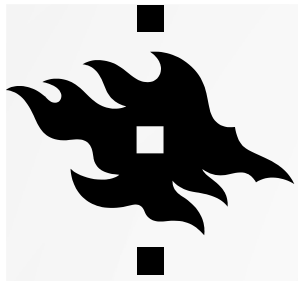




WELCOME TO UNIVERSITY OF HELSINKI!

International Education Services

HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI



INTERNATIONAL EDUCATION SERVICES SPECIALISTS

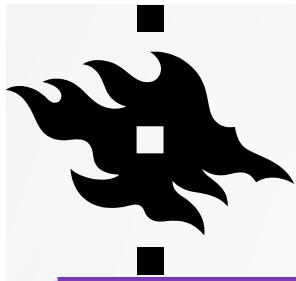
General
guidance
related to your
exchange

Signatures for
Learning
Agreement

Arrival and
departure
certificates

Extending or
Shortening
exchanges etc.





CONTACT US

Drop-in Services

Campus	Time	Place
City Center	Mon 12-13	Main Library Kaisa, 3rd floor lobby, Fabianinkatu 30
Kumpula	Wed 13-14	Physicum, Campus Library, 2nd floor, Room Q (G231), Gustaf Hällströmin katu 2. (We will be at the UniHelp Kumpula from 16.9. onwards)
Viikki	Thu 13-15	Info center, Viikinkaari 11

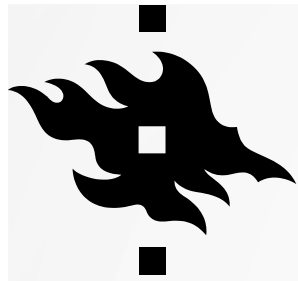
E-mail: studentexchange@helsinki.fi

Phone: +358 2941 22401, Mon-Fri 12-13

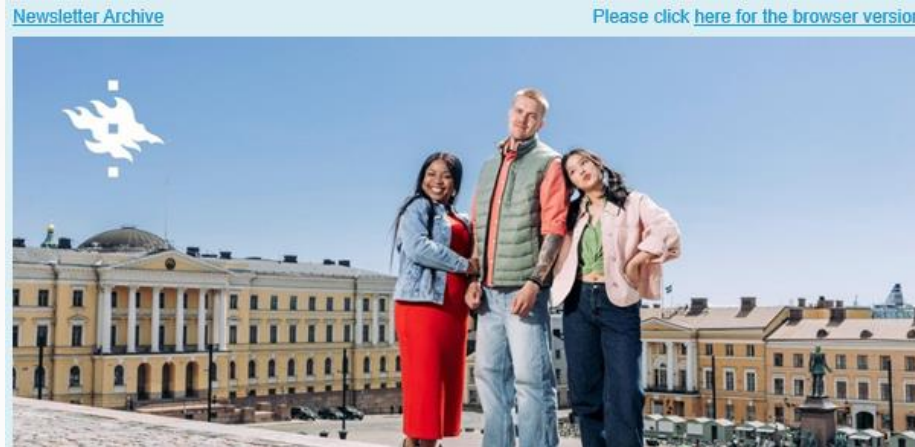
[Contact Details](#)

[Events for exchange students](#)

[HelsinkiUni Help](#)

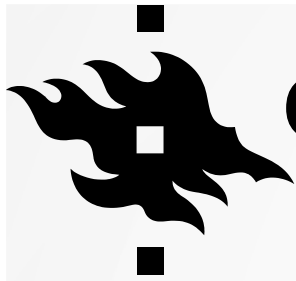


NEWSLETTERS



Welcome to our academic family at the University of Helsinki!

- Important information regarding your exchange
- Sent to the email you have provided in your Mobility Online registration
- Check your spam-folder
- Read them carefully or you will miss very important information!
- Next newsletter: after the Orientation Week
- Please check [the newsletter archive](#), if you have not received one, yet.



CERTIFICATE OF STUDENT STATUS



What for?

Study right

Exchange dates

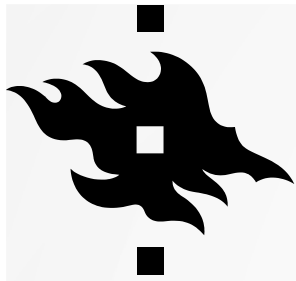
Proof of student status (Unicafe)



Where to get it?

Digital certificate of student status
(from SISU)

[Instructions for ordering the certificate of student status](#)



STUDENT UNION MEMBERSHIP & STUDENT CARD



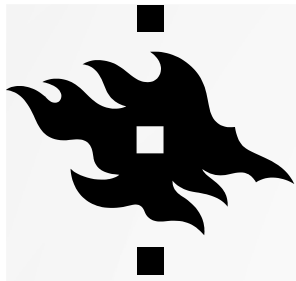
If you wish to get the Frank App (digital student union card), [become a member](#) of the Student Union **by September 30**



The membership fee for the autumn term is **45** euros.



