups and organizations in the arts, science, and various fields of cultural life through its Central Fund and 17 regional funds. For further information, see www.skr.fi/en.

The National Union of Finnish Students (*SYL*) website includes a database of grants available for students: <https://syl.fi/en/grants/>.

Luckan is a search engine in Swedish for grants available in Finland. To get an idea about what grants are available and for various links concerning different grants and scholarships, visit www.fyrk.fi for more information.

Some private foundations and institutions offer grants for students pursuing a university degree. Furthermore, universities might participate in externally funded projects offering scholarships for degree studies. Information on this type of funding is usually available from the university's web pages.

The Research database enables you to browse different opportunities for funding in the fields of science, art, and culture. The database holds information about sponsors situated both in Finland and abroad. Applying for a grant is possible for native Finns and people residing in Finland. There are around 800 different sponsors stated in Research and the database is updated frequently when new funding opportunities arise. For more information, see: <https://research.fi/en/>.

For information about research grants and scholarships at Åbo Akademi University, see www.abo.fi/en/research-at-aau/research-grants/ and www.abo.fi/en/study/already-in/plan-your-studies/fund-your-studies/.

2.14 Equality, equal treatment and harassment

Åbo Akademi works for the well-being of students at Åbo Akademi University (ÅAU) and equality. The aim of the university is to provide a non-discriminatory, equal, anti-racist and accessible work environment where both students and employees from different backgrounds are treated fairly and feel that they can safely participate in all activities.

Harassment can be defined as unwelcome, unwanted, and one-sided physical or verbal behaviour towards someone for whom the impact always is negative.

Åbo Akademi University (ÅAU) does not accept any kind of discrimination or harassment within the university and if you face any kind of discrimination or harassment you can contact the contact persons of the university or the Student Union. Åbo Akademi University (ÅAU) has internal processes for reporting any kind of discrimination or harassment and protects those who report it. You can find more information here <https://abofi.sharepoint.com/sites/intra-en-study/SitePages/Support-in-cases-of-harassment.aspx> . You can also find other types of whistleblowing channels at the university's intranet.

3 Novia University of Applied Sciences

3.1 Offices of Novia UAS

Campus Åbo

International Office

Henriksgatan 7, 4th floor, room 406

20500 Åbo

Phone: +358 (0)44 7623127

e-mail: international@novia.fi

Student Services (Studerandeservice)

Henriksgatan 7, 2nd floor

20500 Åbo

Phone: +358 (0)50 4714450

e-mail: studentservices@novia.fi

Open: Mon and Thu 09:00–11:30, Wed 12:30–15:00

Accessibility: accessible for wheelchairs

Campus Åbo/Hertig Johans parkgata (Aboa Mare)

Student Services (Studerandeservice)

Auriga Business Center 2nd floor

Hertig Johans parkgata 21, 20100 Åbo

Phone: +358 (0)50 5165623

e-mail: studentservices@novia.fi

Campus Vasa

International Office

Wolffskavägen 33, 1st floor

Behind student services

65200 Vasa

Phone: +358 (0)44 7805156

e-mail: international@novia.fi

Student Services (Studerandeservice)
Wolffskavägen 33, 1st floor, room 131
65200 Vasa
Phone: +358 (0)6 328 5000
e-mail: studentservices@novia.fi
Accessibility: accessible for wheelchairs

For information about the opening hours of our offices, please visit our webpage www.novium.fi.

3.2 Student Union at Novia UAS (Novium)

The Student Union at Novia University of Applied Sciences - Novium (Novium for short) is the Student Union for all students at Novia. **Novium guards the students' rights and works towards fair treatment of all students.**

Novium takes care of that all new students get tutors and that all students that become members of the student union get a student card and therefore get access to considerable student benefits.

For more information about membership, student card and the benefits, go to www.novium.fi to read more.

If you ever feel that you are treated unfairly, harassed, discriminated, or unsuitably criticized, the Student Union can offer you help. Novium has a harassment agent who you can reach by sending an e-mail with your concerns to [hej\(a\)novia.fi](mailto:hej(a)novia.fi). It is the student affairs secretary who handles this, and this person is an expert and sworn to secrecy.

Offices:

Åbo
Henriksgatan 7
20500 Åbo

Student affairs secretary

Phone: +358 44 780 5092

Raseborg
Raseborgsvägen 9
10600 Ekenäs

Information secretary Sofia Lindqvist

info-novium@novia.fi

Phone: +358 44 762 3690

Info about opening hours for the offices at Henriksgatan (Åbo) and Ekenäs is found on www.novium.fi

Vasa

Wolffskavägen 33

65200 Vasa

Opening hours: Mon & Wed 11:00–15:00 and Tue 9:00–13:00

Secretary General Joanna Forss

joanna.forss@novia.fi

Mobile: +358 50 527 2284

Tutor Secretary Julia Mård

julia.mard@novia.fi

Mobile: +358 50 527 2355

The office is on the 1st floor and the opening hours are Mon - Tue 12:00–15:00 and Wed - Thu 9:30–12:30 (and when the door is open).

Student Union Membership

The membership fee of the Student Union Novium is €10 for the whole academic year and €7 for one semester.

As a member in Novium you can (among other things)

- Become a student representative
- Run and vote in Council Elections
- Get cheaper sport activities (see chapter 11.2)
- Get student prices on lunches
- Get a calendar
- Get cheaper train- and bus tickets

Finnish Student Card

The Finnish student card is called *studiekort* in Swedish and *opiskelijakortti* in Finnish. There are different student cards in Finland and the one that members of Novium have is called “AMK-kortti”.

For more information about the order of the student card and all the benefits,

go to Novium's webpage: www.novium.fi. **The student card proves your Student Union membership and entitles you to all their benefits.** Every autumn **your student card is validated with a new sticker** after you have paid the membership fee. Note that the card is not valid without the annual sticker. If there are any concerns about the student card, please contact the information secretary.

3.3 Friendship Programme (only in Åbo)

During the autumn/spring it is possible to participate in a voluntary-based Friendship Programme. The programme aims at offering international visitors and local families a chance for mutual cultural exchange. With a friend from the local community it is possible to learn about Finnish culture and everyday life. All activities within the Friendship Programme are voluntary, which means that the international visitor and his/her Friend decide on their own how much and in what way they want to spend time together. The participants of the programme are ordinary Finnish families and people of different ages living in Åbo or the neighbouring area. You will get information about the application for participation in the Friendship programme from the International Coordinator.

3.4 Exchange Students

UAS Registration

When an international student has been admitted for an exchange, he or she is automatically registered in the **student register Peppi** and is entitled to the same student service as Novia students. Being registered also means that the exchange students are covered by the same accident and liability insurance during studies/practical placements and on their way to and from the university or the workplace as Novia students.

Exchange students sign up for courses in Peppi. The sign up for the fall term is open until September 30th, but each course's sign-up closes one day before the course begins.

Exchange students in Åbo and Vasa can choose courses offered at the other universities and UAS in respective town thanks to the JOO-agreement. This system is in a transition period and will not exist in 2023, therefore, please contact the International Office for more information about instructions and application. (more information in chapter 3.7.

Study Counselling

There are student counsellors at each campus that you can turn to if you need help or guidance in study related matters.

Novia works for accessible studies for all students. Accessibility concerns premises, libraries, teaching materials and special aids. Students with special needs should have the same opportunities to participate in all different activities.

If you have questions concerning your studies, please contact your student counsellor: [name.lastname@novia.fi](mailto:yourname.lastname@novia.fi)

3.5 Degree Students

UAS Registration

When an international student has been admitted for degree studies, he or she is automatically registered in the **student register Peppi** and is entitled to the same student service as Novia students. Being registered also means that the student is covered by the same accident and liability insurance during studies/practical placements and on the way to and from the university or the workplace as Novia students.

The second year the student must register his/her attendance him/herself. Registration for attendance or non-attendance is done using Peppi. If you are uncertain how to register for attendance, please contact Student Services at studentservices@novia.fi. **A student must register attendance (presence) or non-attendance (absence) for every academic year /every term. The registration must be done either for the full academic year or only for the autumn term during the time 1 May - 10 September.** Regarding the spring term, the student has the right to change his/her attendance / non-attendance registration during the time 1 December - 10 January. Attendance registration guarantees the student's enrolment and right to attend courses.

Degree students sign up for courses in Peppi. The sign up for the fall term is open until September 30th, but each course's sign-up closes one day before the course begin.

Study Counselling

There are student counsellors at each campus that you can turn to if you need help or guidance in study related matters (see chapter 3.4).

3.6 International Trainees and Visiting/Free Mover Students

Students who arrive to Finland for an internship/Erasmus placement period and visiting students are registered in the **student register Peppi**. They are covered by the same accident and liability insurance during studies/practical placements and on their way to and from the university or the workplace as Novia students.

Students sign up for courses in Peppi. The sign up for the fall term is open until September 30th, but each course's sign-up closes one day before the course begins.

Trainees will have a teacher tutor who is counselling and guiding the trainee throughout the internship.

3.7 General Information Concerning Studies

The degree structure and the competencies (learning outcomes) as well as the objectives of the modules and courses are described in the curriculum. Each study module and course is given a code, a name and the extent of studies in number of credits (cr). As a rule, a course comprises at least three (3) credits. A realization plan is attached to the course and study module plans. The curriculum of each degree program is found at studielaide.novia.fi. Schedules for the degree programmes at Aboa Mare can be found on Aboa Mare's Intranet www.aboamare.fi (username and password: *aboamare*).

The curriculum of the degree program provides the basis for a student's individual study plan. The aim of the plan is to make individual solutions possible. The individual study plan is discussed and revised annually and authorized by the Head of the Degree Program.

Students usually have to register for courses before attending them. This is done through the study tool, **Peppi**. By logging in to Peppi with your Novia username and password you will be able to sign up for courses and see your study achievements.

Tuudo is a mobile app, made for you, to make your student life simpler. With Tuudo, you manage your studies and ease your daily life, both on and off campus. Enjoy Novia's most important services and your study information on your mobile device - safely, simply, and surely up to date. Free from your app store.

From Tuudo you can find:

- Campus map
- Schedule
- Enrolment to courses
- Course info and grades
- Novia news
- The student union Novium's info
- Student card
- Lunch restaurants and menus
- Public transportation

Contact person in Novia: Student Counsellor Nina Hillo, tel: 044 762 3603
email: nina.hillo@novia.fi

Schedule

Students can view the teaching schedule by logging into Peppi and clicking on the Calendar. Enter the group code into the Groups field on the far right in order to see the group schedule you are interested in. You can also look up schedules for specific rooms and teachers by filling in the appropriate search fields. It is also possible to look up individual course realization schedules. Students can also see their schedule in the Tuudo app. The schedule in Tuudo is based on the students' arrival group (*ankomstgrupp/saapumisryhmä*) in Peppi and the course realizations for which the student has enrolled. Once a student has enrolled on a course and the teacher has approved the enrolment, the student will also be able to see the schedule for that course in Novia Outlook calendar.

Course Assessment and Examinations

The assessment of completed courses is based on the study module or course descriptions and the realization plan. The student demonstrates achievement of the competences or learning outcomes by completing the assignments, examinations or other requirements or combinations of these as stated in the realization plan.

Grades

For assessment the grading scale 1 – 5 is used according to the following distribution: 1 (satisfactory), 2 (most satisfactory), 3 (good), 4 (very good) and 5 (excellent). A performance which cannot be approved is failed (0).

As the courses vary in length there are exams throughout the term. At

Novia UAS cheating in an exam and plagiarizing in an exam, or an essay are strictly forbidden.

Academic freedom and academic responsibility

Novia UAS has rules that must be followed. Every student has the freedom to learn and communicate ideas or facts. Every student is responsible for their own study achievements. It is against the UAS regulations to cheat or to plagiarize in an examination or an essay. Plagiarism means that the work of someone else is presented as one's own. This includes copying from books, from the Internet as well as from other written or spoken mediums without reference to the original source. In the document *Writing instructions for thesis* on intranet there are rules for the use of different kinds of sources.

Cheating means that you break one of the rules set for examinations. This includes completing an assignment for another person, copying other students' answers during the examination and/or bringing any books, papers, or other reading material to the examination unless the teacher has given specific permission beforehand.

In case of suspected misconduct, the case will always be investigated and the student will be heard. If the student has been found cheating in an examination or having plagiarized, he or she can be given a written warning by the President and will fail the course.

Transcript of Records

The credits are entered by the teacher or the Student Services into the student register Peppi within three weeks after the end of the course or study module. While enrolled at the UAS a student can get a certified transcript of the study records over completed studies at the Student Services. Students can also check their progress in Peppi. After the exchange a Transcript of Records will be sent to the exchange/visiting student or trainee and/or to his/her home institution.

Credits

All coursework is measured in **credits (studiepoäng)**. **The recommended amount of credits for one academic year is 60.** The extent of a Bachelor's Degree vary from 210 (3,5 years of study) to 270 (4,5 years of study) credits. The credit system is compatible with the European Credit Transfer System (ECTS) where a year of full-time studies corresponds to 60 ECTS.

On special grounds stated in the realization plan, certain modules and courses can be assessed on a pass/fail scale.

JOO-studies

Thanks to the flexible study rights agreement, called JOO agreement, students in Åbo and Vasa can choose courses offered by the other universities and UAS in respective town. Students in Åbo can choose courses offered by Åbo Akademi University, Turku University, Turku University of Applied Sciences, Diaconia UAS and HUMAK UAS. Students in Vasa can choose courses offered by Novia University Applied Sciences, Åbo Akademi University in Vaasa, University of Vaasa, Vamk UAS and Hanken School of Economics in Vaasa. The courses are free of charge for students but have to be approved by the Head of the Degree Program in which the exchange/visiting student is registered. **This system is in a transition period and will not exist in 2023, therefore, please contact the International Office for more information about instructions and application.**

Keys

Åbo

At Henriksgatan 7 and Tavastgatan 13 (Gripen) there is an electronic access control system, which means that students must get a HID-key to get into the building. Even some internal doors are equipped with electronic locks. Please observe that it is mandatory for students to have their own HID-key while studying on campus. The entrance door at the inner yard is open from 7:45 am to 4 pm on weekdays. With a HID-key you can get in to the building at 6 am and stay till midnight every day. You will get a HID-key free of charge.

Note that the HID-key is personal and should never be lent to someone else. Every time a door is opened with a HID-key, the key holder's name is registered into the access control system. Please inform the Student Services Office if your key doesn't work, is broken or has gone lost.

At Aboa Mare students can collect a keycard from the janitor's office. There is a €30 deposit that can be paid in cash to the janitor. When returning the key a refund of €20 is paid. With the keycard you can access Aboa Mare when the doors of the Auriga building are closed. The doors are open Monday to Friday between 08:00 and 16:00. After 21:00 the building must be empty.

Please note that the key is personal and you should immediately let the Student Services know if it is lost or stolen.

Vasa

Students don't need a key to enter the building on Wolffskavägen 33. The front door to the main building is open 7:45–16:30 (exceptions occur during holidays and weekends).

At the building Alere, Wolffskavägen 31, the doors are open Monday-Friday 7:45–17:30 (except on public holidays, when the doors are closed).

For more information about the key and opening hours, go to the Student Affairs office on the first floor at the building W33 at Wolffskavägen 33.

3.8 Libraries

The library at Campus Åbo/Henriksgatan is situated on the first floor in the ASA building at Fänriksgatan 3 A. The opening hours are Monday-Thursday 12–20 and Friday 12–16. On weekdays from 9 to 12 you can access the library with your HID key. From the Book tower (main library) at Domkyrkogatan 2-4 you can pick up books (other than course books) that you have reserved.

At Campus Åbo/Hertig Johans parkgata there is a **reference library with a librarian available from 13:00–16:00 on Wednesdays.**

In Vasa the Novia library is a part of Tritonia, that is a joint library and learning centre for Novia University of Applied Sciences in Vaasa, Åbo Akademi University in Vaasa, University of Vaasa, Vamk UAS, and Hanken School of Economics in Vaasa.

For more information about library catalogue search and electronic information resources please visit www.novia.fi/study/studies-at-novia/student-services/library/. In connection to the libraries there are computers, photocopiers, reading rooms, desks, and smaller rooms for groups. You can also read newspapers at the library.

Turku City Library (Åbo stadsbibliotek/Turun kaupunginkirjasto)

Slottsgatan 2 (The Main Library)

Phone: +358 (0)2 330 000 (daytime) and +358 (0)2 262 0624 (evening)

e-mail: kaupunginkirjasto@turku.fi

www.turku.fi/library

Anyone can borrow books from the Turku Public Library free of charge. In order to obtain a library card, you have to fill in an application and present proof of identity. This you can do at the library or online. If books and other materials are not returned by the due date, overdue fees are charged. It is also possible to borrow different types of recordings and electronic material from the public libraries. The public library also offers a variety of newspapers.

You can find more information online where you also find their electronic catalogue Koha. The main library offers free Wi-Fi and computers can be used around the library. In addition to the main library, there are thirteen other units in the city area, as well as other libraries belonging to the same network and using the same library card. For further information, check the library's webpage at www.turku.fi/library or https://vaski.finna.fi/?lng=en-gb#tapahtumanosto_ei_kategoriaa.

Vaasa City Library (Vasa stadsbibliotek/Vaasan kaupunginkirjasto)

Biblioteksgatan 13, 65100 Vaasa (The Main Library)

Phone: +358 (0)6-325 3533 (The Main Library)

e-mail: kirjasto.info@vaasa.fi, <https://bibliotek.vaasa.fi>

Anyone can borrow books from the Vaasa City Library free of charge. In order to obtain a library card, you have to visit the library and present proof of identity. If books and other materials are not returned by the due date, overdue fees are charged. It is also possible to borrow different types of recordings and electronic material from the public libraries. The public library also offers a variety of newspapers.

Computers can be used in all libraries. In addition to the main library, there are five other units in the city area, as well as other libraries belonging to the same network (Lakia) and using the same library card. For further information, see <https://vaasankirjasto.finna.fi/?lng=en-gb>.

3.9 IT Facilities

Novia uses a helpdesk system. **If you are experiencing problems related to Novia computers or printers, servers, network or firewalls, an email can be sent to helpdesk@novia.fi.** The email has to contain at least: your name, your username **but never your password**, the building and campus where the problem is occurring and a detailed explanation of the problem. **There are IT-planners at every campus that you can turn to if you have acute IT problems. You can find their contact details on intranet: <https://intra.novia.fi/services/it-en>.**

Username and Password

When an exchange/degree/visiting/Free Mover student or trainee has been registered in the student registry the ICT services will create a **user account** for the student.

To start using your user account you have to go to the Novia Self Service Portal: <https://ssp.novia.fi> and follow the instructions. Note! If you are unable to identify yourself online using Finnish bank codes or a mobile certificate, you have to visit the Student Affairs Office and show your ID. You will then get a provisional password by email to use in the Self Service Portal.

Once the password has been changed it can be used to access the following resources: computers at Novia, the intranet*, O365.fi, Moodle, Peppi, wireless network (eduroam and O365 login requires that you add @edu.novia.fi at the end of your username) and HAKA-services.**

The password must be changed within 250 days since the last change, either on Novia's computers by using CTRL+ALT+DEL and choosing "Change a password..." or at <https://ssp.novia.fi/changepassword>. After 250 days you will have to contact ICT services.

*) Intranet contains detailed information for enrolled students and services such as the elibrary.

***) Novia uses Moodle (moodlecourses.novia.fi) as the virtual learning platform. Most teachers use Moodle and email to communicate with students outside class. Some courses require, in addition to username and password, a key that you will get from the teacher.

Forgotten passwords may be reset by sending an email to helpdesk@novia.fi.

The new password is sent by SMS if a Finnish mobile number is registered in Peppi. Otherwise, you may visit your local Student Services or ICT services to get a new password, but remember to bring identification.

Microsoft Office 365

Microsoft's Office 365 cloud service has been enabled for Novia UAS students and staff. Office 365 ProPlus service gives students and staff the opportunity to download the Office suite for free and install it on their own private computer at home. Login through portal: <http://o365.novia.fi>. Username when logging in: username@edu.novia.fi (for students), username@novia.fi (for staff).

The following programs are included in the Microsoft Office package: Word, Excel, PowerPoint, OneNote, Access, Publisher, Outlook, Microsoft Teams, InfoPath, OneDrive for business

Computer labs

You find information about all computer labs at Novia UAS at intranet: <https://intra.novia.fi/services/it-en/ustrustning-och-program-en-us>. The computers in the computer classes can be used when there is no teaching.

Wireless Networks

There is a wireless network available at Novia; “eduroam”. Eduroam (education roaming) is the secure, world-wide roaming access service developed for the international research and education community (<https://www.eduroam.org>). **You are encouraged to always use eduroam when possible.** Once connected to eduroam you won't need to re-enter your credentials and it works at multiple universities.

When logging in to eduroam be sure to use: “username”@edu.novia.fi, not the email! No other login name will work!

We recommend you use the automated installers at <https://cat.eduroam.org> to set up the connection. If you for some reason are unable to connect to eduroam please send a detailed explanation to helpdesk@novia.fi or visit your local IT planner.

Scanning & Printing

Printing will start working one day after the first successful login. All printouts will automatically be grayscale and double-sided.

	grayscale	colour
A4	€0.7/side	€0.15/side
A3	€0.14/side	€0.30/side

The print management software used at Novia is called **PaperCut**. **Students are automatically given €2.5 per month (35 single page grayscale printouts) plus €5 when beginning their studies.**

More credit can be bought at the Student Affairs Office.

Printers are found at:

- Campus Åbo/Henriksgatan 2nd and 3rd floor
- Campus Åbo/Aboa Mare 2nd floor, opposite the notice board
- Campus Vasa/Wolffskavägen 33 2nd floor, Aula and Teachers Hall
- Campus Vasa/Technobothnia 2nd floor Aula, 3rd floor Aula
- Campus Vasa/Alere 1st floor, room B120 at the main entrance

The printers also work as scanners (via e-mail). Photocopying is only possible from an USB stick.

