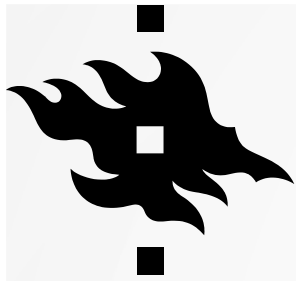




Pre-arrival Information Session for International Exchange and Visiting Students Arriving in Autumn 2026



MEETING ETIQUETTE

- Please concentrate on listening to the presentation before asking your questions in the chat. We will answer your questions in the breaks we have reserved for questions and answers (Q&A)
- If you have specific individual questions, especially concerning courses, or anything else please send us an e-mail.
- You can ask your question by using the Q&A function or use the Raise Hand function during the Q&A break
- Please join us in establishing an open, interactive and respectful atmosphere. Take responsibility for creating a safer place!
- This meeting is not recorded. Please find the PowerPoint presentation after the meeting here: <https://studies.helsinki.fi/instructions/article/events-exchange-students>



PROGRAMME



Introduction of the International Education Services



IT user accounts and other important paperwork



Registration for courses



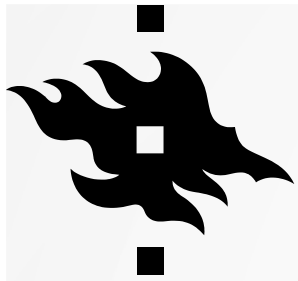
Registering with authorities



Housing



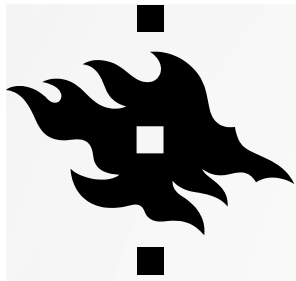
Healthcare and Insurance



INTERNATIONAL EDUCATION SERVICES SPECIALISTS

General guidance related to your exchange
Signatures for Learning Agreements
Arrival and departure certificates
Shortening exchanges





GET IN TOUCH WITH US!



Email

studentexchange@helsinki.fi



Drop-in / Appointments

[Contact pages](#)



Telephone

Weekdays from 12 – 13

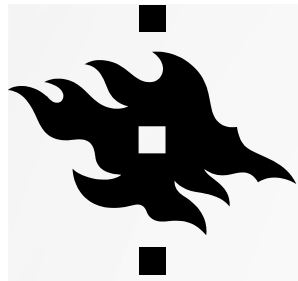
+358 2941 22401 (*local network charge/mobile call charge*)



[Events for exchange students](#)



[Course-specific questions](#)



NEWSLETTERS

Newsletter Archive

Please click [here](#) for the browser version



Welcome to our academic family at the University of Helsinki!

- Important information regarding your exchange
- Check your spam folder
- Read them carefully or you might miss some very important information!
- Please check [the newsletter archive](#), if you have not received one yet.



GOIN' CONNECT

Who is on Goin' Connect?

- Your future classmates
- Like-minded students

For what?

- Interact and get to know other students beforehand

How to access it:

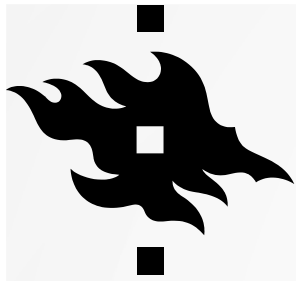
- The registration link is sent to your email
- Check your spam folder if you have not received it