If you become a member after the Check-in Event, you can send a photo of the receipt to HelsinkiUni Help by submitting a [service request](#) or by visiting one of the [HelsinkiUni Help service points](#).



DISCOUNT FOR PUBLIC TRANSPORTATION

- HSL Travel Card
 - BSc / MSc exchange students: Student discount (40% on season tickets)
 - You can get the physical card at the Check-In Event and later upload value on your card
 - PhD students: Not entitled to a student discount, but you can get the local price for adults after registering your address with the DVV (Digital Population Services)
- VR & Matkahuolto (long distance transportation) discounts can be obtained only if you join the student union (HYY) by September 30th.
 - [Student Discount on VR train tickets](#)
 - [Student discount on Matkahuolto intercity bus services](#)
 - You can get the forms and signatures from the HelsinkiUni Help service points.





REGISTERING WITH FINNISH AUTHORITIES

Nordic Countries

[Apply for a personal identity code with DVV e-form](#)

Complete the process at Check-in Event

EU / EEA Countries

Travel outside the borders within 3 months

or

Apply for a right to reside in Finland at the Finnish Immigration Service MIGRI

You can visit MIGRI at CiE

- [Apply online to register for an EU citizen's right of residence](#)

Non-EU Countries* (includes UK citizens)

Do you already have a personal identity code?

If you do, it will be on the front side of your residence permit. It is a number sequence with 11 characters, formed on the basis of your date of birth.

YES

You are all set!

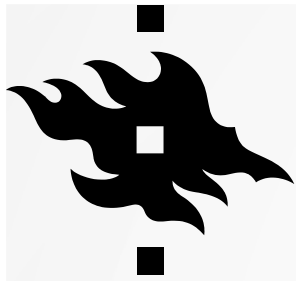
NO

[Apply for a personal identity code with DVV e-form](#)

Complete the process at Check in Event

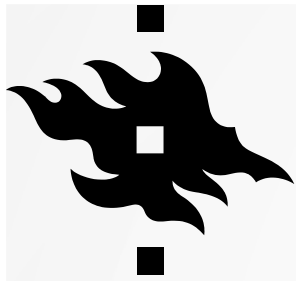
* If you need to open a bank account, you need to submit a notification of a temporary move to Finland. You can do that by visiting your local post office or DVV at Check-In Event. In addition, you need to apply for a personal identity code

* If you have a residence permit for studies in another EU country, you may not need a residence permit to Finland but instead you must submit a mobility notification at Migri.



BRING THESE TO CHECK-IN EVENT

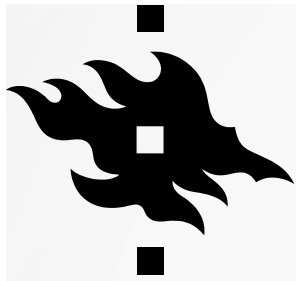
- Passport or EU Citizen's ID card
- Residence permit if applicable, or EU Citizen's registration document if applicable
- Certificate of student status downloaded from Sisu (download a new version today, if you have already downloaded one when your study right was inactive)
- Address in Finland, including the number of your apartment/room
- Arrival Certificate (printed and filled in for your part) if your home university requires one)
- Bank receipt of the HYY student union membership payment (optional & only if you did not send it already to HelsinkiUni Help)
- Credit/debit card (for HSL, ESN & HYY membership fee and Unicafe!)



MAKE SURE THAT YOU HAVE FILLED IN THESE

- HSL travel discount form (you get this from your tutor)
- If needed, EU registration [online form for MIGRI](#) (costs 53 euros)
- If needed, DVV registration e-form online, fill it in today!
 - Before you register via the DVV e-form:
 - Download a certificate of student status from Sisu (study right active!)
 - Attach the certificate of student status to the [DVV registration form](#)
 - Copy of your passport or EU citizen's ID card and residence permit (if applicable) - make sure that you have attached pictures of both the front and backside of the card
 - A driver's license is not an official id and will not be accepted

Your tutor will collect your documents that need to be signed by **International Education Services**.



AT THE CHECK-IN EVENT 1/2

- Get your step by step guide
- Give the filled HSL and possible other forms needing signatures to your tutor
- If needed,
 - Scan the QR code to get your queue number for the DVV, (only if you need a personal identity number)
 - In every room, there is a screen with the next three numbers that are served at DVV
 - Bring the same identification document that you have attached to your application
- EU students: Visit MIGRI to finalize your EU registration if you do not plan to leave the country within 3 months (costs 53 euros)
 - Fill in the EU registration form online in advance!

