UEF//

PRACTICAL GUIDE FOR INTERNATIONAL STUDENTS

KUOPIO CAMPUS

2019-2020

Kuopio Campus

University of Eastern Finland 2019
Contact Information

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The information in this booklet has been updated in June 2019. Changes are possible. The European Commission accepts no responsibility for the contents of the publication.
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1 Finland

<table>
<thead>
<tr>
<th>Population</th>
<th>5.5 million</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area</td>
<td>338,424 sq.km</td>
</tr>
<tr>
<td>Capital</td>
<td>Helsinki (population 600,000)</td>
</tr>
<tr>
<td>Head of State</td>
<td>President Sauli Niinistö</td>
</tr>
<tr>
<td>Official Languages</td>
<td>Finnish, Swedish</td>
</tr>
<tr>
<td>Main religion</td>
<td>Evangelic Lutheran</td>
</tr>
<tr>
<td>Currency</td>
<td>Euro</td>
</tr>
<tr>
<td>Calling Code</td>
<td>+358</td>
</tr>
</tbody>
</table>

Finland is a Nordic democracy and a member country of the European Union. Finland’s unique culture has been influenced by both Scandinavian and Russian cultures. With its over-abundance of space, Finland’s exotic, northern geographic setting is one of its most treasured resources.

In terms of area, Finland is the seventh largest country in Europe but it has a very low population density. Forests cover over two thirds of the country. Finland is also a land of a thousand lakes and water covers 10% of the land.

Finland is a land of four distinct seasons. During the summer, the highest daytime temperature in eastern Finland occasionally rises over 25°C (degrees Celsius). During the winter months, particularly in January and February, temperatures of minus 20°C are common. Even if the temperatures in the winter can seem harsh, Finland has a much milder climate than other areas in similar latitudes. This is due to the many lakes, the Baltic Sea and the airflows from the Atlantic Ocean warmed by the Gulf Stream.

In the summer, there is daylight almost around the clock whereas in the winter there are only a few hours of daylight. In the autumn, the first snow often settles in November and the landscape will often be covered in snow in December. The first signs of spring can be seen in March and the snow gradually starts melting away in April.
Useful Links

University of Eastern Finland:
http://www.uef.fi/en/etusivu
http://www.uef.fi/en/web/admissions

University Telephone Directory:
http://www.uef.fi/telephone-directory

Education and training in Finland:
http://www.oph.fi/english
http://www.cimo.fi/frontpage
http://www.studyinfinland.fi
http://minedu.fi/en/frontpage

Finnish customs and manners:
https://finland.fi/life-society/a-guide-to-finnish customs-andmanners

General information on Finland:
http://www.finland.fi
http://www.infopankki.fi
http://www.visitfinland.com
http://www.lonelyplanet.com/finland
http://www.finnfacts.fi/eng
http://finlandinsider.com/about/books
https://www.expat-finland.com/

Learn Finnish:

News in English:
http://www.yle.fi/uutiset/news
http://www.helsinkitimes.fi

Preparing for winter:
http://www.visitfinland.com/article/how-to-dress-right-and-enjoy-the-winter

Statistical data on Finland:
http://www.stat.fi/index_en

Transportation:
http://www.liikennevirasto.fi/web/en
https://opas.matka.fi
https://vilkku.kuopio.fi/en

Weather in Kuopio:
http://en.immatieteenlaitos.fi/weather/kuopio
http://www.foreca.com/Finland/Kuopio
2 Finnish State Regulations

2.1 Students from Nordic Countries

2.1.1 Visa and Residence Permit

Students coming from the Denmark, Iceland, Norway and Sweden are allowed to arrive, reside, study and work without visas or residence permits in Finland.

2.1.2 Registration of a Foreigner in Finland

Citizens of the Nordic countries do not need to register at the Finnish Immigration Service. However, even students coming from Nordic countries should register at the Local Register Office (Maistraatti) in order to receive a Finnish Personal Identity Code. We recommend that all international students acquire a Finnish Personal Identity Code. The Personal Identity Code differentiates you from everyone else in the country and makes it much easier do business in such places as banks, hospitals and the registration offices of different authorities.

Visit the Local Register Office and request to be registered in the Finnish Population Information System and to receive a Finnish Personal Code. The information of registration is used for various purposes, like elections, taxation, health care, judicial administration and statistical purposes. You will need to take a valid passport or other identification, UEF study certificate, as well as a possible certificate of marriage and birth certificates of any children moving with you.

Local Register Office
Opening hours: Mon–Fri 09:00–16:15 (9am–4.15pm)
Address: Puistokatu 29, 70101 Kuopio
Tel: +358 29 553 9511
Email: info.ita-suomi@maistraatti.fi

2.2 Students from EU/EEA Countries and Switzerland

2.2.1 Visa and Residence Permit

https://migri.fi/en/eu-citizen
Citizens of the member states of the European Union (EU), the European Economic Area (EEA) and Switzerland do not need a residence permit. However, if you are staying in Finland for longer than three months (90 days) you must register at the Finnish Immigration Service after your arrival in Finland (see paragraph 2.2.2). The member states of the European Union (EU) are Austria, Belgium, Bulgaria, Cyprus, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden and the United Kingdom (UK will be a member probably until March 2019.). In addition to the EU member states, also Iceland, Liechtenstein and Norway are members of the European Economic Area (EEA).

As a rule, a foreign citizen must carry a valid passport in order to enter Finland. Finland is a party to the Schengen Agreement, and in terms of the agreement transiting (including flights) from one country to another within the Schengen Area is done without border controls. The
parties to the Schengen Agreement are Austria, Belgium, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

Nevertheless, citizens of Schengen countries must have a passport or an internationally recognised official identity card during their stay in Finland. It is sincerely recommended that those coming from Schengen countries bring a passport with them to Finland. It is absolutely necessary in case you desire to travel outside the EU from Finland, e.g. to Russia. Students who are citizens of an EU country can enter Finland with their EU Identity Card. If they are planning to travel outside the EU during their stay in Finland, they need a passport.

2.2.2 Registration of a Foreigner in Finland

Students from the EU/EEA member states or Switzerland can enter the country freely without visa or residence permit. However, if you are staying for longer than three months (90 days) in Finland, you need to register your right to reside in Finland at the Finnish Immigration Service (Migri). You can fill the application online at https://enterfinland.fi/eServices. However, you will still need to visit a Migri office within three months of submitting your application to verify your identity and to show the original documents. Please note that Migri offices can get busy, so please book an appointment well in advance at https://migri.vihta.com.

You need the following to register:

- National proof of identity or passport
- Study certificate from Student and Learning Services (see paragraph 5.1)
- Proof of your funds or a scholarship to cover your living expenses in Finland (e.g. document from home university stating your exchange period and the scholarship you have received, or other proof of how you are going to finance your stay in Finland)
- Health insurance with sufficient coverage
- Application free of EUR 54 (can be paid online or when you visit the office)

If any of the documents are not in Finnish, Swedish or English, you must have them translated into one of these languages by an authorized translator. Please take all the original documents with you to the Migri office.

Finnish Immigration Service http://migri.fi/en/service-points
Opening hours: Mon, Tue, Wed, Fri 08:00–16:15 (8am–4.15pm), Thu Closed
Address: Asemakatu 38–40 (entrance on Ajurinkatu 45), 70110 Kuopio
Nationwide customer service: +358 29 541 9600 (Mon–Fri 9am–3pm)

The registration required for EU and EEA citizens is valid for the time being and does not require renewing. More information about the registration can be found on the website of the Finnish Immigration Service: http://www.migri.fi/eu_registration

Please note that tourist visas cannot be extended in Finland. However, if you travel abroad (crossing the border of Finland) within the first 90 days of your stay in Finland, the three-month period will restart after you return to Finland. In this case, please remember to save all your travel documents.

All students who intend to stay in Finland for a year or longer must also register at the Local Register Office (Maistraatti). Even students who are staying in Finland for a shorter period should register at the Local Register Office in order to receive a Finnish Personal Identity Code. We recommend that all international students acquire a Finnish Personal Identity Code. The Personal Identity Code differentiates you from everyone else in the country and makes it much
easier do business in such places as banks, hospitals and the registration offices of different authorities.

Visit the Local Register Office and request to be registered in the Finnish Population Information System and to receive a Finnish Personal Code. The information of registration is used for various purposes, like elections, taxation, health care, judicial administration and statistical purposes. You will need to take a valid passport or other identification, as well as a possible certificate of marriage and birth certificates of any children moving with you.

**Local Register Office**
*Opening hours:* Mon–Fri 09:00–16:15 (9am–4.15pm)
*Address:* Puistokatu 29, 70101 Kuopio
*Tel:* +358 29 553 9511
*Email:* info.ita-suomi@maistraatti.fi

### 2.3 Students from non-EU/non-EEA Countries

#### 2.3.1 Visa and Residence Permit


Non-EU/non-EEA citizens (from countries located in Africa, Asia, Australia, North America and South America) intending to enter Finland for longer than three months must apply for a residence permit at the nearest Finnish Embassy or Consulate in their home country before their arrival to Finland. The residence permit must cover the entire period of stay in Finland. Even if the studies last for more than a year, the residence permit is usually granted for one year at a time. The application for an extension of the residence permit can be submitted at the Finnish Immigration Service (see paragraph 2.3.3).

Once you have received the Certificate of Admission from the University of Eastern Finland, please submit your application online at [https://enterfinland.fi/eServices](https://enterfinland.fi/eServices). Applying electronically is the fastest way to get a decision on your residence permit. You can also submit the application to a Finnish Embassy in your home country. If there is no Finnish Embassy or Consulate in your home country, you should contact the Finnish Embassy nearest to your home country. A list of Finnish Embassies around the world can be found here: [http://www.formin.fi → In English → In English → Ministry → Missions → Finnish missions abroad](http://www.formin.fi).

Although the residence permit application can be submitted online, you still need to visit a Finnish Embassy or Consulate to verify your identity and to present the original documents. You will also be fingerprinted for a biometric residence permit card. Your application cannot be processed until you have visited the Embassy. A processing fee of EUR 300 will be collected at the Embassy when you submit your application. The fee will not be refunded even in the event of a negative decision.

The Finnish Embassy will submit your residence permit application to the Finnish Immigration Service for a decision. Depending on the country you are coming from, it can take approximately 1–3 months to get a residence permit. Do not acquire airline tickets before the residence permit has been granted to you. It cannot be guaranteed that the residence permit decision will be ready before your flight to Finland, especially if your application is incomplete or submitted late.

In order to have a residence permit granted, non-EU/non-EEA citizens must demonstrate that their livelihood is secured either with a deposit in your own bank account or with an official scholarship or grant. To pay for your accommodation, food and other expenses, the Finnish Immigration Services requires that you have a minimum of EUR 560 for each month that you intend to stay in Finland (i.e. EUR 6720 for a one-year residence permit). A written guarantee
of sponsorship from a private person such as family member, friend or employer is not accepted. In addition, non-EU/non-EEA citizens must have a valid health insurance to cover the costs of medical treatment. For more information about the health insurance, see paragraph 8.1.

Finland has introduced tuition fees in 2017 (see paragraph 3.3). If tuition fees apply for your studies, and you have paid the fees before coming to Finland, attach documentation of the paid fees to the residence permit application. If you are paying the tuition fees after arriving to Finland, attach documentation of means to pay for them. Or if you have received a waiver for the tuition fees, attach the documentation on this.

You need the following to apply for a residence permit:

- Passport
  - Make sure your passport is valid for the duration of your stay in Finland
- Original certificate of admission to the university
- Certificate of health insurance indicating
  - Name of the insured person
  - Insurance coverage and amounts of benefit
  - Validity period of the insurance
  - Geographical area in which the insurance is valid
- Documentation of a secured livelihood
  - Bank statement indicating a sufficient deposit in a bank account under your name (a joint account with another person is not accepted)
  - Official certificate of a grant or scholarship from a government, an organization or an education institution
- Documentation of either paid tuition fees or the means to pay for them (if applicable)
- Passport-sized photo
  - Instructions: [http://www.poliisi.fi/passport/passport_photo_instructions](http://www.poliisi.fi/passport/passport_photo_instructions)

If the documents are not in Finnish, Swedish or English, you must have them translated into one of these languages by an authorized translator. Please take all the original documents with you to the Embassy.

It is possible to apply for a Finnish Personal Identity Code at the same time as you apply for a residence permit. The Personal Identity Code differentiates you from everyone else in the country and makes it much easier do business in such places as banks, hospitals and the registration offices of different authorities. Please apply for the Finnish Personal Identity Code at the same time with your residence permit!

For further information on residence permits, see here: [http://www.migri.fi/studying_in_finland](http://www.migri.fi/studying_in_finland)

### 2.3.2 Registration of a Foreigner in Finland

Foreign citizens from all countries, who intend to stay in Finland for a year or longer, must also register at the Local Register Office (Maistraatti). The information of registration is used for various purposes, like elections, taxation, health care, judicial administration and statistical purposes. In order to register, you need to visit the Local Register Office to fill out and sign the registration form. You will need a valid passport, a valid residence permit, a study certificate, as well as a possible certificate of marriage and birth certificates of any children moving with you.

If you did not receive the Finnish Personal Identity Code earlier, please apply for it at the Local Register Office.

**Local Register Office**

**Opening hours:** Mon–Fri 09:00–16:15 (9am–4.15pm)
2.3.3 Extension of Residence Permit

https://migri.fi/en/extended-permit

Even if the studies last for more than a year, the residence permit is usually granted for one year at a time. Extension of the residence permit can be applied for at the Finnish Immigration Service (Migri). In order to apply for an extension, you must be registered as a full-time student at the University of Eastern Finland, and you should have completed an average of 40–60 ECTS credits per academic year. If your study performance is poor, an extension of the residence permit may be denied. In addition, sufficient income (EUR 560 per month) must be secured and proved for each applied year of extension.

You can only apply for an extension of residence permit in Finland. If you submit your application abroad, it will be processed like an application for a first residence permit and it will be subject to the same processing fees as your first application. You can apply for the extension online at https://enterfinland.fi/eServices. However, you will still need to visit a Migri office to verify your identity and to show the original documents. Please note that Migri offices can get busy, so you should book an appointment well in advance at https://migri.vihta.com.

You need the following to apply for an extension:

- Passport
- Study certificate
  - You can get this from Student and Learning Services (see paragraph 5.1).
  - You should register for the following academic year before applying for an extension.
- Transcript of academic records
  - You can get this from Student and Learning Services as well.
- Proof of sufficient means to support your stay
  - EUR 560 per month (12 months x EUR 560 = EUR 6720).
- Valid health insurance
  - This must cover the whole period of your applied extension.
- Application fee of EUR 168
  - Can be paid online or when you visit the Migri office with your original documents.
- Passport-sized photo
  - Instructions: http://www.poliisi.fi/passport/passport_photo_instructions

Finnish Immigration Service
Opening hours: Mon, Tue, Wed, Fri 08:00–16:15 (8am–4.15pm), Thu Closed
Address: Asemakatu 38–40 (entrance on Ajurinkatu 45), 70110 Kuopio
Nationwide customer service: +358 29 541 9600 (Mon–Fri 9am–3pm)

2.4 Notification of Move

If you are staying in Kuopio for longer than three months, you are required to fill out a Notification of Move form. You can fill out the form when you visit the Local Register Office. Alternatively, you can fill out the form at any post office. If you need help with filling the form out, please ask for instructions at the International Mobility Services. More information here:
http://www.posti.fi/changeaddress
2.5 Working and Taxation

The chances of getting a job, especially without an excellent command of the Finnish language, are unfortunately rather low in Kuopio. Therefore, international students should not count on financing their studies by working in Finland.

Job offers and general information on working in Finland:
- [http://www.aarresaari.net](http://www.aarresaari.net)

International students (under a residence permit issued for studies) are allowed to work in Finland without a work permit (työlläpä) for a maximum of 25 hours per week during academic semesters and full-time during holidays. Earnings from part-time work may be included in the amount of funds required for a residence permit. However, this is not possible when applying for the first residence permit. Foreigners must have a work permit if they intend to engage in gainful employment while in Finland, with the exception of the citizens from the Nordic and the EU/EEA countries. More information: [http://www.migri.fi/working_in_finland](http://www.migri.fi/working_in_finland)

Persons residing in Finland for less than six months are considered as non-residents. They pay tax in Finland only on income. The amount of salary does not affect the tax rate. Apart from the tax, the employer is also required to deduct an employment pension contribution and an unemployment insurance contribution. For persons who have been residing in Finland for more than six months, the taxes to be paid are determined in accordance with the statutes of the Income Tax Act and at the same rate as for permanent residents. Taxation also depends on the tax agreements ratified between Finland and the home country of the foreigner.

The employee must obtain a tax card (verokortti) from the local tax office. The tax card should then be given to the employer. To obtain a tax card, you should give the tax office the required application form with your name, address, Finnish Personal Identity Code and a reasonable estimate of your income during the calendar year. They will calculate the tax percentage based on this estimation and this tax percentage will then be recorded on your tax card.


**Tax Office in Kuopio**
- **Opening hours:** Mon–Fri 09:00–16:15 (9am–4.15pm)
- **Summer opening hours (1.6.–31.8.):** Mon–Fri 09:00–15:00 (9am–3pm)
- **Address:** Tulliportinkatu 35, 70100 Kuopio
- **Tel:** +358 29 512 000
- To make an appointment: [https://ajanvaraus.vero.fi/#!/](https://ajanvaraus.vero.fi/#!/)

2.6 Embassies and Consulates

A list of [Finnish Embassies and Consulates](http://www.formin.fi) around the world can be found on the website of the Ministry for Foreign Affairs of Finland: [http://www.formin.fi](http://www.formin.fi) → In English → Ministry and missions abroad → The network of Finland’s missions

You may want to contact the [Embassy or Consulate of your home country](http://www.formin.fi) while in Finland. Contact details can be found on the same website: [http://www.formin.fi](http://www.formin.fi) → In English → Diplomatic representation of foreign states in Finland (at the bottom of the page)
2.7 Checklist for Authorities

2.7.1 Students from Nordic Countries
✓ No need for a visa or a residence permit.
✓ Get an insurance for your travel and stay in Finland.
✓ Visit the Local Register Office after arriving to Kuopio. Request to be registered in the Finnish Population Information System and to receive a Finnish Personal Identity Code. Fill out a Notification of Move form.
✓ Inform Student and Learning Services of your Personal Identity Code.