ACTIVATE YOUR USER ACCOUNT

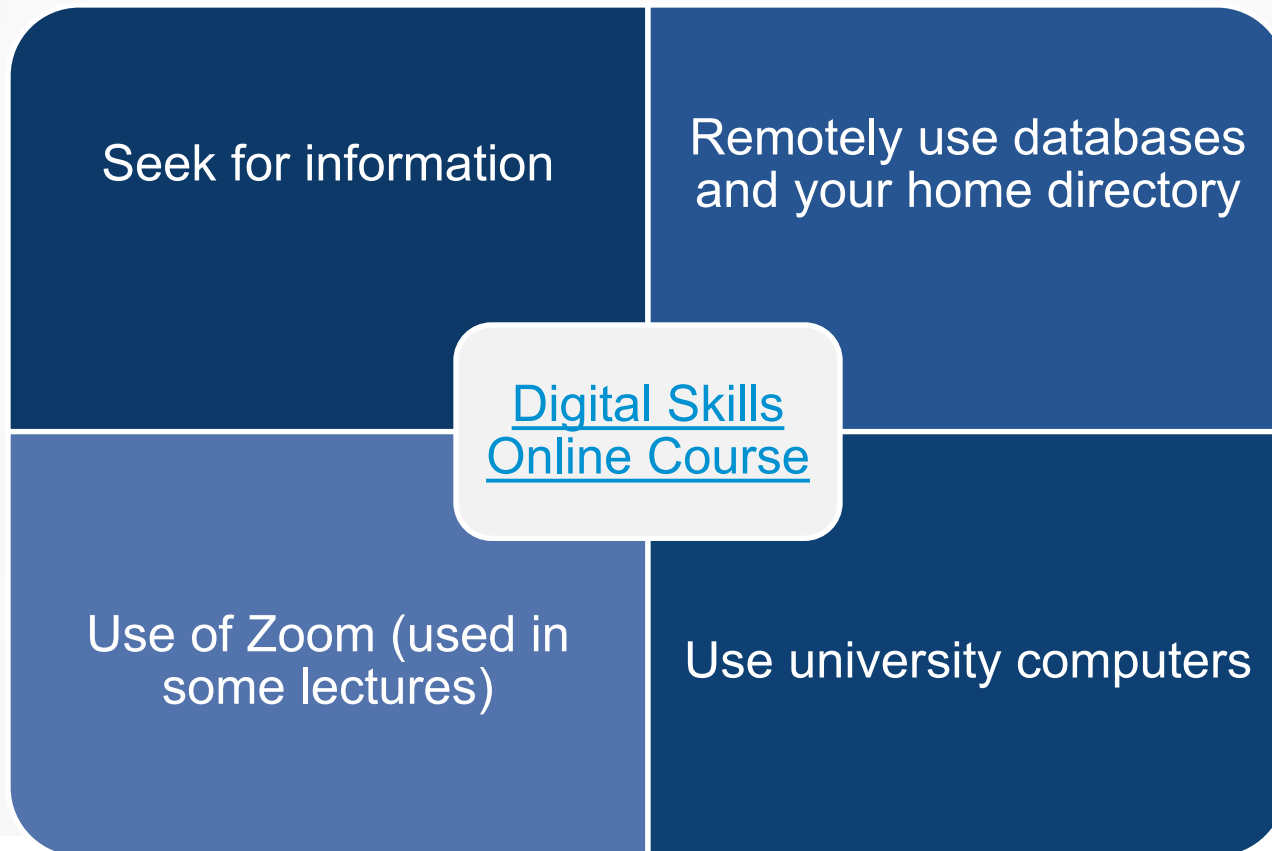
Did you activate your account as instructed in the e-mail sent in June?

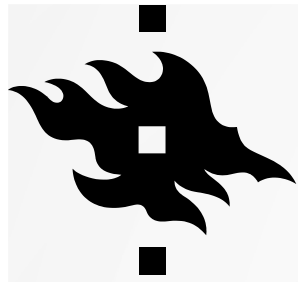
- No
 - Do it TODAY!
- Yes
 - Follow the instructions you received from Helpdesk by e-mail!