3.10 Language Studies

In Åbo, Novia UAS collaborates with the Swedish Adult Education Center (Arbis). Through this collaboration, foreign students at Novia can participate in language courses in Swedish.

In Vasa, Novia collaborates with ÅAU regarding language courses in Swedish for foreign students. Please contact the international office for more information.

4 State Regulations and Insurances

Here is a quick guide to the bureaucratic procedures you need to know about depending on the duration of your stay in Finland. Remember that these are guidelines, if you feel unsure or need more information about the different procedures, please contact the authorities in question (which are mentioned in the chapters). Also check the website of the Finnish Ministry of Foreign Affairs (<https://um.fi/frontpage>).

International students studying in Finland need a Personal Identity Number. The number is to be reported to the University as soon as possible.

All international employees at Åbo Akademi University are encouraged to be in contact with Personnel Services (HR@abo.fi) to clarify which documents and registrations are needed while working in Finland. International employees at Novia UAS should contact ann-christine.fant@novia.fi.

4.1 Residence Permits

Citizens of Nordic Countries

Citizens of Nordic countries do not need to register their right to reside in Finland due to inter-Nordic agreements, nor do they need to provide proof of funding for their stay in Finland. However, Nordic citizens studying in Finland for three months or more should notify the **Digital and Population Data Services Agency** (*myndigheten för digitalisering och befolkningsdata/digi- ja västövirasto*) as soon as possible after arrival in order to obtain a Personal Identity Code in Finland. **If a Nordic citizen moves to Finland for more than six months, he or she is required to notify the authorities about the migration within one week from the date of the move** (<https://dvv.fi/en/digital-and-population-data-services-agency>).

For the registration, a passport or other photo identification is needed. More information about the civil registration process is found in chapter 4.2.

Citizens of EU/EEA-countries and Switzerland

Citizens of EU/EEA-countries and Switzerland must register their right to reside (*uppehållsrätt/oleskeluoikeus*) in Finland at the Finnish Migration Service (<https://migri.fi/en/home>) if they intend to stay longer than 3 months. You do not have to register your residence if you are staying in Finland for an

uninterrupted period of less than three months. The calculation of the three-month residence always restarts from the moment you return to Finland after travelling outside its borders.

International students studying for a degree or participating in an exchange program that exceeds three months also need to notify the Digital and Population Data Services Agency (*myndigheten för digitalisering och befolkningsdata/digi- ja väestövirasto*) to obtain a Personal Identity Code in Finland. (<https://dvv.fi/en/digital-and-population-data-services-agency>)

For the registration at the Local Register Office, a passport or other photo identification is needed. More information about the civil registration process is found in chapter 4.2.

Citizens from non-EU/EEA-countries

If your stay in Finland lasts for more than three months, a residence permit (*uppehållstillstånd/oleskelulupa*) must be obtained from the Finnish diplomatic mission in your home country before arrival to Finland.

Generally, the residence permit is valid for two years, unless you apply for it for a shorter period. However, the residence permit is only valid for the duration of your studies if your studies take less than two years. It can later be extended at the Finnish Migration Service. An application for an extension of the residence permit should be made well before the current permit expires. It usually takes one to two months to process the first application. However, extension of the residence permit may take longer.

Please note that you need to provide proof of funding and proof of valid health insurance each time you apply for a residence permit. See below for further details on how to apply for a residence permit. Please see chapter 4.3 for information on insurance.

How to Apply for a Residence Permit

The first application for a residence permit must be made to the diplomatic mission representing Finland in your home country. The application for a Finnish Personal Identity Number can be filed together with the application for a residence permit. Along with the completed application/registration form, the following enclosures are needed

- A valid passport (or other officially accepted travel document)
- Certificate of registration with the Finnish university/acceptance letter (visiting scholars: other relevant proof showing the reason for

your stay) or employment contract/certificate of employment/hosting agreement if employed

- Proof of funds or scholarship to cover the expenses in Finland
- A valid health insurance for the entire study period (only needed for students from non-EU/EEA countries).

Residence permit applications can be submitted electronically. Information on residence permits for certain type of work (researcher/traineeship/visiting teachers) can be found here: <https://migri.fi/en/working-in-finland>.

If you are financing your studies or research yourself, you should have €6720 deposit in your bank account to cover yearly expenses, that is, €560/month of stay in Finland. This means that for a two-year stay, you must have a minimum of €13,440 at your disposal. The bank account does not have to be Finnish. However, there should not be any conditions attached to this account. In other words, you should be able to use this money and transfer it to Finland at any time. A new proof of funding is required at the beginning of each academic year.

A student who has been granted a scholarship or who is taking part in an exchange program must show proof of acceptance to this program from the sponsor.

More information on the residence permits is available at the Finnish mission in your country and on the website of the Finnish Immigration Service (<https://migri.fi/en/home>). Please check travel documents accepted by Finland by country: <https://um.fi/frontpage>.

How to Submit Your Application to the Finnish Immigration Service

The e-service Enter Finland (<https://enterfinland.fi/eServices>) is the easiest way to fill in your application and take care of your application matters. You will then have three months to prove your identity. If you are applying with a paper form, you can find the forms at <https://migri.fi/en/applications>.

When you have completed your application, please book an appointment at one of Migri's service points. If you apply abroad, you need to visit a Finnish mission (embassy or consulate) to prove your identity. You cannot book an appointment at a mission through Migri's appointment system.

How to Submit Your Application to the Finnish Immigration Service

- Visit the online appointment system (<https://migri.vihta.com/public/migri/#/home>)
- After you have completed your application in Enter Finland, you will see a link which will take you directly to book an appointment for proving your identity.
- Choose the appointment based on what it is you are applying for.
- Choose the service point you want to visit (<https://migri.fi/en/service-points>)
- To book an appointment, you need your personal details as well as your e-mail address or your mobile phone number.
- You will receive a confirmation of your appointment by e-mail or text message.

Tuition fees for non-EU/EEA students at Novia UAS

Tuition fees 2022–2023 for non-EU/EEA students at Novia UAS are €6,000 for bachelor’s degrees and €9,000 for master’s degrees per academic year. Tuition fees can be paid at www.novia.fi/tuitionfee. The tuition fee can be paid in its entirety for a full academic year, or in instalments for each academic semester (autumn/spring). The tuition fee is due 1 September for the autumn semester and 1 January for the spring semester.

The tuition fees do not concern those who are:

- Already enrolled at Novia UAS (before 2017)
- Enrolled in Swedish degree programmes
- EU/EEA citizens or their close family members (children or spouse)
- residing in Finland or the EU/EEA on a permanent basis (has one of the following: continuous residence permit (type A), permanent residence permit (type P/P-EU) or has the EU-Blue card issued in Finland). To be exempted the residence permit card must be issued in Finland and the permit must be valid through 1 August for the autumn semester and through 1 January for the spring semester.

More information can be found on our web site on <https://www.novia.fi/study/student-life/tuition-fees>.

Scholarships for fee-paying students

There is also a scholarship system in place for students required to pay the tuition fee at Novia UAS. Students can apply for the scholarship before the beginning

of their second year of studies (as fee-paying students). The scholarship will be granted based on success in previous studies at Novia UAS. The application period for scholarships is arranged annually 1–15 May. Read more about the scholarship process here.

Extension to a Residence Permit

When applying for an **extension of the residence permit**, all the enclosures that were submitted along the first apply for residence permit must be submitted again. Additionally, students need to enclose a Transcript of Records to show that your studies have progressed as planned. If the studies have not proceeded as planned, you may also be asked to submit a study plan showing that you intend to finish your studies.

N.B. When you apply for an extension of a residence permit, make sure that you get a certificate that states that you have applied and that your application is now being processed. This certificate will work as a proof that you are legally in Finland if your original residence permit ends before your extension has been decided.

Service points of the Finnish Immigration Service:

Reso (close to Åbo)

Nallinkatu 8

21200 Reso

Vasa

Korsholmsesplanaden 45

65100 Vasa

<https://migri.fi/en/service-points>

After completed Degree in Finland

If you have studied and completed a degree in Finland, you may apply for a new residence permit on the basis of work immediately after you have found a job; or apply for a residence permit for seeking work if you are not yet employed.

If your residence permit for studies is still valid and you have found a job, you may apply for an extended permit on the basis of work.

If you have completed a degree in Finland several years ago and have left Finland since then, you may still apply for a residence permit on the basis of work as a person who has completed a degree in Finland. There are no time limits for submitting a residence permit application on the basis of work after receiving a degree.

4.2 Civil Registration

The Population Information System is also maintained by the Digital and Population Data Services Agency (*myndigheten för digitalisering och befolkningsdata/digi- ja väestövirasto*) and keeps record of the Finnish population data. **Everyone residing in Finland for periods exceeding three months is registered with this system.** The information collected by the Population Information System is used for purposes like organization of elections, employment and taxation, health care, statistical purposes, and in judicial administration. Naturally, all information is treated confidentially.

International students studying need a Finnish Personal Identity Code (*personnummer/henkilötunnus*). The personal identity code is issued by the Digital and Population Data Services Agency and requires registration at this office (service locations serve customers by appointment only). (<https://dvv.fi/en/service-locations>) **The registration must be done personally.**

When registering at the service location your information (including name, date of birth, nationality, family relationships and address) will be entered into the Finnish Population Information System. The personal identity code is a means of identification which is more specific than a name.

The personal identity code is needed in a variety of situations in Finnish everyday life: for the payment of salaries, in bank transactions, for paying with a debit/credit card, for applying for certain benefits and nowadays also at the university for other reasons than studies.

Foreign citizens staying in Finland for less than one year can also be entered into the Population Information System, if this is necessary in order to be able to stay or work in Finland. In this case, it is possible to get a personal identity code. The Digital and Population Data Services Agency makes the decisions concerning the issuance of personal identity codes. For the registration you will need a passport, a valid residence permit and, if applicable, a marriage certificate and birth certificates for the children. Please note that the documents must be legalized (Apostille/Grand Legalization) and translated. An official notification of move is needed whenever your address changes, including when your residence in Finland ends.

Employees can get their Finnish personal ID at the tax office if they are going to work in Finland for a short period. The Finnish Tax Administration is entitled to enter information into the Population Register System and distribute identity codes jointly with the Digital and Population

Data Services Agency if the matter concerns foreigners who arrive for temporary periods, i.e., less than one year, to work in Finland. You can get a personal identity code at a tax office on the condition that you need it for tax-related purposes. More information can be found on: www.tax.fi. For more information regarding the registration see please contact:

Åbo

Digital and Population Data Services Agency, Åbo
Myndigheten för digitalisering och befolkningsdata/Digi- ja väestövirasto, Turku
Självständighetsplan 2
20800, Åbo

Vasa

Digital and Population Data Services Agency, Vasa
Myndigheten för digitalisering och befolkningsdata/Digi- ja väestövirasto.
Vaasa
Wolffskavägen 35 B (2nd floor)
65200, Vasa

Customer service: <https://dvv.fi/en/customer-service-for-private-customers>

N.B. All registrations at the local register office are free of charge. You can also receive your Personal Identity Code at the local tax office or at the Kela/FPA office in Åbo and in Vasa, on the condition that you need it for taxation purposes.

Change of Address Notification

A Change of Address Notification (*flyttanmälan/muuttoilmoitus*) must be made every time a person moves to, within or away from Finland. Notification forms are available at all post offices and at all the Digital and Population Services Agency service point. Notification forms are also printable from the Internet. The easiest and fastest way is to fill in the notification online, see: www.posti.fi/en/private/change-address. Any moving related inquiries to the Digital and Population Services Agency can be made by phone: +358 (02)95 535 188 (Mon–Fri, 9:00–12:00) or by email: muuttoneuvonta@dvv.fi.
<https://dvv.fi/en/moving>

4.3 Insurances (Social, Medical, Private)

Social Insurance

The Finnish Social Insurance Institution (*Folkpensionsanstalten (FPA)/Kansaneläkelaitos (Kela)*) is responsible for providing most of the Finnish social security benefits. The objective of the Finnish Social Security is to guarantee

an adequate basic income in all life situations. Eligibility for Finnish social security benefits are based on permanent residence in Finland or on employment in Finland. Most social security benefits can be claimed only by those who live permanently (at least two years) in Finland.

If you move to Finland from an EU or EEA country or Switzerland, you will be entitled to basic health care with a European Health Insurance Card granted in the country of origin. Some countries have signed a Social Security Agreement with Finland, which affects the benefits to which their citizens are entitled. These agreements mostly concern employees, their family members, and pensioners.

Students

Students moving to Finland simply to study are not generally entitled to Finnish social security. If you move to Finland temporarily from an EU/EEA country or Switzerland, you will be entitled to basic health care with a European Health Insurance Card granted in the country of origin.

You may, however, become entitled to Finnish social security if staying in Finland for reasons other than your studies, or if your circumstances change during the time that you are here so that the conditions of permanent residence are fulfilled, e.g., through marriage to someone living permanently in Finland.

If you work while studying in Finland, and your employment meets the requirements for social security coverage, you will qualify for coverage under the Finnish social security system for the duration of your employment.

Students moving to Finland from another Nordic country gain social security coverage in Finland if they are residents in Finland according to the population register. If you move to Finland for over three months, please register with the Digital and Population Data Services Agency. Following registration, you are covered by the Finnish social security system. Financial aid benefits from Finland are, however, only available to students who live permanently in Finland for some other reason than attending a school. The benefits can be received by those living permanently in Finland and who meet the criteria.

Researchers and PhD Students

Researchers who receive a Finnish grant and have the Mela insurance (**see Mela Insurance: statutory pension and occupational accident insurance**) may be entitled to Finnish social security benefits. Researchers receiving a foreign grant or other income may also become entitled to Finnish social security benefits if the income amounts to at least €741.75 per month (in 2022). If the income level does not reach this minimum level, the entitlement to benefits is determined on

the basis of whether your residence in Finland is considered permanent. If you will be working in Finland for at least 2 years, you will normally be covered by the Finnish social security system as soon as you move to Finland.

Employed Persons

You may be covered by Finnish social security either fully or partially if you are employed in Finland. As an employee, you will qualify for Kela benefits from the first day of your employment if you earn at least €741.75 per month (as of 2022). Kela consults the national incomes register for salary information.

You may also have a right to social security on the basis of a social security agreement. Finland has Social Security Agreements with the other **Nordic countries and with the United States, Canada, Australia, Chile, Israel, China, Japan, Korea and India**. Further, Finland has made a separate arrangement concerning social security with the **Province of Quebec**. With Australia, Finland also has an agreement covering medical treatment during a temporary stay in the other signatory country.

For more detailed information, check: www.kela.fi/web/en/from-other-countries-to-finland-social-security-agreements

How to Claim

Kela does not issue separate decisions on social security coverage in Finland for persons moving to Finland. Instead, Kela will check the eligibility to benefits in connection to your first claim for Kela benefits, including the application for your personal social insurance card, the Kela card. Your Kela card is the proof of your social security coverage in Finland. Apply for the Kela card using the form SV157 and also enclose the form Y 77 (Moving to Finland). If granted, you will receive your Kela card by post.

For more information about the social security provided by Kela, go to: www.kela.fi/web/en

The local Kela office in Åbo
Kansaneläkelaitos/
Folkpensionsastalten
Address: Eriksgatan 26,
20100 Åbo

The local Kela office in Vasa
Kansaneläkelaitos/
Folkpensionsanstalten
Address: Fredsgatan 24
65100 Vasa

To book an appointment go to: www.kela.fi/web/en/book-appointment

- Kela card, European Health Insurance Card, phone: +358 (0) 20 634 2650

(To place an order for a personal Kela Card or European Health Insurance Card)

- Moving to or from Finland, phone: +358 (0) 20 634 0200. (Social security when moving to or from Finland and in other international situations)

Health Insurance

Students (and in some cases unpaid trainees) who intend to stay in Finland for more than three months need to take out **private health insurance** prior to applying for a residence permit. **Please note that this does not apply to EU-citizens, or citizens from Norway, Iceland, Switzerland, and Liechtenstein. Students from Quebec, Canada, are also exempted from the health insurance requirement.**

The Health Insurance must meet following criteria:

- The insurance deductible must not exceed 300 euros.
- Your insurance must cover medical expenses in the amount of 120,000 euros if your studies in Finland last less than two years.
- Your insurance must cover medical expenses in the amount of 40,000 euros if your studies in Finland last two years or longer.
- Do not take out regular travel insurance. It is meant for holiday trips lasting less than three months.
- You must have insurance for your entire stay in Finland. Your insurance must be valid at the time of your arrival in Finland. Take out a one-year insurance policy if you intend to study in Finland for one year or longer. Be sure to renew your insurance prior to expiry.
- Do not terminate your insurance policy, or you will have to cover medical and hospital expenses yourself if you become ill.
- The insurance must be issued by a trustworthy and financially sound company.

Note that a **valid insurance is a prerequisite for a residence permit**. If your stay is at least two years, it is sufficient that the insurance policy covers pharmaceutical costs (up to €40,000). The above-mentioned health insurance is not necessarily available in all countries. In that case an international insurance company should be consulted. See more: <https://migri.fi/en/insurance>

MARSH Student Insurance Program (SIP)

SIP is a special insurance package covering people residing abroad on a

temporary basis. SIP has been specially designed for students, scientists, members of educational staff and accompanying family members (husband, wife, or children).

Both Åbo Akademi University and Novia UAS have partnered with the Student Insurance Program (SIP) provider MARSH and we recommend this insurance package to exchange students from outside the EU/EEA area.

The insurance can also be bought by EU students if they wish to have private health insurance during their stay in Finland. This insurance has been pre-approved by the Finnish Immigration Service. This pre-approval will result in a quicker decision on your application for a residence permit. For more detailed information about the type of coverage you will need and its cost, please see the insurance provider's website: www.sipinsurance.eu. Please note that any communication or questions about this insurance should be directed to the insurance provider. The SIP policy is valid worldwide. The price of the insurance is €1.17/0.70 per day (premium excluding tax).

Finnish National Health Insurance

If you are covered by the Finnish social security system, you are entitled to Finnish National Health Insurance benefits. Some of the expenses covered are:

- A share of private doctors' fees
- A share of the costs for examinations and treatments prescribed by a private doctor
- A share of fees of private dentists and the costs of examinations prescribed by them
- A share of your medical costs
- A share of your illness-related transportation costs

To qualify for reimbursement, the treatment provided must be medically necessary due to illness, pregnancy, or childbirth. The National Health Insurance scheme also provides Sickness Allowances (compensation for loss of income during incapacity for work) and Partial Sickness Allowances.

You must be covered under the NHI scheme in order to qualify for reimbursement of medical expenses. To prove your coverage and eligibility for reimbursements, present your personal *Kela/FPA card* at the pharmacy or medical clinic.

Insurances for employees at Åbo Akademi University

Accident Insurance

Compensation in the event of accidents at work and occupational diseases of employees are paid by the insurance company *If*.

Collective Life Insurance

In the event of the death of an employee, his/her relatives can get economic support corresponding to the collective life insurance of the employees.

Travel Insurances

The employee is insured in the event of an accident during work travel, provided that a travel plan has been drawn up. In certain instances, such as posting abroad, which means the work journey extends over 3 months, additional insurance may be required.

Further information about the insurances in the intranet of Åbo Akademi University of from HR@abo.fi.

Insurances for employees at Novia University of Applied Sciences

Accident insurance

Compensation in the event of accidents at work and occupational diseases of employees are paid by the insurance company Fennia.

Collective Life Insurance

In the event of the death of an employee, his/her relatives can get economic support corresponding to the collective life insurance of the employees.

Travel Insurances

The employee is insured in the event of an accident during work travel, provided that a travel plan has been drawn up. If the travel extends over 3 months, additional insurance may be required. Further information about the insurances is available in the intranet of Åbo Akademi University.

For further information about the insurances, contact ann-christine.fant@novia.fi.

Insurance information for grant or scholarship holders

Accident Insurance

Åbo Akademi University has taken an accident insurance for scholarship holders and visiting researchers who have a Contract Concerning Non-Employed Persons' Right to Use Rooms and Other Facilities at Åbo Akademi.

It is a basic insurance cover, which is valid when performing non-remunerated work. Note that it does not replace the obligation of a scholarship holder to take out insurance with the Farmers' Social Insurance Institution (Mela, in Swedish LPA), in situations where this is required (see below).

Degree students studying for a bachelor's or a master's degree at Åbo Akademi University are insured in case of accidents in laboratory or field work or in other practical learning activity related to the degree pursued at Åbo Akademi University.

Mela Insurance: statutory pension and occupational accident insurance. If you pursue research work financed through a Finnish grant for at least four months, and the grant amounts to at least €4,131 on an annual level (as of 2022), you must subscribe to statutory earnings-related pension and occupational accident insurance with the Farmers' Social Insurance Institution Mela. Mela's insurance also includes group life insurance and short-term sickness security. It can be complemented with voluntary non-occupational or leisure-time accident insurance.

You can apply for the insurance when you have received information about having been awarded a grant and are about to begin the grant-funded work. The application must be submitted within three months after having started the work. You can apply for the full statutory insurance coverage with the same insurance application. After taking the Mela insurance, you can also be covered under the Finnish social security system. For more information, see www.mela.fi/en/grant-and-scholarship-recipients.

4.4 Legal Advice

If you are a victim of a legal offence, you should contact a person or an institution close to you, for example the Student's Lawyer, one of the offices mentioned below, or the Police Station where you can find information about reporting a crime. In acute situations, call the national emergency number 112.

Students' Lawyer

Students can get legal advice free of charge from the student lawyer of the student unions in Åbo. You can turn to the legal counsellor in matters if

inheritance, housing (e.g. tenancy agreements), taxation, employment etc. Please notice that writing or making contracts don't belong to the counsellor's work description, but they can give you useful legal advice. The lawyer is available during the academic year.

Visit or call for consultation during consultation hours only, every Tuesday between 18 and 19. Address: Student Union of the University of Turku (TYY), Yo-talo, Rektorsåkersgatan 4 B (second floor), phone: +358 (0) 45 843 3428. Students in Vasa can call the lawyer during consultation hours.

