Living and studying in Helsinki

Learn more about Finland, Helsinki and your new University!

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Today’s agenda

- Basic facts about Finland and Helsinki
- Basic facts about the University of Helsinki
- What you can do even before orientation
- Most important websites concerning your studies
- More information on practical matters
- Q&A session
Questions are more than welcome!

- If your question is related to the topic at hand, ask right away in the chat.
- If it’s a more general question, please wait until the Q&A part at the end of the session.
Student life 2.0

- This event is part of the Student life 2.0 series.
- The purpose of the series is to promote a balanced student life by introducing students to the Finnish culture, the University of Helsinki and its academic practises, and by helping them feel more at home in Finland.
- The series consists of Q&A sessions, panel discussions, interactive workshops and presentations prepared by the University’s staff.
- You can see the whole programme from the Guidance Corner page, section Student Life 2.0.
Basic facts about Finland

- There are 5.5 million inhabitants.
- Two official languages.
- Most sparsely populated country in the EU.
- Ranked the happiest country in the world (2018, 2019, 2020).
- Any Finnish noun can have over 200 different forms!
- Did you know the following things are Finnish: Angry Birds, Nokia, Linux, Nightwish, Moomins.
- Things you should experience in Finland; ice-swimming, northern lights, hiking, architecture & design.

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Basic facts about Helsinki

- There are 1.23 million people in the Helsinki metropolitan region.
- The metro line is very easy to navigate.
- There e.g. 72 museums, 315 islands to visit and 123 kilometres of coastline.
- VisitFinland: ”The rhythm of Helsinki is laid-back and the city is easily approachable”
- Near to several national parks.
- Join the session on September to hear more about the top sights of Helsinki!
What about the University, then? 1/2

- The University was actually founded in the city of Turku in 1640, and was moved to Helsinki in 1829.
- Oldest and largest university in Finland with the widest range of disciplines available.
- In 2018, around 31,200 students were enrolled in the degree programs.
- The only officially bilingual University in Finland. Teaching is also provided widely in English.
- Places in the 50–100 range in nearly all of the most important University rankings.
- Does close co-operation with the Student Union (HYY).

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What about the University, then? 2/2

- The University has published a new strategy for 2021-2030.
- Vision for 2030: *With the power of knowledge – for the world*
- Four key values: Truth, Bildung, Freedom, Inclusivity.
- Learn more about the strategy from the University’s website.
- Faculties and units will create more practical plans on how to integrate the strategy to their own operations.

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What can you do before orientation?

- Get to know Instructions for Students.
- Check out the structure of your degree and mandatory/selective courses (see [Structure and Scope of the Degree Programme](#)).
  - Make sure you have selected your own programme from the drop-down menu!
- **The Student's Digital Skills course**
- Make sure you know where you have to be on your first day! (Orientation and tutoring)
- Start following UH on social media (FB, LinkedIn, Insta, Twitter, Youtube).
- Learn more about [student associations](#) you might want to join.
- Get to know Helsinki better

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Make sure you’ve checked out these Instructions for Students articles:

- First steps of a new degree student
- Don’t wait – get prepared for your studies
- Orientation and tutoring
- When starting your studies (digital services)

Also, because of the current situation:
- Coronavirus: information for admitted students and
- The effect of Coronavirus on your studies – Q&A

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More information on practical matters 1/2

- Housing: Housing (Instructions for Students page), HOAS (Foundation for Student Housing), HYYs Housing Guide (Student Union’s tips)
- Public transportation: Journey Planner (how to get from place A to B)
- Student financial benefits: Kela (The Social Insurance Institution of Finland)
- Getting a job: TE-palvelut (Public employment services), Foreigner.fi (article), This is Finland (article), Career Services (University’s services), Rekrynet (job listings for students and recent graduates)
More information on practical matters 2/2

- Healthcare: The Finnish Student Health Service (FSHS). NB! Subject to change as of 1.1.2021 (exchange students)
- National guidelines related to the coronavirus situation: Finnish Institute for health and welfare
- Student benefits
- Leisure in Helsinki: infoFinland
Q&A session

- You can follow the Q&A session from the recording published alongside this Powerpoint!