DIGITAL LEARNING ENVIRONMENTS

* Recommended course materials to go through before arriving in Helsinki



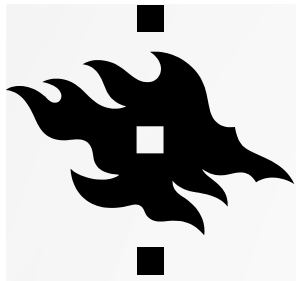


YOUR STUDY RIGHT

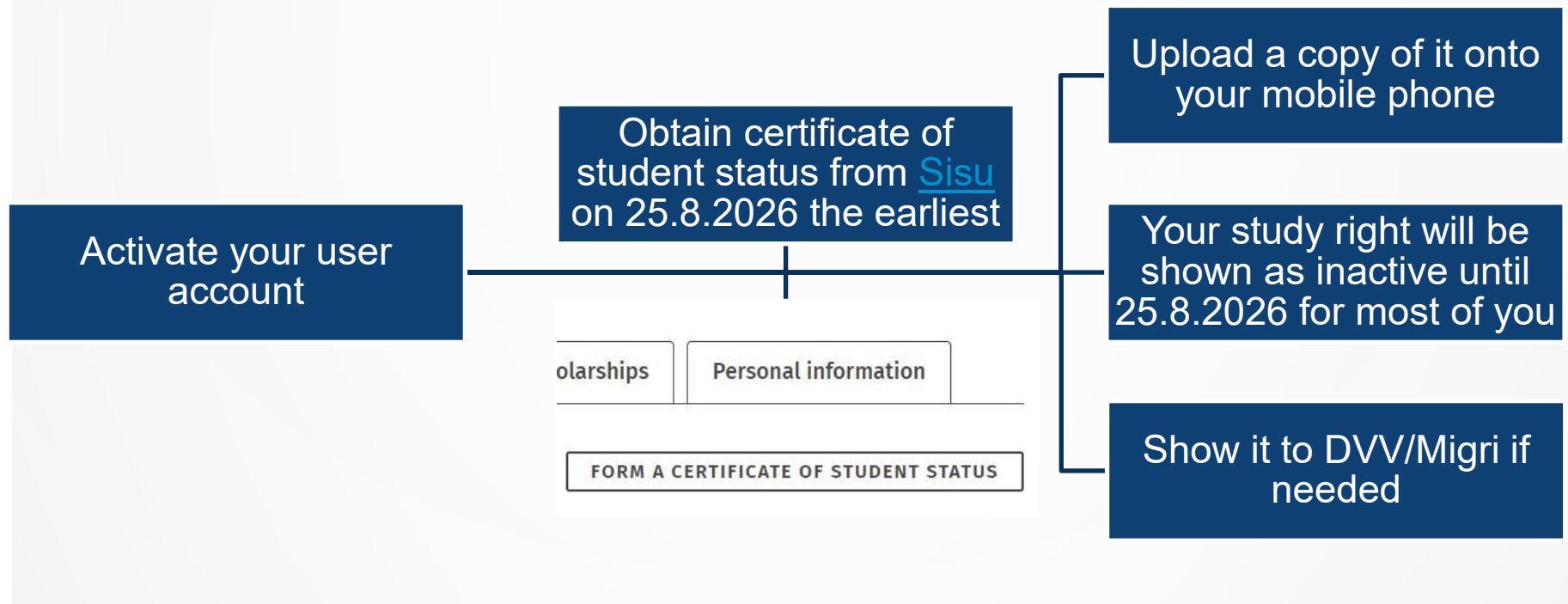
Your study right starts on 25.8.2026

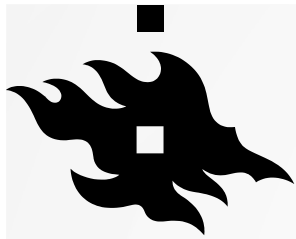
It means that you can register for courses in Sisu and start using your student benefits from that day onwards, such as the *HSL travel card discount*, and student benefits such as affordable food at the *Unicafé* student restaurants.