Current visitor number

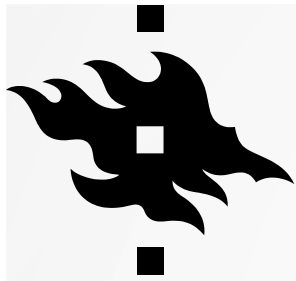
004

Next visitors:

005 006

There are 2 visitors waiting

25/08/2026



AT THE CHECK-IN EVENT 2/2

You will also meet the representatives of:

- **HYY (Student Union)** and the different student organisations including the Erasmus Student Network (ESN)
- **Language Centre, Finnish Language Studies and finnishcourses.fi**
- **Library**
- **Unisport**
- **Una Europa**
- **Helsinki Alumni**
- **UniPID**
- Helsinki-info (Helsinki city information desk)
- International House Helsinki
- **Helsinki Think Company**
- **University Chaplains**
- IT Helpdesk



Collect at least 8 stamps from the ones bolded and get a free Unicafe coffee & bun voucher!



AFTER RECEIVING YOUR FINNISH IDENTITY CODE

If you have applied for the Finnish personal identity code, update it in the student register by ONE of the following methods once you have received it:

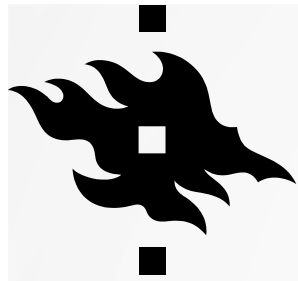
1. Visit the [HelsinkiUni Help service point](#)

Bring with you proof of your new identity code and your official ID

2. Submit a [service request](#)

Include the last four digits of your personal identity code and your student number





LEARNING AGREEMENT FOR ERASMUS STUDENTS



If your home university uses Online Learning Agreement (OLA) / Digital Learning Agreement (DLA), please use that one also for changes



We do not sign separate documents if the LA is already accepted as OLA/DLA



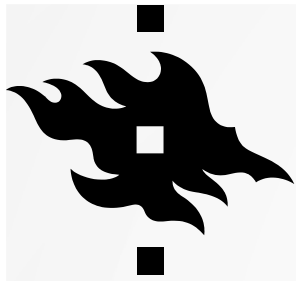
PDF LA's, if your university is not yet in OLA, to
studentexchange@helsinki.fi



Changes possible (overlaps, cancellations, full courses). You might need approval for changes from your home university



Make sure not to choose courses that end after your study right ends!!!



COURSE REGISTRATION

The LA /OLA is **not**
a **course**
registration

Always Register in
Sisu for courses,
also for MOOC
courses

Registration is not
yet a guarantee for
acceptance!

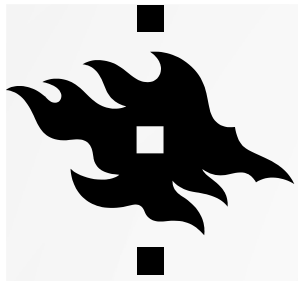
At least half of your
courses should be
from your own
Faculty

[Courses for
exchange students](#)

[Course search](#)

Check the
prerequisites and
target group for
each course!

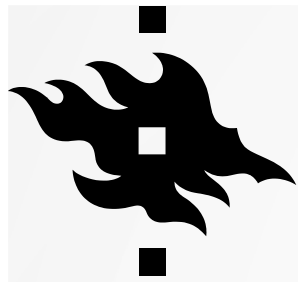
Registration for book
exams and online courses
that are valid year round via
[HelsinkiUni Help](#)



INDIVIDUAL ARRANGEMENTS FOR STUDIES

- Individual arrangements support your learning when your studying is hindered, for example, by a long-term illness, disability or impediment.
- If you require these arrangements during your stay at UH, contact specialneeds@helsinki.fi with a description of your needs and certificates related to them ASAP!
- The Accessibility Liaison Officer of your host Faculty will guide you with the arrangements at the University of Helsinki based on the certificates you send
- Read more about [individual arrangement support services](#).





TRANSCRIPT OF RECORDS

- Includes only the courses you have passed at UH:
 - Failed courses will not appear in your transcript
 - It is not possible to delete courses from the transcript
- You can download a digitally verified transcript from Sisu after all your credits have been registered.
- You will receive more information closer to your departure in one of our Newsletters.



HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI

TRANSCRIPT OF RECORDS 5 DEC 2025

Student number [REDACTED]

Course name and code	Scope	Lang	Grade	Date
Finnish 2, Basic Studies of Finnish Language 2 (410061)	12 cr	fi	4	11 Dec 1992
Basic Studies in Finnish Language I (410060)	6 cr	fi	3	5 May 1992



YOUR UH EMAIL

- The University of Helsinki uses Office365 mail system and you will get your own email with the **helsinki.fi** ending.
- Make sure to Log in to activate the e-mail as soon as possible.
- We recommend to use this email address to all contact with the staff.
- If you don't use this e-mail, forward the messages to your own e-mail, so that you don't miss out on important information.
- [Multifactor Authentication](#) is used regularly. The Authenticator mobile app is the easiest option for this.