Stadga Student Legal Advising

Stadga is a student association run by law students at Åbo Akademi University. They offer legal advice the first Tuesday of the month, at *Luckan*, Auragatan 1, Åbo, from 16.00 to 18.00. Right of inheritance, work contracts and housing contracts is their main area of expertise, but potentially they can assist you with any matter related to the Finnish law. The service is free of charge for members of ÅAS, but subject to a fee for other people. You should make your appointment in advance by contacting abo@luckan.fi or by phone: +358 (02) 233 1986.

The Finnish Ministry of Justice

On the webpage of the Ministry of Justice (<https://oikeusministerio.fi/en/frontpage>) you can find general information about the legal system in Finland.

State Legal Advice

You can get legal advice from any of the municipalities if you are of Finnish nationality, you are residing in Finland, or the case is processed in Finland. In Åbo and Vasa this can be obtained from:

Åbo

Varsinais-Suomen Oikeusaputoimisto/
Egentliga Finlands rättshjälpsbyrå
Eriksgatan 40-42 A
20100 Åbo
Phone: +358 (0) 29 566 0420
e-mail:
varsinais-suomi.oikapu@oikeus.fi

Vasa

Keski-Pohjanmaan ja Pohjanmaan
Oikeusaputoimisto/ Mellersta
Österbottens och Österbottens rätts-
hjälpbyrå
Korsholmsesplanaden 43, 3rd floor
65100 Vasa
Phone: +358 (0)29 566 1240
e-mail: pohjanmaa.oikapu@oikeus.fi

Legal advice is free of charge for students having a net income of €600 monthly or less. For those earning more than €600 the cost of legal aid is charged according to your income. More information in English about the charges and services of legal aid is found at: <https://oikeus.fi/oikeusapu/en>.

The Non-Discrimination Ombudsman

The Non-Discrimination Ombudsman (*Diskrimineringsombudsman/Yhdenvertaisuusvaltuutettu*) is an authority with the basic task of advancing the status and legal protection of ethnic minorities and foreigners as well as equality, non-discrimination, and good ethnic relations in Finland.

In addition, the Non-Discrimination Ombudsman will, together with other officials, supervise that everyone is treated equally regardless of their ethnic background. In the Finnish legislation, discrimination based on ethnicity is explicitly prohibited in employment (including self-employment), education and in any form of public service, e.g., social services, public health care, social security benefits, housing, and the right to buy or keep real estate property.

The Non-Discrimination Ombudsman, or his office, helps persons who have faced discrimination by giving recommendations, instructions, and advice. The office may also direct you to other authorities in order to ensure that the serious crime of discrimination will be dealt with accordingly. Contact information:

Office of the Non-Discrimination Ombudsman

Visting adress: Bangårdsvägen 9,

00520 Helsinki

e-mail: yyy@oikeus.fi

<https://syrjinta.fi/en/front-page>

Phone: +358 (0) 295 666 817

Customer service: Tue–Thur 10:00–12:00

Private Lawyers

To find private lawyers, visit the home page of the Association of Finnish Lawyers (*Finlands Juristförbund/Suomen Lakimiesliitto*) at www.lakimiesliitto.fi/in-english/. Generally, the legal fees are very high.

The Finnish Consumer Agency and the Consumer Ombudsman

The Finnish Consumer Agency (*konsumentverket/kuluttajavirasto*) and the Consumer Ombudsman (*konsumentombudsman/kuluttaja-asiamies*) supervise compliance of the Consumer Protection Act. The main purpose of

this act is to prevent any inappropriate marketing directed at the consumers. A victim of illegal or deceptive advertising and/or unreasonable contract terms should contact the Consumer Ombudsman. For more information, contact the Consumer Agency:

Konsumentverket/Kuluttajavirasto

Fågelviksgränden 2, 00530 Helsingfors

phone: +358 (0) 29 505 3000 (switchboard)

www.kkv.fi/en/

4.5 Embassies in Finland

If something happens during your stay in Finland, you might need the help of your country's embassy (*ambassad/suurlähetystö*). You can find embassies from 62 countries in Finland, and many more are situated in the Nordic region. A list of embassies in Finland and the surrounding countries is available at Ministry of Foreign Affairs of Finland's website (www.embassy-worldwide.com/country/finland/).

4.6 Governmental Aid for Studies

There are two main criteria that need to be fulfilled in order to be eligible for Finnish governmental aid for studies:

- The residence in Finland needs to be permanent
- The reason for the residence in Finland needs to be some other than studies

Additional eligibility criteria depend on the applicant's nationality:

Citizens of a Nordic Country

The governmental study aid will be granted from the student's home country. In order to be eligible for Finnish governmental study aid, the Nordic citizen has to reside in Finland for some other reason than studying and the person's municipality of residence needs to be registered to Finland.

Citizens of the EU/EEA -countries

Generally, Finnish governmental study aid is not granted to citizens of the EU/EEA countries. However, if they originally have come to Finland to work, they are entitled to governmental study aid under certain conditions. The same applies to their family members.

Citizens of Non-EU/EEA Countries

Finnish governmental study aid may be granted to citizens of non-EU/EEA countries if the person has a permanent residence permit (code P), a continuous (A) residence permit, or a P-EY permit (for non-EU/EEA citizens who have lived in Finland for a longer period). A person with a residence permit for students (B) is not eligible for Finnish governmental study aid.

When you apply for governmental study aid, remember to fill in and enclose the “Appendix for foreign residents” form with the application form. For more information about Finnish governmental study aid and to get the application forms, please contact the local Kela/FPA office and visit the website www.kela.fi/web/en.

See also chapter 4.3 for more information about Kela/FPA.

Please note that if you are eligible for Finnish governmental study aid you should be aware of the different conditions concerning working alongside your studies and taxation of the grants received.

5 Employment Issues

5.1 Students, Researchers, Staff

For information about working and taxation in Finland, please check: www.vero.fi/en/individuals/tax-cards-and-tax-returns/arriving_in_finland/ The webpage is a service point of the Tax Administration intended for foreign workers in Finland.

International Exchange or Degree Students

If you are a **Nordic or EU/EEA** national, you do not need any special permits for working in Finland during your studies. There are no restrictions as to how many hours per week you are allowed to work, but you should take care that work does not get in the way of your study progress.

Non-EU students can work within certain limits on a student residence permit (<https://www.studyinfinland.fi/life-finland/working-finland>) if the work is practical training included in the degree or if the amount of part-time work does not exceed *30 hours a week*. The number of working hours is not restricted weekly, but the average working hours should not exceed 30 hours per week at the end of the year.

For more information about work regulations concerning international students, see the web service of the Finnish Immigration Service: (<https://migri.fi/en/extended-permit-to-look-for-work>).

If the employment is part of the student's thesis or is a compulsory trainee period in the student's field of study, the person might be allowed work without limitations on the basis of the residence permit for students. Because the study-related work cases differ from each other greatly, each case will be handled by the local Employment Office in cooperation with the employer in question. For further information, contact the local Employment Office.

International PhD Students Conducting Research

International PhD students who are in the process of conducting research for their licentiate or doctoral thesis on behalf of, or in cooperation with, an institution or a company that pays the student for the work, should generally have a residence permit for scientific research. This grants unlimited working

rights. For further information on the researcher employment, check with both your university and your employer, as well as with the local employment office.

International Visiting Scholars and Teaching Staff

International visiting researchers and any teaching staff who have been invited to conduct research or do academic work in Finland will get a residence permit or will be registered on the basis of their right to reside for scientific research, which does not restrict right to work.

Short Time Visitors

A non-EU researcher (or lecturer) coming to Finland for research/teaching purposes based on an agreement or an invitation for a maximum of 3 months may conduct research during the period of validity of the visa or the visa free period. A residence permit is needed for a stay of more than 3 months.

Family Member's Right to Work

If you have been granted a residence permit on the basis of family ties, you will have an unlimited right to work in Finland. The right to work will also be entered on your residence permit card. Check <https://migri.fi/en/home> for more information.

5.2 Getting a Job

People who do not speak Finnish or Swedish have a reduced competitive strength on the labour market due to the lack of Finnish or Swedish language skills. Knowledge of English is usually not sufficient. This applies to part-time jobs also.

Åbo Akademi University Career Services (*Arbetsforum*) helps students transition from student life to employment. They offer the following services for students at Åbo Akademi University:

- Information about available jobs, internships and summer jobs
- Career guidance
- Information on the job application customs in Finland
- Facilities for students to write their job applications, CVs etc.
- Information about the job market in Finland

For further information, contact:

Åbo

Arbetsforum/Career Services
Tavastgatan 13 (Gripen)
Phone: +358 (0)2 215 4116
or +358 (0)2 215 4961

Vasa

Arbetsforum/Career Services
Strandgatan 2, F4
Phone: +358 (0)6 3247 131

Website: www.abo.fi/en/career-services/

E-mail: arbetsforum@abo.fi / careerservices@abo.fi

LinkedIn: Arbetsforum Åbo Akademi

Self-study package on summarizing your competencies

The Career Services at ÅAU offer a compact self-study package on Moodle that focuses on recognition and marketing of your own competencies, entrepreneurial skills and planning of your future career. You can do the exercises at your own pace and receive feedback on them if you want. Log in to the course with your ÅAU credentials: <https://moodle.abo.fi/course>.

Åbo Akademi University is part of the Talent Boost project, which aims to help international students to integrate and find employment in Finland. Within the project at ÅAU, we organize mentorship programs, company projects, language courses, events, and other services to support the students to find their way in Finland. For more information and contact details please check www.abo.fi/talentboost.

At the **Employment Office** (*arbetskraftsbyrå, TE-byrå/työvoimatoimisto, TE-toimisto*) researchers and students can search for job opportunities. The office will give you information about jobs available based on qualifications and experience, which in practice means that you need at least some basic knowledge of Finnish. They will also provide you with information about permission to work in Finland and about Finnish legislation concerning employment.

Employment Services are available by appointment at the employment services unit:

Åbo

Åbo Employment Office
Självständighetsplan 2
FI-20800 Åbo
Phone: +358 (0) 295 025 500

Vasa

Vasa Employment Office
Wolffskavägen 35 B
FI-65101 Vasa
Phone: +358 (0) 295 025 500

(switchboard)

kirjaamo.varsinais-suomi@te-toimisto.fi

(switchboard)

kirjaamo.pohjanmaa@te-toimisto.fi

N.B. The Academic Career Services Offices at ÅAU also have the same information about nationwide job opportunities as the Employment Office. Novia UAS also have a career service for students on the front page of their intranet. Vacant jobs can be sought nationwide at the website of the Ministry of Labour: <https://tyomarkkinatori.fi/en>.

5.3 Taxation

The category of tax liability in Finland depends on the duration of the work in Finland and whether the employer has a registered status in Finland. **If you are paid for the work you do in Finland, you usually have to pay income tax in Finland.** Your tax percentage depends on how long you stay – for six months or for longer. Besides tax, your employer will also withhold social security payments from your pay. These contributions are paid according to the legislation of the country where you are socially insured.

Tax Treaties

Finland has tax treaties with more than 70 countries. International tax treaties are made to avoid double taxation in situations where a person receives income from another country than his/her home country. In general, tax treaties usually provide that wages should be taxed in the country where the work is done.

Some of the tax treaties include special exemptions for students (and in some cases teachers). To qualify for a tax treaty exemption, it is additionally required that you (immediately before your arrival to Finland) lived in the country that has made the tax treaty with Finland. Information about these treaties is available at the tax office and the website of Finnish tax administration: www.vero.fi/en/individuals/.

Persons Staying in Finland for a Maximum of 6 Months

Finnish employers collect a **final 35-percent tax at source** on the pay of a foreign employee who only stays in the country for six months or less. The tax rate is the same for all levels of income, including small incomes.

Because the 35-percent tax is a final tax, you are normally not expected to submit an income tax return in Finland.

During the first couple of days in Finland, please visit the local tax office. You need a Finnish personal identity code (see chapter 4.2). The tax office will issue you a tax-at-source card (*källskattekort/lähdeverokortti*) (fill out the application form no. 5002e, Application for tax-at-source card) and instructions for requesting the personal identity code. Give the tax-at-source card to your employer.

After you have finished your employment, your employer will issue you a certificate covering the full period of your employment during the relevant calendar year(s), showing your income and the tax withheld. We recommend

that you keep the certificate. You may have to present it to the tax authorities of your country of residence.

If you are employed by a company from another country than Finland, and that employer is paying your salary, you will not have to pay tax on your income in Finland. You will only have to submit an income tax return in your home country and pay the appropriate taxes in your home country.

Persons Staying in Finland Longer than 6 Months

If you stay in Finland for longer than six months, you will have to **pay tax in Finland on all your earned income**. It does not make a difference if your employer is Finnish or foreign or if you receive a part of your wages from a Finnish employer and another part from a foreign employer. There are exemptions to this rule when certain requirements are fulfilled. See www.vero.fi/en/individuals/ for more information. **The tax rate in Finland is progressive**. In case of progressive taxation, you will be expected to submit a Finnish income tax return.

During the first couple of days in Finland, please visit the local tax office. You need a Finnish personal identity code. Apply for a tax card (*skattekort/verokortti*) (fill out the application form no. 5010e, application for tax card for foreigners and persons who have been living abroad). Give the tax card to your employer. The employer will tax your income according to the card.

After every calendar year you have worked in Finland, you must **submit an income tax return** to the Tax Administration. You will receive a pre-completed tax return form to your home address. You do not have to declare income you received before moving to Finland nor income you receive after moving away from the country. Forms and instructions are available in English.

The tax office will assess your taxes and send you a statement showing the final amounts of taxes imposed. This statement will show if you will be receiving a refund or alternatively if you will have to pay more tax because of insufficient withholding. Instructions for appeal will also be included in the statement.

Grants

Grants paid at the universities normally count as taxable income for the grant recipient, provided that the total annual amount exceeds the annual amount of the (Finnish) State Grant for Artists (in 2022: €24,475.56). Please consult the tax administration concerning any tax consequences possibly arising from the payment of the grant.

Åbo

Turun verotoimisto/

Åbo skattebyrå

Lemminkäinenkatu 14-18 (DataCity)

Phone: +358 (0)29 512 001

(switchboard)

Postal addresses:

www.vero.fi/en/About-us/contact-us/postal-addresses/*Vasa*

Vaasan verotoimisto/

Vasa skattebyrå

Tvärgränden 7

Phone: +358 (0)29 512 001

(switchboard)

Postal addresses:

Information on international taxation is also available by phone at the following enquiry number +358 29 497 024. This service is available in English Mon-Fri at 9:00-16:15.

Please note that grants and scholarships over €1,000 must be informed to the tax authorities. If you are a student at Novia, please contact Student Services at studentservices@novia.fi for more information.

5.4 Trade Unions

An important function of Finnish trade unions (*fackföreningar/ammattiliitot*) is to run unemployment funds and to provide earnings-related unemployment benefits. These are typically much higher than the basic unemployment allowance provided by Kela/FPA. Most unions provide legal advice on employment issues for their members.

Finnish unions are occupation-based. There are three main levels: Local trade unions, national federations of local trade unions, and confederations. Collective agreements covering the whole workforce are concluded between the federations.

Labour market organizations have a great deal of influence. Negotiations on salaries, wages and labour legislation are conducted between the government and the representatives of employees' and employers' organizations, which is referred to as the tripartite system.

At least the following unions are represented or have local unions in ÅAU:

The Association of Finnish University and Research Establishment Staff

(*Universitetens och forskningssektorns personalförbund YHL ry/Yliopistojen ja tutkimusalan henkilöstöliitto*) www.yhl.fi/ (only in Finnish)

The Finnish Union of University Professors (FUUP) (*Professorsförbundet/*

Professoriliitto) www.professoriliitto.fi/in-english/

Akademiska Informationsspecialister/Informaatioalan Akateemiset
www.informaatioalanakateemiset.fi/ (in Finnish/Swedish only)

The Finnish Union of University Lecturers (*Förbundet för undervisningssektorn vid universiteten/Yliopiston opetusalan liitto*) www.yll.fi/en

Finnish Union of University Researchers and Teachers (*Forskarförbundet/Tieteentekijöiden liitto*) <https://tieteentekijoidenliitto.fi/en>

Academic Engineers and Architects in Finland (*Teknikens Akademikerförbund/Tekniikan Akateemiset*) www.tek.fi/en

Laboratorie- och överingenjörerna vid Universiteten r.f. / Laboratory and head engineers at the University (ULI)

Trade Union of Education in Finland (*Undervisningssektorns fackorganisation/Opetusalan ammattijärjestö OAJ*) www.oaj.fi/en/

Trade Union for Engineers in Finland (*Ingenjörerna i Finland r.f., DIFF*)
www.diff.fi

The Union of Health and Social Care Professionals in Finland (*Sociali- ja terveydenhuoltoalan ammattiliitto/ Social- och hälsovårdens fackorganisation, Tehy*) www.tehy.fi/en

6 Health Care

6.1 Health care for Exchange students

Non-urgent health care

Access to public health care differs depending on where you come from/your nationality. If you have the European Health Insurance Card (for citizens from EU/ETA countries or Switzerland) you are entitled to necessary health care. With the card you get necessary health care, that can't wait till you are back home. In these cases, you are entitled to the same care as Finnish citizens and at the same cost. **Please note that the card won't cover the medical expenses.**

Turku: www.turku.fi/en/health-and-social-services/health-services

Vaasa: <https://en.osterbottensvalfard.fi>

If you don't have the European Health Insurance Card, you have to visit a private health care centre to get non-urgent health care. That's why a health insurance is very important. Please check the section *Private clinics* later in this chapter for more information.

Acute illness/urgent health care

However, in case of acute illness or accident, every person residing in Finland has the right to get help by the public health care. If you need urgent health care in the daytime, you should first get in touch with the health care centre that is closest to your Finnish address. Please note that you must call first and wait until you have been told where to go and what to do. If you don't have the European Health Insurance Card, you will be fully charged for the health services.

During nights and weekends, you should go to the emergency service.

In emergency cases, such as sudden illness, unconsciousness or life-threatening, always call 112. (The phone number works even though you don't have a Finnish phone number).

6.2 Health care for Degree students

Student health care (Finnish Student Health Service, FSHS) is available to all attending bachelor's and master's Degree students. The compulsory health care

fee must be paid directly to Kela once per term (spring term 31 January and autumn term 30 September) either with Finnish online banking credentials or as a bank transfer. **Doctoral students are not entitled to use the services of FSHS.**

- FSHS offers services of general health, oral health, and mental health.
- Services are either free of charge or at low cost.
- FSHS is open from Monday to Thursday 8:00-15:00, on Friday 8:00-14:00, and closed on weekends and national holidays.
- The student health care fee does not cover any emergency or hospital treatment or treatment during evenings or weekends when the FSHS health centre is closed.

FSHS Turku

Kirkkotie 13

FSHS Vaasa

Wolffintie 30 (VAMK), entrance from backyard

General and mental health services: 046 710 1073

Oral health services: 046 710 1085

www.yths.fi/en

In acute cases please call in the morning, between 8:00–9:00. When FSHS is closed contact your closest health care centre for non-urgent health care and the emergency service in acute situations in order to ask advice concerning your need for treatment:

Turku

TYKS, T Hospital

Savitehtaankatu 1

Phone: +358 (0)2 313 8800

Vaasa

Vasa Central Hospital

Sandviksgatan 2-4, Y building

Phone: +358 (0)6 213 1111

For more information about booking an appointment and authentication, see: www.yths.fi/en/using-services/booking-appointment/.

The **penalty fee for no-show appointments** (€40) will be charged for any appointments, group sessions and examinations that you do not cancel and do not arrive for, even if the appointment would have been free of charge. If you cannot make it to your appointment, remember to reschedule or cancel it well in advance to avoid the penalty fee. Appointments should be rescheduled or cancelled no later than one full day (24 hours) prior to the appointment.

6.3 Health care for staff

Åbo Akademi University's health care provider for staff is Mehiläinen and on the Åland Islands Medimar. The free health care services mainly cover regular medical services at the general practitioner level. The Occupational Health Service (OHS) doctor will refer you to a specialist for further examinations or treatments, if necessary. You can visit a specialist (such as a psychologist or physiotherapist) 1–3 times per year or, in exceptional cases, up to 5 times per year. Dental care is not included in the services paid by the employer.

All staff members at Åbo Akademi University are entitled to occupational health care services free of charge. If you are not working full-time, you must meet one of the following criteria:

- Your total average working hours amount to at least 38% of a full-time working week (equal to 14 hours a week)
- Teachers employed on an hourly basis who are not covered by OHS provided by another employer must work at ÅAU no less than 7 hours a week and have teaching duties for two consecutive periods.
- You are on maternity, paternity, or parental leave.
- You are on a leave of absence with pay.

If you are on a leave of absence without pay or working on a grant, you are not entitled to use the free OHS services.

For information about booking, see chapter on Occupational healthcare.

6.4 The European Health Insurance Card

With the European Health Insurance Card, you'll get the same health care as other Finnish citizens with the same health related problems. **Please notice - the card won't cover the medical expenses. A separate insurance is highly recommended.**

Citizens of the EU/EEA-countries are thus entitled to emergency medical care or to medical care required by a pre-existing health condition at the same costs as permanent residents of Finland. **The requirement is that the person is covered by health insurance in his/her home country. You need to investigate these matters in your home country.**

More information: <https://ec.europa.eu/social/main.jsp?catId=559>

6.5 Health insurance

All students are recommended to have a **valid health insurance** during their studies in Turku. **Only with proper health insurance can all the costs be covered** if you become ill during your stay in Finland.

- Getting a residence permit requires a valid health insurance. Please check the requirements at Finnish Immigration Service's website.
- European health insurance card entitles EU/EEA citizens to the same municipal health care at the same prices as Finnish citizens.
- International office highly recommends that exchange students get a health insurance that covers their stay in Finland.

6.6 Hospitals

Health Care Centre's On-Call Service

If you are unsure about the need for professional medical care (illness, bruises, etc.) you can contact the Health Care Centre's On-Call service (24/7). The professionals will assess your need for medical care and guide you to it if needed, phone: +358 (0)2 313 8800 (Turku) or 116117 (Vaasa).