CERTIFICATE OF STUDENT STATUS





STUDENT UNION MEMBERSHIP AND STUDENT CARD

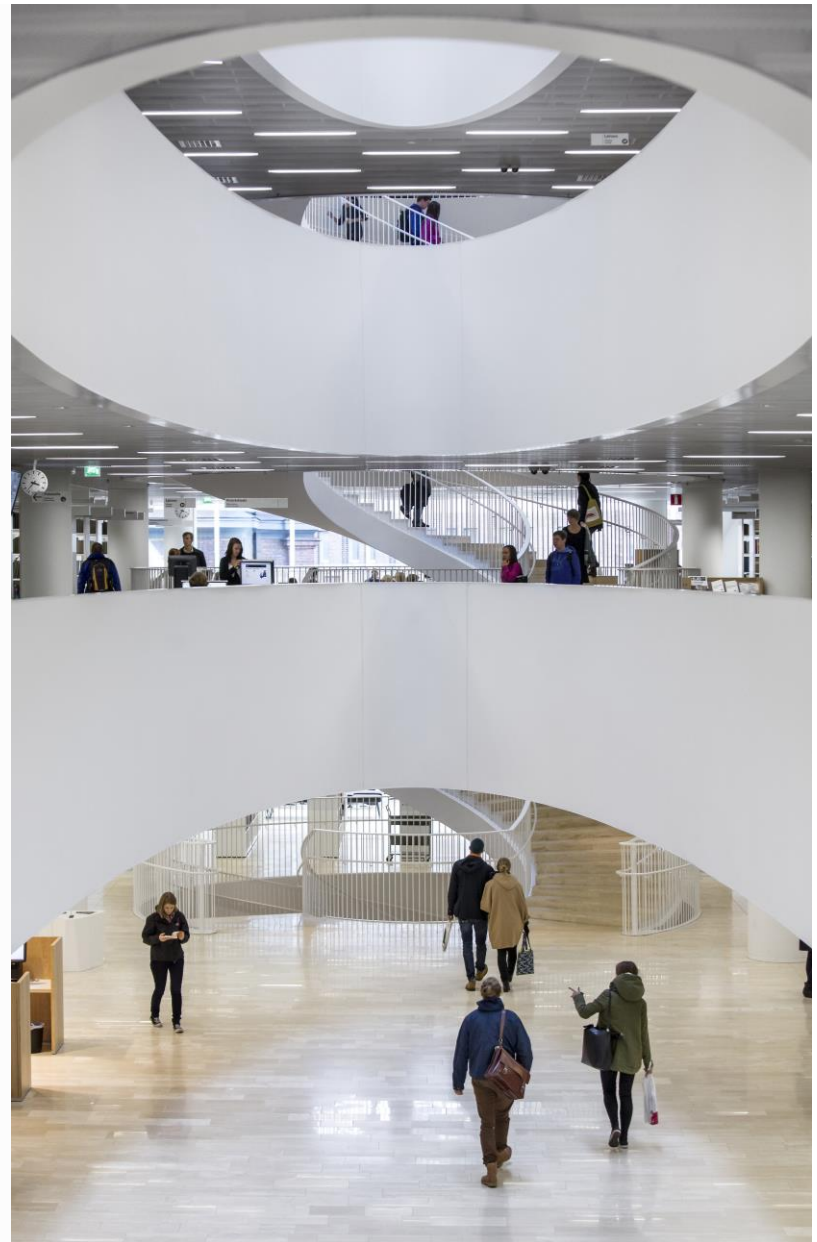
- If you wish to have a student card, you will need to [become a member](#) of the Student Union of the University of Helsinki
 - Membership fee for autumn term 45€
 - For full academic year 85€
- After becoming a member, please remember to inform the university about the payment:

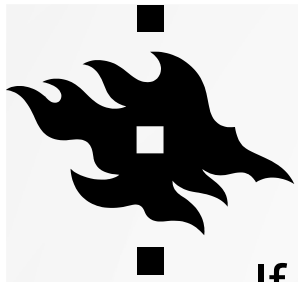
Before the Check-in event: send to HelsinkiUni Help by submitting a [service request](#)

- In this case we don't need the receipt at the Check-in Event

During the Check-in event:

- Hardcopy: give the paper receipt with your name on it to **your tutor**
- Softcopy: show it to us

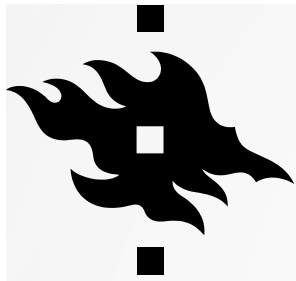




Q&A 1

If you have any questions about the topics above; we will have a few minutes break now to answer your questions, please write them either in chat or use the Raise hand function to speak.





ORIENTATION WEEK STARTS ON TUESDAY 25.8.2026

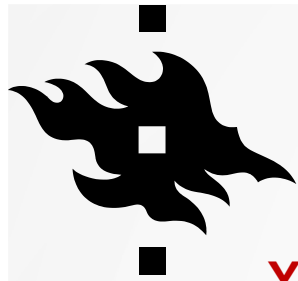
It is important that **all** exchange and visiting students arriving during the autumn term participate in the orientation meetings. You will receive essential information during the orientation week as well as meeting tutors and other students.