2.7.2 Students from EU/EEA Countries and Switzerland
✓ No need for a visa or a residence permit, if you are staying for less than 90 days.
✓ Get an insurance for your travel and stay in Finland.
✓ Remember that if you travel abroad (crossing the border of Finland) within the first 90 days of your stay, the three-month period will restart after you return to Finland. Keep all your travel documents.
✓ Visit the Local Register Office after arriving to Kuopio. Request to be registered in the Finnish Population Information System and to receive a Finnish Personal Identity Code. Fill out a Notification of Move form.
✓ If you are staying longer than 90 days, register your stay at the Finnish Immigration Service. This should be done within three months of your arrival to Finland.
✓ Inform Student and Learning Services of your Personal Identity Code.

2.7.3 Students from non-EU/non-EEA Countries
✓ Apply for a residence permit from the Finnish Immigration Service before making the travel arrangements.
✓ Get an insurance for your travel and stay in Finland.
✓ Request to be registered in the Finnish Population Information System and to receive a Finnish Personal Identity Code at the same with your residence permit application.
✓ Visit a Finnish Embassy or Consulate.
✓ Visit the Local Register Office after arriving to Kuopio to register for the place of residence. Fill out a Notification of Move form.
✓ Inform Student and Learning Services of your Personal Identity Code.
✓ If your studies last for more than a year, apply for an extension to your residence permit before the first one expires.
3 University of Eastern Finland

The University of Joensuu and the University of Kuopio merged on 1 January 2010 to constitute the University of Eastern Finland. With approximately 15,000 students and 2,800 members of staff, the University of Eastern Finland is one of the largest universities in Finland. The university has campuses in Joensuu and in Kuopio. The distance between the two cities is about 2 hours.

3.1 Faculties, Schools and Departments

Faculty of Health Sciences
A. I. Virtanen Institute for Molecular Sciences
- Biotechnology and Molecular Medicine
- Neurobiology
Department of Nursing Science
School of Medicine
- Biomedicine
- Clinical Medicine
- Dentistry
- Public Health and Clinical Nutrition
School of Pharmacy
Lab Animal Centre

Faculty of Science and Forestry
Department of Applied Physics
Department of Chemistry
Department of Environmental and Biological Sciences
Department of Physics and Mathematics
School of Computing
School of Forest Sciences
SIB Labs Infrastructure Unit

Faculty of Social Sciences and Business Studies
Business School
Department of Geographical and Historical Studies
Department of Health and Social Management
Department of Social Sciences
Law School
Karelian Institute

Philosophical Faculty
School of Applied Educational Science and Teacher Education
School of Educational Sciences and Psychology
- Education, Adult Education, and Career Counselling
- Psychology
- Special Education

School of Humanities
- Finnish Language and Cultural Research
- Foreign Languages and Translation Studies
School of Theology
• Orthodox Theology
• Western Theology
UEF Teacher Training School
  • Rantakylä Teacher Training School
  • Tulliportti Teacher Training School

Further information about the Faculties, Schools and Departments of the University of Eastern Finland here: [http://www.uef.fi/en/etusivu → UEF → Organisation → Faculties and independent institutes](http://www.uef.fi/en/etusivu)

### 3.2 Programmes

The main language of instruction at the University of Eastern Finland is Finnish and therefore most of the degree programmes are available only in Finnish. At the University of Eastern Finland, undergraduate studies leading to a Bachelor's degree are mainly offered in Finnish, and students who wish to take a Bachelor's degree at the University of Eastern Finland should therefore have an excellent command of the Finnish language. Applicants to Bachelor's degree programmes need to take part in entrance examinations, which are held in Finnish.

#### 3.2.1 International Master's Degree Programmes

All UEF Faculties offer Master's degree programmes in English. Students who have already obtained a Bachelor's degree from a university may apply for studies leading to a Master's degree. The Bachelor's degree must be in the same or relevant field as the intended Master's degree. International students are accepted to pursue Master's degree programmes taught in English on the basis of their admission documents (Bachelor's degree certificate, transcript of academic records, English language proficiency test, motivational letter and references). More information on the programmes here: [http://www.uef.fi/en/web/admissions/list-of-programmes](http://www.uef.fi/en/web/admissions/list-of-programmes)

#### 3.2.2 Doctoral Degree Programmes

Students who have completed a Master's degree can apply for postgraduate studies leading to a Licentiate or a Doctoral degree at the University of Eastern Finland. All doctoral education is arranged as Doctoral Programmes. They will cover all scientific fields of UEF and all doctoral students will complete their studies in Doctoral Programmes. For more information, please see: [http://www.uef.fi/en/web/guest/research/doctoralschool](http://www.uef.fi/en/web/guest/research/doctoralschool)

#### 3.2.3 Exchange Students, Visiting Students and Trainees

**Exchange students** are non-degree students who intend to study at UEF for one or two semesters. These students participate in bilateral or international student exchange programmes (e.g. Erasmus+, FIRST, ISEP, Nordplus, Nordlys, or other bilateral agreements). An exchange student must have completed at least one year of studies at their home university in order to be eligible to enrol at the University of Eastern Finland. Courses offered for the exchange students: [https://kamu.uef.fi/en/student-book/studies-for-exchange-students/](https://kamu.uef.fi/en/student-book/studies-for-exchange-students/)

**Visiting students** are non-degree international students who intend to study at UEF for one or two semesters, and who do not participate in bilateral or international student exchange programmes (e.g. Erasmus, FIRST). Visiting students are non-degree students and therefore no official diploma or degree certificate is available after the study period, apart from an official transcript. Please note that studies intended for visiting students cannot be guaranteed in all departments of the University of Eastern Finland. Visiting students must be registered at their home university and they also need to be recommended for admission by the home university.
They must have studied for at least one academic year in a related study field. They also need to have a good command of spoken and written English. More information here: http://www.uef.fi/web/admissions/visiting-students

**Erasmus training** or **Freemover training** is suitable for those non-degree exchange students who intend to do training (e.g. clinical placement, research work) in one of the departments of the University of Eastern Finland. The length of Erasmus or Freemover training is either one or two semesters or in some cases a shorter period. Please note that there is a limited number of training places available and departments are not obligated to organise training. Please also note that according to the Erasmus regulations, the Erasmus trainees are not allowed to complete regular study courses during their training. More information here: https://www.uef.fi/web/admissions/trainees

### 3.3 Tuition Fees

#### 3.3.1 Master’s Degree Students

Finland introduced tuition fees for international degree students from outside EU in 2017. At the University of Eastern Finland, fees will be collected in Master’s degree programmes taught in English from students coming from non-EU and non-EEA countries, starting in September 2017. The tuition fees depend on the programme and range between EUR 8,000 and EUR 15,000 per academic year. The fees need to be paid before you can register as a student at the University of Eastern Finland. The university also offers scholarships for Master’s degree students required to pay tuition fees. More information here: http://www.uef.fi/en/web/admissions → Tuition fees and scholarships.

#### 3.3.2 Visiting Students

The tuition fees for visiting students are EUR 3500 for a full academic year or EUR 1750 for one semester. The tuition fees will also be collected when the study period is shorter than one semester (e.g. a visiting student staying at the University of Eastern Finland for three months will pay a tuition fee of EUR 1750). Visiting students cannot register before the tuition fee is paid, and proof of the payment is required to be presented upon registration. The University of Eastern Finland does not offer scholarships or other financial support for visiting students.
4 Studying at the University of Eastern Finland

4.1 Registration for Exchange Students

http://www.uef.fi/en/studies/new-exchange-or-visiting-students

Exchange students are required to register in person at the Student and Learning Services (see paragraph 5.1). Upon registration, your information will be entered into the student register and you will be given a student number as well as a user account for the university’s IT services (e.g. email, WebOodi). Please note that if your study period continues after December, even for one month, you must register as being present for the spring semester also.

You need the following for registration:
- Personal ID (passport or ID card in English/Latin alphabet)
- Registration form duly filled out and signed
- Receipt of the payment of the Student Union membership fee

Please note that joining the Student Union is highly recommended (for student benefits), but not compulsory for exchange students.

The Student Union membership fees 2019–2020
EUR 126 full academic year
EUR 62.59 for Autumn Semester
EUR 63.50 for Spring Semester
For payment details see 6.2 or https://www.isyy.fi/en/services/membership/exchange-students.html

Once registered, you will get a Confirmation of Registration. By showing this confirmation, you will get a discount on meals at certain campus restaurants and you are entitled to use the services provided by Finnish Student Health Service (FSHS) until you get your student card.

You will also get instructions on how to activate your user account for the university’s IT services upon registration. The user account can be used in approximately one hour after the activation. Please note, however, that your user account may not have all the necessary user rights at once, as new students get their final user rights only after registering at the university and after their information has been updated in the IDM system. This can take up to one day.

Further information and a registration form to be printed: https://kamu.uef.fi/en/student-book/registration-for-new-students/

4.2 Registration for Degree Students


All degree students must register to the university and pay the Student Union membership fee by 15 September. An overdue payment (re-registration fee) will apply in the case of registering after the deadline. Registration at the university comes under the provisions of the Universities Act (558/2009) and the Student Union Decree (116/1998).

4.2.1 International Master’s Degree Students (First Year)
Prior to registration, **first-year students are required to formally accept their study place** by using the link they have received by email. The degree programme will inform the deadline for confirming the study place and it may change annually. If you do not confirm your study place, you will forfeit it.

**All first year master’s degree students must register as being present** (unless you have a legal ground for absence: personal illness or injury, parental leave, or military service, see 4.2.2) and **pay the Student Union fee** for the whole academic year (EUR 126). The Student Union fee must be paid before the registration.

If you are obliged to pay a **tuition fee**, pay the fee by 14 June 2019. Instructions on invoices will be sent to you by email. The tuition fee must be paid before the registration.

After you have paid the tuition fee (if applicable) and the Student Union fee, you can register online by logging into My Studyinfo with the same confirmation link you used for confirming your study place. Then proceed to register in the Oili registration service. Register as present (i.e. attending) and pay the student union fee online no later than 31 July 2019.

If you cannot register online, you should register in person at the Student and Learning Services no later than **15 September 2019**. If you know that you will arrive in Finland later than 15 September, please send an e-mail to opiskelu@uef.fi and explain your situation.

Upon registration, your information will be entered into the student register and you will be given a student number as well as instructions for activating your user account for the university’s IT services (e.g. email, WebOodi).

When registering in person please bring along the following documents:
- Identification card (ID card or passport in English/Latin alphabet)
- Registration form duly filled out and signed
- Receipt of the payment of the tuition fee (if applicable)
- Receipt of the payment of the Student Union membership fee

The Student Union **membership fees** 2019–2020
- EUR 126 full academic year
- EUR 62.59 for Autumn Semester
- EUR 63.50 for Spring Semester
For payment details see 6.2 or [https://www.isyy.fi/en/services/membership/degree-students.html](https://www.isyy.fi/en/services/membership/degree-students.html)

Once registered, you will get a **Confirmation of Registration**. By showing this confirmation, you will get a discount on meals at certain campus restaurants and you are entitled to use the services provided by Finnish Student Health Service (FSHS) until you get your student card.

You will also get instructions on how to activate your user account for the university’s IT services upon registration. The user account can be used in approximately one hour after the activation. Please note, however, that your user account may not have all the necessary user rights at once, as new students get their final user rights only after registering at the university and after their information has been updated in the IDM system. This can take up to one day.

4.2.2 Registration as Being Absent

According to the Universities Act, a first-year degree student may register as absent for the academic year for the following reasons only:

2. Maternity, paternity or parental leave
3. The student cannot begin studies due to being incapacitated by personal illness or injury. (In this case, it should be made clear that this entails incapacity for the entire semester or academic year.)

If you register as being absent, you must prove the legal grounds for your absence. Documents proving the legal grounds for your absence should be sent via post to the Student and Learning Services (Student and Learning Services, P.O. Box 111, FI-80101 Joensuu, Finland). Your documents must be received by 30 September 2019. If you do not present your documents by the deadline, you will lose your right to study. In order to re-activate your study right later, you will need to re-apply for the right to register.

Please note that if you do not have any of the above three reasons defined in the Universities Act, you must register as being present during your first year. You must register as being present also if you cannot travel to Finland and start your studies. In these cases, registration will be done remotely by sending the required documents (a copy of passport, registration form and the receipt of the Student Union payment) to the Student and Learning Services.

Students registering as being absent cannot take any courses or sit any exams during the semester or academic year in question. Students who have registered as being absent will not pay the Student Union membership fee and therefore they are not entitled to any student benefits. Students registering as being absent should also register within the registration period.

It is possible to change the registration status from absent to present at any time during the academic year. In this case, you must pay the Student Union membership fee and present the payment receipt at the Student and Learning Services. For bank account details and your personal reference number, please contact the Student and Learning Services.

4.2.3 Registration after the First Year

Students who are already enrolled at the university should register for the academic year 2018–2019 between 2 May and 15 September 2019. All students must register for each academic year either as being present or absent. Students who fail to register at the university during the registration period will lose their right to study and their information will be removed from the university register. In that case, students must re-apply for admission and pay a re-registration fee (EUR 35) in addition to the Student Union membership fee (the collection of the re-registration fee is stipulated in the Ministry of Education decree 1082/2009).

Students should register electronically in WebOodi and pay the Student Union membership fee upon registering as being present. The payment can be made online via several Finnish banks or with a credit card. You can also print out a payment form with which you can pay the fee at

4.2.4 Delays in Registration or Failure to Register

A student who fails to register during the registration period will be removed from the university registers and they will need to re-apply for admission as a student using a separate form. The student will also be charged a re-registration fee (EUR 35) in addition to the Student Union membership fee (the collection of the re-registration fee is stipulated in the Ministry of Education decree 1082/2009).

4.2.5 Registration for One Semester Only

If you are starting your second year or higher and you plan to take studies in either the autumn or spring semester only, you may register as being present for one semester only (autumn or spring semester). In that case, you only need to pay the fee of one semester (EUR 62,50 for the Autumn Semester and EUR 63,50 for Spring Semester). If you have registered as being present for the autumn semester only, but later decide to continue studying also in the spring semester, you need to pay the one-semester fee before 15 January 2019. The registration period for the spring semester only is from 1 December 2018 to 15 January 2019 and the registration should be done in WebOodi.

4.3 Academic Calendar

The academic year at the University of Eastern Finland officially begins on 1 August and ends on 31 July. The autumn semester courses will begin on 3 September 2018 and the spring semester courses on 7 January 2019. Usually no courses will be offered during the summer months (June–August) except for the UEF Summer School: http://www.uef.fi/en/web/admissions/summer-school

<table>
<thead>
<tr>
<th></th>
<th>Autumn Semester 2019</th>
<th>Spring Semester 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration (degree students)</td>
<td>Before 15 September</td>
<td>1 December - 15 January</td>
</tr>
<tr>
<td>Orientation programme</td>
<td>3 - 5 September</td>
<td>7 - 9 January</td>
</tr>
<tr>
<td>Teaching begins</td>
<td>3 September</td>
<td>7 January</td>
</tr>
<tr>
<td>Christmas break</td>
<td>19 Dec 2018 - 6 Jan 2019</td>
<td>-</td>
</tr>
<tr>
<td>Easter break</td>
<td>-</td>
<td>9 - 15 April</td>
</tr>
<tr>
<td>Teaching ends</td>
<td>18 December</td>
<td>24 May</td>
</tr>
</tbody>
</table>

4.4 Electronic Services

4.4.1 WebOodi

Oodi is a student information system that supports studies and teaching and it has different interfaces for different user categories. The student interface is WebOodi, which is also available in English. WebOodi allows students to change their contact information, obtain their
student number, view the record of their completed studies, browse current schedules and descriptions of courses, and register for most courses and exams.

WebOodi requires a username and password, which you will receive after you have registered to the University of Eastern Finland. However, information about courses (course descriptions and schedules) can be accessed without logging in. Please note that you need to change your password after you have registered. Instructions for changing your password and password requirements can be found here: http://www.uef.fi/en/web/tipa/unohditko-salasanasi

When you change your contact information in WebOodi, make sure that all contact details both in Finland and in your home country remain in the system. All students must have the UEF email address as their primary email address. If you wish to use another email address instead, you can forward emails from the UEF address to another mailbox. Please also make sure that both of your addresses (in Finland and in your home country) are visible in WebOodi. If there are any technical problems with WebOodi, please contact the WebOodi support by sending an email to oodituki@uef.fi.

4.4.2 UEF Intranet and Office365

The intranet of UEF students, UEF//Kamu, constitutes a part of the O365 environment. Kamu focuses on internal communication pertaining to students in particular. In it, you will find the university’s internal news, fact sheets and events, as well as various instructions and forms related to studying. It also provides you with an easy access to your email and calendar. Yammer, which is integrated into Kamu, allows you to communicate and discuss matters related to studying. Kamu is also mobile, allowing you to use it on any device.

4.4.3 Moodle

Moodle is an online learning environment that is used on many of the courses offered at the University of Eastern Finland. During a Moodle course, you might be required to, for example, take part in online discussions and possibly hand in assignments online. You can access Moodle with your university username and password here: http://moodle.uef.fi. When entering Moodle, you first have to search for the course you want to attend. You can search courses by name or code number (these can be found in WebOodi). Remember that you have to enrol for courses also in Moodle, even if you have already registered in WebOodi. In most cases, to enrol for a course in Moodle, you need to ask for a “registration key” from the course leader.

4.4.4 Tuudo

Tuudo, www.tuudo.fi, is a mobile app for students. You can register in Tuudo with your UEF username and password. You can find for example your courses and your study schedule in Tuudo, as well as the menus for the university restaurants and a map.