During work hours (Mon–Fri 8:00–16:00), please contact your own municipal health care centre or Student Health Service (if you are eligible to be treated there) for guidance.

In Turku there are three public hospitals:

- The Turku University Hospital (Åbo universitetscentralsjukhus ÅUCS/ Turun yliopistollinen keskussairaala TYKS)
- Turku City Hospital (Åbo stadssjukhus/Turun kaupunginsairaala)
- Turunmaa Hospital (Åbolands sjukhus/Turunmaan sairaala). Some private clinics also provide hospital treatment.

T Hospital (*T-sjukhuset/T-sairaala*) is the Turku region's accident and emergency (A&E) centre, providing 24/7 specialized medical care and treatment to those who have suddenly fallen ill or sustained an injury.

Address: Keramiksfabriksgatan 1. Phone: +358 (0)2 313 8800.

Webpage: www.vsshp.fi/en/toimipaikat/tyks/Pages/default.aspx

Vaasa Central Hospital (*Vasa centralsjukhus/Vaasan keskussairaala*) is the district hospital for the municipalities of the Ostrobothnian coastal district.

Address: Sandviksgatan 2-4. Phone: +358 (0)6 213 1001. Webpage: <https://en.osterbottensvalfard.fi>

If treatment of an illness or continued examinations requires it, the doctor at the health care centre, occupational health care centre or the private doctor can refer you to hospital care or hospital examinations. Thus, patients generally come to the hospital district's hospitals with a referral from a doctor.

In case of acute, severe cases one can come to the on-duty emergency wards and the hospitals' wards for first aid even without a referral.

Specialized medical treatment fees depend on the unit. The fees are either outpatient clinic fees, bed day fees or appointment fees. More information on payment policies is available at www.turku.fi/en (City of Åbo), or for TYKS at www.vsshp.fi/en/Pages/default.aspx (Turku University Hospital) and <https://en.osterbottensvalfard.fi> (Vasa Central Hospital).

6.7 Occupational Health Care

Occupational health care services are available to all working individuals, and it is part of the primary health care. Occupational health care services specialize in health and work issues. It involves maintaining occupational safety and helping the workforce maintain its health and ability to work in co-operation with workplaces.

All employers in Finland have a duty to organize occupational health care services. Occupational health care services cover only the employee, not his/her family.

Occupational health care services for employees at Åbo Akademi University are provided through Mehiläinen (Åland Islands: Medimar). Employees can use services at general practitioner level and concerning acute matters. Appointments can be booked online or by phone. at www.mehilainen.fi/en or by calling +358 10 414 0666.

More information about occupational health care arrangements for the staff at Åbo Akademi University is found in **the intranet of Åbo Akademi University** or from HR@abo.fi.

6.8 Private Clinics

In case you need to (or want to) consult a private doctor, the basic consultation fee is about €100. If you are entitled to Kela/FPA benefits, doctor's fees can be partially refunded to you by the Social Insurance Institution. There are several

private clinics in Turku and Vaasa.
Below a list of the biggest private clinics:

Turku

Mehiläinen Turku/Åbo
Köpmansgatan 8
Phone: +358 (0)10 414 0200
www.mehilainen.fi/en

Terveystalo Turku/Åbo
Aningaisgatan 13
Phone: +358 (0)30 6000
www.terveystalo.com/en

Terveystalo Pulssi Turku/Åbo
Humlegårdsgatan 9-11
Phone: +358 (0)30 6000
www.terveystalo.com/en

Vaasa

Mehiläinen Vaasa/Vasa
Vaasanpuistikko 22
Phone: +358 (0)10 414 0100
www.mehilainen.fi/en

Terverystalo Vaasa/Vasa
Storalånggatan 28-30
Phone: 358(0)30 6000
www.terveystalo.com/en

Mehiläinen Neo Turku/Åbo
Joukahaisgatan 6
Phone: +358 (0)10 414 4888
www.mehilainen.fi/en

6.9 Crisis Prevention

To alleviate the psychological/social problems of foreigners and their families, the Finnish Association for Mental Health has a Crisis Prevention Centre in Vaasa and Turku. For more information please contact:

Turku

Crisis Prevention Centre - The Finnish Association for Mental Health
Mariégatan 6b, 3rd floor
Phone: +358 (0)40 8223 961
Email: toimisto@turunkriisikeskus.fi
Webpage: www.mielenterveysseurat.fi/turku/kielet/englanti-english/

Vaasa

Crisis Prevention Centre - The Finnish Association for Mental Health
Korsholmsesplanaden 44, 2nd floor
Phone: +358 (0)44 979 2439
Email: info@pohjanmaankriisikeskus.fi
Webpage: www.mielenterveysseurat.fi/valo/?lang=en

The National Crisis Hotline - The Finnish Association for Mental Health Offers immediate support for people in a crisis and their loved ones.

Please call +358 (0)9 2525 0113

WhatsApp: +358 (0 40 195 8202

Open: Mon-Tue 11:00-15:00, Wed 13:00-16:00, 17:00-21:00, Thur 10:00-15:00, Fri 09:00-13:00

Check also <https://mieli.fi/en>

6.10 Pharmacies (apotek/apteekki)

In Finland, practically **all medicines are sold only at pharmacies** (*apotek/apteekki*). These include e.g. painkillers. Medication that is prescription-free in other countries often requires a prescription in Finland. However, painkillers, vitamins, and micronutrients (Calcium, Magnesium, etc.) are available without a prescription. **Vitamins and micronutrients are also sold in grocery stores. Before you bring any medications from abroad, check with the Finnish customs that the medications are not restricted. Otherwise, the Finnish authorities may take legal actions against you.**

The pharmacies situated in the center of **Turku** or close to the student apartments are:

- *Universitetsapoteket/Yliopiston apteekki*, Universitetsgatan 18, phone: +358 (0)300 20200, www.yliopistonapteekki.fi/
- *Kuppis apotek/Kupittaaan apteekki*, Kommunalsjukhusvägen 20, phone: +358 (0)2 251 7222, www.kupittaaanapteekki.fi
- *Slottsapoteket/Linnan apteekki*, Köpmansgatan 10, phone: +358 (0)2 275 0400, www.linnanapteekki.fi
- *Hansatorgets apotek/ Hansatorin apteekki*, Universitetsgatan 20, Hansatorget 2 floor, +358 (0)2 279 1200, www.hansatorinapteekki.fi
- *Nummisbackens apotek/Nummenmäen apteekki*, Tavastlandsvägen 24, phone: +358 (0)2 276 4740, www.nummenmaenapteekki.fi
- *St. Henriks apotek/Pyhän Henrikin apteekki*, Kalevavägen 41, phone: +358 (0)2 275 2150, www.pyhahenrik.fi
- *Kräkkärrets apotek/Varissuon apteekki*, Littoistentie 81, phone: +358 (0)2 07 349 120, www.varissuonapteekki.fi

The pharmacies situated in the center of **Vaasa** or close to the student apartments are:

- *Vasa centralapotek/Vaasan keskusapteekki*, Hovrättsesplanaden 15, phone: +358 (0)6 319 1100, www.apocentral.fi
- *Apoteket Vasa Minimani/Apteekki Vaasa Minimani*, Skeppsgatan 13, phone: +358 (0)6 319 6400, www.apteekkivaasaminimani.fi
- *Brändö apotek/Palosaaren apteekki*, Brändövägen 19, phone: +358 (0)6 317 8923, www.palosaarenapteekki.fi
- *Gamla apoteket/Vanha apteekki*, Vasaesplanaden 13, phone: +358 (0)6 357 5300, www.vanha-apteekki.fi

The Finnish social security card (Kelakortti/Fpa-kort) should be presented in order to get a partial refund of the medication cost.

6.11 Dental care

Dental care for international non-degree exchange students

Exchange students have the same right to the Finnish healthcare as other foreigners who live in Finland. From the municipal healthcare, exchange students can only get urgent healthcare. Therefore, to get non-urgent healthcare, exchange students need to have health insurance for the whole stay in Finland. However, students from the EU/ETA countries or Switzerland can get necessary healthcare from the municipal healthcare by showing the European Health Insurance Card.

www.eu-healthcare.fi/healthcare-in-finland/moving-to-finland/

In case of emergency

In Finland, the patient always has the right to urgent care from the municipal healthcare, regardless from which country they have come to Finland or why they are in Finland.

Emergency services during weekdays (Monday-Friday):

- Åbo: 08:00–15:30, tel. +358 (0)2 266 0644 health care appointment booking service
- Åbo: 16:00–18:30, tel. +358 (0)2 313 1564 joint emergency services
- Åbo: Other times, tel. +358 (0)2 313 8800 joint emergency services
- Åbo: For persons with hearing impairment, an SMS text message service is available: +358 (0)50 592 4740
- Vasa: 116 117, Mon.-Thurs. from 15:00–08:00, Fri. from 14:00–08:00

Saturdays, Sundays, and midweek holidays:

- Åbo: 09.00–11.00, tel. +358 313 1564 joint emergency services
- Åbo: Other times, tel. +358 (0)2 313 8800 joint emergency services

- Åbo: For persons with hearing impairment, an SMS text message service is available: +358 (0)50 592 4740
- Vasa: 116 117, 24/7
- Vasa: Information about Emergency Services patients +358 (0)6 213 1310

Non-urgent dental care

Several private clinics offer non-urgent dental care services. Students who have a private health insurance may have the expenses covered by their insurance. It is recommended to contact the insurance company before visiting private clinics.

The European Health Insurance Card entitles to medically necessary treatment at any public dental healthcare facility. Contact the municipal health care appointment booking service,

Åbo: tel: +358 (0)2 266 0644 (Mon–Tue: 07.30–15.30, Wed–Fri 8:00–15:30).

Vasa: tel: +358 (0)6 218 9100

The health centre charges a client fee based on a fixed scale of charges. There are also charges for different treatments, which can vary depending on the procedure (approximately €8–€220). For students under 18, dental treatment is generally free of charge.

6.12 Other Health Services

Turku

- **Psychology Unit.** Appointments and advice at 08:15–16:00, phone (02) 266 1062, free of charge. Referral by a public health nurse or physician is needed.
- **Laboratory Services** Appointments and advice, Mon–Fri 07:00–14:30, phone (02) 313 6321, free of charge.
- **Radiology** Appointments and advice, Mon–Fri 08:00–15:30, phone (02) 313 3633. Make an appointment for yourself, a referral is needed, free of charge.

Vaasa

- **Laboratories**

Vaasa Central Hospital, Hietalahdenkatu 2-4, first floor,
Mon-Fri 7:00–15:00 (by referral only).

Vasaesplanadens provtagningscentral, Vasaesplanaden 19,
Mon-Fri 7:00–15:00, referral and queue number.

- **Radiology**

Vasa Central Hospital Sandviksgatan 2–4, (by referral only).

Tel: +35862132472

- **Mental health services**

A) *Horisontti Mental Health Centre* (adults over the age of 25),

Vasaesplanaden 20 B 2.

Tel: +358 06 325 2800

Mon 10:00–12:00, Tue–Thu 9:00–16:00, Fri 9:00–15:00

B) *Klaara Mental Health Office* (25-year-olds and younger),

Kyrkoesplanaden 28.

Tel: +358 (0)6 325 2850

Mon 10:00–18:00, Tue–Thu 9:00–16:00, Fri 9:00–15:00

C) *Psychosocial Center, Southern District, Vasaesplanaden 17, floor 6,*

Tel: +358 (0)6 2181415

Mon–Fri 10:00–12:00

D) *Vasa mental health crisis group, Vasaesplanaden 17, floor 6,*

Tel: +358 (0)40 550 1990

Mon–Sun 08:00–16:00

E) *Protection home, Magasingatan 12.*

24h. Open around the clock.

Tel: +358 (0)6 312 9666

Health Care Centre's On-Call Service

If you are unsure about the need for professional medical care (illness, bruises, etc.) you can contact the Health Care Centre's On-Call service (24/7). The professionals will assess your need for medical care and guide you to it if needed, phone: +358 (0)2 313 8800 (Åbo) or +358 (0)6 213 1001 (Vasa).

During work hours (Mon–Fri 8:00–16:00), please contact your own municipal health care centre or Student Health Service (if you are eligible to be treated there) for guidance.

7 Welfare Benefits

7.1 Child Day Care

Child Day Care Services

Day care, pre-school education and playground activities are arranged for children under school age (7 years). Day care offers an environment where the child is able to play, learn and participate in everyday routines. The premises, equipment and materials of day care are tailored to suit the age and needs of the child.

An early childhood education plan is the guideline for all municipal and private day care centres and family day care centres follow. The following day care alternatives are available:

- Municipal day care centre
- Private day care centre
- Family day care or three-family day care
- Play club activities

Åbo

Municipal services are offered in **Finnish and Swedish**. Please see:

www.turku.fi/en/daycare-and-education/day-care-and-early-childhood-education

Private day care centres offer day care in several languages:

Daycare Daisy (Finnish/English)

Studentbyn 25 B (Student village)

20540 Åbo

email: daycare@daisy.fi

www.daisy.fi

L'Hexagone (Finnish/French)

Slottsgatan 64

20100 Åbo

Phone: +358 (0)40 0914 235

email: info@hexagone.fi

www.hexagone.fi

Wendy House (Finnish/English)

Fjärde linjen 3

20100 Åbo

Phone: +358 (0)45 113 0803

email: leikkikoulu@wendyhouse.fi

www.wendyhouse.fi/index.php/fi/

Miskatalo (Finnish/Russian)

Hantverkaregatan 12

20100 Åbo

Phone: +358 (0)50 409 0292

email: info@miskatalo.fi

Trivium Kiddy Care (Finnish/English)
Lemminkäinenkatu 32
20520 Åbo
Phone: +358 (0)40 147 7314

Steiner-päiväkoti Pikkutammi
(Finnish/Swedish/German/English/
russian) Studentbyn 20B (Student
Village) 20540 Åbo
Phone: +358 (0)40 504 8819
info@turunsteinerpaivakoti.fi
www.turunsteinerpaivakoti.fi

Vasa

For information about municipal day care centres and family day care in Vasa please check the website of the City of Vasa: www.vaasa.fi/en/living/early-childhood-education-and-schools/-ceb3516f

There is also a Finnish/English day care centre in Vasa:

Vaasa English Playschool (Finnish/English)
Teirinkatu 5 65350 Vasa
Phone: +358 (0)50 330 7712
www.vaasaenglishplayschool.fi/?lang=en

Pre-School

Pre-school education is aimed at children in the year they turn six years old. The children will attend one year of pre-school education before their compulsory education starts. Pre-school education is free of charge. Day care, if needed, is liable to charge.

For more information about pre-school education in Åbo, see:
www.turku.fi/en/daycare-and-education/child-day-care-pre-school-education-and-play-club-activities/preschool

For more information about pre-school education in Vasa see:
www.vaasa.fi/en/living/early-childhood-education-and-schools/#ceb3516f

Baby-sitting

The Mannerheim League for Child Welfare (*Mannerheims Barnskyddsförbund/Mannerheimin Lastensuojeluliitto* MLL) offers you help with childcare. The League's childcare service is meant to meet temporary and short term needs for childcare assistance. The Mannerheim League for Child Welfare has a pool of babysitters. They are trained and suitable to work with children. Qualified babysitters hold a valid license issued by MLL. Further information:
www.mll.fi/en/short-term-child-care-services/

7.2 Schools

Everyone living in Finland receives free basic education provided by the local authority.

Basic Education, Grades 1–9

The Ministry of Education has accepted the grounds for the basic education curriculum. The municipal basic education curriculum for grades 1–9 is based on those grounds, and all schools in the Åbo and Vasa regions follow the curriculum. It is for all youngsters between 7 and 15 years.

Basic education is given in the schools of Åbo in Finnish at 33 schools, in Swedish at 4 schools and in English at the Turku International School (<https://sites.utu.fi/tis/>). In addition to the schools administrated by the City, the University of Turku Normal School and Steiner School also operate in Turku.

Vasa City maintains 14 Finnish-speaking and 5 Swedish-speaking schools that provide basic education. Basic education is also offered at the Swedish-speaking state school Vasa Övningsskola (teacher training school) and the private schools Vaasa Christian School and Vaasa Rudolf Steiner School.

For more information about basic education in Åbo, see:

www.turku.fi/en/daycare-and-education/basic-education

For more information about basic education in Vasa, see:

www.vaasa.fi/en/living/early-childhood-education-and-schools/basic-education/-ceb3516f

Upper Secondary Education

Upper secondary education is given in the schools of Åbo in Finnish at 6 schools, in Swedish at Katedralskolan i Åbo and in English at the Turku International School (<https://sites.utu.fi/tis/>).

In addition to the upper secondary schools administrated by the city, also the University of Turku Normal School and Steiner School operate in Turku.

In Vasa upper secondary education is given in Finnish at Vaasan lyseon lukio and in Swedish at Vasa gymnasium, Vasa Övningsskola (incl. IB program) and Vasa svenska aftonläroverk.

Turku International School

Turku International School was founded in 2003 and is primarily aimed for international children living either temporarily or permanently in Åbo. Additionally, Finnish children returning home after several years abroad attend this school.

Language competence tests are organized by the school for non-native English-speakers. The English language test is obligatory. The school offers grades 1–9 in basic education as well as upper secondary education based on the International Baccalaureate Diploma Program.

For more information and application, see: <https://sites.utu.fi/tis/>

7.3 Social Benefits for Families

Families are supported in Finland through various forms of services and income transfers. The municipality of residence (*hemort/kotikunta*) gives access to municipal services, such as child day care and health care services.

Most social security benefits are provided by Kela/FPA, the Finnish Social Insurance Institution of Finland. Eligibility for Finnish social security benefits are based on residence in Finland. If you intend to move to Finland permanently, you will normally be covered by the Finnish social security system and will qualify for Kela benefits as soon as you move to Finland.

Coverage under the Finnish social security system is applied for by filing the Kela form Y 77e. **Students moving to Finland for the sole purpose of studying are considered to be resident in Finland temporarily. The exception to this are students moving from another Nordic country who can gain social security coverage in Finland if they are recorded in the Finnish population register as resident in Finland.**

Here are some examples of family benefits:

- The child day care fee is determined by the family's size and earnings. Low-income families are not required to pay any fees. Financial assistance is also available for private care if a child under school age is cared for by a private day care provider.
- Maternity and child welfare clinics attend to women who are expecting or have given birth to a child, as well as children under school age.
- Parental allowances: Expectant mothers and mothers who have given birth receive maternity allowance, which is usually determined based on the mother's earnings. Fathers can apply for paternity allowance for the period of paternity leave taken after the child has been born. After the period of maternity allowance has come to an end, one of the parents can apply for parental allowance. The parental allowance period ends when the child is about nine months old.

WELFARE BENEFITS

- Kela/FPA pays a monthly child benefit for children under the age of 17 residing in Finland.
- For a complete list of benefits for families with children, see www.kela.fi/web/en/families.

All benefits for families with children can be applied for on Kela's website.

8 Housing

There are several alternatives for arranging your accommodation in Åbo and/or Vasa. Please note that most visiting scholars stay in the guest house or guest apartments of the host university. These apartments need to be booked by the host department well in advance. However, the Student Village Foundation also houses visiting staff and their families regularly if there is room in the foundation's apartments.

8.1 Housing in Åbo

Student Village Foundation (TYS)

The Student Village Foundation of Turku, *Turun Ylioppilaskyläsäätiö (TYS)/ Studentbystiftelsen i Åbo*, is an independent foundation that provides housing for students in Åbo and Rauma. In Åbo there is the East and West Student Village situated approximately 1.5 km from campus and in Varissuo, approximately 6 km from campus, there is another housing called Iltakajo.

Turku student village foundation

Inspektorinkatu 12A

20540 Åbo

Phone: +358 (0)2 275 0200

e-mail: office@tys.fi

www.tys.fi/en

The rent for **TYS flats and rooms** varies from €222–1,000 per month depending on the type of flat. The rent includes electricity, water, heating, and internet (an additional internet cable may be required). When living in a TYS flat you will have saunas, laundries, and common rooms at your disposal.

An **online application for housing** must be submitted to the housing office no less than six weeks before the beginning of the studies in Finland. For all fixed-term leases with a duration under 12 months, the Student Village Foundation charges an admission fee of €60.

New leases will not be subject to a security deposit. However, if you have a payment default, a security deposit equalling three month's rent will be charged.

Note that researchers or PhD students are offered rentable flats with basic

furniture, which does not include mattresses or lamps. Please note that priority is given to basic degree students.

For more information, please read the instructions by TYS on their homepage <https://tys.fi/en>. Please note that housing payments might vary from year to year so be sure to check the latest information from TYS.

Tavasthem student residence

At Tavasthem ÅAS provides student accommodation in the heart of Turku, close to both campus and the city centre with all the best restaurants in town. At Tavasthem you can choose to relax in the comfort of your own room or to socialize with the rest of the tenants in the Tavasthem-community.

Tavasthem was renovated in 2017 and has 44 updated rooms in which modern comfortability and architect Erik Bryggmans' signature mid-century style coexists in balance. There are both studio apartments (approx. 16m²) and two-room apartments (approx. 32m²) at Tavasthem.

The price range is 406–605 euros.

Most of the apartments have their own refrigerator, WC, and a space for a microwave. Some of the two-room apartments also have their own showers and stove.

All tenants have access to the communal kitchens, showers, and laundry room. Furthermore, the rent includes weekly communal sauna shifts and WiFi. The house is also home to a gym, event venues, an esthetician and the popular lunch restaurant Kårkafé Kåren where students can enjoy a meal for a small sum.

The refundable security deposit is equal to two months of rent. All leases are signed for a minimum period of 12 months. If you have any questions, do not hesitate to contact our real estate coordinator Nora Möller at uthyrningar@studentkaren.fi or by phone: +358 (0)2 215 4650.

For more details check out www.studentkaren.fi/en/housing/.

8.2 Housing in Vasa

The Student Housing Foundation in Vasa (VOAS)

The Student Housing Foundation in Vasa, VOAS, offers housing for students in Vasa. The rent varies depending on the type of flat and location. For more information, please visit their website, where you can also apply for housing.

