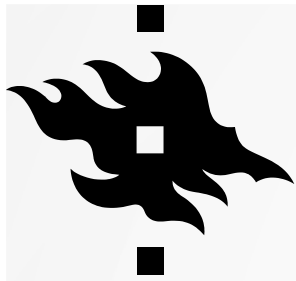




WELCOME TO VIKKI!

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/
shortening
exchanges etc.



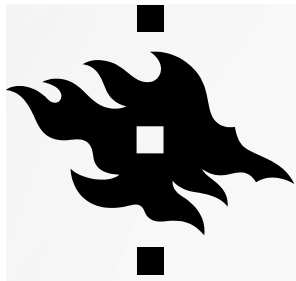
Viikki specialists :

Sari Mikkola
Agriculture and Forestry
Veterinary Medicine



Outi Orenius
Biological and
Environmental Sciences
Pharmacy





CONTACT US



Email

studentexchange@helsinki.fi



Online face-to-face

[Vihta booking system](#)



Telephone

Weekdays
12 – 13

+358 2941 22401



[HelsinkiUni](#)
[Help](#)

[Drop-in sessions](#)



City Center

Mon 12-13

Main Library Kaisa



Kumpula

Wed 13-14

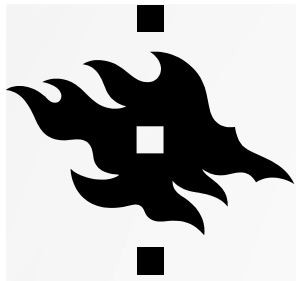
Physicum, Campus Library



Viikki

Thu 13-15

Info center



NEWSLETTERS

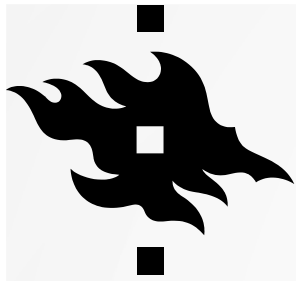
[Newsletter Archive](#)

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



Welcome to our academic family at the University of Helsinki!

- Important information regarding your exchange
- 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 Orientation Week
- Please check [the newsletter archive](#), if you have not received one yet.



CERTIFICATE OF STUDENT STATUS



What for?

Study right

Exchange dates

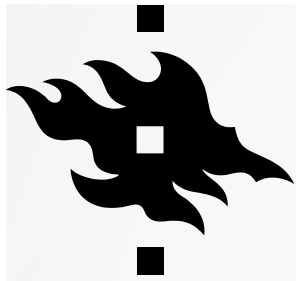
Proof of student status



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 30th**.



The membership fee for the autumn term is **45** euros, full academic year **85** euros.