4.4.5 Wireless Networks Eduroam and UEF Open

The University of Eastern Finland offers its staff, students and visitors access to a WLAN network. The EDUROAM worldwide roaming access service is intended for University of Eastern Finland users who have a personal UEFAD user account, but whose terminal equipment (workstation or mobile phone) is not registered to the UEFAD domain. The network requires user authentication, and the UEFAD username should be given in the form
username@uef.fi. UEF Open does not require usernames or passwords, and can be accessed by visitors as well. More information here: https://www.uef.fi/en/web/tipa/wlan

4.5 Scheduling Your Studies

The exchange students make a Learning Agreement when applying to UEF. The Learning Agreement is the starting point for the studies at UEF. Information on the courses offered for the exchange student in English at UEF: https://kamu.uef.fi/en/student-book/studies-for-exchange-students/

The degree students make a personal study plan in cooperation with the academic coordinator of their Master's Degree programme, if other instructions are not given. Information for the start of the studies https://kamu.uef.fi/en/student-book/smart-start/

More detailed information about courses and about the course schedules in WebOodi https://weboodi.uef.fi/weboodi/etusivu.html or from the academic coordinators https://kamu.uef.fi/en/student-book/study-coordinators/ or from the contact person of each course.

Please remember that you have to register for all courses and exams separately and well in advance. Also, note that there are course-specific registration periods for courses and exams.

After you have registered to the courses you wish to take, you can compose your own timetable with the LUKARI programme: https://lukari.uef.fi/

4.6 Essentials of Studying

Your student number is your most important identification at the University of Eastern Finland. You can find your student number (six digits) on WebOodi. Log in to WebOodi → Go to your name at the top of the page → Choose “Personal Data” from the dropdown menu. Your student number is printed in your study certificate, which you can obtain after your registration to the university. Please remember to mention your student number in all your enquiries to the staff of the university (e.g. teachers, coordinators, Student and Learning Services), and you also need to write it down to exam papers in all exams. Please also note that your student number is different from the number on the back of your student card.

Academic freedom is one of the basic values of the Finnish university system. It emphasises independent study and opens up many possibilities to students. Students can mostly choose what and when to study. For example, it is not always compulsory to participate in all lectures, but presence is obligatory in most practical teaching, group work and language courses. Academic freedom goes hand in hand with academic responsibility: it is up to the students themselves to plan, schedule and complete their studies.

Courses can last for one semester or they may begin and finish at any time during the semester. During an intensive course there can be six hours of lectures and/or laboratory exercises per day, but during a less intensive course there might be meetings of two or four hours per week. The duration of the course may also vary from a few intensive days to several months. In many departments, courses are not spread over the whole semester. Therefore, the actual starting and ending date of studies depends on the field of study and the courses taken. Usually no courses are organized during the summer months (June–August). However, some practical training may be possible during that time.
**Course descriptions** specify what a student must do in order to earn credits from a course. Also in most cases, the course requirements can be seen in the course description. Courses may include for example lectures and other guided instruction, written examinations, practical exercises, independent work, seminars, a course diary, a term paper, an oral presentation, or a combination of these. In most study fields, courses form larger modules at three levels: basic or introductory studies, subject or intermediate studies, and advanced studies. Course descriptions can be found in WebOodi: [https://weboodi.uef.fi/weboodi](https://weboodi.uef.fi/weboodi) → Instructions and courses → Search for instruction. You can also browse all the courses available by faculty and department by choosing “Course catalogues” from the dropdown menu. More detailed information about courses can be obtained from the contact person or teacher of each course.

**Timetables of the courses** can also be obtained from WebOodi or from your International Academic Coordinator as soon as they have been confirmed by the Faculty. Usually timetables are available at the beginning of the semester. You can search for timetables using the above-mentioned steps: [https://weboodi.uef.fi/weboodi](https://weboodi.uef.fi/weboodi) → Instructions and courses → Search for instruction.

Members of the university staff have often allocated **office hours** during which you can visit them. You can also make an appointment either by phone or email. You can search for the contact information and office hours of any staff member here: [http://www.uef.fi/telephone-directory](http://www.uef.fi/telephone-directory).

**Registration for courses** is done mainly through WebOodi. Please note that a Learning Agreement is not the same as course registration and does not guarantee a place in the course. You can sign up for courses only after you have arrived in Kuopio and registered in person as being present at the university. You are advised to do this during the first days on campus. In some academic subjects and programmes with a limited number of participants allowed (such as language courses, laboratory courses and field courses) preliminary signing up is especially important. In addition, if you have signed up for a course through WebOodi and then decide not to continue it, you should remember to deregister in WebOodi or notify the lecturer.

It is important to note that some advanced courses may have set **requirements on the skills and background knowledge** of the participants and this may limit their availability for some students. Participation may also be limited because of programme regulations, the availability of equipment and/or instruments, or the teaching method employed. Course descriptions identify these limitations when they exist by indicating the required or suggested prerequisites and the maximum number of students that is allowed to participate. International students are advised to take note of these limitations.

Information on **teaching and learning methods** is given in the course description for each course. Most courses offered in English are lecture courses. Course participants are generally assessed by written work in the form of reports, research essays or examinations. However, in some cases, lectures are given only in Finnish, and you might have an option to pass the exam by studying English course literature and completing the exam in English. You should **always attend the first meeting of each course** to obtain all the relevant information, such as the timetable and all the work required for the completion of the course. Ask questions to make sure that everything is clear to you.

**Lectures** usually begin a quarter past the hour (e.g. 8:15) excluding some group teaching and exams. In Finland these fifteen minutes are called “an academic quarter”. A lecture lasts for 45 minutes, but double lectures are very common (2 x 45 minutes). Attendance at lectures is usually optional, but often essential for passing the course successfully. Therefore, attending lectures is highly recommended. Most of the teaching is carried out in lecture form although in many fields **practical training, laboratory work, exercises or group work** play a central role.
In these cases, attendance is mostly compulsory. Please make sure you know the requirements for each course, including which parts are compulsory and which are optional.

**Study tours, excursions and field courses** are part of some international study programmes. These offer an opportunity for students to visit and experience various sites in the region and in other locations around Finland, Russia and the Baltic States. Fieldwork usually involves gaining practical experience through field exercises, some formal lectures and group work. Additional costs may apply to field courses, excursions and study tours. The contact persons for these courses can provide more information and answer any questions you might have.

**Course literature** is often specified in the course description. This literature is usually available either in paper or on-line from the University Library. There is also some literature that can be read only in the University Library. The number of copies of books available at the library is limited, so you may have to make a reservation. Questions about specific course literature should be directed to the contact person or teacher of the course.

Some courses can also be completed as **independent study**. This can mean that reading assignments are given in English and students complete a written assignment under the supervision of an instructor. In some cases, independent studies can be completed by taking examinations on specified books. Some independent study courses have multiple examination dates each semester or academic year, but others may be scheduled for only one day a year. Confirm the schedule in WebOodi or from your International Academic Coordinator.

There are no special **examination periods** at the University of Eastern Finland. Examinations are scheduled throughout the academic year and not just at the end of an academic period. An examination is usually held at the end of each course. You may need to register for each exam in WebOodi well in advance during the course-specific exam registration period.

**Exams** always begin precisely at the time announced (on the hour, e.g. at 8:00, at 12:00), not quarter past like the lectures. If you arrive late, you will be allowed to come in only during the first 30 minutes of the exam (e.g. by 8:30, by 12:30). Moreover, you are not allowed to leave the examination room until 30 minutes after the beginning of the exam at the earliest. **Remember to have your student number and ID (e.g. student card) with you when you are entering an exam.** You can only bring your personal writing tools to the examination (unless otherwise instructed). You also cannot take any materials out of the room after finishing the exam (unless otherwise instructed). Most exams require essay-type answers and have a specified time limit. Questions about the examination policy of each specific course should be directed to the contact person or instructor of the course at the beginning of the course.

In most cases, it is possible to **re-take examinations** if you fail an exam, you cannot participate in it, or you wish to get a better grade. There are usually two or three opportunities to take the same examination during the same academic year. However, this practice may vary from department to department. Please note that all the examination opportunities are not usually offered during the same semester (e.g. if the first exam is held during the autumn semester, the second examination opportunity may be offered during the spring semester). Your department is in charge of organising exams and each new examination requires additional effort not only from the participant, but also from the course supervisor. Please also check with your International Academic Coordinator, if your department organises general examination dates during the academic year and check which exams can be taken during these dates.

Every faculty or department has at least one **general examination day** (yleinen tenttipäivä) per month, except in July. The curriculum (degree requirements, study programmes) specifies the dates and durations of general examinations, as well as the studies that can be taken in each general examination. Students must register for a general examination in WebOodi at least ten days before the examination date unless the published guidelines state otherwise. The contact
persons at the departments can provide more information on the general examination days and procedures.

It is possible to take electronic exams at UEF. Please see: https://kamu.uef.fi/en/student-book/electronic-exam-instructions/

4.7 Credits, Grades and Transcript of Academic Records

The European Credit Transfer System (ECTS) was developed by the Commission of the European Communities in order to provide common procedures to guarantee academic recognition of studies abroad. It provides a way of measuring and comparing learning achievements and transferring them from one institution to another. This is achieved through the use of a common ECTS credit unit and a common ECTS grading scale. ECTS also facilitates access to information on foreign curricula.

The Finnish national credit allocation and accumulation system is equivalent to the European Credit Transfer System. This means that credit points (opintopiste) are the same as those in the ECTS. A total of 60 ECTS credits will measure the recommended maximum workload of a full-time student during one academic year. Work input for credits can consist of lectures, exercises, seminars, independent study, research and other assignments. The number of possible credits available for a course is announced beforehand and may be divided into individual components. It may be possible for students to earn credits for some of the course components without completing them all.

The official grading scale of the University of Eastern Finland is from one to five (five being the highest). Some courses may be graded as Pass or Fail, in which case no numerical grade will be given. In a written examination, students normally have to obtain a minimum of 50% of the raw points to gain a Pass from a course.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Definition</th>
<th>ECTS scale</th>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>Excellent</td>
<td>A</td>
</tr>
<tr>
<td>4</td>
<td>Very good</td>
<td>B</td>
</tr>
<tr>
<td>3</td>
<td>Good</td>
<td>C</td>
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<tr>
<td>2</td>
<td>Satisfactory</td>
<td>D</td>
</tr>
<tr>
<td>1</td>
<td>Sufficient</td>
<td>E</td>
</tr>
<tr>
<td>Pass</td>
<td>Course completed successfully</td>
<td>C</td>
</tr>
</tbody>
</table>

Grades are given according to how well you do on your exams or assignments, and each student is assessed according to the goals of the course. The learning outcomes of a course are evaluated, but students are not compared to each other on a statistical basis. When the grade has been given, it cannot be changed anymore. If you want to discuss the principles of grading, please do so at the beginning of the course. Questions concerning credits should be directed to the contact person named in the course description or to the instructor of the course at the first meeting.

The studies completed at the University of Eastern Finland will automatically appear in a Transcript of Academic Records. The transcript includes information about completed courses, ECTS credits, grades, names of teachers and an explanation of the grading scale above. The credits will appear in the transcript of academic records only after a course is completed and graded. This takes a few weeks after an exam or other assignment of the course. According to the regulations of the university, lecturers have three weeks to correct an exam or other academic assignment. Grades and ECTS credits can be seen in WebOodi, and you can
also request and print an unofficial copy of the transcript in WebOodi. Usually only passed courses show on the transcript.

The official Transcript of Academic Records is available from the Student and Learning Services. A digitally signed transcript is available through WebOodi (under Tools – Transcripts and certifications of student status).

Exchange students should remember to request for the transcript when their exchange period is ending, because in most cases some courses will still be missing from the records at this point. You can make a request for the transcript by filling out the Departure Information Form returning it in person to the Student and Learning Services. Transcript will be sent to your address when it is ready. The form (Departure Information Form): [https://kamu.uef.fi/en/student-book/forms-for-incoming-exchange-students/](https://kamu.uef.fi/en/student-book/forms-for-incoming-exchange-students/)

Degree students who have completed all the required courses, the thesis and the maturity test are required to fill out a certificate application form and return it to the office of their faculty. Further information about graduation can be obtained from the faculties.

**4.8 Academic Dishonesty**

Cheating is considered a serious offence at Finnish universities, and plagiarism constitutes the most serious form of cheating. Plagiarism is a form of academic misconduct in which an individual submits or presents the work of another person as their own. Any instance of plagiarism or suspected plagiarism may have serious consequences for the student.

Students must use a proper academic referencing technique to acknowledge the work or material of other writers which they have looked at and which they have used when preparing their own assignments. Correct and consistent academic referencing technique allows the evaluator to locate the cited sources easily. It is never acceptable to copy a text from any source word for word and use it in an essay in any other form than short borrowings, which should be identified as a citation (direct “quotes”). Paraphrasing (rewording) someone else’s words also requires referencing.

The Universities Act (558/2009), Section 45, states the following on disciplinary actions: “A student, who has committed an offence against teaching or research at the university or has otherwise breached university order, may be cautioned or suspended for a maximum of one year as a disciplinary measure, depending on the seriousness of the offence. The decision in regard of a caution to a student shall be made by the rector of the university and in regard of a suspension by the board of the university. Before the resolution of the matter the student shall be verifiably notified of the offence he or she is accused of and given an opportunity to be heard in the matter.”

**Cheating** in an exam is also a serious offence in Finnish universities. Even suspicions of cheating in an exam can lead to serious problems for the student. Please remember that the invigilators have the authority to ask you to leave the exam room immediately, if they consider your behaviour inappropriate. They also decide what is cheating and what is not. Therefore, if you are talking with your friend in the exam room and that causes a charge of cheating, there is no use saying that you were only discussing your weekend plans or something else. If dishonest behaviour is noticed only after the examination or in other assignments, the teacher who is responsible for grading can fail the student. Moreover, all cases of academic dishonesty will be reported to the Dean, who will decide on any possible further action.
Plagiarism means copying ideas, thoughts, texts, presentations, inventions etc. and presenting them as your own. It is always an insult to good scientific practice and to the teacher in question. Plagiarism is punishable and will be dealt with even in minor cases. Plagiarism is prohibited in all phases of studies and on all courses. Being able to separate one’s own ideas from those of someone else and respecting the copyrights of others are among the basic skills university students are expected to master. References to the works of others should be made in accordance with the academic guidelines, which can be obtained from the academic department of the student. Allegations of plagiarism are suspicions of fraud and this is why the University of Eastern Finland has guidelines on proceeding in case of academic dishonesty.

University of Eastern Finland is using an electronic plagiarism detection system called Turnitin. Students can access the system through Moodle and check their assignments before handing them in. You can find Turnitin here: https://kamu.uef.fi/en/student-book/electronic-plagiarism-detection-tool/
If you need help with using Turnitin, please send an email to oppitupa@uef.fi.

5 Student Facilities

To find your way around your campus, please see the campus maps here: http://www.uef.fi/en/uef → Contacts → Kuopio. You can also find the locations of auditoriums and lecture rooms from the same link.

5.1 Student and Learning Services

Student and Learning Services http://www.uef.fi/en/web/opintopalvelut//etusivu (including International Mobility Services) of the University of Eastern Finland offer services to all students to support their studies throughout the entire study path. They also support the pedagogical and technical development of higher education in the University of Eastern Finland. Student and Learning Services help students with general student advising, registration to the university, issues relating to the right to study, study certificates, student register etc.

Student and Learning Services include Oppari, which has self-study computers for the students, as well as the Helpdesk, where students can easily obtain a variety of information and advice regarding the use of computers, including printing and changing the computer password. See paragraphs 5.5 and 5.6 for more information.

**Student and Learning Services**

**Office**: Canthia Building, 2nd floor

**Opening hours (1.9.–31.5.):** Mon–Fri 10:00–15:00 (10am–3pm)

**Opening hours (1.6.–31.8.):** Mon–Fri 10:00–14:00 (10am–2pm)

**Tel:** +358 29 445 8900

**Email:** opiskelu@uef.fi

5.2 Student Tutors

The International Mobility Services aim to provide each incoming student with a Finnish student tutor. However, if the student arrives during the university holidays, the tutor may not be available. Tutors are peer students (mainly Finns), who have volunteered to help international students. Tutors are trained to help incoming students to adapt and integrate to UEF, the campus, the campus town and Finland in general. **Your tutor or tutors will contact you by email a few weeks before the semester begins.** Therefore, please make sure that you have given a valid email address, which you keep checking regularly. Please also remember to reply to your student tutor when they contact you.

When you have arrived in Finland, you will meet your tutor(s) and other students in your tutoring group. Your student tutor will meet you on arrival if agreed and they will assist you with the practical matters at the university and everyday routines in Finland. Your student tutor is also a great link to the local student life. Please note that student tutors have their own duties and studies as well and therefore they are not available at all times.

5.3 Orientation for International Students

International Mobility Services organises an orientation programme for new international students two times a year in the beginning of each semester. **During the academic year 2018–2019, Orientation for International Students takes place on 3-5 September 2018 for autumn semester and on 7-9 January 2019 for spring semester** (same programme).
We hope all the new international students will join us in the Orientation because it is arranged for you to have a smoother start at UEF! In addition to the essentials of studying at UEF, you will get a lot of practical information about living in Finland and about your campus town. The Orientation is also an excellent opportunity to meet other international students and get to know each other. You will earn one ECTS credit if you attend all the lectures and meet all other possible requirements of the Orientation programme. The Orientation programme will be published at [http://www.uef.fi/en/studies/orientation-programme](http://www.uef.fi/en/studies/orientation-programme) about a month before the beginning of the orientation.

### 5.4 Library

The University of Eastern Finland Library is a public scientific library offering state-of-the-art library and information services especially for the university students and staff, but the library is also open to everyone seeking information. The University of Eastern Finland Library is one single administrative entity, which comprises the campus libraries in Joensuu and Kuopio, as well as the Kuopio University Hospital Medical Library. The collections and expertise of this multidisciplinary and extensive library are focussed on the core missions of the university. The library collections and digital services can be easily accessed from all campuses. The resources of library include printed and electronic materials. The library also handles the university’s electronic publishing activities, sells UEF publications and organises information retrieval courses.