VOAS

Hartmaninkuja 4, 65100 Vasa

Phone: +358 (0)6 327 6530, Mon–Fri 10:00–15:30

e-mail: asuntotoimisto@voas.fi

www.voas.fi/VOAS?setlang=13

Lärkan

Åbo Akademi University and Novia UAS have an agreement with Lärkan to provide a certain number of **apartments or rooms for exchange students**. Lärkan offers student apartments 1.2 km from the university, close to the railway station and the city center. The rent varies between €250 and €700 depending on the type of housing. For more information, please visit their website, where you can also **fill in a housing application**.

Lärkan

Realia Disponentervice Ab

Strandgatan, 65100 Vasa

Phone: +358 (0)10 228 8100

e-mail: larkan@realia.fi

<https://studiebostader.fi/en/>

8.3 Private Market Flats

If you prefer to rent a flat elsewhere in Åbo or Vasa, get in touch with any of the housing agencies. Please note that flats on the **private market** are often rented for a minimum of one year and are rarely furnished. There are housing agencies that specialise in serving students, for instance:

OVV Asuntopalvelut Turku

Hantverkargatan 18, 20100 Åbo

Phone: +358 (0)40 840 1390

e-mail: turku@ovv.com

www.ovv.com

You can try www.vuokraovi.com which also has information in English.

In addition, you can check the advertisements in the local newspapers *Turun Sanomat* (Åbo), *Åbo Underrättelser* (Åbo), *Vasabladet* (Vasa), *Österbottens tidning* (Vasa) and *ilkka-pohjalainen* (Vasa), under *vuokrattavana/uthyres*, or you can put your own request to rent a flat in any of these newspapers. **Social media** can also be of help, there are groups for the purpose of finding flats for rent e.g. on Facebook.

The Student Union also has a few rental flats in Åbo mainly for students. Contact them for further information www.studentkaren.fi/en/contact-information/.

Buying a Flat

A foreigner living in Finland has the right to buy a flat. The statutes of certain housing associations may prohibit transfer of its shares to foreigners. If you encounter any such restrictions, you can apply for special permission from the Advisory Committee for Foreigners' Investments of the Ministry of Trade and Industry. You can also contact a real estate agent or lawyer to assist you in such matters. Foreigners' rights to land and house ownership are restricted only in exceptional situations.

8.4 Practical Matters Related to Housing

There is various **information to student housing** in Finland for international students, which might be helpful even if you do not live in an official student accommodation, e.g., these three:

Finland's Student Housing Ltd, www.soa.fi/en

Turun Ylioppilaskyläsäätiö, <https://tys.fi/en>

VOAS <http://guide.voas.fi/?page=Resident+guide>

The Starting Package (exchange students only)

The Student Union of ÅAU (ÅAS) and Novia UAS (Novium) provide a starting package service for exchange students in Åbo and Vasa. Exchange students at ÅAU may borrow this package, which contains household items, after having paid the Student Union Fee. Exchange students at Novia UAS can borrow the starting package without having paid the Student Union Fee. Please schedule a time for picking up the Starting Package. **The Starting Package in Åbo costs €70, which consist of a €50 deposit and the Starting Package in Vasa costs**

€80, which consists of a 60 deposit, after returning the packages in a good and clean condition, you'll get your deposit back.

The package includes a pillow, blanket, two curtains (only in Åbo), a cooking pot, a sharp cutting knife, a dinner and a soup plate, a glass and a mug, cooking items (spatula/ladle), a knife, fork, spoon, teaspoon, and a can opener.

The Starting Package Office in Åbo
Rektorsåkersgatan 4B (basement)

www.tyy.fi/en/students/starting-package-storage

e-mail: startingpackage@utu.fi

limited opening hours, check their website for closer details

The Starting Package in Vasa

Academill, room C224, Strandgatan 2.

e-mail: havtornen@studentkaren.fi.

For more information, see <https://www.studentkaren.fi/en/starting-package/>.

Electricity

The electric current in Finland is 230 V, 50 Hz. The power sockets (plugs) are according to European standards (two-pin continental sized).

Home Insurance

Regardless of where you live, home insurance is recommended. In case of any damage to the apartment caused by carelessness or, for example, home appliances (e.g. water damage), the tenant must compensate the owner of the apartment for the repair costs. If the tenant has home insurance, the costs will usually be paid by the insurance company. Additionally, home insurance will cover the belongings of the tenant. In case of e.g., burglary, the home insurance will cover any possessions stolen (excess required).

Internet Connection – Tavasthem student residence in Åbo

There is an internet connection in all the Tavasthem apartments. The network is supplied by ÅAU, so it is the same internet connection agreement you sign at arrival. You can use the connection immediately with a network cable. For Wi-Fi, see Eduroam below. Please note that you might need to bring or acquire a network cable yourself.

Internet Connection – Student Village Foundation Accommodation in Åbo

There is an internet connection in all the Student Village Foundation apartments. When signing the lease, you are required to sign an internet connection agreement and you can use the internet straight away with a network cable. **Please note that you might need to bring or acquire a network cable or a Wi-Fi router yourself.** Further information on tariffs, general regulations and agreements you can find at: <https://www.yok.fi/en/frontpage/>

Internet Connection – Privately Rented Flat

You can get an Internet connection with a student discount through your host university (most commonly ADSL). Contact ICT services (see chapter 2.10) for further information. It is illegal to access the internet through someone else's wireless network without the owner's permission.

Eduroam

Eduroam is a worldwide roaming access service developed for the international research and education community. Åbo Akademi University and Novia UAS are members of Eduroam. Eduroam offers a safe and **easy wireless connection to the Internet free of charge.** University members can use the Eduroam network in other Eduroam organizations around the world.

Lost keys

You usually do not need a key to lock the door of a flat in Finland. This means that you might accidentally forget the keys in your room/flat and lock yourself out.

Lost keys – Tavasthem in Åbo

If you live in Tavasthem, you can borrow a spare key from the ÅAS service point during opening hours. It is free of charge, but you must be able to prove your identity. The spare key must be returned as soon as possible.

If you lock yourself out after opening hours and don't want to wait until the service point opens again, you can call the following number: +358 (0) 207 491 491 (TaloTeam). Door opening is chargeable (ca €50). The fee can be paid to the service man immediately or it can be charged later. The caretaker on duty will immediately require seeing some proof of identity and will only open the door to the apartment's official tenant(s).

Lost keys – Student Village Foundation Accommodation in Åbo

If you live in a flat or room provided by the Student Village Foundation in Åbo, you can get a **spare key** from their offices during office hours. It is free of charge, but you must be able to prove your identity. The spare key must be returned as soon as possible. **If you lock yourself out after office hours or during the weekend and you cannot wait until the morning of the next weekday, you can call door opening services Arkea Oy:**

+358 (0)2 284 6998 (except for Auringonnousu and Iltakajo)

+358 500 523 759 for Auringonnousu and Iltakajo

Door opening is chargeable (€40–50). The fee can be paid to the service man immediately or it can be charged later. The caretaker on duty will immediately require seeing some proof of identity and will only open the door to the apartment's official tenant(s). Please check with your landlord how you can get a spare key (Lärkan, VOAS, Retrodorm etc.).

Lost Keys – Privately Rented Flat

Always call the caretaker or the caretaker company. You can find the address and **telephone number of the caretaker (or company) on a notice board by the entrance of the building.** You must prove your identity. Charges for opening the door vary between companies and depending on the time of the day or night.

Laundry – Tavasthem

There is a washing machine and dryer in Tavasthem.

The usage of the machine is paid by mobile phone. The price is a little under €2/per use. Please note that prepaid accounts need to have a certain amount of money stored in order to pay the laundry service.

All laundry reservations are made on a list outside the laundry room.

Laundry – Student Village Foundation Accommodation in Åbo

There are washing machines in the Student Village and in other student accommodations. Please check the different terms of usage and instructions for the laundry room that you are entitled to use.

The usage of the machines in the Student Village Foundation accommodations is paid online through TYS Booking. The price is around €2/per use. Please note that prepaid accounts need to have a certain amount of money stored to pay the laundry service. If the reservation hasn't been taken to use in 15 minutes after its start, the machine becomes available for others to use. All laundry reservations are made online. You can access

the online reservation from the Student Village Foundation's webpage: <http://booking.tys.fi/auth/login>. If you are unable to use your reserved slot, please cancel it on the webpage.

Laundry - Privately Rented Flat

Finland does not have a lot of the usual laundry/laundromat service that exists in many countries. **Usually, apartment buildings have a laundry room where tenants can do their laundry.** These are reserved only for the use of tenants of the building or group of buildings. If you need a laundry service somewhere else, see <https://24pesula.fi/en/locations/#kartta>. Pretty much all other laundry services are dry cleaners.

Laundry service

24 Pesula, Finland 24/7

<https://24pesula.fi/en/home/>

Example of a dry cleaner service: Sol Pesupalvelu

Åbo

Köpmanngatan 11, phone +358 (0)40 779 7243

Gertrudsgatan 3, phone +358 (0)40 779 7242

Vasa

Storalånggatan 40, phone +358 (0)40 779 7232

Repairs – Tavasthem in Åbo

If your residence is in need of repair (for example if the faucets leak or the door locks are broken), you should contact the caretaker company TaloTeam at asiakasposti@taloteam.fi.

Try to be as precise as possible when identifying the defect. Please note that replacing light bulbs in your room/flat is the responsibility of the resident.

In case of emergency repair contact the caretaker company TaloTeam, phone +358 (0) 207 491 491.

Repairs – Student Village Foundation Accommodation in Åbo

If you live in a Student Village Foundation flat and your residence is in need of repair (for example if the faucets leak or the door locks are broken), you should fill in a request for repair form, which is available online: <https://tys.fi/en/fault-report-and-maintenance>. Try to be as precise as possible when identifying the defect. **Please note that replacing light bulbs is the**

responsibility of the resident. Special light bulbs are sold, for example, at the housing office. In case of emergency repair in the Student Village Foundation flats in Åbo, contact the caretaker company *Arkea*, phone +358 (0)5 00523 759.

Repairs – Privately Rented Flat

You can call the caretaker or the caretaker company of your building. The contact information is available on the noticeboard of your building, usually placed by the building's main entrance.

8.5 Recycling

Recycling is common in Finland and especially the paper recycling rate is among the highest in the world. Recycling is the one of the easiest ways to **protect the environment**. In addition to recycling paper, glass, metal, and cardboard, normal mixed waste should be sorted into burnable waste and landfill waste. Sometimes composting is also available for bio-waste.

Note that most bottles and cans can be returned to grocery stores, and you will then receive some money back in return.

Most residential buildings or groups of buildings have their own **recycling bins** in the yard or the residential area. If your building does not have recycling bins, you can usually find them next to bigger supermarkets as well. On the different containers or next to them, there are usually instructions on what you can put where.

If you don't recycle, although we strongly recommend that you do, please make sure that you do not put your garbage in containers where it does not belong (e.g. all household garbage in the recycling bin for paper).

Åbo

Turun Ekotori, Reuse Centre

Rautakatu 12, Itäharju 20520 Åbo

phone +358 (0)44 700 7400

<https://www.turunekotori.fi>

Accepts small amounts of hazardous waste (e.g. batteries, fluorescent lamps, different solvents).

Topinoja waste treatment centre

Långholmsgatan 7, 20380 Åbo

Hazardous waste from households and electrical and electronic scrap. For additional information see: <https://www.lsjh.fi/en/>

Vasa

Vasa has a slightly different recycling system where cardboard is not recycled separately but sorted with burnable waste (see <http://www.stormossen.fi/en/frontpage/> for a more extensive guide).

9 Travel and Transport

Åbo and Vasa are both fairly small cities and distances are short. It is easy to get around on foot or by bike. Note, however, that you should not walk in the marked bicyclist's lane, but in the lane marked for pedestrians. For your own safety, cross the street only when the lights are green and remember to wear a reflector tag when it is dark. For longer distances, the public transport systems are at your service

9.1 Biking

It is often faster to go by bike than by car in Åbo and Vasa. Remember to install a light on your bike and use it when it's dark, and make sure your bike has reflectors. Both are regulated by law, and **you can get fined if you ignore these regulations**. We also recommend you wear a helmet and always lock your bike to prevent it from being stolen. Note that bikers are only allowed to bike on the sidewalk when it is specifically marked that bikers are allowed (bike lane or combined bike/pedestrian lane). At other times bikers must keep to the road and follow regular traffic rules. At the tourist information offices, you can ask for a map of the biking lanes in the city:

Visit Turku

Auragatan 4

20100 Åbo

Phone: +358 (0)2 262 7444

info@visitturku.fi

<http://visitturku.fi/en>

Map: <https://opaskartta.turku.fi/>

Visit Vaasa

Rewell Center

65100 Vasa

Phone: +358(0)6 325 1145

visit.vaasa@visitvaasa.fi

<https://vaasa.fi/en/see-and-experience/>

Map: <https://kartta.vaasa.fi/>

Most of the bicycle shops sell second hand bikes as well as new ones. You can also find used bikes at recycling centres and flea markets (such as Turun Ekotori in Åbo, see chapter 8.5) or online flea markets on Facebook. The police arrange an auction twice a year where they sell unclaimed found/stolen bikes.

In Åbo, the bus company, FÖLI, also provides city bikes which are mainly for a short-term use, but they also provide tickets from a day up to a year. For more info about the city bikes go to www.foli.fi/en/föli-bikes

There are also three dockless electric scooter companies operating in Åbo, Lime, Voi and TIER, which you pay for every minute you ride. More info can be found at www.li.me/, www.voiscooters.com/ and www.tier.app/en/.

In Vasa you can rent a bike from Visit Vaasa or Bike shop-pyöräliike Viertola, see www.vaasa.fi/en/see-and-experience/stories-from-the-vaasa-region/vaasa-city-day-on-foot-or-on-a-bike/. There are also two dockless electric scooter companies operating in Vasa, Voi and TIER, which you pay for every minute you ride. More info can be found at www.voiscooters.com/ and www.tier.app/en/.

9.2 Buses, Taxi, Car Rental and Trains

City buses

Bus stops are marked by yellow/black or blue/white signs. The yellow ones indicate bus stops for the Åbo/Vasa City Transport Service and the blue ones for long distance buses. The numbers given at the bus stops with a yellow sign indicate which buses stop there.

To get on a bus, wait at the right bus stop and be prepared to signal, by waving your hand, to the driver that you want to get on the bus. You must always get on the bus through the doors closest to the front.

To get off the bus, press the 'stop' button at a reasonable distance beforehand to indicate to the driver that you wish to get off. You should always get off through the doors in the middle or back of the bus.

Students are eligible for discounts prices on bus cards. However, you must be registered as a student and present either a valid student card or stamped form from the university. Bus cards can be bought at the bus office, Föli in Åbo and Wasa City Bus in Vasa. Please keep in mind that many students collect their bus cards at the beginning of the academic year and that the queues might be long. Prepare, if possible, the necessary papers in advance.

<i>Åbo</i>	<i>Vasa</i>
Föli Monitori Market Square	Wasa City Bus
Aurakatu 8	Övre Torget 4
20100 Åbo	65100 Vasa

Bus timetables are found online, in printed form at the local transport service office and sometimes at the bus stops. See <https://www.vaasa.fi/en/living/traffic-and-streets/public-transport/schedules-and-routes/#ceb3516f> and www.foli.fi/en.

Åbo

Online Trip Planner: <https://reittiopas.foli.fi/>

With the “FÖLI” app you can also find buses and buy mobile tickets.

Vasa

Online trip planner: <https://vaasa.digitransit.fi>

For more information about costs, timetables, routes etc., please visit their offices or websites.

Long Distance Buses

With a Finnish student card or a student card issued by Matkahuolto, **exchange and degree students can get a substantial reduction on long distance bus fares. PhD or visiting students cannot buy tickets at reduced student rates.**

The main bus stations in Åbo and Vasa are:

Åbo

Åbo Bus terminal
Aningaisgatan 20
20100 Åbo

Vasa

Vasa Bus Terminal
Ratakatu 17
65100 Vasa

For more information about timetables, fares, and routes, visit Matkahuolto at: www.matkahuolto.fi/en. You can also find cheap tickets from Onnibus at: <https://www.onnibus.com/home>. Both companies offer routes between the bigger cities in Finland.

Trains

All railway traffic in Finland is handled by the state owned railway company VR (www.vr.fi). **Exchange and degree students with a Finnish student card, or a temporary certificate issued by VR, have the right to a discount on long distance fares.** The discount varies between 30% and 50% depending on the time and route you wish to travel. Students also get a 50% discount on one-way tickets and serial tickets with local trains.

Please note that if you cannot present a Finnish student card or a student card issued by VR or Matkahuolto onboard the train, you will have to buy a new ticket for the full price. **Note that PhD and visiting students cannot buy discounted student tickets.**

Åbo

Åbo Railway Station (*Turun rautatieasema/Åbo järnvägsstation*)
Bangårdsgatan 37, 20100 Åbo

Kupittaa/Kuppis Railway Station,*(Kupittaaan rautatieasema/Kuppis järvägststation)*

Joukahainengatan 6, 20520 Åbo

*Vasa***Vasa Railway Station** *(Vaasan rautatieasema/Vasa järnvägsstation)*

Bangatan 1, 65100 Vasa

For more information about the opening hours of the train stations, ticket prices, timetables etc., please visit VR's website: www.vr.fi.

Taxi

Taxis in Finland are more expensive than in many other countries. To get a taxi you should call and order one. Flagging taxis in the streets is rare and may not work. You can also get a taxi from the taxi stations. Since July 2018, Finland has a deregulated taxi industry and the prices will vary depending of the company or provider in question. It is good to ask the taxi driver about the price before the trip begins.

Phone number to taxi companies:

In *Åbo*, call +358 (0)2 10041, or visit www.taksiturku.com

In *Vasa*, call +358 (0)6 100 411 or +358 (0)600 300 11, or visit www.taksivaasa.fi/en/

The apps 02 Taksi, Valopilkku, Yango and Über can also be used to order a taxi. Yango and Über doesn't work in Vasa.

Car Rental

To be able to rent a car in Finland you must be at least 20 years old and have had your driving license for at least one year prior to renting. For more information, please contact the car rental companies directly, for instance:

Autovuokraamo Sixt, <http://fi.sixt.com>

Avis car rental, www.avis.fi

Budget, www.budget.fi

Hertz, www.hertz.fi

Europcar, www.europcar.fi

9.3 Temporary Accommodation

Åbo

The webpage www.visitturku.fi/en has a collection of places to stay in Åbo and in the neighbouring areas.

Vasa

See the website: <https://www.vaasa.fi/en/>

In addition to **hotels**, there are **hostels**, **Airbnb**, **B&B's**, and **companies offering apartments** for longer stays. You may also be able to find **cottages for rent in the archipelago**.

If you plan to travel in the rest of Finland, we recommend you have a look at www.visitfinland.com/ for tips on where to stay, how to travel and things to see and do.

10 Services

10.1 Bank Services

There are several banks (*bank/pankki*) operating in Åbo and Vasa, for example:

Aktia, www.aktia.fi

Liedon osuuspankki (Åbo), www.poppankki.fi

Kyrönmaan osuuspankki (Vasa), www.poppankki.fi

Nordea, www.nordea.fi

Osuuspankki, www.op.fi

Danske Bank, www.danskebank.fi

Ålandsbanken, www.alandsbanken.fi

Cash Withdrawal

You can use Finnish bank/credit cards and also foreign credit cards to withdraw money from self-service cash machines – ATMs – known as "Otto", (*bankautomat/pankkiautomaatti*) that are open round the clock. Please check with your own bank for possible charges when withdrawing money.

International Credit and Payment Cards

The main international credit and payment cards accepted in Finland are **Visa and Master Card** and some of the brands' sub cards like **Visa Electron and Maestro**. These cards are accepted in major department stores and restaurants. Please check beforehand with the place where you wish to do your purchase if they accept the card you want to use. Also note that **most transactions require that you use your PIN code to verify the transaction.**

Money Exchange

You can change money in most banks in Finland. Please note that not all currencies will be immediately available. For more information, visit your own bank in Finland. You can also visit the money exchange bureau Forex in Åbo:

Forex

Eriksgatan 13, 20100 Åbo

<https://www.forex.fi/en>

Office Hours

Most banks are open Mon–Fri and closed Saturdays and Sundays. Cash services are usually limited and advice services with appointment booking. Please **check the exact opening hours for your bank** at their website.

Opening a Bank Account

If you are an EU/EEA citizen and stay in Finland for less than a year you do not need to open a bank account, especially if you have online/internet banking with your bank in your home country.

In order to **open a Finnish bank account**, you need to have an active address in Finland. Please fill in and send the change of address notification before trying to open a bank account in Finland. You might also need a Finnish Personal Identity Code and proof of reason for staying in Finland.

Service fees vary from bank to bank but opening a bank account is free of charge in some banks. Comparing the banks is often difficult, but most of them offer students and young people under 26 self-service packages free of charge. These include an ATM-card, usually a debit card, for cash withdrawals. For additional services, a fee will be charged. Price lists are available at the bank counters and online. **In case you are unsure or encountering problems, ask if your tutor can join you for the bank meeting.**

Paying Bills

Cheques are not used in Finland. During your stay, there will be many different fees and bills, like your rent, that you are required to pay. This is mainly done through internet banking, which is the easiest and cheapest way to pay your bills. Some banks may offer direct payments for monthly bills. Ask your bank for further information. The fee for a payment made at the bank counter by a bank official varies.

10.2 Post

The mail in Finland is handled by a government owned company called *Posti*. Posti offers its services all around Turku and Vaasa. Mostly, they provide their services through other companies (e.g. R-kioski, K-Market,

K-Citymarket). Please look up the nearest service station on the internet.

For information about opening hours, postal codes, and prices, check the webpage: www.posti.fi/en.

Stamps can be bought at most grocery stores, kiosks, bookshops, and department stores. Prices for international delivery depends on destination country and the weight, please see <https://www.posti.fi/en>.