[Link to the programme of the Orientation Week](#)

Please first select your study programme from the drop-down menu to find faculty-specific information.

Your tutors will help you with practical questions, registering for courses and finding your bearings.

Check-in Event: 26.8.-27.8.2026 between 9 – 17 hrs, in your tutor groups



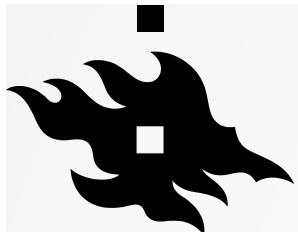
CHECK-IN EVENT 26.- 27.8.2026

Your tutors will bring you in groups to the Check-in Event

You will meet the representatives of:

- International Education Services
- HYY (Student Union) and the different student organisations
- Erasmus Student Network
- Helsinki Think Company, University Chaplains, Unisport
- Language Centre, Finnish Language Studies
- Library, Una Europa, Helsinki Alumni, IT services
- Helsinki's public transport (HSL)
- DVV: Digital and Population Data Services Agency
- Migri
- Helsinki-info (Helsinki city information desk)

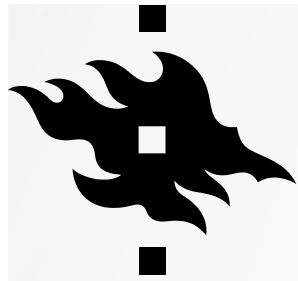




BRING THESE DOCUMENTS TO THE CHECK-IN EVENT



- Passport or EU Citizen's ID card
- Residence permit or EU Citizen's registration document (if applicable)
- Certificate of Student Status downloaded from SISU
- Address in Finland, including the number of your room/apartment
- Learning Agreement (if you have a paper version that needs to be signed, only applicable to Erasmus students)
- Certificate of Arrival (if required by your home university): Fill in your name and home university, but leave the part for dates empty.
- HSL travel discount form (from your tutor): Fill in only the upper part of the form, your personal information.
- Bank receipt of the HYY student union membership payment (optional & only if you did not send it already to HelsinkiUni Help)
- Credit or debit card (for HSL, ESN & HYY membership fee, and Unicafe for meals with a student discount, they do not accept cash)



COURSE REGISTRATION



Registering for Teaching Period I courses takes place in [Sisu](#) during the Orientation week

Course registration does not guarantee you a place on the course



The selection of participants are done by lecturers / programme coordinators

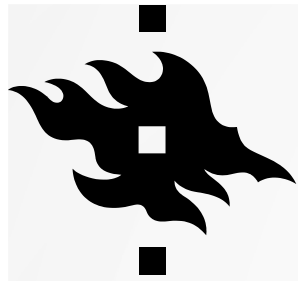


Please note that there are restrictions to some courses

Check [course information pages](#) for details



Language Centre courses are opened for another registration round if their original registration period has ended before the orientation week and if there is room on the course



LEARNING AGREEMENT FOR ERASMUS STUDENTS



If your home university uses Online Learning Agreement (OLA) / Digital Learning Agreement (DLA), please use that one and not a pdf/word document



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



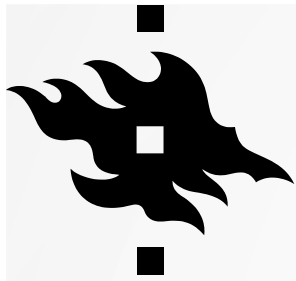
Almost all the OLA's/DLA's will have been signed by us by the time you arrive, if we have received them via the online system



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



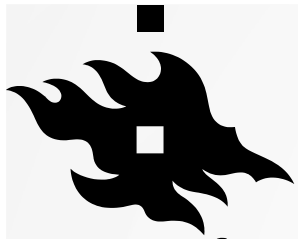
Some are not signed because they lack information or due to technical problems



ARRIVAL CERTIFICATE FOR ERASMUS STUDENTS

- Your home institution may ask for an Arrival Certificate (also called as Certificate of Stay / Confirmation of Stay)
- We will sign these forms after your arrival to Helsinki, at the Check-in Event.
 - Please bring a paper copy of the document with you and give to your tutor.