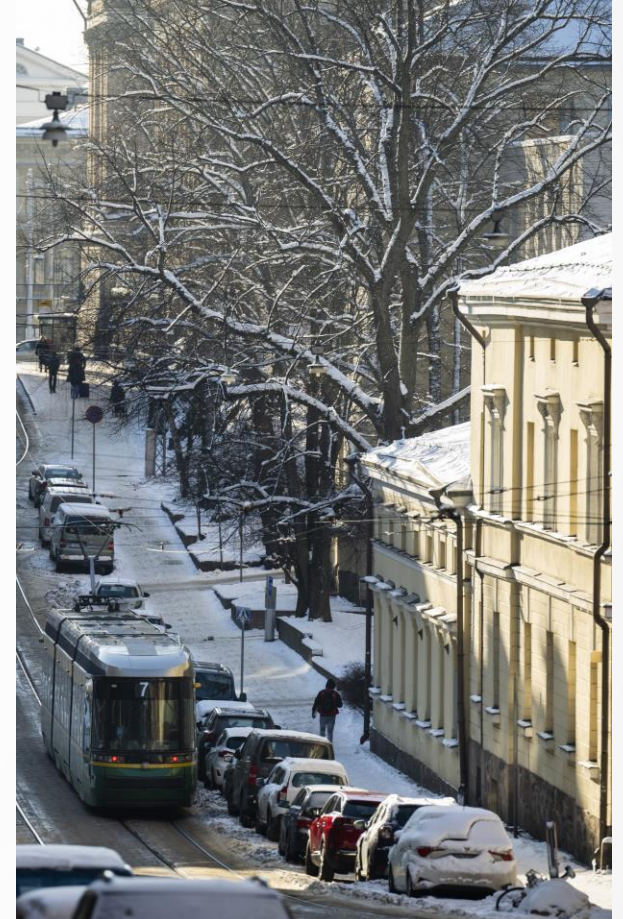


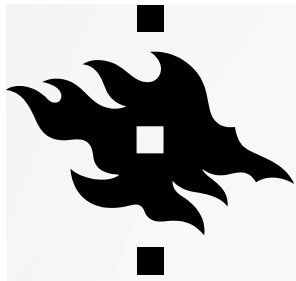
If you become a member after the Check-in Event, you can send a photo of the receipt to HelsinkiUni Help by submitting a [service request](#) or by visiting one of the [HelsinkiUni Help service points](#).