10.3 Telephones

There are no public payphones in Finland. Instead, almost everyone has a mobile phone.

Mobile Phones

The major operators in Finland are *Telia*, *Elisa* and *DNA*. The operators' tariffs, service fees and campaign offers may vary significantly, so it is advisable to just ask around at the different operator offices. For more information ask any shop selling mobile phones.

For exchange students, the easiest and most reasonable option is to get a pre-paid connection. These pre-paid connections can be bought in any R-Kiosk and in the operator specific shops. These do not require deposits or any official documents.

International Calls

If both you and the recipient have access to a computer connected to the internet, then **Skype** (www.skype.com) and similar programs are excellent options for making international voice calls for free.

With fixed or mobile phones, you can make direct calls to most countries from Finland. For a list of countries, codes, and charges, please check the telephone directory.

Number Inquiries

There are two service numbers for national number inquiries:

- *118* (Prices depend on service provider, see <https://www.118.fi/> for further information in Finnish).

- 020202 Service (www.fonecta.fi)

There is only one service number for international number inquiries:

- 020208
- From abroad +358 202 05

10.4 Internet Connection

Once you have your username and password for the computer services offered by the university you can use the **Wi-Fi available on campus** (Eduroam). There are also other places where you can get internet access for free or for a low cost:

Åbo

- *Luckan*, Auragatan 1 B, <http://abo.luckan.fi>
- *Sokos Wiklund*, Eriksgatan 11
- *Åbo City Library* Slottsgatan 2, the internet can be used free of charge. For longer sessions you need to book in advance. A library card is required to make the booking. Please see www.turku.fi/library

Vasa

- *Galleria Wasa*, Vasaesplanaden 17
- *Vasa City Library*, Biblioteksgatan 13
- *Hesburger*, Handelsesplanaden 11
- *Espresso House - Espen Vaasa*. Hovrättsesplanaden 16

It is worth noting that Finland has an advanced and broad cellular network. It is common that people use their mobile network and therefore Wi-Fi is less common in public places.

10.5 Eating and Drinking

Students with a valid student card can get **cheap lunches at the student restaurants on campus**.

Eating out is fairly expensive in Finland. Some restaurants serve **lunch on weekdays for €8–11**. In the city centre of Åbo and Vasa (and along the river Aura in Åbo) there are many nice restaurants, some of which also serve lunches. There are also several cafés that offer coffees, cakes, sandwiches and sometimes salads.

For tips about cafés and restaurants, visit the tourist information offices or have a look at their websites (Åbo: www.visitturku.fi/en, Vasa: www.vaasa.fi/en/see-and-experience/), or **talk to some of the local students**. They may have some

good advice!

If you're in Åbo, don't miss the river boats that lie mostly on the east side of the riverbank between the bridges Aurabron (Auransilta) and Kvarnbron (Myllysilta). Some of them offer food whereas others function as bars.

Student Cafeterias and Lunch Restaurants

Åbo

On the **Åbo ÅAU campus** there are five student restaurants that serve lunches on weekdays. These are:

- *Kårkafé Arken*, Arken building/Fabriksgatan 2
- *Kårkafé ASA*, ASA building/Fänriksgatan 3
- *Kårkafé Aurum*, Aurum Building/ Henriksgatan 2
- *Kårkafé Kåren*, the Student Union Building Kåren/Tavastgatan 22

For more information about opening hours, lunch menus etc., see <https://www.karkaferna.fi/en/lunch>.

There are also similar restaurants on the University of Turku Campus. These are:

- *Ravintola Assarin Ullakko*, Finnish Student Union Building/ Rektosåkersgatan 4 A (lunch also on Saturdays)
- *Ravintola Galilei*, Agora/Vattenborgsvägen 3
- *Ravintola MacciaVelli*, Educarium/Assistensgatan 5
- *Ravintola Dental*, Dental/Lemminkäinengatan 2

For more information about opening hours, lunch menus etc., see <https://www.unica.fi/en/restaurants/>.

Vegetarian restaurant *Keidas* at Nylandsgatan 3 also serves lunch for the student price of €2,70. See their Facebook page “Kasvisravintola Keidas” for more information.

Vasa

On the **Vasa ÅAU campus** there are two student restaurants that serve lunches on weekdays. These are:

- *Restaurang Alexander*, Academill/Strandgatan 2
- *Café Ann-Mari*, Academill/Strandgatan 2

There are also similar restaurants on Brändö that serve student lunches:

- *Restaurant W33*, Novia UAS/Wolffskavägen 33
- *Café Techno*, Technobothnia/Brändö
- *Cotton Club and Buffet*, Yliopistoranta 2
- *Tervahovi*, Vaasa University/Wolffskavägen

Juvenes has four restaurants and three cafés around the campus area at Brändö:

- *Ravintola Alere*, Wolffskavägen 27-31
- *Ravintola Mathilda*, Wolffskavägen 31
- *Ravintola Alma* (for staff), Wolffskavägen 34
- *Café Alere*, Wolffskavägen 27-31
- *Café Wolff's Street*, Wolffskavägen 30
- *Café Oskar*, Wolffskavägen 34

For more information about opening hours, lunch menus etc., see:

- *Restaurant Alexander*: <https://abo-academi.ravintolapalvelut.iss.fi/abo-academi>
- *Café Ann-Mari*: <https://abo-academi.ravintolapalvelut.iss.fi/kahvila-ann-mari?nayta=hoiva>
- *Juvenes restaurants*: <https://juvenes.fi/ravintolat-vaasa/>

The lunches include a warm meal, salad buffet, bread and a beverage. To get the lunch for the student price of €2,70 you must present your Finnish student card or a Kela/FPA meal subsidy card. Without any of these cards you will have to pay the full meal price. There is always a vegetarian and/or a vegan option available.

10.6 Other Services

Both Åbo and Vasa offer most services that you need in your daily life. If you need help with finding a company/store offering the service that you need, you can use www.fonecta.fi. The website is only in Finnish but is very easy to use. You enter the name of city you're interested in in the box marked "Paikkakunta". In the other box, marked "Yrityksen nimi tai hakusana", you write a search word in **Finnish** (e.g. 'kahvila' for 'café') or the name of a specific company you're looking for. Press Enter and the site should give you the search results.

Shopping

There are a few things that may be good to know when doing your shopping, both groceries and other things. The words '**ale**' (short for *alennusmyynti*), '*tarjous*', '*erikoishinta*', '*erbjudande*' and '**rea**' (short for *realisation*), mean '**sale**', '**special offer**', '**discount**' etc. In grocery stores, items with **tags reading -30% or -60% (21:00–)** are on discount. This can be due to closeness to the expiration date or that the item will no longer be available in the store.

The opening hours of shops vary so check the opening hours of your local food store. Most department stores and grocery stores are open from 9:00/10:00 to 19:00/21:00 during weekdays, from 9:00/10:00 to 17:00/18:00 on Saturdays, and from 12:00 to 18:00 on Sundays. Some small shops that sell only groceries are open to 23:00 every day. There are some 24-hour grocery stores aswell. Bookshops, clothes shops etc. are usually open from 9:00/10:00 to 17:00/20:00 weekdays, from 9:00/10:00 to 14:00/19:00 on Saturdays and 11:00 to 18:00 on Sundays.

N.B. On **public holidays** (see list at the end of this guide) some shops are closed and on the eve of a public holiday they close at the same time as on Saturdays. If a public holiday falls on a Saturday, some shops are open on the following Sunday. Grocery stores are usually open even on public holidays, but with a narrower timeframe. Most shops also post information about holiday hours in advance.

The following shops are **grocery stores**:

- *Prisma* (also department store)
- *S-Market*
- *Sale*
- *K-Citymarket* (also department store)
- *K-Supermarket*
- *K-Market*
- *Lidl*
- *Minimani* (Vasa only)
- *Tokmanni*
- *Halpa-Halli* (Vasa only)

The bigger shops are usually slightly cheaper than the smaller ones, but the smaller ones are also often open longer than the bigger ones. To find your nearest grocery store, check these webpages:

- *Prisma, S-Market, Sale*: www.s-kanava.fi/web/s/myymalat-ja-palvelut%20

- *K-Citymarket, K-Supermarket, K-market* : https://www.kesko.fi/en/customer/stores/#grocery_trade
- *Lidl*: www.lidl.fi/myymaolaet
- *Minimani*: www.minimani.fi/minimani-myymalat
- *Tokmanni*: www.tokmanni.fi/stores

Note that **grocery bags cost about 10-20 cents**, but they are roomy, sturdy and reusable. They also double nicely as trash bags. You pack your own bags when you pay at the cashier in the grocery store. Nowadays you can also find tote bags in the grocery stores which cost you a little bit more but allow you to use them for a much longer time.

Alcohol is not sold in grocery stores except for beer, cider, and long drinks with an alcohol content of no more than 5.5%. All other alcoholic beverages are sold at **Alko** (<https://www.alko.fi/en/shops-services>). Alcohol is not sold in stores before 9:00 and after 21:00.

The age limit for the purchase of beer, cider and wine is 18, for stronger drinks 20. Most bottles and cans can be returned to grocery stores and in return you will get some money back (*pant/pantti*). Note that some bottles bought from Lidl can only be returned to Lidl.

Second Hand Shops

There are second hand shops in both Åbo and Vasa. For temporary Sunday flea markets check your local newspaper or the newspaper *Turkulainen* (in Åbo) under *Kirpputorit*. You can also look for flea market groups on Facebook. At www.kirppikset.info/ you can look for flea markets and second-hand shops in different cities. Many of the second-hand shops sell clothes, but some also have kitchen utensils and furniture for instance.

Lost Property

The **Lost Property Office** holds everything found in public areas. Some department stores, hotels, and companies also have their own 'lost and found' departments. In Åbo there are also some private lost and found companies who work with certain bars, restaurants, and bus companies for instance. Everything that is found in these places can be picked up from the private lost property offices.

Åbo

The Lost Property Office

Vasa

The Lost Property Office

<i>(Hittegodsbyrån/Löytötavaratoimisto)</i>	<i>(Hittegodsbyrån/Löytötavaratoimisto)</i>
Police Station	Police Station
Eriksgatan 40–42	Korsholmsesplanaden 45
20100 Åbo	65100 Vasa
Phone: +358 (0)295 445 179	Phone: +358 (0)295 415 517
Email: loytotavara.turku.lounais-suomi@poliisi.fi	

Åbo

Private Lost Property Office in Åbo
(Varsinais-Suomen Löytötavaratoimisto Oy)
Satakundavägen 1
20810 Åbo
<https://loytotavara.net>

If your luggage was lost or damaged during the flight to Finland, contact the information desk at the airport immediately upon arrival. Look up the contact information of the airline in question through the website of the specific airport you arrived at. All this information is available at the website of the *Finnish Civil Aviation Administration*: <https://www.finavia.fi/en>.

11 Recreation

11.1 Culture

Åbo and Vasa offer a great variety of cultural experiences that you can discover during your stay. There are **choirs, theatres, cinemas, dance theatres and performances, museums, and orchestras and bands who give concerts, as well as festivals and other cultural events**. If you need help with finding events and things to do, contact the **tourist information** offices or have a look at their websites. You can also ask around among your local friends or check with the Student Union or your subject's student association as they sometimes organize trips to the theatre or cinema.

The **city of Åbo** has rather good information about cultural events and e.g., museums on their website as well. The **city of Vasa**'s website offers some links to cultural events to. It may also be a good idea to like the cities on Facebook and get updates about upcoming events that way.

Åbo:

Visit Turku: www.visitturku.fi

Student Union ÅAS: www.studentkaren.fi

Student Union Novium: www.novium.fi

City of Åbo: www.turku.fi

www.facebook.com/turunkaupunki

Vasa:

Visit Vaasa: www.visitvaasa.fi

Student Union ÅAS: www.studentkaren.fi

Student Union Novium: www.novium.fi

City of Vasa: www.vaasa.fi

www.facebook.com/vaasankaupunki

Remember to ask about student discounts! Sometimes it is possible to get a discount by showing your Finnish student card.

11.2 Sports at ÅAU and Novia UAS

Åbo

CampusSport Turku-Åbo is a collaboration between the universities and universities of applied sciences in Åbo. The collaboration extends to Åbo Akademi University, Novia University of Applied Sciences, the University of Turku, Turku University of Applied Sciences and Diaconia University of Applied Sciences. **The member fee is €73 per academic year and €48 for a semester (2022–2023).**

CampusSport organizes sport services for students and staff. It offers you instructed group exercises, five gyms, ball sports and different courses. There are over 100 hours of sport opportunities every week! The exercise schedule and registration information can be found on the CampuSport website: www.campusport.fi/en/. Please also visit the website or their Facebook www.facebook.com/campusportturku for more information.

Educarium's customer service

Phone number: +358 (0)50 327 5665

email: info@campusport.fi

Carl Myberg, Sports Instructor

Phone number: +358 (0)40 5599 465

email: carl.myberg@abo.fi

Vasa

In Vasa the sport activities are arranged by the ÅAU and students from other universities in Vasa are also welcomed to take part of the sport activities. The sports fee in Vasa is €50/academic year or €30/35/term.

Most activities are offered against a small fee that you pay each time you participate (e.g. €2/class. Some **sport activities** are organized by the student union/university. The activities include, for instance, Zumba, body pump, capoeira, yoga, salsa, badminton, and football. There are also **gyms**, both on campus and public ones where students at ÅAU can get a discount.

For more information, see: <http://blogs2.abo.fi/aausportsvasaenglish/> or the Facebook page: <https://www.facebook.com/vasamotion/> You can also contact the sport instructor at the university:

Anki Stenkull-Aura, Sports Instructor

Sports Office

Academill, room B430

Strandgatan 2, 65100 Vasa

Phone number: +358 (0)6 324 71 61 / +358 (0)50 3677 914

email: astenkul@abo.fi

11.3 Other Sporting Activities

If you prefer to join a local team or club, have a look at the city website for more information on what's available:

Åbo: www.turku.fi/en/culture-and-sports/sports

Vasa: www.vaasa.fi/en/living/freetime/exercise-and-outdoor-activities/#ceb3516f

There are also **jogging tracks** (some with outdoor exercise equipment) and **fields and parks** where you can play football, volleyball etc. free of charge. For more information on where you can find these, visit the city websites, or ask for a map at the tourist information or the city sports office:

Åbo

Åbo City Sports Services Centre

(Åbo Stads Idrottsbyrå)

Blombergsgatan 4

Tel: +358 (2) 262 3232

Vasa

Sport Services

www.vaasa.fi/en/

11.4 Other Free Time Activities

There are plenty of other free time activities you can do while in Finland. Again, check the website of your city to see what they can offer, and **ask your tutor or other locals for tips**. There are also **student associations** for different activities, such as choirs and folk dancing, which international students are welcome to join. Have a look at the Student Union's website for more information about the student associations, see: www.studentkaren.fi/en/student-associations/. You can also have a look at the **adult education centres in town**, which offer courses in various fields: languages, singing, drawing, handicraft, dance etc. A small fee is charged for most courses.

Åbo

Åbo Svenska Arbetarinstitut (*Arbis*)

Kaskisgatan 5 (5th floor)

20700 Åbo

Phone: +358 (0)44 907 4737

Email: arbis@edu.turku.fi

<https://blog.edu.turku.fi/arbis/info-in-english/>

Vasa

Alma Adult Education Centre

Rådhusgatan 31

65100 Vasa

Email: alma@edu.vaasa.fi

www.vaasa.fi/en/living/freetime/alma-adult-education-centre/#ceb3516f

12 Associations

Finland has sometimes been referred to as the promised land of registered associations. Finland has approximately ca 108 000 (2022) registered associations and many social occasions are organized through associations.

12.1 Student Associations

The student life can and should be a lot of fun! There are many student clubs and associations within each department or faculty. These clubs and associations arrange seminars, social events, and excursions. For complete information on

ÅAS: www.studentkaren.fi/en/student-associations/

Novium: www.novium.fi/whatwedo

ESN

The Erasmus Student Network (ESN) is an international student organization active in 42 countries. Its purpose is to help international students during their stay in another country. ESN sections in Åbo and Vasa organize a wide range of activities for international students throughout the academic year. The sections want to make all international students feel welcome and offer them unique Finnish experiences such as ski and skating events, sauna evenings, trips to neighbouring countries and parties. The organized events are open to all internationally minded people.

For more information check the ESN Finland website: <https://esnfinland.eu>.

ESN ÅA, joint for ÅAU and Novia UAS:

- <https://www.esnfinland.eu/esn-abo-akademi>
- <https://esnabo.org>
- <https://www.facebook.com/EsnAboAkademi>
- <https://www.instagram.com/esnaboakademi/>

ESN Vaasa, joint for higher education institutions in Vasa:

- <https://www.esnfinland.eu/esn-vaasa>
- <https://www.esnvaasa.net/>
- <https://www.facebook.com/esnvaasa>
- <https://www.instagram.com/esnvaasa/>

ELSA - Åbo

The *European Law Students' Association (Elsa)* offers international activities for law students and young lawyers. Co-operation with other branches of *Elsa* as well as with other international student organizations in Åbo is seen in seminars, conferences and various parties and get-togethers. *Elsa* has also been involved in mentoring law students from abroad. For further information, see <https://fi.elsa.org/en/turku-2/>.

ISHA Turku

International Students of History Association (ISHA) is an international, independent, non-profitable network for all who are interested in history and related subjects. The main goal of the organization is to develop contacts between history students in different countries, in order to break the traditional interpretation of historiography for the benefit of a more international and broader viewpoint. ISHA–Turku is a collective organization of history students at Åbo Akademi University and the University of Turku. For more information, see <https://ishaturku.wordpress.com>.

ISAV – International Students' Association of Vaasa

ISAV (International Students' Association of Vaasa) is a young non-profit organization which aims to support international degree and PhD students. Culture and career are their main focuses. The goal is to increase and improve the interaction among and between the international students and the Finnish society by facilitating student-to-student and company-to-student interactions. For more information, see: <https://www.facebook.com/ISAVaasa/>.

12.2 Religious Communities

University chaplains, one on each campus, are at your disposal (religious or not). They also offer free counselling. For more information, please contact:

Åbo

Mia Pusa (ÅAU and Novia)

e-mail: mia.pusa@evl.fi

Phone: +358 (0)44 480 8327

Vasa

Hanna Jern (ÅAU)

email: hanna.jern@evl.fi

Phone: +358 (0)44 480 8327

In addition to the university chaplains, the following congregations and religious organisations can be sought out for spiritual advice or comfort.

Evangelical Lutheran Mission of Turku (for students)

(Opiskelija- ja koululaislähetys, OPKO)

Hämeenkatu 5 b 13

email: johannes.ahtola@opko.fi

<https://opko.fi/opiskelijat/turku/>

Logos Ministries of Finland

(Kansan Raamattuseura, KRS)

Hannu Välimäki

email: hannu.valimaki@sana.fi

phone: +358 (0)400 793 451

<https://kansanraamattuseura.fi/krs-info/english/>

Young Women's Christian Association (YWCA)

(Turun NNKY)

This association arranges e.g. Host Family Programs for international students

Lilla Tavastgatan 12 A, 20500 Åbo

email: toimisto@nnkyturku.fi

phone: +358 (0)400 821905

<https://ywca.fi/english/>

Young Men's Christian Association (YMCA)

(Turun NMKY)

www.ymcaturku.fi/

Sirkkalagatan 27, 20700 Åbo

Churches and Other Religious Congregations in Åbo

- There are several churches in Åbo. They change locations frequently so please consult the web for updated information. Some of them are:
- *Adventist Congregation*, Universitetsgatan 29 A
- *Baptist Congregation*, Luostarinkatu 12
- *Church of Latter Day Saints (Mormons)*, Tallbackaplan 18
- *Free Church*, Tureborgsgatan 10
- *Islamic Congregation*, Universitetsgatan 7
- *Jehovah's Witnesses*, Kastalgatan 4
- *Jewish Congregation and synagogue*, Brahegatan 17 B
- *Orthodox Church of St. Alexandra*, Universitetsgatan 19 B
- *Pentecostal Congregation*, Allégatan 6 B
- *Roman Catholic Church*, Ursingsgatan 15 A
- *The United Methodist Church in Turku*, Ekmansgatan 4

Churches and Other Religious Congregations in Vasa

There are several churches and religious congregations present in Vasa, please consult the web for information on alternatives and activities.

- *Sion Congregation i Vasa*, www.sion.fi
- *Vasa Mission Covenant Church*, www.vasamissionskyrka.fi
- *Vasa Baptist Congregation*, www.baptist.fi/vasa
- *Vasa Methodist Congregation*, <http://vasa.metodistkyrkan.fi/node/1>
- *Salvationarmy, Vasasection*, <https://www.pelastusarmeija.fi/paikkakunnat/vaasa>

12.3 Other Associations

Atheist/Agnostic or Sceptical Associations

Turun vapaa-ajattelijat (Freethinkers Union), see vapaa-ajattelijat.fi/turku/

Skepsis ry (critique of paranormal), www.skepsis.fi

Environmental Organisations

Turun Luonnonsuojeluyhdistys (Environmental protection), Martinsgatan 5, <http://www.sll.fi/site-actions/english>

Maan Ystävät (Friends of the Earth) Aurinkotehdas, Kyrkovägen 6–10, <http://www.maanystavat.fi/english>

LGBT Associations

The *Sexual Equality association (SETA)* is a nationwide association for sexual minorities. For further information contact: *Turun Seudun Seta* Ursininkatu 11 lh 54, <https://en.seta.fi/> (nationwide) and www.tusetta.fi/tusetta-in-english/ (local association for Åbo). *Spektri* is an organization for lesbian, gay, bisexual, and transgendered students at the universities in Åbo. *Spektri* organizes a multitude of free time activities, such as parties, excursions, trips, and cultural events. Please check the website <https://www.spektriry.fi/> for more information.

Associations for people with disabilities

There are several associations for people with different types of disabilities, for example MS, impaired hearing or vision, and mobility disabilities. More information about the associations can be found on www.visitturku.fi/en/visit-turku-en/information-visit-turku/sustainability/accessibility where you can also find useful information regarding accessibility to many public and private services in Åbo.