You can obtain a library card by filling out and signing a library card order form. You will be requested to present a valid ID. The library card can be used in all units of the University of Eastern Finland Library. There are also quiet reading rooms in the campus libraries. There you can study for your exams, use the non-borrowable reading room materials or just work in peace and quiet. The computers at the library can be accessed with the UEF username and password.

The services of the library are available to library users in the campus libraries. Borrowing books is free of charge to the library users. You can also reserve books or order available books from one campus library to another (shelf fetch service). If a book has been borrowed or it located in another UEF campus library, the reservation is free of charge. Shelf fetch service fee for a book that is available at your own campus library is subject to a charge. Furthermore, interlibrary loans (cooperation involving all Finnish university libraries) are available. Please note that fees apply to interlibrary loan services.

In **UEF Finna**, you can search for the printed and electronic resources of the University of Eastern Finland Library. You can also renew your loans, place holds on books out on loan and request books from another campus library. Other services are, for example, the possibility to save favourites and searches as well as the alert schedule option.

**UEF Finna resources:**
- University of Eastern Finland Library’s books and journals
- UEF Electronic Publications
- E-journals and databases
- VAARI – National Repository Library’s journals and books
- International e-resources, mostly articles (Primo Central Index)
- Finnish articles (ARTO reference database)

You can access the licensed electronic resources outside the university network by logging in with the UEFAD username and password.

Your student tutor will help you to familiarise with the campus library and you will get information about library services during the Orientation. You can also obtain guidance on information
retrieval later during your studies, and the library staff can help you with these matters as well. For more information please see: http://www.uef.fi/en/web/kirjasto http://www.uef.fi/en/web/kirjasto/uuden-uefilaisen-kirjasto-opas

5.5 Oppari

Oppari ("Learning Centre", a study space for the student as a part of the Student and Learning Services) is a modern studying and learning environment. It can be accessed by all university students. The staff members are available in the evenings and on Saturdays. An essential part of the services of Oppari is the Helpdesk, where students can easily obtain a variety of information and advice regarding the use of computers, including printing and changing the computer password.

Self-study rooms can be easily accessed on all campuses. On Kuopio campus the main services for students (computers, rooms for group working, common room) can be found in the Canthia building (2nd floor).

Further information on the services provided by Oppari: http://www.uef.fi/en/studies → Services for students → Oppari - IT support services for students

5.6 IT Services, Wireless Network and IT Service Desk

Up-to-date and well-functioning computers and technical equipment enable smooth studying and working at the University of Eastern Finland. There are hundreds of computers at the university – in the classrooms, self-study facilities, libraries, corridors and offices of the university staff. In addition to the computers, students and members of the staff also have access to other technical equipment, e.g. printers and scanners.

Computers for independent work:
• Oppari, Canthia building
• Snellmania library
• room MD101, Mediteknia Building (open 24/7 with a key card)
• room Karsina, Melania Building (open 24/7 with a key card)
• Corridors in Canthia and Snellmania

Members of staff and students have access to wireless network services on all campuses of the university. WLAN network Eduroam requires user authentication. Instructions on how to access the WLAN network can be found here: http://www.uef.fi/en/web/tipa/wlan

If you encounter problems with IT services (e.g. related to user accounts, email, software, workstations, passwords, user rights etc.), you can contact IT Service Desk located on the 2nd floor of the Canthia building (Oppari service desk).

IT Service Desk
Opening hours: Mon–Fri 8:00–15:00 (8am–3pm)
Tel: +358 294 458 880
Email: servicedesk@uef.fi

All users of the university’s information systems are responsible for complying with the university’s information security policy. The Information Security Guide for Students contains lots of useful information about information security, e.g. access rights and passwords, the Internet and email, maintenance and use of personal computers and portable memory devices. The guide can be found here: http://www.uef.fi/en/web/tipa/tietoturva → Information Security Guides
5.7 Printouts, Scanning and Photocopying

All university students are allocated a printing account of 400 free pages per academic year. You can use your printing account in the self-study rooms and in the library, when you log on to a computer using your personal username and password. Printers at the library are also used for copying and scanning, and your printing quota is used to pay for the copies as well. Scanning is free.

Any unused print quota will not be transferred to the next academic year. Additional quota costs EUR 0.045 per printout (black and white) or EUR 0.20 (colour). On Kuopio Campus, you can pay for the extra printouts at the information desk in the Oppari Learning Centre, in the library in the Snellmania building or buy them online at https://prints.uef.fi. If you have any problems with using the machines, ask for help at the IT Service Desk.

5.8 Language Centre and Finnish Courses

The UEF Language Centre offers elementary and intermediate courses in the Finnish language for international degree students and a Survival Finnish course for exchange students. Students may attend courses in other languages as well, depending on the availability of places and the language of tuition. Courses at the Language Centre require registration in advance, as the number of places on courses is limited. Please make sure you sign up for a course in time.

Language Centre
Address: Canthia building, 2nd floor, entrance B
Tel: +358 40 355 2873
Website: https://www.uef.fi/en/web/kielikeskus

5.9 University Restaurants and Student Discount on Meals

There are several student restaurants on campuses that serve e.g. breakfast and lunch. Students who have paid the Student Union membership fee and have a valid student card are entitled to buy student-priced lunch in most of these restaurants (approx. EUR 2–3). Student discounts do not apply to cafeteria products.

The student-priced lunch is available in the following restaurants:
- Amica restaurants Canthia, Snellmania and Mediteknia
- Restaurant Round in the Science Park

As the Student Union membership is not compulsory for exchange students, those students who decide not to obtain the student card may request a meal subsidy card from the Student and Learning Services in order to get the discount.

Please note that the official study certificate, which you will obtain upon registration, can be used as a temporary proof of your student status at the university cafeterias for one month (September or January) before you receive the proper student card.

For further information on the university restaurants (including locations, opening hours, menus), please see: http://www.uef.fi/en/services/restaurants
5.10 Feeling Down?

It can be difficult to study in new surroundings and in a foreign language. Please be patient and do your best, but also don’t to relax. Remember your own ways of reducing stress. Do not be too hard on yourself. Keep in mind that you can always talk about your problems, whether big or small, with your fellow student and with the university staff or with the Finnish Student Health Service (see paragraph 8.2).

In all kinds of problems with your studies, there are plenty of people to turn to. Please do not hesitate to contact:

- International Mobility Services
- Your student tutor
- International Academic Coordinator at your department
- the Student Union
- Finnish Student Health Service
6 Information for Medical Students

6.1 Health Examination Requirements for Medical Students

All international medical exchange students must take a general health examination within 3 months before starting to work at the University Hospital. The students have to present the test results in English (or in Finnish) upon registration at UEF.

Results that are older than three months are not accepted. NB! Exchange students with insufficient health examination are not allowed to attend clinical courses or clinical practice arranged at the Kuopio University Hospital.

For further information, please contact the Finnish Student Health Service (FSHS/YTHS), Kuopio, [http://www.yths.fi/en/contact_details/units/kuopio](http://www.yths.fi/en/contact_details/units/kuopio) (You have to pay the Student Union fee in order to be able to use the services of the YTHS) or Kuopio Municipal Student Health Care ([https://www.kuopio.fi/en/opiskelijoiden-terveydenhuolto](https://www.kuopio.fi/en/opiskelijoiden-terveydenhuolto)) (if you cannot use the YTHS).

The content of health examination for international students:

- **Medical history and physical examination.** In addition to a general health history, relevant past infectious diseases and exposure to infectious diseases (e.g. tuberculosis) should be disclosed (for example a statement from a doctor).

- Laboratory tests to rule out carriage of multidrug-resistant (MDR) pathogens (MRSA, ESBL, VRE etc.) are NOT required. However, all persons with a previous clinical disease or a known carriage of MDR-pathogens must contact an infection control nurse at Kuopio University Hospital to receive special counselling on hygienic practices.

- **Vaccinations.** A thorough vaccination history report (vaccination records) is required.

All health care workers and students in Finland are required by law to:

- Have immunity against chicken pox (varicella zoster) and measles (morbilli) either by a history of previous illness due these pathogens or by previous vaccination.

- Be yearly vaccinated against seasonal influenza.

- In pediatric wards to have a valid vaccination against whooping cough (pertussis, dtap-vaccination taken less than 5 years ago)

- **Tuberculosis**

  *International health care students* a written report of a Chest radiograph (thorax x-ray) needs to be presented, if the student comes from an endemic area of tuberculosis (incidence > 50/100 000: e.g. Africa, Asia, South- and Middle America, former Soviet Union countries, see [WHO | Global tuberculosis report and](https://www.who.int/mediacentre/factsheets/fs247/en/))
www.thl.fi/attachments/Infektiotaudit/Maaluettel.pdf) or has treated or otherwise been in close contact with patients with tuberculosis or has clinical symptoms suggesting tuberculosis. Further health examination is carried out according to guidance from the THL (National Institute for Health and Welfare) https://thl.fi/en/web/thlfi-en

6.2 Hospital Pass, Locker and White Coats

It is impossible to move about at the Kuopio University Hospital without a hospital pass (hospital ID, kulkukortti) during the clinical placement or clinical courses, so you should get your hospital pass as soon as possible after your arrival. Please register first to the university at the Student and Learning Services to obtain a study certificate, which is required for getting the hospital pass. Then follow these steps:

- Call (or ask your tutor to call) the hospital photographer (tel. +358 44 717 4256) or send an email: kulkukortti@kuh.fi and ask for a hospital pass. The photographers will give you further details on when and where you will be photographed for your hospital pass. (open Mon-Fri 7.00 am – 3.00 pm)

- Go to the Information Desk at the University Hospital (Building 1, 0 floor) and ask for the hospital photographers. The photographers can be found at Infopalvelut, Building 1, corridor T-käytävä

- After receiving the hospital pass and the locker, you can fetch a white coat with your tutor from the clothes storage (Vaatearvarasto, lääketieteen opiskelijat in Finnish), which is situated on the 00 floor (entrance through main lobby, entrance A). Entry to the clothes service is permitted only with the hospital pass. It is advisable to visit the clothes storage with a tutor for the first time. Dirty coats can be changed to clean ones in the same place. Please note that you need to have your own separate shoes to be worn inside the hospital.

- When you are leaving Kuopio, remember to return your hospital pass to the Information Desk (Infopalvelut where you got the ID card) at the main hospital (Building 1, T corridor, 1st floor). If the place is closed, you can leave your card into the red safety box (beside the door).

6.3 Other Important Information

In Finland, the first two years of medical studies are mostly theoretical, and the third to sixth years are mostly practical studies and working. Teaching is partly problem-based and in the clinical stage takes place mostly at the Kuopio University Hospital. The basic structure of the clinical courses is the same: lectures, small group teaching (including patient examination) and a written examination at the end of the course. It is usually voluntary to participate in the lectures, but the rest of the teaching is compulsory. Professors and senior lecturers are responsible for the teaching.

In clinical medicine, there are two teaching coordinators: Mr Marko Pietilä (email:marko.pietila@uef.fi) for the exchange students who will complete studies in clinical medicine and Ms Tarja Koponen (email: tarja.a.koponen@uef.fi) for the exchange students coming for traineeships. Contact Marko or Tarja immediately after your arrival, or preferably before your arrival, to book an appointment.

You are required to present your health examination documents to them on your arrival. Marko and Tarja are the academic coordinators and they are responsible for the overall coordination
of your studies. The professors and clinical teachers are responsible for the course content, and teaching coordinators of each speciality are responsible for the information and practical arrangements of individual courses. Please note that when you have chosen your courses and have a signed Learning Agreement, it cannot be changed without good reasons. Always contact Marko in case changes are needed.

The study programmes for international students in clinical medicine are tailor-made. This means that the student collects courses from several different class years (vuosikurssi). Unfortunately, this may cause overlapping of courses. The students themselves have to construct the schedule with the help of the teaching coordinators. Patience with constructing the time schedule is often needed. If you wish to change your study programme, you always need to discuss this with the teaching coordinators. Please note that the exact beginning date of your studies of clinical medicine depends on the classes you have selected. Most classes may start at the beginning of September but in some exceptional cases, courses may start already in August.

Remember to register for all courses and exams separately in WebOodi. If you cannot find the correct course or exam in WebOodi, please contact the teaching coordinators of the subject in question well in advance. It is very important to be present at the first meeting of the each course. Participate in all the teaching and examinations that are organized for you. Please also note that you are expected to be on time for all work, teaching and exams (punctuality is a part of the Finnish culture). Please note that normally you are not allowed to bring medical dictionaries to exams.

The language of instruction in medical studies is mainly Finnish. However, instruction given in English is increasing gradually. However, some small group teaching is arranged in English for international students. Alternatively, you can complete some courses by reading designated books and taking an exam in English. Please also note that many older patients cannot speak English, but most young and middle-aged patients can. Most of the nursing staff speaks English, but not all assisting staff. In general, Finnish people are shy about speaking foreign languages, but in most of cases, they understand English.

The appearance of medical students in hospital should be neat, tidy and clean. Working in the hospital also demands correct behaviour. Remember to treat every patient politely and considerately and remember to respect their dignity and privacy. You should also act professionally by being honest and trustworthy. Moreover, professional secrecy concerns also medical students in all matters related to working with patients and their documents. Information given by patients or obtained about patients is confidential and must not be conveyed elsewhere under any circumstances.
The Student Union of the University of Eastern Finland (ISYY) is an independent organisation, although closely linked with the university. The purpose of the Student Union is to promote the rights and interests of both Finnish and international students at the university. In addition, the Student Union arranges a variety of social activities and events on campus and provides students with affordable sports services. Find more information at http://isyy.fi/en. The Student Union is also a member of SYL, the National Union of Students in Finland (https://syl.fi/en).

The Student Union (ISYY)
Opening hours: Check the opening hours from https://www.isyy.fi/en
Address: Yliopistonranta 3, 70211 Kuopio (Studentia building, entrance C)
Tel: +358 44 576 8419 (Office) or +358 44 576 8413 (International Affairs)
Email: toimisto.kuopio@isyy.fi (Office) or kv.kuopio@isyy.fi (International Affairs)

7.1 Membership and Student Card

Student Union Membership to undergraduate students

Under the Student Union Act, all undergraduate degree students (completing Bachelor's or Master's degree at the University of Eastern Finland) are required to join the Student Union. Exchange students studying in Finland are welcome to join the Student Union but are not obligated to do so. You can join the Student Union by paying the membership fee which is EUR 126 for the full academic year 2019–2020 and EUR 62.50 for the Autumn Semester and EUR 63.50 for the Spring Semester. Please note that degree students must pay for the whole year (EUR 126) at once, you cannot pay the fee in two instalments.

Student Union membership to postgraduate (PhD) students

For postgraduate students, who have already completed their Master's degree, the Student Union membership is voluntary. The membership fee for postgraduate students is EUR 56 for the full academic year 2018–2019 and EUR 30.50 for one semester. By paying the membership fee, postgraduate students are able to access the services provided and events organized by the Student Union and ESN KISA. Please note that postgraduate students are not entitled to subsidized student meals, travel discounts or the services provided by Finnish Student Health Service. For more information, please contact the Student Union.

Ten Good Reasons to Join the Student Union

01. Student Health Service (FSHS; general, mental and oral health care services)
02. Student discounts (discounts on long distance transportation, discounts at a number of shops, restaurants, etc., student priced meals at certain university restaurants)
03. Excellent array of sports services and fitness classes (Sykettä Sports Programme)
04. Opportunity to rent survival packages
05. ESN activities (trips, parties, cultural events, etc.)
06. Student Union events (Sports Afternoons, May Day Celebration, City Orienteering, etc.)
07. Leisure activities (Student Union clubs and sections)
08. Information and advice services in English at the Student Union office
09. Your interest representative (solving problems related to educational and social affairs)
10. An efficient way to get involved in Finnish student life
7.2 How to Join the Student Union (ISYY)

**STEP 1: Pay your membership fee**

The Student Union fee (please pay the exact amount):
- EUR 62.50 for Autumn Semester
- EUR 63.50 for Spring Semester
- EUR 126 for the academic year

The account details of the Student Union:

**Recipient:** Student Union of the University of Eastern Finland (ISYY)
**Recipient’s address:** Yliopistonranta 3, FI-70211 Kuopio, Finland
**Bank name:** Osuuspankki/OP Bank/Pohjola Bank Plc
**Bank address:** Koskikatu 9, FI-80100 Joensuu, Finland
**IBAN:** FI37 5770 0520 2461 63
**BIC:** OKOYFIHH
**Reference number:** 50005 (Please use this reference number when you pay)

**STEP 2: Register your membership**

Once you have paid, register your membership by bringing the payment receipt to the Student and Learning Services, (Oppari), Canthia Building, 2nd floor.

**STEP 3: Order your student card online**

Order your student card online at [http://www.frank.fi/en](http://www.frank.fi/en). We recommend you order the basic blue student card, without a payment possibility. The price of the student card is EUR 16.10 plus delivery fee. Before ordering the student card, you will need the following:

1. A passport photo or a clear photo of your face in electronic format. The photo must be taken from the front so that it is similar to a passport photo. The minimum image size is 165x213 pixels. The photo must have the same dimensions as a passport photo and the image file must be saved in JPEG format (.JPG). The photo must be a recognisable image of your face. Please note that if your card is not delivered due to a rejected photo, you won’t be refunded for the card payment.
2. You can pay for the student card order by using Visa, VisaElectron, MasterCard or Finnish online banking.
3. Your student number (given to you by the Student and Learning Services).

**STEP 4: Wait for your student card to arrive**

After you have submitted your payment and ordered your card, wait for 2–4 weeks. Your card will be printed and delivered to your home address in Finland.

Please remember that you have to collect a semester sticker for your student card at the Student Union office each academic year. Without a valid sticker on your student card, you will not be entitled to discounts and other benefits for students. Please bring along an official ID when you come to get the semester sticker for the first time.
7.3 Survival Package and Welcome Package

Survival Package

The Survival Package is a service that the Student Union (ISYY) offers to international exchange students staying in Kuopio for less than a year. It is a way of helping students get started with their life in Kuopio. By renting the package, you will avoid spending a lot of money on some of the essentials upon your arrival. It is also a good way to recycle and to create less waste.