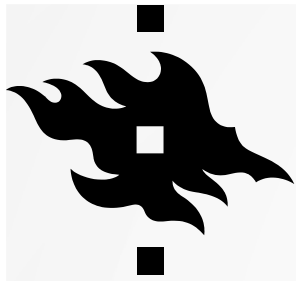




Q&A 2

- If you have any questions about the topics above; we will have a few minutes break now to answer your questions, please write them either in chat or use the Raise hand function to speak.

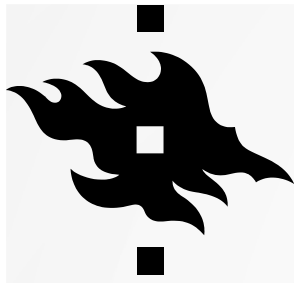




DISCOUNT FORM FOR PUBLIC TRANSPORTATION

- BA / MA exchange students: Student discount (40% on season tickets)
- PhD students: Not entitled to a student discount, but they can get the local price for adults after registering their address with the DVV (Digital Population Services).
- Where to get it signed
 - **During** Orientation week: Check-in event
 - **After** Orientation week: [student services](#)
- The discount is **not** valid before your study right starts officially (for most of you 25.8.2026).



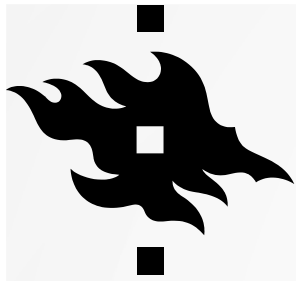


HOUSING

Read all messages from your housing provider carefully !

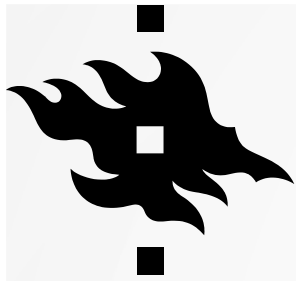


- UNIHOME and HOAS will send you personal guidelines on how to get your keys **during or after office hours**. Reserve at least two hours for reaching the housing provider's office from the airport.
 - If you arrive **after** office hours, you may need to arrange your first night's stay at a hostel independently.
 - If you arrive **earlier**, you can contact the housing provider and ask about the availability of your room.
- Remember that once you sign the fixed-term tenancy agreement, you will need to pay the rent until the end of the agreement even if you decide to leave earlier.
- UNIHOME-HOAS INFO (Student Housing Services), for all new international students, Friday 28.8.2026 Online Housing info session. Check the [orientation programme](#) for the link to the Zoom event!



REGISTERING WITH FINNISH AUTHORITIES 1/3

- **Exchange students do not need to apply for a Finnish personal identity code.** However, it may be required if you want to open a Finnish bank account or apply for jobs. In this case you need to register with the Migri or DVV during orientation week.
- **DVV and Migri are going to be present at the Check-in Event.** You do not need to book an appointment at DVV or Migri if you come to the Check-in Event with your tutor.



REGISTERING WITH FINNISH AUTHORITIES 2/3

Nordic Countries

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

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](#)

Apply for a personal identity
code at the same time, if
you need it

Non-EU Countries * (includes UK citizens)

Do you need a personal identity code?

If you have already applied for the code, 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.

NO

You're all set!

YES

Apply for a personal
identity code with
[DVV e-form](#)
Complete the process at
Check in Event



REGISTERING WITH FINNISH AUTHORITIES 3/3

if you need the Finnish personal identity code,
do this before check-in event:

Get

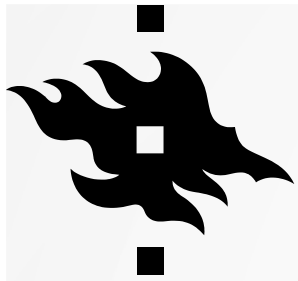
**Before you register via the DVV e-form:
Get your IT account and
Download a certificate of student
status from Sisu, but not before
25 August when your study right
becomes Active! (you will attach
it to the DVV registration form!)**

Fill out

**Fill out the DVV e-form before
coming to the CIE, but not before
25 August when your study right
becomes Active! If you have filled
out the form before, please do it
again on 25 August at the
earliest.**