Scouts

You can get in touch with the different scout groups in Åbo by contacting the local Scout Office (*Partiotoimisto*) at Västerlånggatan 13, Phone +358 (0)50 312 9420. Questions concerning nationwide scouting can be directed to partiotoimisto.lsp@partio.fi. See also www.lounaissuomenpartiopiiri.fi. *Akateeminen partiokilta ry* is an association for scouts studying at the universities in Åbo. For more information, see <https://tyyala.utu.fi/partiokilta/>.

13 Further reading: Useful websites

General information:

General information about Finland

www.finland.fi/

Finnish Tourist Board

www.visitfinland.com

General information about Åbo

www.turku.fi/en

General information about Vasa and Event calendar for Vasa

www.vaasa.fi

www.vaasa.fi/en/events/

Weather information and forecast

www.foreca.fi

<https://en.ilmatieteenlaitos.fi>

Yle News - Finland's English-language news desk

www.yle.fi/uutiset/osasto/news/

infoFinland – Guide for living in Finland

www.infofinland.fi

Moving to, Living in & Working in Finland.

www.expats-finland.com

Studying in Finland:

Whom should I contact? Student support.

<https://abofi.sharepoint.com/sites/intra-en-study/SitePages/Support-Network-for-Well-being-at-Åbo-Akademi-University.aspx>

Studies at Åbo Akademi University

<http://www.abo.fi/en/study/>

International Affairs of Åbo Akademi University
www.abo.fi/en/study/study-abroad/exchange-students/

Studies at Novia University of Applied Science
www.novia.fi/novia-uas/

International Affairs at Novia University of Applied Science
www.novia.fi/study/exchange-/international-office

Finnish National Agency for Education
www.studyinfinland.fi/

Culture:

Culture in Åbo
www.visitturku.fi/en

Event calendar for Åbo
<https://kalenteri.turku.fi/en/events/calendar>

Culture in Vasa
www.vaasa.fi/en/see-and-experience/culture-in-vasa-and-vasa-region/

Åbo Akademi University on social media:

International affairs
www.facebook.com/internationalaboakademi

Åbo Akademi University
ww.facebook.com/aboakademi
www.twitter.com/aboakademi
www.youtube.com/user/aboakademi
www.instagram.com/aboakademi/

Tuudo app:
www.tuudo.fi/en

Novia University of Applied Sciences on social media:

www.facebook.com/NoviaUAS/

<https://twitter.com/noviauas>

www.youtube.com/user/NoviaUAS

www.instagram.com/yrkeshogskolannovia/

Apps:

- Emergency Service:
112 Suomi
- Northern Lights:
My Aurora Forecast – Northern Lights & Aurora Borealis Alerts
- Weather in Finland:
The Finnish Meteorological Institute’s Weather
- Maps:
Finland Offline Map + City Guide Navigator,
- Unsold, delicious food from quality restaurants:
ResQ Club
- Food-delivery and ordering food from restaurants:
Wolt, Foodora
- Study tools, student cards and discounts
Tuudo, Frank

14 Miscellaneous

14.1 Finnish Manners and Customs

Greeting

When Finns introduce themselves to people they have not met before, they often shake hands. When Finns meet friends or people they know, they simply just say “Hello”. Younger people sometimes greet each other with a hug.

Punctuality

Most Finns are punctual both at work and in their social life. When you are off to meet somebody, you might want to arrive five minutes early rather than five minutes late. A mobile phone comes in handy if you are delayed, and it’s polite to let your contact know that you will arrive late.

Queuing

Waiting for your turn when queuing is an unwritten rule in Finland. Finns can be strict about queuing, and you should never try to cut the line. However, you should be aware that “queuing” does not solely refer to standing in line. It generally refers to almost any situation where there are people waiting for their turn to do something. Most importantly it means waiting for one’s turn and showing respect for those who came before you. Queuing systems with numbered note-sized pieces of paper are quite common.

Telephone Etiquette

There are no public telephones in Finland, but practically everyone has a mobile phone. It is considered impolite to use a mobile phone in situations where it could be disturbing to others, e.g., in lecture halls, meetings, concerts, theatres, churches, or libraries. On the other hand, people often use their mobile phones in public transportation.

Equality and non-discrimination

According to Finnish law, everyone is entitled to be treated equally. Discrimination based on inter alia gender, age, sexual orientation, ethnicity, religion etc. is strictly prohibited. Discrimination is a crime. In Finland, same-sex marriage is legal.

Religion

Finland has freedom of religion and about 66,6% belong to the Evangelical Lutheran Church. However, many Finns are quite secular and religious beliefs are considered to be a very private matter.

Food

Nowadays, the Finnish cuisine is a mixture of European, Scandinavian, and Russian influences. Traditional Finnish food is most commonly eaten on holidays, but there are still some dishes that are eaten throughout the year.

Finns usually eat a rather sturdy breakfast as well as a proper meal for lunch. Lunch is normally served from 11:00–14:00, and dinner around 17:00–19:00. Restaurants serve dinner until late in the evening, but the kitchen usually closes half an hour before the official closing time.

There are several student restaurants at both the Åbo and Vasa campuses, which serve lunch for an affordable price (€2.70 with a Finnish student card) on weekdays. For more information, please see chapter 10.5.

During the year there are several instances when you can sample traditional Finnish foods associated with holidays.

- *Runebergskakelse /Runebergin leivos*, served on February 5th every year, in honor of Finland's national poet Runeberg
- *Fastlagsbulle/Laskiaspulla*, served 46 days before Easter holidays
- *Memma/Mämmi*, served during the Easter holidays
- *Struva & Mjöd/ Tippaleipä & Sima*, served May 1st
- *Julbord/Joulupöytä*, served December 24th for Christmas

Drinks

Finnish tap water is drinkable and has been proven to be purer than many brands of bottled water. It is quite common to drink milk with food as well, also among grown-ups.

The drinking culture differs slightly from other European countries when it comes to alcohol, although the consumption of alcohol per person per year is at a European average. Note that only beer, cider and long drinks with an alcohol content of no more than 5,5% can be bought in regular food stores, whereas other alcoholic beverages are only sold at the Alko stores. Remember to check that your friends find their home after a party, especially during winter so they won't fall asleep somewhere in a cold ditch.

As a fun fact it can be mentioned that some of the Finns are the biggest consumers of coffee in the world and drink as much as five cups of coffee a day.

Tipping

Tipping is not compulsory in Finland and service is included in restaurant bills. Tips are sometimes given when eating in restaurants, but it is not very common when e.g. buying a drink or paying your taxi driver. People usually tip only when the food or service is outstanding. You will not be considered rude if you do not tip.

Smoking

According to Finnish law, smoking is forbidden in all public places, even in bars and restaurants. Normally Finnish people do not smoke inside. This includes both homes and public buildings. Smokers usually go outside, even in the winter. When visiting a Finnish home, smokers should always ask where they are allowed to smoke.

Drugs

Drugs, narcotics and psychoactive substances, are illegal in Finland, this includes cannabis. Finnish customs regularly check mail deliveries from abroad for illegal substances. Drug-related offences can be punished with fines or imprisonment.

Sauna

The sauna (*bastu/sauna*) is an important part of Finnish society. There are over 1.7 million saunas in Finland and almost every house has one. Additionally, saunas are especially popular at summer cottages. However, the importance of the sauna differs from one region to another.

A Finnish sauna is usually heated up to 80-100 °C (176-212 °F). Be sure to take a quick shower or dip in the sea/lake before going into the sauna. You stay in the sauna as long as you are comfortable with, and then go for a swim in the sea or a roll in the snow in the winter. Traditionally, you are naked in the sauna, but that is sometimes overlooked when foreigners are present. There are usually separate turns for women and men, but not within the family.

To learn more about the Finnish sauna, health aspects, history, and recommended bathing procedures, visit the website of the Finnish Sauna Society <https://sauna.fi/en/> and most importantly, try it yourself!

Right of public access

The right of public access, or so-called everyman's rights, (allemansträtten/jokamiehenoikeus) gives everyone in Finland a legal right to enjoy the Finnish countryside for free. This means that you are allowed to move freely in nature and forage for mushrooms and berries without the landowner's permission. However, with these rights come big responsibilities not to damage the environment or disturb others while exercising public access rights, see: www.visitfinland.com/en/articles/finnish-everyman-rights-the-right-to-roam/.

14.2 How to Deal with Culture Shock

Culture shock, though not always as dramatic as the term might imply, is a perfectly normal and temporary reaction when adjusting to a new culture. Not everyone experiences a cultural shock. However, for some people the shock may be quite severe while for others it is easier to cope with.

When living and studying in a new culture, the integration period can last for a while. Surrounded by new people, customs, values, and environment; as one is constantly receiving new information, it is quite common to feel a bit out of place. Individual expectations affect how one reacts to a new country, so try to be open-minded.

Culture shock is not entirely a negative phase to go through. It can be a significant learning experience, after which you are more aware of aspects of your own culture as well as the new culture you have entered. Realizing that you might go through this phase when studying abroad and recognizing the symptoms will help you coping with it. Common symptoms include homesickness, depression, difficulty to concentrate and irritability. Culture shock can also cause physical symptoms such as nausea, insomnia, and loss of appetite.

Stages of Adaptation

When you are experiencing culture shock there are four basic identifiable stages of adaptation. Not everyone goes through these exact stages, but it is quite common to have these feelings when dealing with the positive as well as the negative aspects of a new culture.

1. Euphoria

The new environment is exciting and you are enthusiastic and curious about the new country and its culture. Your own home culture with its habits is still fresh

and active in your mind.

2. Conflict

Feelings of isolation and loneliness are common as you become more aware of the cultural differences. They seem more obvious and maybe frustrating. Familiar things, such as food from home and being with other students from your own country offer comfort. You might reject everything around you and feel hostility towards the new culture. Comparing this new culture to your own is common, and many things seem to be much better at home.

3. Gradual Recovery

You accept the differences and similarities as you become more familiar with the new culture and new situations. You may feel relaxed and more confident in dealing with different aspects of the new culture

4. Acceptance

As you become more involved in different social activities and get to know the people and places around you, you will adapt to the new culture and create some sense of belonging. You may not even realise how well you have adjusted to the new culture until you return to your home country. Then you may experience a reverse culture shock.

Coping

When you are experiencing culture shock, it is important that you deal with it in a constructive way. When you find yourself in the middle of strange surroundings and people you do not know, it is advisable to pursue “a normal life”. Explore your new surroundings and locate useful places such as the post office, shop, bank, the Finnish Student Health Service Centre, and the hospital. Get settled in your apartment and make it cosy.

Introduce yourself to your neighbours and fellow students or researchers. Other newcomers are in the same situation, and you can support each other. Make the best of your time abroad by getting to know Finnish students as well. Take part in different social activities organized by the student associations, e.g. ESN (Erasmus Student Network), ISTU (International Students of Turku Universities) and ISAV (International Students’ Association of Vaasa.

If you are having a hard time coping in the new environment, do not hesitate to talk about it with friends, colleagues, your tutor, teachers, or study advisors.

Talk to your family and keep in touch with your friends back home. If you feel that you need professional help, please contact the Finnish Student Health Service (see chapter 6).

Keep an open and curious mind. If the Finnish social customs puzzle you, do not be afraid to ask questions and get to know the culture, customs, and values better. Also keep in touch with your own culture (for instance a list of churches, temples and mosques can be found in chapter 12.2).

Throughout this period of cultural adaptation, remember to take good care of yourself. **Adapting to a new country, culture and social customs can sometimes be a complex and difficult process but in the end, experiencing new cultures is rewarding and enriching. Relax and fully enjoy your exchange period!**

14.3 Festivities and Public Holidays

N.B. 2022–2023

On public holidays some shops are closed or have shorter opening-hours. On the eve of the holiday, they usually close at the same time as on Sundays. During public holidays the universities are closed, and public transportation follows the timetables for Sundays.

Almost all days on the following list are public holidays. In case they are not, but still are celebrated in some way, it is noted in the text.

November 5: All Saints' Day (*Alla helgons dag/ Pyhäinpäivä*)

On All Saints' Day, people light candles on the graves of their loved ones. Halloween-like events also occur but are not traditional.

November 13: Father's Day (*Farsdag/Isänpäivä*)

December 6: Independence Day (*Självständighetsdagen/Itsenäisyyspäivä*)

The Independence Day is a solemn celebration of Finnish independence. Some people light two candles in the windows between 18:00 and 20:00. A Presidential Independence Day Reception is organized in the Helsinki Presidential Palace on December 6, where the president acts as host for some 2000 guests. It is quite common for people to say that they are attending the ball when in reality they are watching it live on TV.

December 13: Lucia Day (*Luciadagen/Lucian päivä*)

Lucia Day is not a public holiday, but one of the most traditional Scandinavian festivities, celebrated in the Swedish-speaking parts of Finland, as well as in Sweden and Norway, in memory of the Italian Saint Lucia. In Åbo, you can witness the Saint Lucia procession in the Cathedral.

In Vasa, you can witness the crowning of Saint Lucia in the Trefaldighetskyrkan (eng. Vaasa church) before the actual day. On the 13th of December you can follow the procession through the centre of the town and join in the traditional Christmas dances in the town hall of Vasa afterwards.

December 24–25: Christmas Eve and Day (*Julafton/Jouluaatto, Juldagen/Joulupäivä*)

Christmas is celebrated on Christmas Eve, although it is not a public holiday,

and is traditionally spent with family and close friends at home, whereas Christmas Day (public holiday) celebration traditions vary somewhat throughout the country.

December 26: Boxing Day (*Annandag jul/Tapanin päivä*)

Boxing Day is a public holiday.

December 31–January 1: New Year’s Eve & Day

(*Nyårsdagen/ Uudenvuodenpäivä*)

Note that only the New Year’s Day is a public holiday, but the celebrations take place already in the evening of New Year’s Eve, which is not a public holiday.

January 6: Epiphany (*Trettondagen/Loppiainen*)

A Christian holiday that marks the end of the religious Christmas time.

February 21: Shrove Tuesday (*Fastlagstisdag/Laskiainen*)

Shrove Tuesday is not a public holiday but is quite widely celebrated among students. The main event in Åbo is the sledging competition on Vårdberget/Vartiovuori.

April 7 - 10: Easter (*Påsk/Pääsiäinen*)

Easter is celebrated in a fairly calm manner, and shops are closed throughout Easter except on Easter Saturday.

May 1: May Day (*Vappen/Vappu*)

A big day of celebration among students and workers. The night before, April 30th, is also celebrated. Current and former students of all ages are wearing student overalls and their traditional white student caps and thousands of people gather on Vårdberget/Vartiovuori and Puolalabacke/Puolalanmäki in Åbo to celebrate. In many bigger university towns picnics are organized on May 1. April 30th is not a public holiday, whereas May 1 is.

May 14: Mother’s Day (*Morsdag/Äitienpäivä*)

May 18: Ascension Day (*Kristi himmelfärdsdag/ Helatorstai*)

A Christian holiday that celebrates Christ’s ascension to heaven. There are no special celebrations.

May 28: Whitsunday/Pentecost (*Pingst/ Helluntai*)

A Christian holiday where the event of the holy spirit descending to the apostles is remembered. There are no special celebrations.

June 24–25: Midsummer’s Eve and Day (*Midsommar/Juhannus*)

Midsummer is celebrated on Midsummer’s Eve which is not a public holiday, although shops may close earlier than usual. Midsummer’s Day is a public holiday. The cities may feel emptier than usual as many Finns spend Midsummer at their summer cottages.

14.4 Glossary of University Terms

English–Finnish–Swedish

Applying

Academic year	Lukuvuosi	Läsår
Admission criteria	Valintaperusteet	Urvalsgrunder
Admission/entrance requirement	Pääsyvaatimus	Inträdeskrav
Application	Hakemus	Ansökan
Application deadline	Hakuajan päättyminen	Sista ansökningsdatum
Application form	Hakulomake	Ansökningsblankett
Application period	Hakuaika	Ansökningstid
Application procedure	Hakumenettely	Ansökningsprocedur
Basic degree/first degree	Perustutkinto	Grundexamen
Degree programme	Koulutusohjelma	Utbildningsprogram
Degree requirements	Tutkintovaatimukset	Examenskrav
Entrance examination	Valintakoe	Urvalsprov
Faculty	Tiedekunta	Fakultet
Field of education/ branch of study	Koulutusala	Ämnesområde
School leaving certificate	Päästötodistus	Slutbetyg
Financing	Rahoitus	Finansiering
Matriculation examination	Ylioppilastutkinto	Studentexamen
Open university	Avoin yliopisto	Öppna universitetet
Postgraduate degree (after Master's level)	Jatkotutkinto	Postgradual examen
Postgraduate education	Jatkokoulutus	Postgraduala studier
Postgraduate student	Jatko-opiskelija	Foktorand/licentiand
Research grant	Tutkimusapuraha	Forskningsstipendium
Scholarship/grant	Apuraha	Stipendium
Semester/term	Lukukausi	Termin
Study guide	Opinto-opas	Undervisningsprogram

Study programme	Opinto-ohjelma	Utbildningsprogram
University/academic degree	Korkeakoulututkinto	Högskoleexamen
University/institute of higher education	Korkeakoulu/yliopisto	Högskola/universitet

Registration

Register/enroll	Ilmoittautua	Att skriva in sig
Registration form	Ilmoittautumislomake	Inskrivningsblankett
Registration period	Ilmoittautumisaika	Inskrivningsperiod
Study register	Opintorekisteri	Studentregister
Transcript of records	Opintosuoritusote	Studieutdrag
Tuition fee	Lukukausimaksu	Terminsavgift

Studying

Advanced studies	Syventävät opinnot	Fördjupade studier
Book examination	Kirjatentti	Boktent
Course	Kurssi, opintojakso	Kurs
Credit	Opintopiste	Studiepoäng
Degree	Tutkinto/oppiarvo	Examen/(lärograd)
Department	Laitos	Institution
Elective studies	Vapaat opinnot	Fritt valbara studier
Essay	Essee	Essä/upsats
Examination/test	Koe, tentti	Tentamen
Examination	Kuulustelu	Tentamenstillfälle
Examiner	Kuulustelija	Examinator
Field of research	Tutkimusala	Forskningsområde
Final examination	Loppukuulustelu, lopputentti	Sluttentamen
Grade	Arvosana	Vitsord
Guest lecture	Vierailuluento	Gästföreläsning
Intermediate studies	Aineopinnot	Ämnesstudier
Lecture	Luento	Föreläsning

Lecture hall	Luentosali	Föreläsningssal/ auditorium
Major subject	Pääaine	Huvudämne
Master's thesis	Pro gradu-tutkielma, gradu	Avhandling pro gradu
Maturity test	Kypsyysnäyte	Mognadsprov
Minor subject	Sivuaine	Biämne
Natural sciences	Luonnontieteet	Naturvetenskaper
Optional	Vapaasti valittava	Fritt valbar
Proseminar	Proseminaari	Proseminarium
Reading room	Lukusali	Läsesal
Reform of degree structure	Tutkintorakenneuudistus	Examensreform
Research	Tutkimus	Forskning
Science	Tiede	Vetenskap
Studies	Opinnot	Studier
Study module	Opintokokonaisuus	Studiehelhet/modul
Subject	Aine, oppiaine	Ämne
Summer university	Kesäyliopisto	Sommaruniversitet
Teacher	Opettaja	Lärare
Teacher education	Opettajankoulutus	Lärarytbildning
Textbook	Kurssikirja	Kursbok
Thesis	Tutkielma	Avhandling
Voluntary	Vapaaehtoinen	Frivillig

Abbreviations

Autumn semester	sl, Syyslukukausi	ht, Hösttermin
Credit	Opintopiste	sp, Studiepoäng
Hours per week	vt, Viikkotunti	h, Veckotimmar
Lecture hall	ls, Luentosali	aud, Föreläsningssal/auditorium
Semester/term	lk, Lukukausi	Termin
Spring semester	kl, Kevätlukukausi	vt Vårtermin

Documents

Diploma Supplement	Korkeakoulututkinto- todistuksen liite	Betygsbilaga (för internationellt bruk)
Degree Certificate	Tutkintotodistus	Examensbetyg
Degree Thesis/Degree project	Lopputyö	Examensarbete
Degree regulations	Tutkintoasetus/ Tutkintomääräys	Examensstadga
Certificate	Todistus/Asiakirja	Intyg
Extract from the study register	Opintosuoritusote	Studieprestationsutdrag
Transcript of records	Opintorekisteriote	Studieregisterutdrag
Study Certificate	Opintotodistus	Studieintyg

Master's Degree	Ylempi korkeakoulututkinot	Högre yrkes- högskoleexamen
Degree Thesis/Degree Project	Opintonäyte	Lärdomsprov
Master's Degree Thesis	Opintonäyte ylempää korkeakoulututkintoa varten	Lärdomsprov för högre YH examen
University of Applied Science	Ammattikorkeakoulu	Yrkeshögskola
Bachelor's Degree	Ammattikorkea- koulututkinto	Yrkeshögskole- examen
Bachelor's Studies	Ammattikorkea- koulupinnot	Yrkeshögskolestudier

Places at the University

Computing Centre	ATK-keskus	Datacentralen, DC
Course Book Library	Kurssikirjasto	Kursboksbiblioteket
Faculty library	Tiedekunnan kirjasto	Fakultetsbiblioteket
Faculty office	Tiedekunnan kanslia	Fakultetskansliet

FSHS (Finnish student Health Service) International Office Language Centre	YTHS (Ylioppilaiden terveydenhoitosäätiö) Kansainväliset palvelut Kielikeskus	SHVS (Studenternas hälsovårdsstiftelse) Internationella enheten Centret för språk och kommunikation
Library Main Building Student Service Office Student Village	Kirjasto Päärakennus Opiskelijapalvelut Ylioppilaskylä (Yo-kylä)	Biblioteket Huvudbyggnaden Studiebyrå Studentbyn

Others

Acting	Viransijainen (vs. or vt.)	Ställföreträdande
Administration	Hallinto	Förvaltning
Archives	Arkisto	Arkiv
Copy card	Kopiokortti	Kopieringskort
Copying machine	Kopiokone	Kopieringsmaskin
Degree	Tutkinto	Examen
Degree system	Tutkintojärjestelmä	Examenssystem
Employment office	Työvoimatoimisto	Arbetskraftsbyrå
Excerpt	Ote	Utdrag
Form	Lomake	Blankett
Foundation	Säätiö	Stiftelse
Health centre	Terveyskeskus	Hälsovårdscentral
International student	Ulkomaalainen opiskelija	Internationell student
Job/profession	Ammatti	Yrke
Leave of absence	Virkavapaa	Tjänsteledighet
Library card	Kirjastokortti	Lånekort
Ministry for Foreign Affairs	Ulkoasiainministeriö	Utrikesdepartementet
Office/bureau	Virasto, toimisto	Byrå
Personnel/staff	Henkilökunta	Personal

Publication	Julkaisu	Publikation
Rector	Rehtori	Rektor
Research and Education Services	Tutkimus- ja koulutuspalvelut	Forsknings- och utbildningsservice
Researcher/scientist	Tutkija	Forskare
Social Insurance Institution of Finland	Kansaneläkelaitos (Kela)	Folkpensions-anstalten (Fpa)
Social security number	Henkilötunnus	Personbeteckning
Student card	Opiskelijakortti	Studiekort
Student nation	Osakunta	Nation
Student union	Ylioppilaskunta	Studentkår
Subject association	Ainejärjestö	Ämnesförening
Tax Administration	Verohallinto	Skatteförvaltningen
University services	Yliopistopalvelut	Universitetsservice

Personnel Titles

Curator	Amanuessi	Amanuens
Docent/senior lecturer	Dosentti	Docent
Head of Academic and Student Affairs	Opintopäällikkö	Studiechef/utbildningskoordinator
Head of Education (for the study programme in...)	Koulutusvastaava	Utbildningslinjeansvarig
Head of Department	Osastonjohtaja	Avdelningschef
Head of Degree Program	Koulutusohjelmavastaava	Programansvarig/ Utbildningsansvarig
Head of International affairs	Kansainvälisen osaston vastaava	Chef för internationella ärenden
International Coordinator	Kansainvälinen koordinaattori	Internationell koordinator
Coordinator	Koordinaattori	Koordinator
Course Coordinator	Kurssivastaava	Kursansvarig

Officer with various administrative affairs	Planerare/ koordinator	Högskolesekreterare
Dean	Dekaani	Enhetschef/ Dekanus
Student Counsellor	Opinnohjaaja	Studiehandledare
Student Affairs Officer	Opintosihiteeri	Studiesekreterare
Study Advisor	Opintoneuvoja	Studierådgivare
President/ CEO	Rehtori	Rektor/VD
Professor	Professori	Professor
Senior Lecturer	Akatemialehtori	Akademilektor
Principal Lecturer	Ylempi opettaja	Överlärare
Lecturer	Luennoitsija	Föreläsare
University Teacher	Yliopistonopettaja	Universitetslärare
Part-time Teacher	Tuntiopettaja	Timlärare

Degrees

For a complete list of degree programs and their names at ÅAU, please see: www.abo.fi/en/study/.