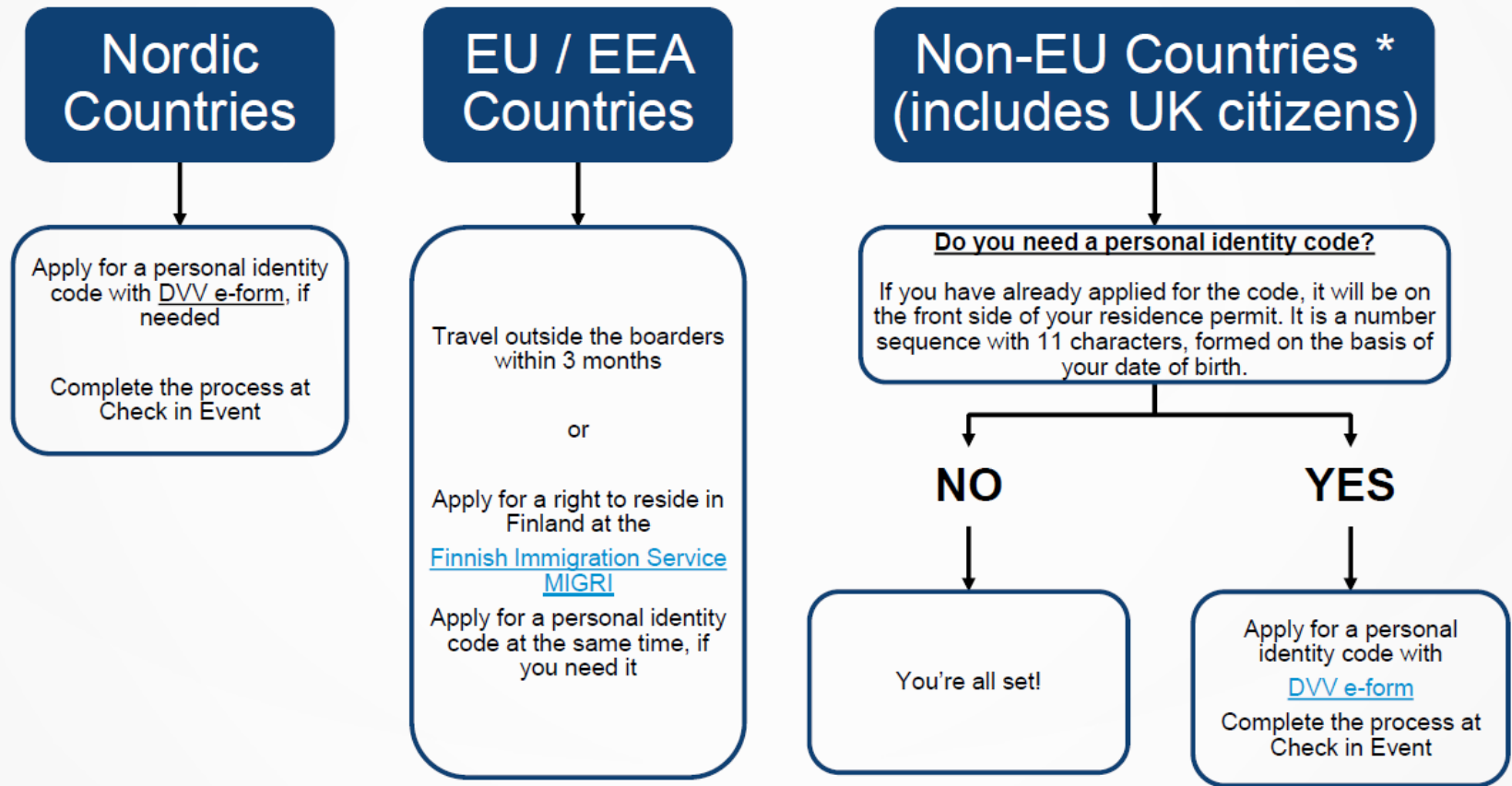
DISCOUNT FOR PUBLIC TRANSPORTATION

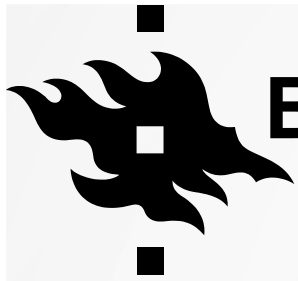
- HSL Travel Card
 - BSc / MSc exchange students: Student discount (40% on season tickets)
 - You can get the physical card at the Check-In Event and later upload value on your card
 - PhD students: Not entitled to a student discount, but you can get the local price for adults after registering your 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.





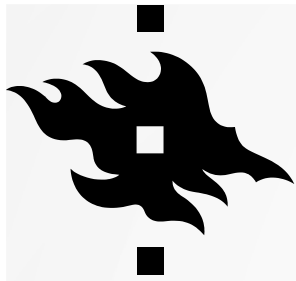
REGISTERING WITH FINNISH AUTHORITIES





BRING THESE TO CHECK-IN EVENT

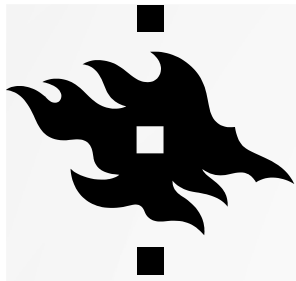
- Passport or EU Citizen's ID card
- Residence permit if applicable, or EU Citizen's registration document if applicable
- Certificate of student status downloaded from Sisu (download a new version today, if you have already downloaded one when your study right was inactive)
- Address in Finland, including 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!

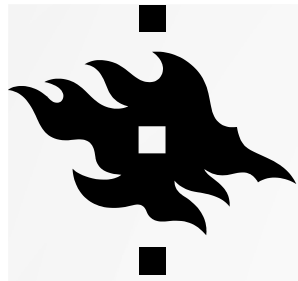
Current visitor number

004

Next visitors:

005 006

There are 2 visitors waiting



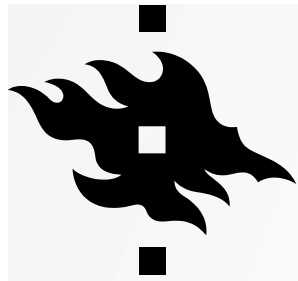
AT THE CHECK-IN EVENT 2/2

You will also meet the representatives of:

- **HYY (Student Union)** and the different student organisations
- **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!





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



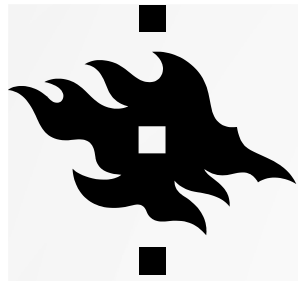
PDF LA's, if your university is not yet in OLA, to
studentexchange@helsinki.fi