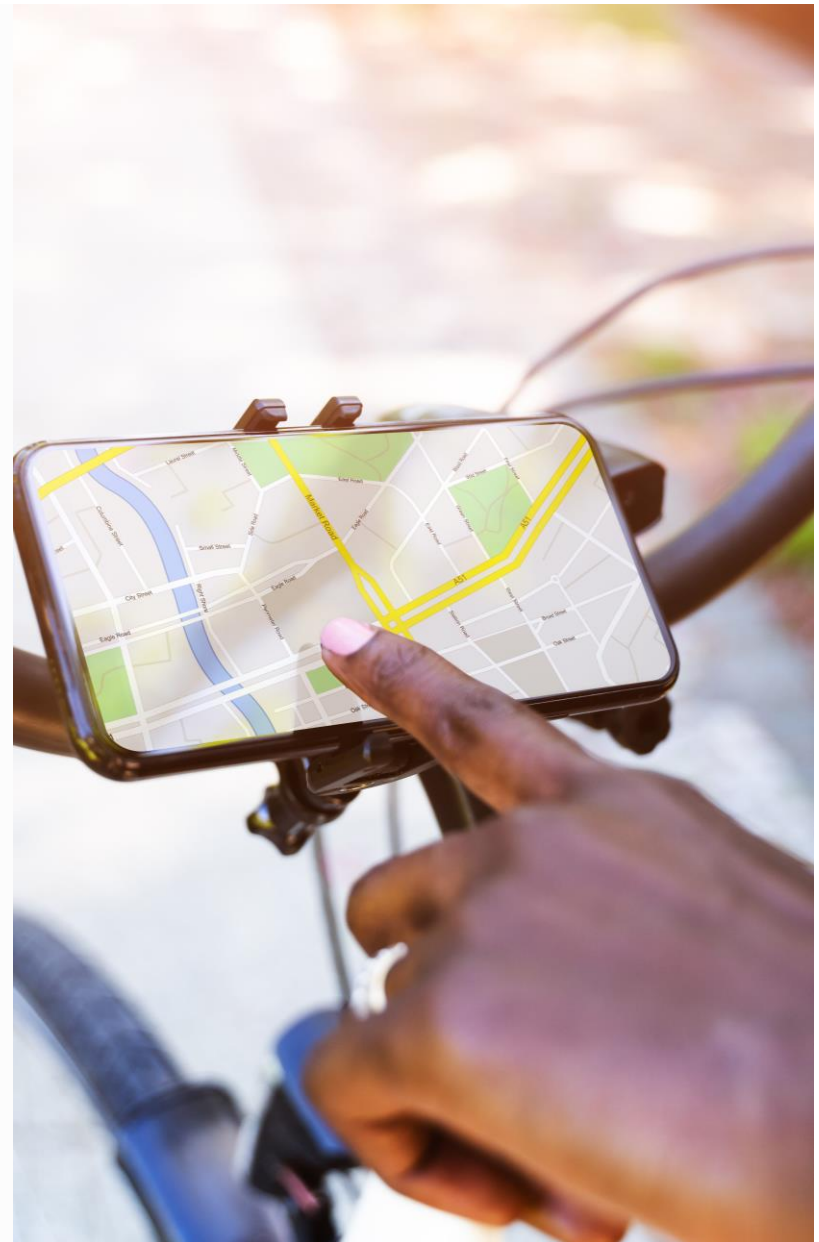
Make

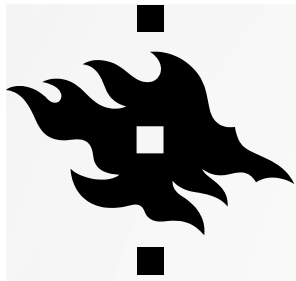
**Make sure the copy of your
passport is of good quality for
the DVV application.**



ARRIVAL IN FINLAND

- At the airport train station, you can take any train (“P” or “I”) going in any direction. It will take you to the Central Railway Station, which is the last stop. The train ride is about 30 mins.
- You will need an “ABC ticket” for the trip between the airport and the city centre.
- The ticket costs between 4,50€-4,80€, depending on where you buy it. Options are:
 - HSL app
 - Card readers with contactless payment on train (only for Visa and Mastercard, debit or credit)
 - Sales and service points (such as Alepa and R-kioski at the airport)
 - Ticket machine at the train platform at the airport
- A penalty fare of 100€ if travelling without a ticket.