For a complete list of degree programs and their names at Novia UAS, please see: <https://www.novia.fi/study/degree-programmes/>.

14.5 Glossary of Other Useful Words and Expressions

Please note that Finnish and Swedish use three additional letters:

- Å, å is pronounced like in the English word FOR
 Ä, ä is pronounced like in the English word CAT
 Ö, ö is pronounced like in the English word EARN

Useful phrases

Swedish	Finnish	English
God morgon!	Hyvää huomenta!	Good morning!
God dag!	Hyvää päivää!	Good day!
God kväll!	Hyvää iltaa!	Good evening!
God natt!	Hyvää yötä!	Good night!
Hej!	Hei!/Moi!/Terve!	Hello!
Välkommen!	Tervetuloa!	Welcome!
Tack	Kiitos	Thank you
För all del	Ole hyvä/Olkaa hyvä	You are welcome
Förlåt/Ursäkta	Anteeksi	Excuse me
Hur mår du?	Mitä kuuluu?	How are you?
Tack, bra	Kiitos, hyvää.	Fine, thank you.
Får jag presentera...	Saanko esitellä...	May I introduce...
Trevligt att träffas!	Hauska tutustua!	Nice to meet you!
Vem är du?	Kuka sinä olet?	Who are you?
Vad heter du?	Mikä sinun nimesi on?	What is your name?
Varifrån kommer du?	Mistä sinä olet kotoisin?	Where are you from?
Jag är från Tyskland.	Minä olen kotoisin Saksasta.	I come from Germany.

What day is it today?

Vilken dag är det i dag?	Mikä päivä tänään on?	What day is it today?
Måndag	Maanantai	Monday
Tisdag	Tiistai	Tuesday
Onsdag	Keskiviikko	Wednesday
Torsdag	Torstai	Thursday
Fredag	Perjantai	Friday
Lördag	Lauantai	Saturday
Söndag	Sunnuntai	Sunday

Which month is it now?

Vilken månad är det nu?	Mikä kuukausi nyt on?	Which month is it now?
Januari	Tammikuu	January
Februari	Helmikuu	February
Mars	Maaliskuu	March
April	Huhtikuu	April
Maj	Toukokuu	May
Juni	Kesäkuu	June
Juli	Heinäkuu	July
Augusti	Elokuu	August
September	Syyskuu	September
Oktober	Lokakuu	October
November	Marraskuu	November
December	Joulukuu	December
Vår	Kevät	Spring
Sommar	Kesä	Summer
Höst	Syksy	Autumn/Fall
Vinter	Talvi	Winter

Siffror/Numerot/Numbers

En/ett	Yksi	1
Två	Kaksi	2
Tre	Kolme	3
Fyra	Neljä	4
Fem	Viisi	5
Sex	Kuusi	6
Sju	Seitsemän	7
Åtta	Kahdeksan	8
Nio	Yhdeksän	9
Tio	Kymmenen	10
Elva	Yksitoista	11
Tolv	Kaksitoista	12
Tretton	Kolmetoista	13
Fjorton	Neljätoista	14
Femton	Viisitoista	15
Sexton	Kuusitoista	16
Sjutton	Seitsemäntoista	17
Arton	Kahdeksantoista	18
Nitton	Yhdeksäntoista	19
Tjugo	Kaksikymmentä	20
Tjugoett	Kaksikymmentäyksi	21
Trettio	Kolmekymmentä	30
Fyrtio	Neljäkymmentä	40
Femtio	Viisikymmentä	50
Sextio	Kuusikymmentä	60
Sjuttio	Seitsemänkymmentä	70
Åttio	Kahdeksänkymmentä	80
Nittio	Yhdeksänkymmentä	90

(Ett)hundra	Sata	100
Tvåhundra	Kaksisataa	200
Femhundra	Viisisataa	500
(Ett)tusen	Tuhat	1000
Tvåtusen	Kaksituhatta	2000
En miljon	Miljoona	1 million
Fem miljoner	Viisi miljoonaa	5 million

Vädret/Sää/The weather

Soligt	Aurikoinen	Sunny
Molnigt	Pilvinen	Cloudy
Halvklart	Puolipilvinen/ puoliselkeä	Scattered clouds
Regn	(Vesi)sade	Rain
Snöfall, snö	Lumisade, lunta	Snowfall, snow
Regnskurar	Sadekuuroja	Shower (of rain)
Snöslask	Lumiräntä	Slush (slushy weather)
Temperatur	Lämpötila	Temperature
20 grader (varmt)	20 astetta	20 degrees
Minus 10 grader (-10)	Miinus 10 astetta	Minus 10 degrees
Hetta	Helle	Heat, hot weather
Köld, kyla	Pakkanen, pakkassää	Cold weather

Resande/Matkustaminen/Travelling

Buss	Linja-auto / Bussi	Bus
Bil	Auto	Car
Flyg	Lentokone	Airplane
Tåg	Juna	Train
Vilken buss går till Åbo?	Mikä bussi menee Turkuun?	Which bus goes to Åbo/ Turku?

När går tåget?	Milloin juna lähtee?	When does the train leave?
Ändstationen	Pääte pysäkki	End stop
Järnvägsstation	Rautatieasema	Railway station
Flygfält	Lentoasema	Airport
Busshållplats	Bussipysäkki	Bus stop
Den här / det här	Tämä	This
Den där / det där	Tuo	That
Öppen	Auki	Open
Stängd	Kiinni / Suljettu	Closed
Dra	Vedä	Pull
Tryck	Työnnä	Push
Trevlig resa!	Hyvää matkaa!	Have a pleasant journey! / Bon voyage!

Mat och dryck/Ruokia ja juomia/Food and drink

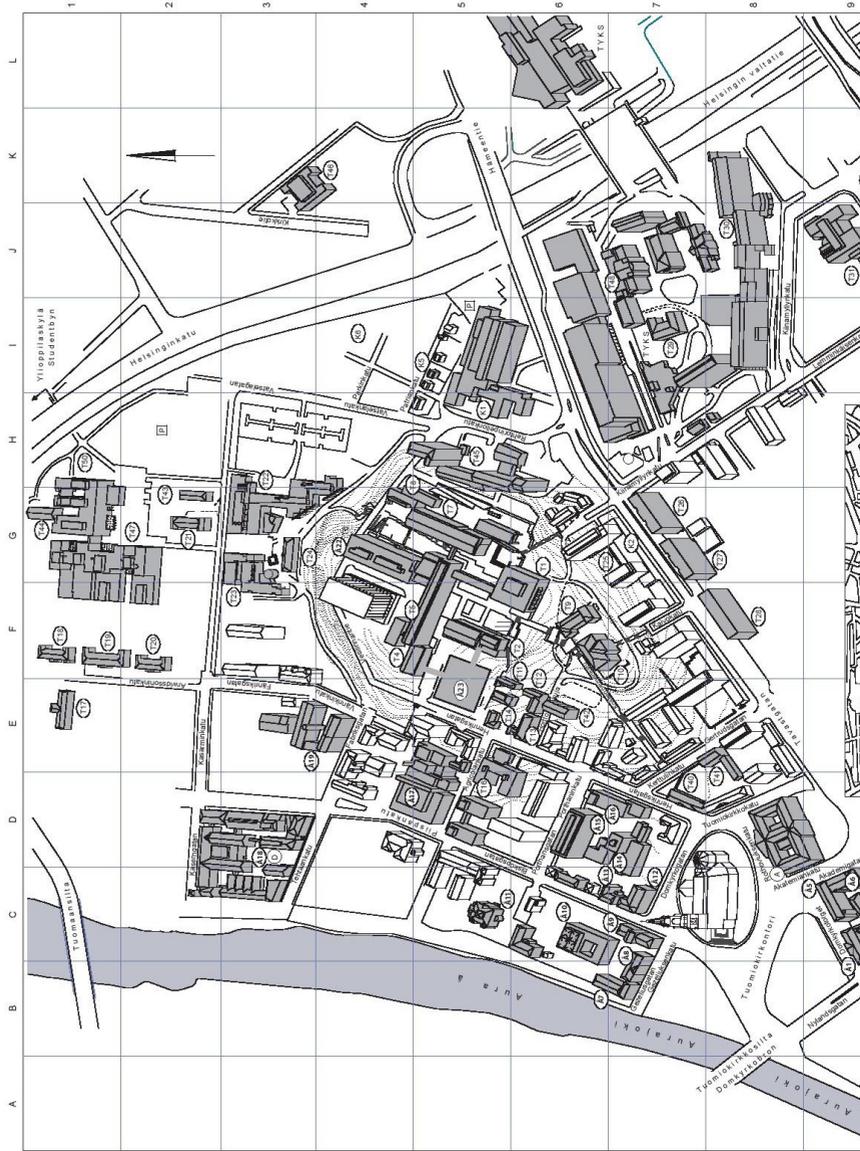
Restaurang	Ravintola	Restaurant
Mat	Ruoka	Food
Meny	Ruokalista	Menu
Bröd	Leipä	Bread
Smör	Voi	Butter
Gröt	Puuro	Porridge
Soppa	Keitto	Soup
Sås	Kastike	Sauce
Låda	Laatikko	Casserole
Gryta	Pata	Stew
Stekt	Paistettu	Fried
Kokt	Keitetty	Boiled
Rå	Raaka	Raw
Kött	Liha	Meat
Biff	Pihvi	Steak

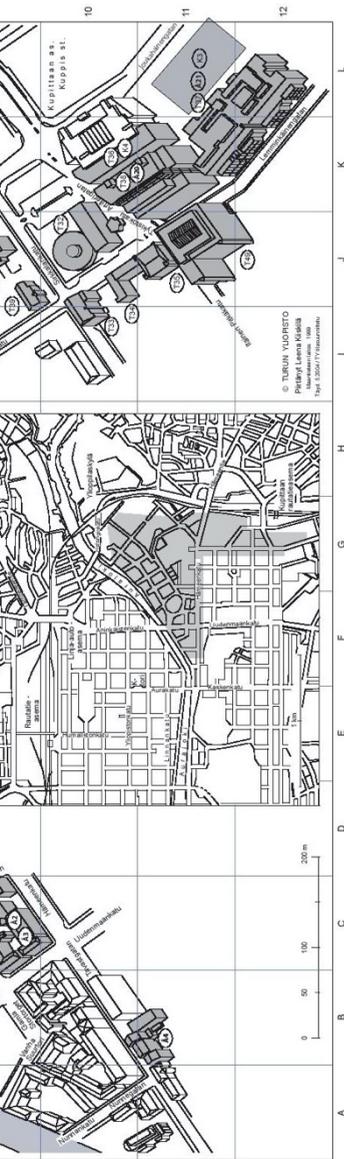
Griskött	Sianliha/ porsaanliha	Pork
Nötkött	Naudanliha	Beef
Fisk	Kala	Fish
Lax	Lohi	Salmon
Skaldjur	Äyriäisiä	Shellfish
Kyckling	Kana	Chicken
Kalkon	Kalkkuna	Turkey
Grönsaker	Vihanneksia	Vegetables
Vegetarisk mat	Kasvisruoka	Vegetarian food
Vegansk mat	Vegaaninen ruoka	Vegan food
Glutenfri	Gluteeniton	Gluten free
Mjölkfri	Maidoton	Dairy free
Äggfri	Munaton	Egg free
Nötfri	Pähkinätön	Nut free
Morot	Porkkana	Carrot
Paprika	Paprika	Pepper
Tomat	Tomaatti	Tomato
Gurka	Kurkku	Cucumber
Sallad	Salaatti	Lettuce
Citron	Sitruuna	Lemon
Nötter	Pähkinöitä	Nuts
Äppel	Omena	Apple
Banan	Banaani	Banana
Apelsin	Appelsiini	Orange
Vindruvor	Viinirypäleitä	Grapes
Päron	Päärynä	Pear
Jordgubbar	Mansikoita	Strawberries
Blåbär	Mustikoita	Blueberries
Potatis	Peruna	Potato
Ris	Riisi	Rice
Pasta	Pasta	Pasta
Nudlar	Nuudeleita	Noodles
Choklad	Suklaata	Chocolate
Vanilj	Vanilja	Vanilla
Äppelpaj	Omenapiirakka	Apple pie

Dryck	Juoma	Drink
Vatten	Vesi	Water
Juice	(Tuore)mehu	Juice
Mjölk	Maito	Milk
Kakao	Kaakao	Hot chocolate
Te	Tee	Tea
Kaffe	Kahvi	Coffee
Grädde	Kerma	Cream
Socket	Sokeri	Sugar
Öl	Olut	Beer
Rödvin	Punaviini	Red wine
Vitt vin	Valkoviini	White wine
Frukost	Aamiainen / Aamupala	Breakfast
Lunch	Lounas	Lunch
Middag	Päivällinen/ Illallinen	Dinner
Förrätt	Alkuruoka	Starter
Varmrätt/huvudrätt	Pääruoka	Main course
Efterrätt	Jälkiruoka	Dessert
Varm	Lämmin	Warm
Kall	Kylmä	Cold
Mycket	Paljon	Much
Litet	Vähän	Little
Mera	Enemmän	More
Nota	Lasku	Bill
Kan jag få notan, tack?	Saanko laskun, kiitos?	May I have the bill, please?
Smaklig måltid!	Hyvää ruokahalua!	Bon appétit! / Enjoy your meal!

15 Maps

15.1 Åbo Campus Maps





Åbo Akademi campus

Åbo Akademi University campus



- Å1 Huvudbyggnaden, Main building (C9)
Domkyrkotorget 3
- Å2 Gripen (C9)
Tavastgatan 13
- Å3 Kosmorama (C9)
Domkyrkotorget 3
- Å4 Kären (B11)
Tavastgatan 22
- Å5 Geologicum (C9)
Domkyrkotorget 1
- Å6 Geohuset (C9)
Akademigatan 1
- Å7 Åhuset (B7)
Gezeliusgatan 2a
- Å8 Domvillan (B7)
Gezeliusgatan 2
- Å9 Tryckerihuset (C7)
Gezeliusgatan 2
- Å10 Sibelliusmuseum (C6)
Biskopsgatan 17
- Å11 Humanisticum (C6)
Biskopsgatan 13
- Å12 Teologicum (C6)
Biskopsgatan 16
- Å13 Teologiska annexet (C7)
Biskopsgatan 16

- Å14 Boktornet, Book Tower (D7)
Domkyrkogatan 2-4
- Å15 Gadolinia (D6)
Porthansgatan 3
- Å16 Novia (D7)
Henriksgränd 7
- Å17 Axelia 1 & 2 (D5)
Biskopsgatan 8
- Å18 Arken (D3)
Fabriksgatan 2
- Å19 ASA-huset (E3)
Färniksgatan 3b
- Å20 Biocity (K11)
Artillerigränd 6
- Å21 ICT-huset (L11)
Joukkohainengatan 3-5
- Å22 Agora (G4)
Vattenborgsvägen 5
- Å23 Aurum (E5)
Henriksgränd 2

Uppdaterad/Updated 2021 RN

Novia UAS Campus Åbo

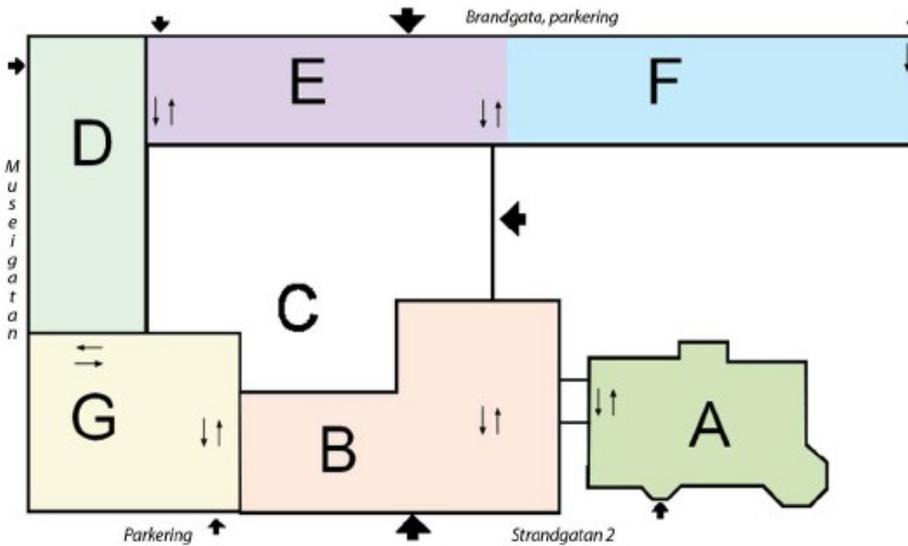
Address: Henriksgatan 7,
20500 Åbo.

- 4th floor Personnel
- 3rd floor Teaching Facilities
- 2nd floor Student Services | Novium | Teaching Facilities | Meeting Room
- 1st floor Café | Auditorium | Teaching Facilities

15.2 Vasa Campus Maps

Åbo Akademi University in Vasa

Academill, Strandgatan 2, Vasa



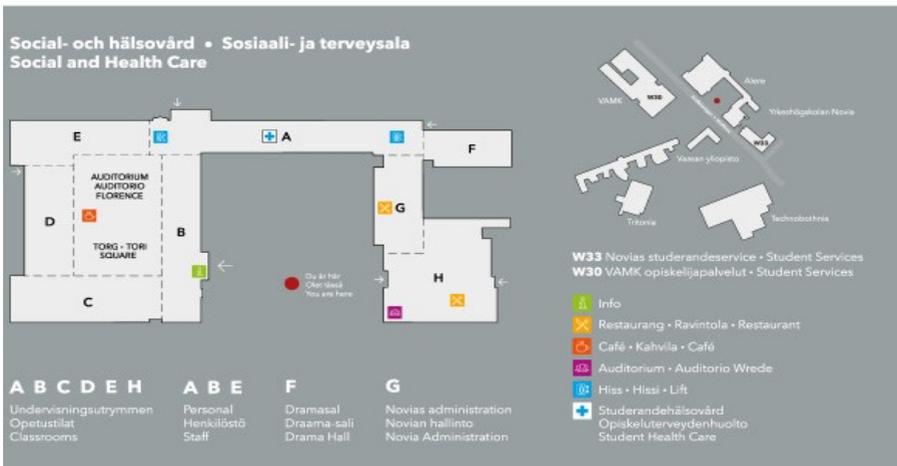
Novia University of Applied Sciences in Vasa

Novia UAS Campus Vasa - W33 - Wolffskavägen 33

- 4th floor Auditorium | Meeting Room
- 3rd floor Teaching Facilities
- 2nd floor Teaching Facilities | Personnel | IT
- 1st floor Café | Student Services | Novium | Meeting Room



ALERE



Technobothnia, Bomullsvägen 3

3rd floor	Teaching Facilities Personnel
2nd floor	Teaching Facilities Personnel
1st floor	Laboratories
Basement	Laboratories Café



General Emergency Number

Ambulance, Police, Fire Department

112

Poison Information Centre

09-471 977



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studinfo@abo.fi



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international@novia.fi