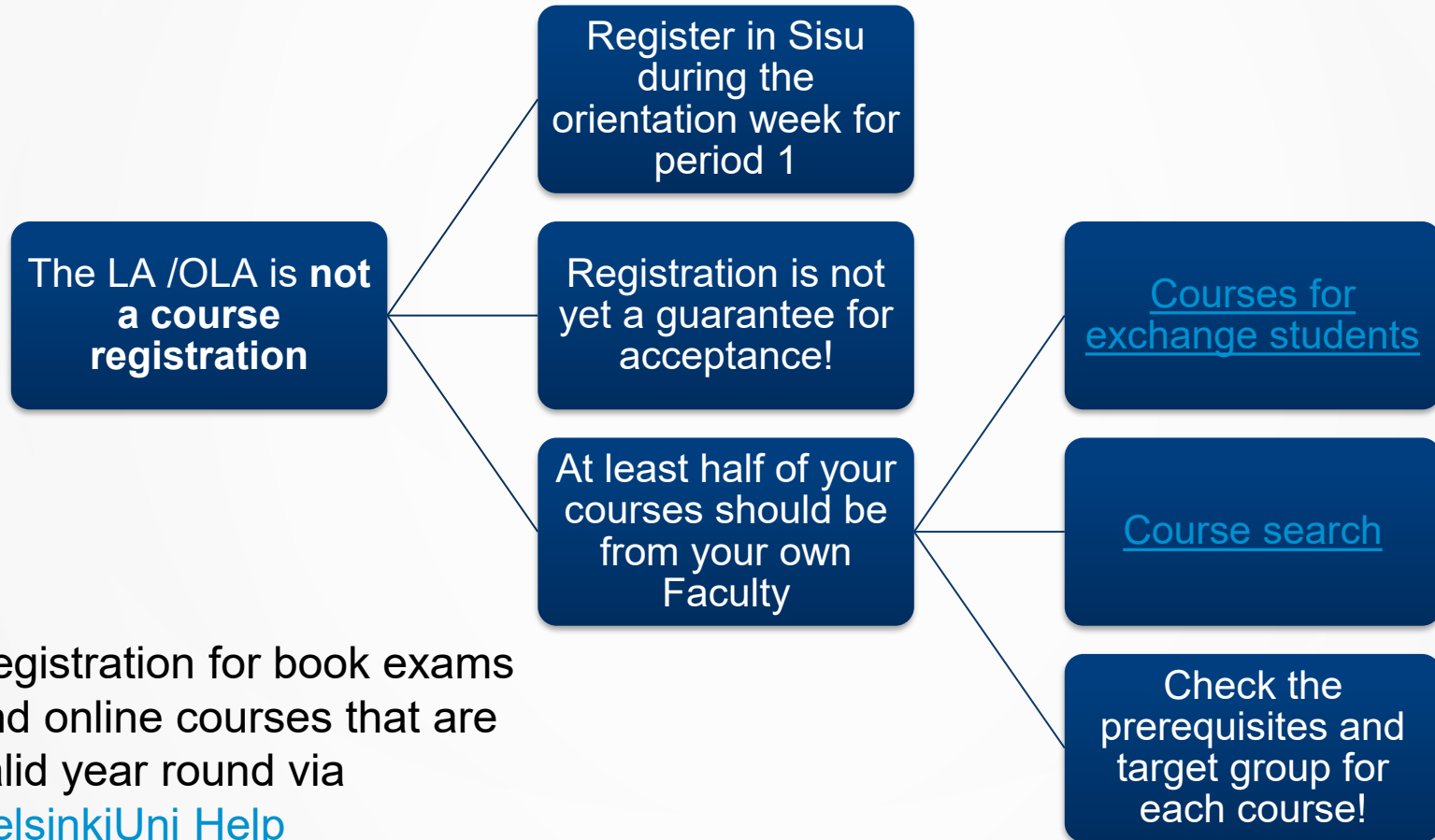
Changes possible (overlaps, cancellations, full courses). You might need approval for changes from your home university



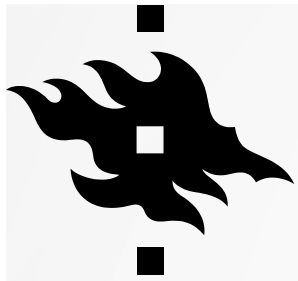
Make sure not to choose courses that end after your study right ends!!!