The Survival Packages can be rented from the Student Union office during opening hours. The rental fee of the package is EUR 35, of which EUR 20 deposit will be given back to you if the package is returned back to the Student Union office undamaged, clean and complete at the end of your stay in Kuopio. The package contains a bed sheet, a pillowcase, a duvet cover, a saucepan, a bowl, a frying pan, a dinner plate, a soup plate, a kitchen knife, a knife, a fork, a tablespoon, a teaspoon, a scoop, a spatula, a mug, a glass and a can opener.


Welcome Package

The Student Union (ISYY) and ESN KISA offer the Welcome Package to all those incoming international students who join ESN KISA (see paragraph 7.4). The Welcome Package includes information about Kuopio and leisure activities, academic student diary, special offers to clubs and venues in Kuopio as well as a DNA prepaid SIM card that you can use in your mobile phone during your stay in Finland. The SIM card has EUR 7.90 worth of credit loaded to it, so you can start calling and texting your friends immediately. You can get a Welcome Package from the Student Union office during opening hours.

If you would like more information about the Survival Package or the Welcome Package, please email kv.kuopio@isyy.fi with your questions.

7.4 Kuopio International Students’ Association (ESN KISA)

ESN KISA is an official association of the Student Union of the University of Eastern Finland, on Kuopio Campus. ESN KISA offers activities for both international students staying in Finland and Finnish students interested in internationalization. The purpose of the association is to organize events for students and act as a link between international and local students.

Every semester ESN KISA organises trips to such places as Lapland, St. Petersburg and Lofoten. ESN KISA also organises events such as International Food Festival, Movie Nights, Smoke Sauna, Scuba Diving and much more.

All members who have paid the Student Union (ISYY) membership fee are also automatically members of ESN KISA. If you want, you can get an ESN card, which is valid around Europe, and by showing the card, you can get discounts and free entrance to many ESN KISA events. Everyone is invited to join ESN KISA, regardless of their field of study or background. ESN KISA is there to make your stay in Finland more meaningful and more fun.

Please read more about ESN KISA here: [https://esnkisa.eu](https://esnkisa.eu). Feel free also to join the group “ESN KISA” on Facebook to keep up-to-date with activities. For more information about the club, send an email to kv.kuopio@isyy.fi or esnkisa@gmail.com
7.5 Sykettä Sports Programme

SYKETTÄ Sport Services offers a wide variety of sport activities to students and staff of UEF at a very affordable price. They have more than 60 different fitness classes and several different types of ball sports to offer, as well as gyms for members to use. You can see the full range of classes and ball sport sessions offered here: [https://sykettä.fi/kuopio/en](https://sykettä.fi/kuopio/en)

How can I become a member of SYKETTÄ?

1. Register yourself as a present student at UEF at the Student and Learning Services.
3. Once you have registered, you can pay and collect your sports sticker at the Student Union (ISYY) office. The sports sticker will be attached to your student card. They accept cash and card payments. The price of the sticker (EUR 17/33/35/66) depends on the package you choose - more information about these can be found on SYKETTÄ the website. There is also a mobile app for both Android and iOS which works just like the physical sticker.
4. Once you have paid and collected your sticker, you can start using the services. Go to [https://sykettä.fi/kuopio/en](https://sykettä.fi/kuopio/en) → Offerings. There you can check the sports calendar, enrol to classes and book sports sessions.

Remember this:

- You have to be enrolled as a present student in order to become a SYKETTÄ member.
- Autumn semester starts at the beginning of September 2018.
- You can book fitness classes and sports slots one week in advance.
- If you cannot go, you must cancel your enrolment at least two hours prior to the class.
- Always carry your student card and SYKETTÄ sticker with you when you go exercising.
- Wear appropriate sports clothes and indoor shoes for indoor exercise.
- SYKETTÄ services are only available for SYKETTÄ sticker holders.
- Enjoy!

If you have any questions, please contact Sirpa Risto, the SYKETTÄ Sports Coordinator.

**Tel:** +358 44 576 8446  
**Email:** sirpa.risto@isyy.fi

7.6 Communication Channels

**Weekly Feed Newsletter**

Weekly Feed is the Student Union’s (ISYY) electronic English language newsletter. It is sent on Tuesdays (excluding holidays) directly to the e-mail addresses of those who have subscribed to it. **Weekly Feed newsletter is a useful point of reference to our international students** as it combines local events, news and anything that might be relevant to our students – all in one place and in English language.

If you would like to receive the Kuopio campus Weekly Feed to your e-mail, you can subscribe to it by going to our website [https://www.isyy.fi/en/whats-on/weekly-feed.html](https://www.isyy.fi/en/whats-on/weekly-feed.html) Scroll to “Subscription and Cancellation Forms for ISYY’s Newsletters” and choose “Kuopio’s Weekly Feed”. The newsletter will be sent to your e-mail address the next time it is published. If you experience any problems with joining the Weekly Feed subscription list, please contact kv.kuopio@isyy.fi
Mailing List

It is recommended to join the ESN KISA Mailing List if you want to keep up-to-date with news and events in English. The Mailing List is used only for ISYY and ESN related information, and your email address will not be passed on to any third parties or used for advertising. They normally send maximum one email per week so they will not spam you. To join the mailing list, please go: [https://lists.uef.fi/mailman/listinfo/kisa-list](https://lists.uef.fi/mailman/listinfo/kisa-list) and fill out your email address in the form. If you experience any problems with the subscription, please contact kv.kuopio@isyy.fi.

Other Communication Channels

English language news and information can be found both at [http://www.isyy.fi/en](http://www.isyy.fi/en) and on Facebook at [http://www.facebook.com/fblISYY](http://www.facebook.com/fblISYY). You may also ask the Coordinator of International Affairs and Administration, Kalle Parviainen, to be your friend on Facebook and follow her posts about life and studying in Kuopio. Search for “Kalle International-Kuopio Parviainen” on Facebook.

7.7 Help and Advice

The Coordinator of International Affairs and Administration of the Student Union (ISYY) is there to help you with any matters related to student life. His job is to look after the interests of international students and get their voices heard on campus. You may turn to Kalle or any other person working at the Student Union office whenever you need help or guidance - there is no such thing as a stupid question! Just pop in to the office, call +358 44 576 8413 or send an email to kv.kuopio@isyy.fi.

The Student Union and ESN KISA are there for you and work hard to ensure you are happy with your life and studies during your time in Finland. They hope you will make yourself at home at the Student Union by joining the events, activities and clubs. You only have one (student) life - make the most of it!
8 Health Care

8.1 Insurance

UEF requires that all incoming international students must a valid personal (travel) insurance policy from an internationally recognized insurance agency for the whole duration of their stay in Finland. Insurance should cover all costs related to a treatment of sudden illness, accidents and accidental death. It is also important to check that your insurance also covers your travel to and from Finland.

8.1.1 Students from EU/EEA Countries and Switzerland

In order to be covered by the National Sickness Insurance Scheme (NSI) in Finland, students coming from the EU/EEA countries or Switzerland need to have a European Health Insurance Card issued by the local Social Security Office in their home country. EU/EEA and Swiss citizens are entitled to use the basic public health services on the same basis as Finnish citizens, when they are covered by health insurance in their home country and when they have a European Health Insurance Card. All EU/EEA students are advised to obtain the European Health Insurance Card from their home country before the arrival to Finland and students should always carry it with them in case of a sudden illness or an accident. However, students from the Nordic countries do not need the European Health Insurance Card.

You should note that health care is not completely free of charge even for EU/EEA citizens. It is strongly recommended that citizens of the EU/EEA countries take an additional travel insurance or private health insurance to cover the whole period of stay in Finland even if they have the European Health Insurance Card. Please also note that the European Health Insurance Card is not valid during your journey to and from Finland or during trips to other countries.

Those who wish to use the services of a private doctor shall first pay the doctor for the treatment. Later, students with the European Health Insurance card or equivalent documents (citizens of the Nordic/EU/EEA countries, Switzerland or Québec) can go to Kela (the Social Insurance Institution of Finland) where they will be compensated for a part of the medical fee. Alternatively, they can claim for the compensation from their own health insurance offices later after returning to their home countries.

8.1.2 Students from non-EU/non-EEA Countries

Students coming from non-EU/non-EEA countries must be covered by a private health insurance from an internationally recognised, reliable and financially sound insurance agency and have no deductible. Non-EU/non-EEA citizens must have an insurance to obtain the residence permit for Finland. Please check requirements for the insurance: https://migri.fi/en/insurance

The health insurance must be valid on the date of your arrival in Finland and cover the entire time you intend to spend in Finland. If the studies last less than two years, the health insurance must cover both sickness and accident related medical treatment up to a minimum of EUR 100 000. If the studies last two years or longer, health insurance must cover medical expenses up to a minimum of EUR 30 000. This is because the students will usually have a place of residence in Finland and are therefore entitled to municipal health care services. Please remember to apply for a place of residence at the Local Registry Office in Kuopio as soon as you arrive to receive municipal health care.
8.1.3 Health Insurance for International Students

Students can obtain their health insurance from any reliable and solvent insurance company. Currently the following insurance providers are recommended by the Finnish Immigration Service:

- French company Assurances Courtages et Services (ACS) www.acs-ami.com
- AON Students Insurance, whose parent company is the US company AON Corporation www.students-insurance.eu
- US company International Student Insurance www.internationalstudentinsurance.com
- the Swiss insurance company Swisscare – ESI Finland plan www.swisscare-student.com
- SIP Integral https://www.sipinsurance.eu

The Finnish Immigration requires an insurance from all non-EU students and they assess each insurance policy and its terms and conditions individually when they process the permit applications. The insurance policy must include: your personal details: period of validity of insurance, geographical area in which your insurance is valid, insurance coverage, insured amounts, and amount of deductible, or a mention that there is no deductible. For further information: http://migri.fi/en/insurance

Please note that you, the student, are the policyholder and the University of Eastern has no right to discuss any issues with the insurer.

Please note that all students should take personal prescriptions with them if they have an illness that requires regular medical treatment. It is also recommended that all students bring their medical history, translated into English, with them.

8.2 Finnish Student Health Service

The Finnish Student Health Service (FSHS) provides health services for university students in Finland. In Finnish, it is called Ylioppilaiden terveydenhoitosäätiö (YTHS). There are student health centres in thirteen cities and you can get treatment in any of these centres. FSHS provides preventive health care, medical care, mental health care and dental care to all students of the university (including exchange students) with the exception of hospital treatment and maternity clinic. Please note that FSHS does not offer emergency health care.

You can use the services of FSHS only if you have paid the Student Union membership fee and have a Finnish student card. You are required to show your student card at FSHS, but if your student card has not arrived yet, you can show the receipt of your Student Union membership payment. The consultation fees for students at FSHS are very reasonable and such services as a consultation with a nurse or a general practitioner are free of charge. Please note that the services of FSHS are limited and only available during the opening hours. In case of an emergency, for example, you will need other health care services. Please see paragraphs 8.4, 8.5 and 8.6.

You should make an appointment in advance for each visit to FSHS. All appointments can be booked from the FSHS service desk or by phone. The nurses are available for consultation
every morning 8:00–10:00 (8 am–10 am) without an appointment. For dental care, you should be prepared to wait for 1–2 months for an appointment. Only in the case of an acute toothache, it is possible to receive treatment during the same day. Please note that if you are given a referral to another local health centre or hospital, you will be charged the valid fees and you will not get any student reductions.

If you are unable to attend the appointment, remember to cancel it no later than the day before in order to avoid any fees. Otherwise, you will have to pay for the appointment. An additional charge of EUR 35 will be charged for non-cancelled appointments.

**Finnish Student Health Service**

**Opening hours:** Mon–Thu 08:00–15:00 (8am–5pm), Fri 08:00–14:00 (8am–2pm)

**Address:** Niiralankatu 23, 70600 Kuopio

**Tel:** +358 46 710 1076 (General and Mental Health), +358 46 710 1078 (Dental Health)

**Website:** [http://www.yths.fi/en](http://www.yths.fi/en)

### 8.3 Residence-Based Social Security

The Finnish Social Security is based on residency and it is defined by the Act respecting Residence-Based Social Security. Usually international students are not eligible for the Finnish Social Security system, as their residency in Finland is not considered permanent in nature. If you have a permanent dwelling and domicile in Finland (studying is not enough for this), you will be covered by the Finnish Social Security system. In this case, Social Security Card (Kela card) will be granted to you. For further information, see the Kela (the Social Insurance Institution of Finland) website: [http://www.kela.fi/web/en](http://www.kela.fi/web/en)

### 8.4 Municipal Health Care

If you are an EU citizen and not a member of the Student Union, and therefore not entitled to student health care, you can use municipal health care. Please note that you should have your European Health Insurance Card or proof of health insurance available when booking and having a consultation with a General Practitioner (GP). Consultation is subject to fees.

Every person who lives in Kuopio has a named General Practitioner and a nurse based on the address of the resident. The appointment to your GP is made through your nurse. You can consult your personal nurse in the event of regular follow-up appointments. Nurses also take care of wounds, remove stitches, prepare the renewing of prescriptions and, in some cases, write sick notes and nursing notes. Further information on municipal health services:


### 8.5 Private Medical Centres

You can also contact a private medical centre if you fall ill. Health care services provided by private medical centres are often more expensive than health care services provided by the municipality.

**Terveystalo Kuopio**

**Address:** Neulaniemietie 2 (Bioteknia Building on campus)

**Tel:** +358 30 6000

**Website:** [http://www.terveystalo.com](http://www.terveystalo.com)

8.6 Emergencies

The general emergency number is 112. Call this number in life-threatening situations, such as a fire, a sudden illness or accident. Calls to this number are free of charge. When dialling the emergency number (112), you do not need an area code, not even when calling from a mobile phone.

If you need the police, call the general emergency number 112. If you need to get in contact with the local police, call +358 209 545 0311 (Mon-Fri at 8 am – 4.15 pm). More information: http://www.poliisi.fi/english

Students may also use the municipal health services, especially in case of serious illness or emergencies or when FSHS is closed (evenings and weekends).

Emergency Unit of the Kuopio University Hospital (only for immediate assistance)
Address: Puijonlaaksontie 2, entrance door C, 0 floor
Tel: +358 17 116 117, Always call before coming to the emergency clinic.
https://www.kuopio.fi/en/kiireellinen-hoito-ja-paivystys

Poison Information Centre
Location: Helsinki
Tel: 0800 147 111 (free of charge, 24/7)
+358 (0)9 471 977
http://www.hus.fi/en/medical-care/medical-services/Poison%20Information%20Centre/Pages/default.aspx

The Poison Information Centre answers questions concerning the prevention and treatment of acute poisonings every day around the clock. They offer instructions for first aid in poisoning, list of substances causing most common causes of poisoning, and a list of common poisonous mushrooms in Finland.

Please note that the services of the Poison Information Centre do not include the following:

- General information about medicines, such as interactions or side effects or tablet identification ▶ Turn to your pharmacy.
- Questions about poisonings of animals. Contact a veterinarian. Kuopio veterinarian on duty (Kuopion pieneläinpäivystäjä): tel. +358 60 030 6088.
- Questions concerning non-poisonous animal stings or bites (such as mosquito, wasp, tick, or dog) ▶ Turn to a local health care phone service, health centre or clinic on duty.
- Food poisonings and questions about food ▶ In case of an acute food poisoning contact your own health centre or other clinic on duty. General information about food is provided by local food authority.
- Allergy or other general medical advice ▶ Help is provided by a local health care phone service, health centre or clinic on duty.

Do not hesitate to contact the staff of the University of Eastern Finland if you find yourself in any distressing situations.

Contact person in the case of crisis
Coordinator, International Mobility Services
Tel: +358 40 355 2146
Email: international@uef.fi
Crisis Prevention Centre in Kuopio (Kuopion Kriisikeskus)
Address: Suokatu 27, 70100 Kuopio
Tel: +358 (0)17 262 7733 (Mon–Thu 8am–10am for booking an appointment)
Website: https://www.mielenterveysseurat.fi/kuopio/kuopio-crisis-centre/

Mental Health Finland, SOS Crisis Centre, (Support and Help for Foreigners) in Helsinki helps adult foreigners and their family members living in Finland in different crises of life. The help offered is short-term therapeutic conversation help and the centre aims to serve its clients as soon and flexibly as possible. The help is cost-free for the client and you can get help anonymously. It is important to make an appointment beforehand.

Opening hours: Check the website
Address: Maistraatinportti 4 A (4th floor), 00240 Helsinki
Email: sos-keskus@mielenterveysseura.fi
Tel: +358 (0)9 4135 0510

8.7 Pharmacies

In Finland, supermarkets and grocery stores are not allowed to sell medicine. Medicines are sold only at pharmacies (apteekki). Most pharmacies display a notice giving the address of the nearest pharmacy on night duty. There are several pharmacies around town, however the University Pharmacy is easy to find and is open until late.

Yliopiston Apteekki (University Pharmacy)
Opening hours: Daily 08:00–22:00 (8am–10pm)
Address: Puijonkatu 23, 70100 Kuopio
Tel: +358 29 445 6000
Email: apteekki@uef.fi

8.8 Personal Safety

The crime rate is low in Finland in comparison to most other European countries. Visitors have little need to fear for their personal safety or their property. Nevertheless, reasonable caution with personal belongings is always recommended as a precaution. Incoming international students are reminded to take into consideration that although Finland is a safe, tolerant and open nation by international standards where inappropriate behaviour is not usually present, this does not necessarily mean that one does not encounter such events in Finland.

What you should be aware of in order to ensure your safety in Finland:
• Avoid walking alone at night; take a taxi or walk home with your friends.
• Tell your friends where you are going.
• Do not hesitate to contact the proper authorities if necessary.
• Do not mingle with unknown people, especially if they are intoxicated.
• Avoid being provocative and mind your temper, especially on weekends in bars.