HEALTHCARE

- Availability of healthcare services depends on your nationality.
- Please check our instructions on [Healthcare for exchange students](#) as soon as possible, so you know what to do if health concerns occur.
- In urgent cases call the free Medical Helpline number 116 117 before visiting a health station or emergency department.
- If you have a life-threatening emergency, please call 112.





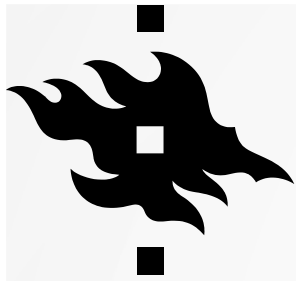
HOUSING

- **Join online housing session on Friday, August 28 for detailed information by Hoas and Unihome**
- Respect other students and avoid making noise especially during silent time 22:00 - 07:00
- Take good care of the apartment and common areas
 - It is strictly forbidden to smoke inside (not even through the windows)
- Pay the rent on time
- Take care of the keys
 - If you forget your keys inside the apartment or lose them, you have to pay expenses incurred (doors lock automatically – not by turning a key!).
 - Do not hand over the keys to anybody.
- You are liable to pay for all the damage you and your guests cause
- UH may contact your home university if disturbances occur
- General emergency number for police, ambulance and fire brigade - **112**



DRESS IN LAYERS



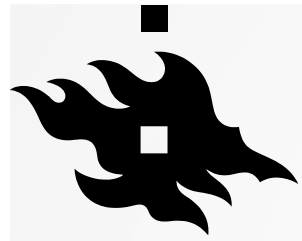


WALK LIKE A PENGUIN ON ICE AND STAY WARM!

- Remember to mind black ice and ice hiding beneath a layer of snow!

*"Finns are stylish but
aesthetically tolerant"*
- former exchange
student





FINLAND AND WINTER



Be aware of dangers of vitamin D deficiency while living in northern latitudes



For S.A.D. (seasonal affective disorder)

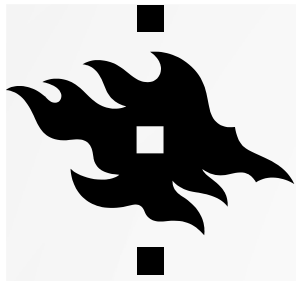


Bright light therapy instructed by the Finnish Student Health Services



Watch out for snow and ice falling from rooftops and use ice grippers for your shoes

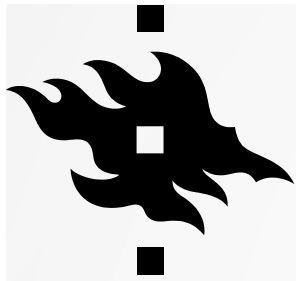




JOIN THE INTERNATIONAL FAIR

- Come and tell about your home university and country to UH students interested in going on exchange at the International Fair taking place in Agora (UH main building) on 6 October at 12-3 pm
- If you wish to join as a presenter, please sign up through this [e-form](#)
- Please note that we can take only a limited amount of presenters from each country

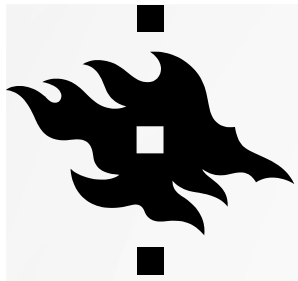




LASTLY: A CRASH COURSE IN FINNISH



- Hei! / Moi! / Terve! – Hello!
- Kiitos – Thank you
- Anteeksi – Sorry, Excuse me
- (Hyvää) huomenta! – Good morning!
- (Hyvää) yötä! – Good Night!
- Näkemiin!/ Hei Hei!/ Moi Moi! – Good bye!
- Note: Finns are good at avoiding formalities. You e.g. address professors by their first name, but you mainly use the name only if you need to get someone's attention, not when already talking to the person. E.g. Good morning - not good morning Markku and definitely not Good morning Professor Virtanen

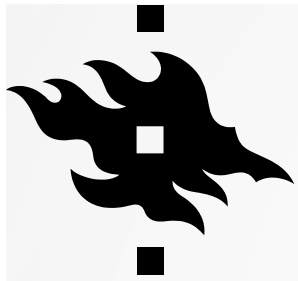


GENERAL QUESTIONS

Any questions?

Please raise your hand 😊





**KIITOS JA TERVETULOA !
THANK YOU AND WELCOME!**