COURSE REGISTRATION



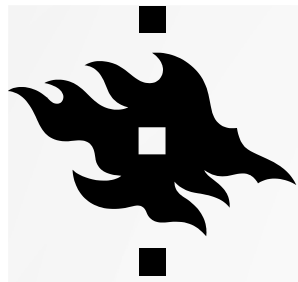
Registration for book exams and online courses that are valid year round via [HelsinkiUni Help](#)



INDIVIDUAL ARRANGEMENTS FOR STUDIES

- Individual arrangements support your learning when your studying is affected, for example, by a long-term illness, disability or impediment.
- 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
- Please see [how to apply for a University recommendation for more extensive arrangements](#) and fill in the application form as soon as possible
- If you have any questions, please contact specialneeds@helsinki.fi. Be sure to use a secure or encrypted connection when sending any personal details or diagnoses. If you are sending your message from your helsinki.fi email address, you can secure your email by sending it to specialneeds@helsinki.fi.s.





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 must download a digitally verified transcript yourself from Sisu after all credits have been registered.
- You will receive more information closer to your departure in one of our Newsletters.



TRANSCRIPT OF RECORDS 5 DEC 2025

Student number [REDACTED]

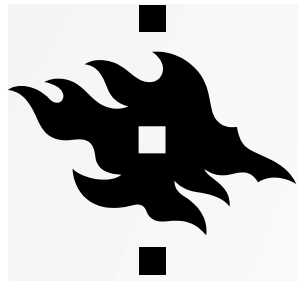
Course name and code	Scope	Lang	Grade	Date
Finnish 2, Basic Studies of Finnish Language 2 (410061)	12 cr	fi	4	11 Dec 1992
Basic Studies in Finnish Language 1 (410060)	6 cr	fi	3	5 May 1992



YOUR UH EMAIL

- The University of Helsinki uses Office365 mail system and you have 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.

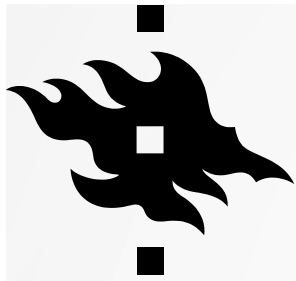




HEALTHCARE

- 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

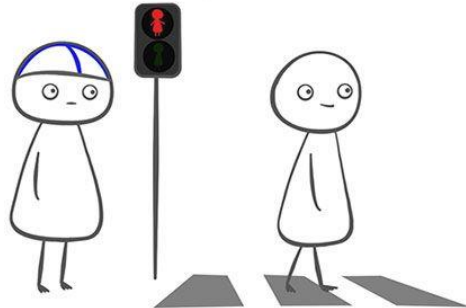
- **Join online housing session on Friday, August 28 for detailed information by Hoas and Unihome**
- Respect other students and avoid making noise especially during silent time 22:00 - 07:00
- Take good care of the apartment and common areas
 - It is strictly forbidden to smoke inside (not even through 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**



FINNISH STEREOTYPES

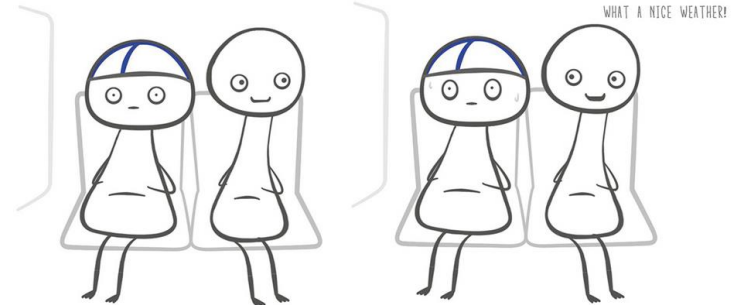
FINNISH NIGHTMARES

FINNISHNIGHTMARES.BLOGSPOT.FI - FACEBOOK.COM/FINNISHNIGHTMARES - TWITTER.COM/FINN_MATTI



SOMEONE'S DOING SOMETHING 'WRONG'
AND STARING AT THEM INTENSELY WON'T MAKE THEM STOP

FINNISH NIGHTMARES



SOMEONE SITS NEXT TO
YOU IN PUBLIC TRANSPORT

AND THEN THEY START
SPEAKING TO YOU.