8.9 Narcotics

It is prohibited to possess any narcotics during your stay in Finland, as all narcotics are illegal in Finland. The use and possession of narcotics are punishable acts in Finland, as are production, sale, import and transport of narcotics. Anyone in possession of illegal narcotics, including hash and marihuana, runs the risk of being arrested and expelled from the country or being imprisoned. Drug dealing carries a heavy prison sentence.
Imports of medicinal products are controlled. Limitations on amounts of medicinal products that can be imported by a passenger are dependent on whether a product is considered a self-medication product, a prescription drug, a narcotic drug or a veterinary drug according to the Finnish classification. There are restrictions concerning the import of narcotic drugs and other drugs, and therefore it is important to check the regulations before your arrival to Finland. Mail order sales of drugs to Finland are prohibited, as is delivery of a medicinal product by courier. Medicinal products can be sent to Finland from EU countries on the conditions stated in the regulations. Moreover, obtaining medicinal products via the Internet is not allowed.

8.10 Sexual Minorities

In general, Finland is open-minded towards sexual minorities, although people's personal attitudes may naturally differ a lot. Younger generations, in particular, are usually very tolerant and welcoming. In Finland, it is also prohibited by law to discriminate people based on their sexual orientation. Seta (Association for Sexual Equality in Finland) organises local activities, meetings and parties. Seta also provides support services for their members. Savon Seta is a member organization of Seta functioning in the Northern and Southern Savonia. For more information and contact details, please see https://en.seta.fi/ and https://pohjoissavonseta.fi/

8.11 Sexual Health

We hope our students remember to take care of their sexual health. Find more information:
Student Health Service:
https://www.yths.fi/en/sexualhealth
City of Kuopio
https://www.kuopio.fi/en/seksuaaliterveysneuvola
https://www.kuopio.fi/bg/sukupuolitaudit-ja-testaus

8.12 Cultural Adaption

Coming to a new culture might be a very strong and emotional experience because of the differences between the culture in your home country and the culture in your new country. There are some obvious differences between countries, such as language, food, educational system, climate, absence of family and friends, housing and transportation. However, there are some not-so-obvious differences and often these cause confusion and sometimes, even frustration. These differences include for example the behaviour and habits of people, reflecting the cultural norms, beliefs, values, morals and religion.

These differences can cause feelings of uncertainty and anxiety. You might have questions. Am I speaking properly? Will I find friends? Why is no one talking to me? Did I do something wrong? Do they hate me? Some of the reactions you may experience are feelings of isolation or loneliness, anger or hostility from others, frustration, unhappiness or homesickness. Some people might also feel sleepy or tired more than usually or find it difficult to sleep. Culture shock can also sometimes cause physical symptoms like bodily pain. The most important thing to know about culture shock is that these feelings are perfectly normal. It is a sign that you are adjusting to a new situation both physically and mentally. Adaptation to a new culture is a process that gets easier as the time goes on.

You can cope with culture shock by giving yourself time to adjust and not pushing yourself too hard with your studies. Remember that you may not earn as many credits during the exchange period as normally in your home university, because you are studying in a foreign language and you live in a different environment. This is natural and you should not be too hard on yourself. It is also important to talk to people (other exchange students, Finnish students, staff members at
International Mobility Services, tutors, roommates, teachers), because when you talk about the strange feelings and stress, you will feel better. Also, make use of your own ways of reducing stress in everyday situations. What would you do in a difficult and stressful situation in your home country to ease your feelings?

Acknowledge your progress in adjusting to the new culture and try to see the advantages in having lived in two different cultures. Try to see all the new things that you are facing as a possibility to learn something new and not as problems. You can yourself make the difference and turn your stay in Finland into a unique, valuable and unforgettable experience.

**Re-entry shock** refers to acculturation stress people experience when returning home. Because returning is once again a big change, it means that adjustment to the new situation and home culture is needed. Difficulties in adjusting to the familiar society is an issue that has often been neglected consciously or unconsciously. People often fail to acknowledge that the adjustments they have made to the other culture have made them foreigners in their own culture instead. This might become a topical issue when returning home from Finland and it is good to be able to identify these feelings and to give yourself some time to readjust.

If you are interested in learning more about cultural adaptation, please visit this website: [http://www2.pacific.edu/sis/culture](http://www2.pacific.edu/sis/culture)
9 Transportation

9.1 Bicycles

A bicycle (polkupyörä/pyörä) is a very practical and popular form of transportation in Finland, and there are plenty of paved cycle tracks. Cycling is also a good way to familiarise yourself with your new surroundings. Please remember that when your bike is parked or not in use, you should always lock it, and preferably fasten it to a bicycle rack or some other solid structure. Please note that it is compulsory to use a head light on your bike when cycling in the dark. Wearing a helmet can save you from a serious brain damage so please instead of thinking how stupid the helmet looks on you, think how stupid you will look when lying in the intensive care.

Places to buy and sell second-hand bikes in Kuopio:
KISA (Kuopio International Student Association) marketplace: https://www.facebook.com/groups/1664993847106161/?fref=ts
second-hand shops on-line: http://www.kuopionkirppari.fi or www.tori.fi

Bicycle repair shops, second-hand shops and other students sometimes sell cheap second-hand bikes. In addition, there is an auction of lost and found items at the local police station (held a few times a year), where you may find a decent bicycle at a reasonable price. Since the auction is carried out in Finnish only, please ask a fellow Finnish student to accompany you. Information on auctions: https://www.poliisi.fi/tietoa_poliisista/huutokaupat (in Finnish only)

City Bikes https://kaupunkipyorat.kuopio.fi/
The city of Kuopio introduced city bikes in May 2019. The Vilkku bikes are electronic, stationless bikes for everybody with a mobile phone. Just download a Freebike app to your mobile phone, read the instructions, register, pay the fee (EUR 5 for 24 hours, EUR 10 for 7 days, EUR 20 for 30 days and EUR50 for 1.5.-31.10.) and start using the bikes. The Vilkku bikes are available on campus (in front of the Snellmania Building and the Microteknia Building). You can ride for 30 minutes at a time.

9.2 Local Buses

The basic fare when paid in cash in a local bus is between EUR 3.30 and EUR 6.80 depending on the zone(s) you are travelling in. On Sundays and at night time the fare is more expensive, between EUR 5 and EUR 10.20. You can buy bus tickets from the driver on the bus. Please be prepared to pay the exact amount or close to it. The bus driver is allowed to deny large notes, so do not try to pay for a single ticket with a EUR 50 note.

The cheapest and the most convenient way to travel on the bus is to buy a personal Waltti card for the Kuopio region buses. There are two kinds of Waltti cards: Season and Prepaid. The Season ticket is valid for 30 consecutive days at a time, during which time you can use it as often as you like, and it costs between EUR 37 and EUR 62, depending on the number of zones you need. This is a good option for those who live further away for the city centre or the university, and will be using the bus daily. The Prepaid card is a good option for those who do not necessarily use the bus every day. You can load between EUR 5 and EUR 500 into the card to use whenever you like. It is also cheaper, as a single ticket of EUR 3.30 paid in cash is only EUR 1.73 with the prepaid Waltti card meant for students.
You can buy a Waltti card for from several ticket offices. You will need to take an ID and a valid student certificate with you to get a student discount. Purchase price for the Waltti card is EUR 5, and after purchasing the card you can load more money into it at the ticket offices, in a Kuopio city bus or online. There may be a small fee for loading money into the card, usually between EUR 1-3.

To search for bus routes, you can use the link listed below. If you have a smart-phone or a tablet, you can also download an application called “Nysse – Journey Planner” and use that. It has the public transportation schedules for some other cities in Finland as well. The app is currently available at Google Play and Windows Store.

Useful links:
- A list of ticket offices: [http://vilku.kuopio.fi/ticket-offices](http://vilku.kuopio.fi/ticket-offices)
- Information about timetables, routes etc.: [http://vilku.kuopio.fi/english](http://vilku.kuopio.fi/english)
- Waltti online uploads: [https://nettilataukset.waltti.fi](https://nettilataukset.waltti.fi)

### 9.3 Coaches

For coach travel outside your campus town, you are eligible for special student rates on some coaches. You get a discount on the routes operated by Matkahuolto, if you have a valid student card and you are travelling for a minimum distance of 80 km. If you do not yet have your Student Union student card, it is possible to get a separate discount card that is valid in both long-distance buses (Matkahuolto) and trains (VR). For this, you will need a special certificate issued by the University of Eastern Finland (Student and Learning Services) and one passport-sized photo. The cost of the discount card is EUR 10. **Please note that you cannot get travel discount before you have arrived on your campus town and registered to the university.**

The coach companies often have good on-line offers, too. Further information: [https://www.matkahuolto.fi/en](https://www.matkahuolto.fi/en).

**Matkahuolto Kuopio (Coach Station)**
- **Address:** Puutarhankatu 3, 70300 Kuopio
- **Opening hours:** Mon–Fri 07:30–18:00 (7.45am–4.30pm)

**OnniBus** offers cheap options to and from Kuopio and they require no student card: [http://www.onnibus.com/EN/index.htm](http://www.onnibus.com/EN/index.htm)

### 9.4 Trains


The Student Union student card entitles you to buy discount tickets with the Finnish Railways (VR), if you are an undergraduate student (studying for a Bachelor’s or Master’s degree). The price of train tickets varies depending on which train you take and how early you book the tickets. Students need to present their Student Union student card for discount. If you do not have the Finnish student card, it is possible to get the discount by showing the study certificate that you have received when you registered. **Please note that you cannot get the travel discount before you have arrived on your campus town and registered to the university.**

**Train Station**
- **Address:** Asemakatu 1, 70100 Kuopio
- **No staff, only ticket machines:** 2 (both inside)
9.5 Driving in Finland

In order to drive a car in Finland you need to be at least 18 years old and you must have a valid driving licence. If your driving licence is from one of the EU or EEA member countries, it is valid in Finland as long as the license remains valid. In addition, the licences from Geneva or Vienna Road Traffic Convention countries, such as Australia, Canada, Egypt, Hong Kong, India, Japan, New Zealand, Russia, Turkey and the United States of America, are valid for two years, after which these citizens have to acquire a Finnish driving licence. Driving licences from other countries are not valid in Finland.

Useful websites:

Please note the following regulations of driving in Finland:

- **Seatbelts** are obligatory for everyone whether sitting in the front or the back seats in the car. Children under three years of age must be seated on the back seat on a safety seat.
- **Headlights** are compulsory at all times around the clock.
- **Winter speed limits** are in force throughout the country from the beginning of November to the end of February. However, the limits can be lowered already in October and they can remain in force through April due to exceptional road weather conditions.
- **Winter tires** are mandatory from the beginning of December until the end of February.
- If a mobile phone is used by a driver, a **hands-free device** is required. According to the Finnish law, a driver is allowed to neither use nor hold a mobile phone in hand while driving.
- There is an obligatory **annual inspection** for cars in Finland. After every inspection, the driver receives an inspection card that states the condition of the car as well as any defects requiring service or repair.

Driving under the influence of alcohol or drugs is strictly forbidden. There is an exact permissible limit of 0.5 per mil for alcohol in blood. A police officer can breathalyse a driver on the spot and if suspected of driving under the influence, the person may be taken for a blood test or to a police station. Driving while under the influence of drugs is also a crime. Infringement of this rule means a penalty in the form of a fine or imprisonment.

Most of the cities have metered parking areas. However, sometimes parking is free but parking time is limited. In this case, you need a parking disc, which can be obtained at petrol stations and grocery stores. The time of arrival must be set first and the parking disc must be displayed on the dashboard. The time of arrival is the following hour or half-hour depending on which one is earlier.

Please note that parking on campus is subject to fees. Short-term parking costs EUR1/hour, EUR6/day. UEF staff and students can get a parking permit via an online system. More information: http://www.uef.fi/en/yhteystiedot/kartat_kuopio

In order to **rent a car** you need a valid driving licence and preferably at least one year of driving experience. Rental companies require the driver to be at least 20 years of age for passenger cars, but age regulation may vary by vehicle category. Drivers under the age of 25 may incur a young driver surcharge. Please also note that some car rental companies may require a credit card. Be prepared to show proof of your identity when renting a car.

**Some car rental companies**
Avis http://www.avis.fi
Budget http://www.budget.fi
Europcar [http://www.europcar.com](http://www.europcar.com)
Hertz [http://www.hertz.fi](http://www.hertz.fi)
Scandia Rent [http://www.scandiarent.fi](http://www.scandiarent.fi)

9.6 Taxis

Taking a taxi is often quite expensive in Finland. If you take a taxi, make sure you check the price from the driver beforehand. The price of a journey can change depending on the day or the time of the day. It is usually cheaper to share a taxi with your friends whenever possible.

There are several taxi companies and they have different prices so comparing the prices can be a bit tricky.

Taxis can be ordered by using apps such as Valopilku [https://valopikkutaksi.fi/briefly-in-english/](https://valopikkutaksi.fi/briefly-in-english/)

These companies has an English website:
Menevä, Phone 0800 02120 [https://meneva.fi/en/taxi-kuopio](https://meneva.fi/en/taxi-kuopio)

9.7 Airlines


The Kuopio Airport is located approximately 14 km from the Kuopio city centre. There is a bus operating between the airport and Kuopio on weekdays (Mon–Fri). Bus fare is EUR 5.50 for adults and EUR 2.80 for children. For more information routes and timetables, please see here: [http://vilkku.kuopio.fi/english](http://vilkku.kuopio.fi/english)

If you arrive late at night or at weekend and there is no bus available, a shared airport taxi is the cheapest way to travel from the airport to your apartment. Fare to the Kuopio city centre, Särkiniemi, Neulamäki and Puijonlaakso may vary so please check the fare from the driver beforehand. Traditionally the fare has been about EUR 25 per person. If you are travelling together with two or more persons, the regular taxi has been cheaper (EUR 45–50 in total).

There is no need to call the airport taxi at the Kuopio airport. You can just ask or search for the airport taxi sign. However, if you wish to travel from Kuopio to the airport, please call the taxi no later than three hours before the departure of your flight. Please specify that you wish to order an airport taxi. The airport taxi does not operate on weekends (from 3am on Saturday to 4am on Monday).

**Some airlines**
Finnair [http://www.finnair.com](http://www.finnair.com)
Flybe [http://www.flybe.com](http://www.flybe.com)
Air Baltic [http://www.airbaltic.com](http://www.airbaltic.com)
SAS [http://www.flysas.com](http://www.flysas.com)
Ryanair [http://www.ryanair.com](http://www.ryanair.com)

9.8 Ferries
If you decide to travel to Finland by ferry, there are a couple of good ferry connections. For example, you can take a ferry from Travemünde, Germany to Helsinki as well as from Stockholm, Sweden to Helsinki or Turku.

**Some ferry connections**

Finnlines [http://www.finnlines.com](http://www.finnlines.com)
Nordic Ferry Center [http://www.ferrycenter.fi](http://www.ferrycenter.fi)
Tallink Silja Line [http://www.tallinksilja.com](http://www.tallinksilja.com)
Viking Line [http://www.vikingline.fi](http://www.vikingline.fi)

### 10 Essentials of Finland

#### 10.1 Living Expenses

The average cost of living in Finland for a single student varies between EUR 700 and 900 per month, depending on where you live and your personal spending habits. This amount includes accommodation, transportation and meal costs. Living expenses are relatively high in Finland, although comparable to the EU average. Bigger cities are usually more expensive than the smaller ones.

You can get an idea of average prices in Finland from here: [http://www.numbeo.com/cost-of-living/country_result.jsp?country=Finland](http://www.numbeo.com/cost-of-living/country_result.jsp?country=Finland)

#### 10.2 Public Holidays

The following public holidays are celebrated annually in Finland. Please note that the dates of some holidays vary from year to year. Shops and banks are usually closed on public holidays and Saturday opening hours are usually followed on the **eve of a public holiday** (e.g. December 24).

**Public Holidays 2019–2020**

<table>
<thead>
<tr>
<th>Date</th>
<th>In English</th>
<th>In Finnish</th>
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</thead>
<tbody>
<tr>
<td>November 2</td>
<td>All Saints’ Day</td>
<td>Pyhäninpäivä</td>
</tr>
<tr>
<td>December 6</td>
<td>Independence Day</td>
<td>Itsenäisyysspäivä</td>
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<tr>
<td>December 25</td>
<td>Christmas Day</td>
<td>Joulupäivä</td>
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<tr>
<td>December 26</td>
<td>Boxing Day</td>
<td>Tapaninpäivä</td>
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<tr>
<td>January 1</td>
<td>New Year’s Day</td>
<td>Uudenvuodenpäivä</td>
</tr>
<tr>
<td>January 6</td>
<td>Epiphany</td>
<td>Loppiainen</td>
</tr>
<tr>
<td>April 10</td>
<td>Good Friday</td>
<td>Pitkäperjantai</td>
</tr>
<tr>
<td>April 13</td>
<td>Easter Monday</td>
<td>Toinen pääsiäispäivä</td>
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<tr>
<td>May 1</td>
<td>May Day</td>
<td>Vappu</td>
</tr>
<tr>
<td>May 21</td>
<td>Ascension Day</td>
<td>Helatorstai</td>
</tr>
<tr>
<td>May 31</td>
<td>Whit Sunday</td>
<td>Helluntai</td>
</tr>
<tr>
<td>June 20</td>
<td>Midsummer Day</td>
<td>Juhannuspäivä</td>
</tr>
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</table>

#### 10.3 Time Zone, Electricity and Conversion Tables
The Finnish time is two hours ahead of Greenwich Mean Time. There is only one time zone covering the whole country. Daylight saving time or summer time (kesäaika) is used from the last Sunday of March to the last Sunday of October. The shift is usually done early on Sunday mornings so that it does not cause extra difficulties.

Daylight saving time ends October 27, 2019 → Clocks will be set backwards one hour at 4 am.
Daylight saving time starts March 29, 2020 → Clocks will be set forward one hour at 3 am.

The electrical current in Finland is 220V (50Hz). Electrical plugs are the two-pin continental size. In Finland, the unit of measurement is the metric system.