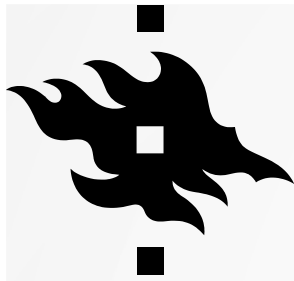


HEALTHCARE

EU/EEA citizens: Please make sure your EHIC/GHIC card is valid. You can contact the [nearest public health station](#) or refer to your own private healthcare insurance.

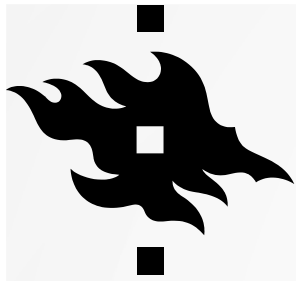
Non-EU citizens: Please refer to your own private healthcare insurance. You can turn to any of the private healthcare providers e.g. Mehiläinen, Terveystalo, Aava and Pihlajalinna.

[Healthcare for exchange students](#)



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.
- 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.
- [Further instructions](#)



WHERE TO LOOK FOR INFORMATION?

STUDIES SERVICE
STUDIES.HELUNKI.FI

SEARCH HELKA CARD NOTIFICATIONS

FRONT PAGE CALENDAR **INSTRUCTIONS** DEGREE STRUCTURE COURSES SISU TEACHER'S FLAMMA SERVICES AND TOOLS

On certain pages a chat is available. To be able to see the chat, you need to [accept statistics cookies](#)

Page status: Published View Revisions Translate Copy URL

Frontpage > Instructions > Degree Students

Degree Students

When using the instructions, please log in or select your degree programme from the menu available on the instruction pages. Some of the content displayed on the pages is tailored based on your selection and will only be visible once you have selected a programme.

All instructions by theme

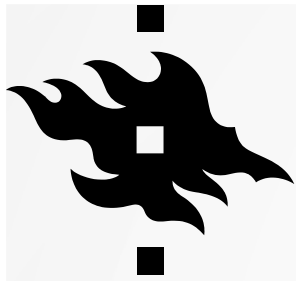
To support studies For new degree students Where can I get guidance and advice? Study support Health care and well-being For exchange and visiting students	Academic year and duration of studies Registering for the academic year, tuition fees and student status certificates Study rights, master's options and duration of studies Returning to studies after a break	Studies Plan your studies User instructions for Sisu Language and communication studies Optional studies Completion of courses and assessment Study abroad Theses
Graduation and working life Graduation Traineeships Work and Career	Community and daily life Events during the academic year Student benefits and financing your studies Student involvement Ground rules	

Instructions

Degree Students

[For exchange and visiting students](#)

Remember to select your degree programme from the menu!



FINDING YOUR WAY AT THE UNIVERSITY OF HELSINKI

The University of Helsinki has [four campuses](#) in Helsinki



CITY CENTRE (Faculties of Social Sciences, Humanities, Educational Sciences, Law, Theology, Swedish School of Social Sciences)



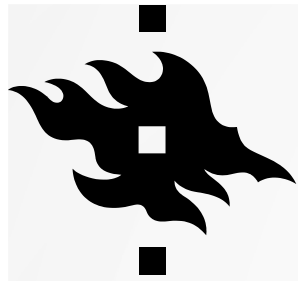
KUMPULA (Faculty of Science)



MEILAHTI (Faculties of Medicine including Psychology and Dentistry)



VIIKKI (Faculties of Agriculture and Forestry, Biological and Environmental Sciences, Pharmacy, Veterinary Medicine)



JOIN THE INTERNATIONAL EXCHANGE FAIR ON 6TH OCTOBER!



We are inviting international students to share their experiences and insights about their home universities, encouraging UH students to consider studying abroad.



As a presenter, you'll connect with other international and Finnish students and speak at country-specific stations.



More details and a link to a sign-up form will be given during the orientation week.

GENERAL QUESTIONS

- Any other questions?
- Please write them either in chat or use the “Raise hand” to speak.





KIITOS JA TERVETULO! THANK YOU AND WELCOME!