FINNISH NIGHTMARES

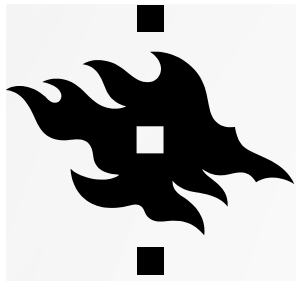


"SMALL" TALK

For more on Finnish
stereotypes follow
"[Very Finnish
Problems](#)" in
Facebook

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!
- Wear several layers of clothes to stay warm and remember to remove them indoors

"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



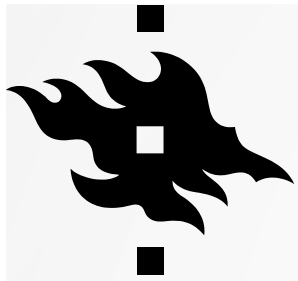
For S.A.D. (seasonal affective disorder)



[Bright light therapy instructed by the Finnish Student Health Services](#)



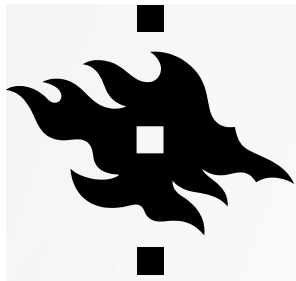
Watch out for snow and ice falling from rooftops



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



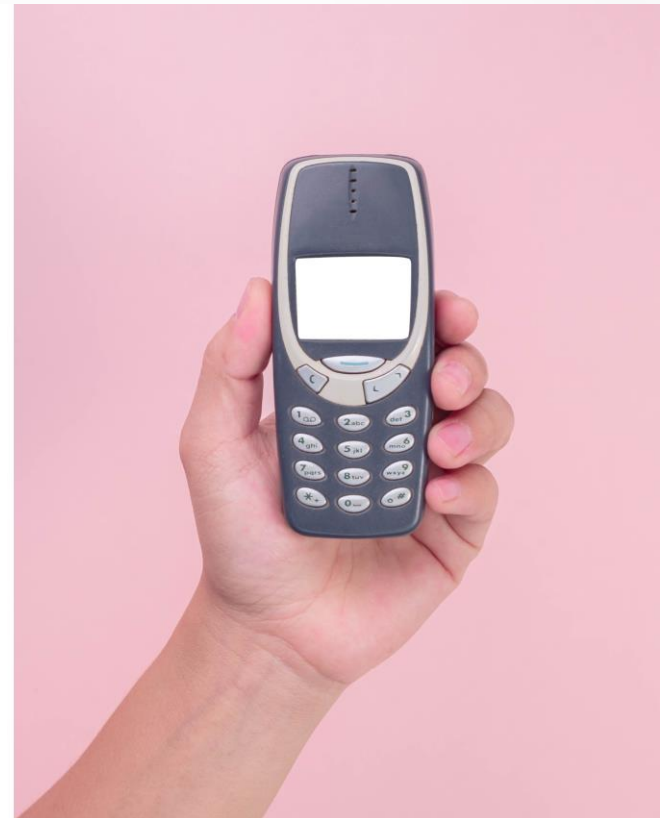
- Hei! / Moi! / Terve! – Hello!
- Kiitos – Thank you
- Anteeksi – Sorry, Excuse me
- (Hyvää) huomenta! – Good morning!
- (Hyvää) yötä! – Good Night!
- Näkemiin!/ Hei Hei!/ Moi Moi! – Good bye!
- Note: Finns are good at avoiding formalities. You e.g. address professors by their first name, but you mainly 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 definately not Good morning Professor Virtanen



FINLAND AND UNIVERSITY OF HELSINKI IN A NUTSHELL: KAHOOT

Time for a KAHOOT!

Go to kahoot.it
with your mobile and
wait for the game PIN





GENERAL QUESTIONS

Any questions?

Please raise your hand 😊



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