<table>
<thead>
<tr>
<th>Meters</th>
<th>Inches</th>
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<tr>
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</tr>
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<td>39.7</td>
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<tr>
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<td>0.3</td>
<td>1 foot</td>
</tr>
<tr>
<td>0.915</td>
<td>1 yard</td>
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<table>
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<td>30</td>
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<table>
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<tr>
<th>°F</th>
<th>Gas</th>
<th>°C</th>
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<tr>
<td>225</td>
<td>1/4</td>
<td>110</td>
</tr>
<tr>
<td>250</td>
<td>1/2</td>
<td>120</td>
</tr>
<tr>
<td>275</td>
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<td>9</td>
<td>240</td>
</tr>
<tr>
<td>500</td>
<td>10</td>
<td>260</td>
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<table>
<thead>
<tr>
<th>Imperial</th>
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<th>US Units</th>
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</thead>
<tbody>
<tr>
<td>1/2 fl</td>
<td>15 ml</td>
<td>1 tbsp.</td>
</tr>
<tr>
<td>1 fl oz.</td>
<td>30 ml</td>
<td>1/8 cup</td>
</tr>
<tr>
<td>2 fl oz.</td>
<td>60 ml</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>3 fl oz.</td>
<td>90 ml</td>
<td>3/8 cup</td>
</tr>
<tr>
<td>4 fl oz.</td>
<td>120 ml/1,2 dl</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>5 fl oz. (1/4 pint)</td>
<td>150 ml/1,5 dl</td>
<td>2/3 cup</td>
</tr>
<tr>
<td>6 fl oz.</td>
<td>180 ml/1,8 dl</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>8 fl oz.</td>
<td>240 ml/2,4 dl</td>
<td>1 cup (1/2 pint)</td>
</tr>
<tr>
<td>10 fl oz. (1/2 pint)</td>
<td>285 ml/2,85 dl</td>
<td>300 ml</td>
</tr>
<tr>
<td>12 fl oz.</td>
<td>340 ml/3,4 dl</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td>16 fl oz.</td>
<td>455 ml/4,55 dl</td>
<td>2 cups (1 pint)</td>
</tr>
<tr>
<td>20 fl oz. (1 pint)</td>
<td>570 ml/5,7 dl</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>11/2 pints</td>
<td>900 ml/9 dl</td>
<td>3 3/4 cups</td>
</tr>
<tr>
<td>1 3/4 pints</td>
<td>1 litre</td>
<td>4 cups (1 qt)</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 1/4 litres</td>
<td>1 1/4 quarts</td>
</tr>
<tr>
<td>2 1/3 pints</td>
<td>1 1/2 litres</td>
<td>3 US pints</td>
</tr>
<tr>
<td>3 1/4 pints</td>
<td>2 litres</td>
<td>2 quarts</td>
</tr>
</tbody>
</table>
10.4 Currency and Banks

The Finnish monetary unit is the euro (EUR, €). The euro is divided into 100 cents. Bank notes are in denominations of EUR 5, 10, 20, 50, 100, 200 and 500. The coins are 5, 10, 20 and 50 cents, and EUR 1 and 2. Unlike in most euro countries, the coins of 1 and 2 cents are not used in Finland. Cheques are rarely used in Finland and they are not accepted as a method of payment in shops and businesses. International credit cards (e.g. Visa, MasterCard) are widely accepted. If needed, please make sure you exchange some currency before arriving in Joensuu since it is difficult to exchange currency if you don’t have a bank account.

There are several branches of banks in all cities. Banks are usually open Mon–Fri from 09:00~10:00 to 16:00~16:30. You can withdraw money from points or ATMs (automatic teller machines) with Finnish bankcards and with most of international cards as well (fees may apply). If you lose your Finnish ATM card, please call immediately tel. +358 20 333 to report the incidence (24 hour service). Lost Diner’s Club cards can be reported by calling +358 800 9 5555 and American Express cards +358 800 114 646.

Students who wish to open a Finnish bank account are advised to do so as soon as possible after their arrival. You should make an appointment with the bank in order to be able to open an account. When opening an account, be prepared to show proof of your identity (e.g. passport) and a proof of registration at UEF (study certificate or in some cases the Admission Certificate is accepted). Please note that most banks will require you to have a Finnish Personal Identity Code to open a bank account, so remember to acquire one! Please ask the bank for a price of a service package and list of other charges (e.g. international money transfers). Fees are usually charged for receiving money to your account from abroad and sending an international money order. Fees depend on the bank and the form of transfer.

Online banking is usually the best method to pay bills and transfer money. If possible, it is advisable to use your home country’s online banking since the banks in Finland have reduced their services and usually do not allow online banking for short-term use. If you cannot use online banking, you can pay the bills only in a bank where you have an account. One option is to pay your bills at R-kiosks www.r-kioski.fi but please notice that they have their own service fees, too.

Remember that you need the SWIFT code (Society for Worldwide Interbank Financial Telecommunication) or the BIC code (Bank Identification Code) when making international transactions. If you are making the payment from Europe, you will also need to use the IBAN code (International Bank Account Code).

Some Finnish banks
Danske Bank http://www.danskebank.fi
Handelsbanken http://www.handelsbanken.com
Nordea http://www.nordea.fi
Osuuspankki http://www.op.fi
PO Pankki http://www.poppankki.fi

Some students have used on-line European on-line banks, for example https://n26.com/en-eu/bank-account

10.5 Post

Main Post Office
Opening hours: Mon–Fri 08:00–19:00 (8am–7pm), Sat 10:00–15:00 (10am–3pm)
The Finnish Posti has also Posti Parcel Points (pakettiautomaatti) at certain grocery stores or R-kiosks where you can send and receive parcels. For more information on this, see here: http://www.posti.fi/private.

For sending letters and parcels, see http://www.posti.fi/private → Send → International Parcels/Letters → Price List.

Letters can be mailed at post offices or dropped into letterboxes throughout the city. The time when the letterbox is being emptied is written on the box. Incoming mail is delivered to your address Monday through Friday. There are no deliveries on Saturdays, Sundays or public holidays.

10.6 Phone Calls

When dialling a phone call to Finland, please remember to use the following formula: the international prefix +358 + the area code without the initial 0 + the phone number. When calling from Finland to another country, you have to attach an international prefix before the country code. There are several international prefixes depending on the company you choose. The most common ones are 990, 994, 992 and 999 but if you call abroad a lot, you should check the other possibilities and compare prices. You can also always use the pan-European code 00, and then dial the country code, the area code and the destination number. Note that the first number of the area code (often 0) is usually omitted. For more information about international phone calls, please see here: https://www.howtocallabroad.com

Please note that an area code is always needed when using a mobile phone. For international number enquiries, call 020 208 (EUR 3.50 per minute + local call charge). For domestic number enquiries, call 118 or 020202, but please note that there will be an extra charge.

In Finland, everyone uses mobile phones and this is why there are practically no public coin-operated telephone booths. Unless you already have a mobile phone, it is definitely worth considering buying one for yourself as well. Mobile phone shops usually sell second-hand phones at reasonable prices.

You can open a post-paid mobile phone connection with a Finnish mobile phone operator (e.g. DNA, Elisa, Saunalahti, Sonera). However, you might be required to pay a substantial deposit in order to get a post-paid mobile phone connection. This is why many times a pre-paid subscription is a better alternative.

You get the Pre-paid Start-up kit in your ISYY Welcome Package (see paragraph 7.3) because ESN KISA has a contract with DNA Oy whereby all the incoming international students who join the Student Union will have the possibility to receive a free DNA Prepaid start-up kit worth EUR 7.90.

There are cheaper ways to call than the old-fashioned phone calls. If the internet connection is working, you can use for example Skype or WhatsApp.

10.7 Internet and Media

You can access the Internet at the university when you get the username and password for the university’s IT services after registration. There are computers with Internet connection all over
the campus. In addition, most of the student apartments have the technical capacity for a fixed Internet connection.

Local public libraries have computers with Internet connection for you to use. Please note that you have to make a reservation for the computer beforehand, and usually you can use the computer for an hour at a time. Internet cafes are not common in Finland, because most people have an Internet connection at home. There are some cafes and bars with internet connection in the city centre. In Kuopio, free Wi-Fi is available at the Kuopio City Library, Kuopio Info, Apaja, Multicultural Centre Kompassi, City Hall, Music Centre and several cafés and restaurants.

There are several TV channels in Finland, which are available throughout the country. The programmes are usually broadcast in the original language with Finnish subtitles. International cable channels can be available in the student apartments, too.

Television transmissions in Finland are all-digital. Digital broadcasts can be received by an ordinary TV fitted with a digital adaptor, known as a set-top box or a converter box. Alternatively, it is possible to buy a TV set with a built-in digital receiver.

Many programmes are also available online. The Finnish Broadcasting Company (Yle) aims to make all four of its channels available online for viewers in Finland.

Finnish TV channels online: Yle Areena, Katsomo, and Ruutu.

If you wish to get more channels in addition to the free ones, you can get a cable/payTV package for additional cost. Here are some pay TV providers: Elisa, Dnatv

If you receive salary from Finland, you have to pay the tax regardless of whether you have a television or not. The tax is collected at the same time as other taxes, so it does require any action on your part. Taxation rate is 0.68% of the sum of earned and capital income, however the maximum amount to pay is €140. The tax is not collected if your annual income is less than €7,353.

If you would like to keep up with the Finnish and international news you may find it interesting to read e.g. Helsinki Times newspaper (http://www.helsinkitimes.fi) or the news of the Finnish Broadcasting Company (http://yle.fi/uutiset/news).

10.8 Shopping

The opening hours of shops were liberated in 2016 and the shops are now free to choose their opening hours. Many shops seem to have chosen extensive opening hours (opening hours seem to be often at least 9am–9pm daily).

Grocery stores usually advertise weekly or daily in the local newspapers or print separate advertisements delivered to your mailbox. This allows you to compare food prices and special offers at different stores.

The general level of prices in Finland equals to the European average. However, here are some useful hints for the student budget. Make sure that you are aware of all possible student and other reductions available and compare prices. Also, check if there are cheap or free services provided by public libraries, hospitals, the Student Union, the university, your campus town, etc. The meals at the student restaurants are worth the money, because you get a good discount with your student card. The price of food in grocery stores varies a lot. Always compare prices before you buy. Please note that the open market place (tori) is not necessarily the cheapest place to buy food in Finland like it is in some other countries. Also, check out some of the private product labels in stores (e.g. Euroshopper, Extra, Pirkka, Rainbow). They are usually cheaper
than the well-known brand names. For daily grocery shopping, many students prefer Lidl, which is the cheapest option among Finnish grocery stores. More information about second-hand shops can be found in paragraph 12.8 of this guide.

In addition to the shops in the city centre, there is a big Matkus Shopping Centre with an IKEA about 12 kilometres from the city centre. Busses 31 and 32 run to Matkus from the city centre.

**Tipping** is not customary in Finland; most likely, a tip is given for hotel and restaurant door attendants and porters on some occasions. A service charge is automatically included in hotel and restaurant bills. Moreover, barbers, hairdressers and taxi-drivers do not expect tips. Still, you can always give tip to thank for good service if you want to.

If you need to use the services of the Finnish Board of Customs, please visit their website at [http://www.tulli.fi](http://www.tulli.fi) or call the Customs Information Service + 358 2 955 201 (Mon–Fri 8am–4pm) for more information.

### 10.9 Alcohol and Smoking

In Finland, strong alcohol, such as wine and spirits, can be bought only in special shops called Alko ([http://www.alko.fi](http://www.alko.fi)). Low-alcohol content drinks (e.g. beer and cider) are sold in regular stores, supermarkets, gas stations and kiosks. However, the sale of alcohol in grocery stores and supermarkets is limited to between 9am–9pm. Low-alcohol content drinks (max. 22% alcohol by volume) are not sold to persons under the age of 18, and strong alcohol is not sold to persons under the age of 20. If you are under 25 years of age, please show your ID on your own initiative, do so even if you are in a group buying alcoholic beverages together. Every member in the group must be of age if they wish to make purchases at Alko. They accept the following IDs: a driving licence, a passport and an official identity card with photo. Note that social insurance cards with photo, student cards and military IDs are not suitable ID documents at Alko shops.

Please keep in mind that driving under the influence of alcohol or drugs is strictly forbidden. There is an exact permissible limit of 0.5 per mil for alcohol in blood. Infringement of this rule means a penalty in the form of a fine or imprisonment.

The non-smoking policy is very strict in Finland and smoking is prohibited in all public facilities (e.g. schools, trains, hospitals, buses). Hotels, bars and restaurants have designated areas for smoking and most trains have carriages or special rooms for those who wish to smoke. The University of Eastern Finland is also a non-smoking organisation, and smoking is only permitted in designated outside smoking areas (e.g. not in front of any entrances of the university).

### 10.10 Finnish Character and Way of Life

It always takes some time to adapt to a new culture. This section describes some characteristics (generalisations) of Finns that might help you in understanding them, but please keep in mind that not all people are alike. Your own experiences with Finnish people might give you a completely different opinion.

Sometimes visitors may feel that Finns are shy and reserved, but especially the younger generation, being multilingual and internationally minded, do not fit into this stereotype. Still, Finnish university students often tend to be quiet and obedient listeners as well as very independent and hardworking. Some international students may find the class atmosphere reserved, but you will find that most Finns are eager to talk to you and help you, if you make the first move. Most Finns have learnt the basic skills of at least one foreign language at school. The most commonly known foreign language is English, which is quite widely spoken and
understood in Finland. You may notice that some Finns are a bit shy about using a foreign language, especially in a group conversation. One thing you may find a bit peculiar is the great tolerance of silence in conversation. Finns describe themselves as fairly straightforward people, because we say what we mean and we mean what we say. If a Finn suggests that you could have lunch together sometime, you can usually consider this as a real invitation, not just small talk.

In fashion, comfort is often (although not always) considered more important than looks. Life in Finland has a relaxed pace. In fact, the older generation has occasionally voiced the opinion that things are becoming a bit too relaxed or informal. Older people still appreciate more formality, such as a polite handshake on being introduced. Handshaking is also common in business meetings, both on arrival and departure. At work the atmosphere tends to be informal, first names are used and people dress informally. It is also completely normal to call your teachers by their first name, even at a university. Equality between the sexes has progressed quite a way both at work and at home. The difference between the sexes is probably most obvious when considering salaries and comparing the number of women and men working at the executive level.

A particular Finnish trait is the habit of drinking milk or sour milk with meals and even adults do this. Others prefer mineral water or beer, and even the wine culture is making headway. As a nation, we love quizzes and competitions of all kinds, and it may be this characteristic, that underlies our craze for sports. Finns are also crazy about coffee. You will rapidly get used to the fact that when Finns get together for a chat, coffee is invariably part of the scene. However, note that the coffee in Finland is usually not as strong as in Central and Southern Europe.

During the summertime, you may wonder where all Finnish people are, as especially during the summer months, the suburbs seem to become uninhabited. This is due to the love Finns have towards nature and summer cottage. In Finland, there are approximately half a million summer cottages, which means that nearly every third family has one. Sometimes the name summer cottage can be misleading because some people spend their free time there also during the wintertime.

Sisu (stamina) is a concept used to describe a certain feature that is considered to be something typically Finnish. Sisu is what makes a Finn grit their teeth against all odds; continue fighting against an overwhelming enemy; clear the forest with their bare hands; go on to win a race even after falling over. Sisu is what it takes: guts, determination.

10.11 Sauna

Sauna is an essential part of the Finnish culture. There are 5.5 million inhabitants and over two million saunas in Finland. Practically every Finnish house has a sauna of its own. For Finnish people sauna is a place for relaxing with friends and family as well as a place for physical and spiritual relaxation. Finns think of saunas not so much as a luxury but as a necessity, and after taking a few bathes you will probably agree.

There are also public saunas available at such places as swimming pools and student housing (common saunas). It is not customary for men and women to go to sauna together unless they are members of the same family or particularly close friends. Public saunas are also separated by gender (men together and women together). Please note that you are not allowed to wear clothing or swimming suit in sauna, because it is considered to be unhygienic. If you feel uncomfortable, you may wrap a towel around yourself.

How to bathe in a Finnish sauna?
First having undressed, you take a shower and enter the sauna still wet, although some prefer to enter sauna dry first. The temperatures in a sauna usually range from 60°C to 100°C. Sit back for a while and let the heat permeate your body and open the pores of your skin. The stones on top of the stove are very hot and when you throw water on them, a humid cloud of steam (löyly) suddenly fills the small room. The steam gently warms your skin and your body starts to sweat. There are several tips on how to bathe in a Finnish sauna, but rule number one is that you should feel good all the time. After a short while, you can take a break. You can take another shower before re-entering the sauna and then take your time to relax and enjoy the warmth. The process can be repeated several times. After the final time in sauna, wash yourself off in a refreshing shower to complete your relaxation.

Many Finns have saunas at their summer cottages by a lake. There, the sauna experience is not complete without a refreshing swim, which you can take when you leave the sauna for a break. You can also try a thick wisp or bunch of birch twigs, called either “vasta” or “vihta”, depending on where you live (“vasta” in Eastern Finland). Dip it into warm water and then gently beat yourself all over with it – it definitely feels better than it sounds! In the winter, some sauna enthusiasts will even make a hole in the ice and take a dip in the icy water (approximately +3°C to +5°C) or roll around in the snow.

For more information, please see here: [http://www.sauna.fi](http://www.sauna.fi)

### 10.12 Winter

**Winter** may bring many questions to your mind, if you have not experienced the Nordic winter before. To help you come to terms with the winter season, it might help you to not to think of it as a long, monotonous period of darkness, cold and snow, but as a sequence of several distinct phases, each of which has an atmosphere of its own. By accepting it as it comes, you will find the winter in Finland a richly rewarding experience.

At the first sign of winter, the streets occasionally get filled with slush, but eventually everything gets covered up with real snow. The months from December to February are a time of stillness. The sun always rises above the horizon in eastern part of Finland, but the light hours are not many during midwinter. It is recommended that you take vitamin D supplements to stay healthy. As for the temperature, a typical midwinter reading in eastern Finland would be something between -5°C and -15°C, but sometimes it gets colder, even down to -30°C. Fortunately, Finnish houses (including student flats) are equipped with triple-glass windows and central heating, so you have no reason to worry. However, when you are outside in cold weather, it is always wise to be wary of frostbite and this is best done with appropriate clothing (e.g. woollen cap, mittens, warm socks and shoes as displayed). However, do not let this discourage you from going out, since very cold days have a special atmosphere, which you should not miss. You might even see the northern lights.

