Living and studying in Helsinki (Student Life 2.0)

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
- Useful links regarding 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, study skills, and by helping them feel more at home in Finland.
- Previously, the series has consisted of e.g. Q&A sessions, panel discussions, interactive workshops and presentations prepared by the University’s staff.
- Whole programme will be updated to the Guidance Corner page
Basic facts about Finland

• 5.5 million inhabitants
• Two official languages
• Ranked **the happiest country in the world** (2018, 2019, 2020, 2021)
• One of the most sparsely populated countries in the EU
• Any Finnish noun can have over 200 different forms!
• Did you know the following things are Finnish: Angry Birds, Nokia, Linux, Nightwish, Moomins
• Ideas for things you should experience in Finland: ice-swimming, northern lights, hiking, architecture & design
Basic facts about Helsinki

- There are 1.2-1.5 million people in the Helsinki metropolitan region
- The metro line is very easy to navigate
- There e.g. over 70 museums, 315 islands and 100 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!

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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 2020, around 31,600 students were enrolled in the degree programs
- The University of Helsinki is the only bilingual multidisciplinary university in Finland
  - Teaching 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 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](http://www.helsinki.fi)
- All faculties and units have created practical plans on how to integrate the strategy to their own operations
What can you do before orientation? 1/2

- Get to know the [Instructions for Students](#)
- Check beforehand the courses you’ll be registering to
  - Courses can be found in the [Courses pages](#) and in [Sisu](#) (student register system)
  - Degree structures: [Structure and Scope of the Degree Programme](#) (remember to select your programme from the drop-down menu)
- Activate you IT account -> [instructions for admitted students](#)
- [The Student’s Digital Skills course](#)
  - Compulsory for undergraduate degree students, but the course content includes information about the University’s digital systems and learning environments
- Make sure you know where you have to be on your first day, even if it’s online! -> [Orientation week schedules](#)
  - Remember to select your programme from the drop-down menu
What can you do before orientation? 2/2

- Start following the University of Helsinki on social media
  - FB, LinkedIn, Instagram, Twitter, YouTube
- Learn more about **student associations** you might want to join
  - Subjects / faculties, social, culture, international...
  - If you can’t find a suitable organisation, you can establish one as well!
- Get to know Helsinki better
  - MyHelsinki
  - VisitFinland
  - InfoFinland

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Make sure you’ve checked these out:

- 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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Useful links regarding practical matters 1/2

- **Housing**
  - Housing on Instructions for Students, HOAS, Unihome, HYY's Housing Guide

- **Public transportation**
  - HSL, including the Journey Planner

- **Student financial benefits** at Kela, the Social Insurance Institution of Finland
  - Certain requirements: Who’s eligible? (on Kela’s pages)

- **Getting a job**
  - TE-palvelut, Foreigner.fi (article), This is Finland (article), Work and Career (Instructions for Students), JobTeaser

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Useful links regarding practical matters 2/2

• Coronavirus situation: vaccines, quarantine, tests...
  • Finnish Institute for health and welfare
  • Coronavirus updates from the City of Helsinki’s pages
  • FINENTRY
  • Vaccinations in Helsinki
• Healthcare: The Finnish Student Health Service (FSHS)
  • Available to degree students only
  • Healthcare for exchange students

• Leisure in Helsinki: infoFinland
• Student benefits

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Q&A session

• Going through the questions sent in advance
• Feel free to send question in the chat :}