After the winter solstice in December, the amount of light steadily (although slowly) increases again. However, you need to wait until the end of March until the day once more outlasts the night (spring equinox). The day becomes longer and longer, and the snow gradually melts away, although it still might snow a bit occasionally. Spring is slowly, but surely, on the way again, and soon it is the time of the light nights of the Nordic summer.

For more information about layering, dressing appropriately for the winter and preparing for the weather:


11 Student Accommodation in Kuopio

**Kuopas** (Kuopio Student Housing Company) builds and maintains student housing in Kuopio. More than 3000 students and their families live in Kuopas housing. Kuopas is a public company owned by the City of Kuopio. Kuopas is not part of the University of Eastern Finland.

**Kuopas Office (Kuopio Student Housing Company)**

**Opening hours:** Mon–Fri 8:00–15:00 (8am–3pm)

**Note:** On the first working day of the month, opening hours are 8:00–15:30 (8am–3.30pm).

**Address:** Torikatu 15, 70110 Kuopio

**Tel:** +358 (0)20 710 9740

**Email:** customerservice@kuopas.fi

**Website:** [http://www.kuopas.fi](http://www.kuopas.fi)  

### 11.1 Available Student Housing

Most international students live in furnished shared apartments (communal apartments). Each student has his/her own room but kitchen and bathroom is shared with 1-2 other students of the same gender.

If you are coming to Kuopio with your family, you can apply for a family apartment. The sizes of family apartments vary from two-bedroom apartments to three-bedroom apartments. Family apartments are mainly for families but sometimes if they are free, it might be possible to rent them amongst friends.

Kuopas has 30 apartment buildings around Kuopio and they are situated within 0.5–8 km from the campus. Most of our International students live in furnished share apartments in Rauhalahti, Neulamäki and Puijonlaakso areas. If you have any special wishes about your apartment’s location, you should mention it in your housing application.

The rent for one room in a shared student apartment with furniture is approximately between EUR 280 – EUR 390/person/month. The unfurnished shared apartment is about EUR 230-410. The rent of family apartments depends on the size and location of the apartment. The rent for family apartments starts from EUR 490.

The rent of shared student apartments includes internet, water, heating and free laundry, but it does not include utility bills, such as electricity and parking. Common sauna turn (women and men separately) is free once a week. If you prefer to go to sauna by yourself, you can reserve a sauna term for yourself (1 hour/week, always at the same time) for EUR 20/month. Electricity costs approximately EUR 8–20 per month.

All Kuopas apartments are equipped with cooking facilities, a fridge, kitchen table, stools, basic lighting and shower curtains. A furnished apartment also contains a desk, a couple of chairs, a bookcase and a bed (mattress, pillow and blanket, but no linen). Please be prepared to bring or buy kitchen utensils, bedclothes (linen, pillowcase, duvet cover) and towels, because they are not part of the basic furnishing. There might be some kitchen utensils left in the apartment by the previous tenants, but you should not count on this.

There is also a free Internet connection (10Mbit) in every Kuopas apartment. You can upgrade it if you need a faster connection. All furnished shared apartments have a modem.
11.2 Applying for Accommodation

You can apply for student accommodation by filling in an online application: https://www.kuopas.fi/en/for-applicants/housing-application/

You can apply for housing as soon as you have received the official Certificate of Admission from UEF.

Application deadlines for Kuopas housing:
15 June for the autumn semester (August–December)
15 June for the full academic year (August–May)
15 November for the spring semester (January–May)

You can apply at other times as well but accommodation cannot be guaranteed if you miss the deadlines above. Please also note that in the beginning of the autumn semester you have to pay rent starting from 1 August even if you come later (for example in September). This is because there is a lack of student apartments in Kuopio in the autumn and Kuopas cannot keep apartments empty during August.

Please also note that the tenancy agreement always begins at the beginning of a calendar month and it finishes at the end of a calendar month. For example, if you wish to arrive at the very end of the month, you should be prepared to pay rent for the whole month.

11.3 A Proposal for Tenancy Agreement

Keep checking your email regularly, because Kuopas will send you a proposal for tenancy agreement on a room or an apartment by email. Usually you will receive this proposal about one month before your planned arrival. The proposal from Kuopas contains the address of your new apartment or room, as well as information on its type, size and rent. It also states the starting date of the rental period and contains the international bank details for making the guarantee payment.

To confirm the acceptance of the apartment you must pay the deposit payment. The amount for a shared room is 250 € and for a single apartment and a family apartment 400 €.

Before paying the deposit you must have approved the terms of agreement, which you confirm by paying the deposit. The Tenancy agreement begins if you pay the deposit before due date and send the receipt for your payment by e-mail to the Kuopas’ office. Please remember to use the reference number in your payment. The reference number is in the offer email.

After your stay here, the deposit payment will be returned to the bank account (notice that account has to be under your name) stated in your Notice of termination approximately one month after the contract has expired. If any obligations have not been met, applicable costs will be deducted from your deposit.

Please notice that foreign bank may charge some costs for a transaction. Ask your bank how to transfer the correct amount! If the amount of the deposit payment we receive is incomplete because of the transferring costs, we will have to make a request for the rest of the amount. When returning the deposit, we transfer the same amount from our account that we have received from you. The amount that reaches your account may be less because of the transaction costs. Please ask your bank about the transferring cos...
11.4 Living with Kuopas


11.5 Recycling

If Finland, people are expected to recycle the household waste. Batteries, bio-waste, bottles, cardboard, electronic junk, glass, metal, paper, plastic or any hazardous material should not be thrown into the mixed waste bin. Most of the Kuopas apartment buildings have separate bins for at least bio-waste, cardboard and paper in the yard. Sometimes they have bins for glass and metal as well. The rules of recycling can found at next to recycling bins. Please read them and follow the rules.

11.6 Moving out from Kuopas

12 City of Kuopio

Kuopio Tourist Service (Kuopio Info)
Opening hours: Mon–Fri 9:00–16:00 (9am–4pm)
Address: Kauppakeskus Apaja, Kauppakatu 45, 70110 Kuopio
Tel: +358 80 018 2050
Email: tourism@kuopio.fi

Information about the Kuopio region:
• www.kuopio.fi
• http://opiskelijankuopio.fi/en

The City of Kuopio was founded in 1775 to stimulate trade and other economic activity in the extensive region of Eastern Finland. Today Kuopio has a population of over 117 000 and it is the ninth largest city in the country. The City of Kuopio is the largest city in the Province of Eastern Finland. Kuopio has developed into a centre serving the entire region of eastern Finland. Some 600 000 people live within its sphere of influence.

Kuopio is a modern, developing centre of economic life in Eastern Finland. 70% of those living in Kuopio are employed in service professions. The unique nature and services of excellent quality make the city an appealing place to live in. The people of the growing city have not forgotten their roots and they still highly value the genuine Northern Savonia way of living. The unique summer atmosphere in the Kuopio region is provided by lakes and islands, and as well as by the landscape of forest-covered hills. Boating, hiking and other forms of outdoor recreation are really plenty here. The lakes, which are abound with fish, guarantee good catches throughout the year. Leisure spas with their bubbling pools and baths offer relaxation and invigoration whenever you feel the need.

In general, the climate varies a lot in Kuopio. Here you can enjoy the four distinctive Finnish seasons. The temperatures may vary from -30 C in the winter to +30 C in the summer. For more information on the weather, please visit http://ww.fmi.fi/en. The northern lights, although more common in Lapland, can sometimes be seen during winter nights also in Kuopio.

The main road of the region is Highway 5, which runs from Helsinki to Lapland. The Saimaa Canal links Kuopio to the Baltic Sea and is open for most of the year. By road, the distance from the capital Helsinki to Kuopio is about 390 km. There are also several daily flights from Helsinki to Kuopio. Coach and railway connections to Kuopio also are excellent from both Helsinki and as well as the Tampere and Turku regions.

Distances and travelling times (approximately) to Kuopio from

<table>
<thead>
<tr>
<th>Distance</th>
<th>By car</th>
<th>By rail</th>
<th>By air</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helsinki 390 km</td>
<td>4 h 30 min</td>
<td>4 h</td>
<td>60 min</td>
</tr>
<tr>
<td>Tampere 300 km</td>
<td>3 h 45 min</td>
<td>3 h 30 min</td>
<td>(via Helsinki)</td>
</tr>
<tr>
<td>Turku 450 km</td>
<td>5 h 30 min</td>
<td>5 h 40 min</td>
<td>(via Helsinki)</td>
</tr>
<tr>
<td>Joensuu 136 km</td>
<td>1 h 45 min</td>
<td>3 h 30 min</td>
<td>(via Helsinki)</td>
</tr>
<tr>
<td>Savonlinna 161 km</td>
<td>2 h</td>
<td>6 h</td>
<td>(via Helsinki)</td>
</tr>
</tbody>
</table>
12.1 Events in Kuopio

Kuopio is famous for a multitude of events and known as both a lively sports centre and a city of rich cultural life. Every summer in June the Kuopio Dance Festival (Kuopio Tanssi ja Soi) takes place in Kuopio. The festival is a significant international dance festival presenting a wide spectrum of dance art from different cultural backgrounds, as well as modern trends and traditional dance theatre. Students get a discount on tickets. Further information here: http://www.kuopiodancefestival.fi

Every year Kuopio also hosts many other national and international events and festivities. Among them are the rock festival Kuopio RockCock, Kuopio International Wine Festivals, Ice Marathon on Lake Kallavesi, different food festivals and many more. There are also several sport events (ice hockey matches, football in the Keskuskenttä and Väinölänniemi and Finnish baseball in the Puijo Stadium).
The Kuopio Music Centre offers a variety of concerts throughout the year: www.kuopionmusiikkikeskus.fi

12.2 Multicultural Centre Kompassi

Kompassi is the multicultural centre of the Kuopio Settlement Puijola, which is located in the city centre of Kuopio. Kompassi was established in 1999 and is funded by the City of Kuopio and RAY (Finland’s Slot Machine Association). Kompassi offers information, support and activity opportunities, multicultural events and Finnish language courses. In Kompassi you can use a computer, meet new people, get help with problematic situations, get information about, for example, immigration services in Kuopio, multiculturalism and internationality. Kompassi welcomes everyone and values all of its visitors equally without discrimination.

Multicultural Centre Kompassi
Opening hours: Mon, Wed, Thu, Fri 8.30–15:30 (8am–3.30pm), Tue 8:30–17 (8.30am–5pm)
Address: Kauppakatu 40-42, 70110 Kuopio
Email: kompassi(a)puijola.net
Website: http://www.puijola.net/kompassi

12.3 Kuopio City Library

The City Library (kaupunginkirjasto) is run by the City of Kuopio. In Finland, libraries are open to all and borrowing material is free of charge. In order to be able to borrow material from the library, you will need a library card (kirjastokortti). You can get a library card for free from any library in Kuopio. You need to present a proof of identity and fill in an application form in order to get the card. If books are not returned by the date they are due, a fee will be charged. Remember to cancel your library card immediately if you lose it as the material borrowed on your card is on your responsibility. Please note that the university library card is not valid at the city libraries, only at the university libraries. The Kuopio City Library also has a music library where you can listen to music or borrow records, CDs and notes. There is also a language centre for language studies and you can borrow language tapes.

Kuopio City Library
Opening hours: Mon–Fri 10:00–19:00, Sat 11:00–17:00
Address: Maaherrankatu 12, 70100 Kuopio
Website: https://kuopio.finna.fi
There are also the branch libraries in the Kuopio area:
Jynkkä, address: Maitotie 2
Neulamäki, address: Juontotie 6
Puijonlaakso address: Mailatie 2
Pyöriö and Petonen, address: Jalkasenkatu 3

12.4 Day-care and Schools

If you are coming to Kuopio with children, you should contact the Student and Learning Services for information on schools and day-care. There is an English and a German kindergarten in Kuopio and some schools have English language classes. There are two comprehensive school offering bilingual teaching and one upper secondary school offering International Baccalaureate (IB) studies. For more information: www.kuopio.fi/en -> Daycare and Schools
https://www.kuopio.fi/en/paivahoito-kuopiossa

The English Kindergarten
Address: Tulliportinkatu 37 H, 70110 Kuopio
Tel: +358 44 767 5057
Website: www.enkkukuopio.fi/en

Deutscher Kindergarten
Address: Kauppakatu 61, 70110 Kuopio
Tel: +358 45 111 2070
Website: https://kuopionsaksalainenpaivakoti.wordpress.com/

Rajala Comprehensive School
Address: Sammakkolammentie 14, 70200 Kuopio
Tel: +358 44 718 4356
Website: https://peda.net/kuopio/p/rajala

Hatsala Comprehensive School
Address: Opistotie 3, 70200 Kuopio
Tel: +358 44 718 4503
Website: https://peda.net/kuopio/p/hatsala

Lyseo Upper Secondary School
Address: Puijonkatu 18, 70110 Kuopio
Tel: +358 17 184 563
Website: https://kuopion-lyseo.onedu.fi/web

12.5 Community College of Kuopio

The Community College of Kuopio (Kansalaisopisto) is an institution offering adult education, enabling people of all ages to study and participate in activities relevant to their interests. Courses range from languages and sports to music and social sciences. The autumn semester starts in September and the spring semester in January. For more information, please visit their website here: http://kansalaisopisto.kuopio.fi

12.6 Open University and Summer University

Both the Open University (Avoin yliopisto) and the Snellman University (Kesäyliopisto) of Kuopio offer a wide variety of courses (including Finnish language courses) to all interested students. Please note that fees are usually charged.
12.7 Ethnic Grocery Stores

Big supermarkets like Prisma and Citymarket offer a variety of spices and, for example, halal meat. However, if you are looking something specific, there are a couple of ethnic grocery stores in Kuopio.

Marrakesh Shop, Pyörönkaari 26; Suker Shop, Alakatu 3, Istanbul Market, Alakatu (halal meat available)
Samruai, Thai restaurant and shop, address: Kauppakatu 63
https://www.facebook.com/thaisamruai

12.8 Second Hand Shops

The Kuopio Recycling Centre (Kierrätyskeskus) sells clothes, furniture, kitchenware, televisions and bicycles, for extremely low prices. Remember that there are many second hand stores all over Kuopio, where you can also buy used furniture etc. They are popular among students.

Kuopion kirppari (online) – http://www.kuopionkirppari.fi
CityPörssi – Maljalahdenkatu 31
EkoKuopio – Neulamäenti 8
Kirpparilla – Leväsentie 2
Rihma – Puijonkatu 39

12.9 Religious Denominations

There has been a complete freedom of religion in Finland since 1923. The Finnish Constitution guarantees the freedom of worship. This means that everyone is free to practice any religion they wish as long as they do not violate the fundamental human rights or break the law. Finns are not particularly active churchgoers although most of them are members of the church. There are two national churches in Finland, the Lutheran Church and the Orthodox Church. Around 75% of Finns are members of the Evangelical Lutheran Church, while around 1% belongs to the Orthodox Church. There are also Catholic, Jewish, Islamic, and a number of small religious denominations represented in Finland. Information on international church services in Kuopio will be delivered through the ESN KISA.

More information
The Evangelical Lutheran Church of Finland http://www.evl.fi
The Orthodox Church of Finland http://www.ort.fi

Student Pastor Mr Raimo Hakkarainen, Kuopio Campus
Prayer Room
There is a prayer room for Muslims on campus in Kukkola building. The building is locked so you will need a key to access the room. You can apply for the key of the prayer room at Buildings and Estate Services (Tilapalvelut) located in Snellmania building, ground floor, Ms Anne Sulkakoski, Room 1078/5. There will be a EUR 40 deposit for the key.

Congregations

- Catholic Church
  https://katolinen.fi/seurakunnat/pyhan-joosefin-seurakunta/
- Church of Jesus Christ of Latter-day Saints
  https://www.churchofjesuschrist.org/?lang=eng
- Evangelical-Lutheran Parish Union
  http://www.kuopionseurakunnat.fi/info-ja-asiointi/in-english
- Free Church
  https://kuopionvapaaseurakunta.fi/en/
- Islam: Kuopio Mosque, the Islamic Society of Savo
  Soikkokuja 12, 70780 Kuopio
- Orthodox Church of Saint Nicholas
  https://www.ort.fi/kuopio/eng/
- Pentecostal Church
  http://eelim.net/in-english/
- Seventh-day Adventist Church
  http://kuopio.adventist.fi/

12.10 Cinema, Theatre and Music

There are two cinemas in Kuopio, Scala (Ajurinkatu 16) and Kuvakukko (Vuorikatu 27). Films are shown in the original language with Finnish and Swedish subtitles. Tickets cost between EUR 7.50–15. Films usually run for one to three weeks. Film clubs show classic films and re-runs at reduced prices at Kuvakukko. Scala Kino offers discounts for students. Websites:

There is also the Student Union Film Club (Hyvät Kuvat), which is open to everybody. You have to buy a personal movie card for the price of EUR 25. Please note that there are free club cards available for exchange students every semester. The film club shows one film in two sessions on Thursdays in the cinema Kuvakukko (Vuorikatu 27). All the films are in their original language with subtitles in Finnish. Website: http://hyvätkuvat.fi

The Kuopio City Theatre has several stages and there are many other theatre groups in Kuopio. Even if you cannot understand the language (all the shows are in Finnish), the performances are worth seeing. Website (in Finnish): http://www.kuopionkaupunginteatteri.fi

The Student Theatre (KYT) https://www.kuopionylioppilasteatteri.net/

Kuopio Symphony Orchestra has concerts at the Kuopio Music Centre (Kuopiolahdenkatu 23), usually on Thursdays. More information and tickets are available at Kuopio Music Centre and Kuopio Info (Apaja). Website: http://www.kuopionkaupunginorkesteri.fi
12.11 Museums

**Kuopio Art Museum** (Kauppakatu 35) is housed in a former bank building. The collections include primarily Finnish art from the end of the Nineteenth Century to the present, with an emphasis on local painters. The central theme of museum is nature and the environment. Website: [http://taidemuseo.kuopio.fi/english](http://taidemuseo.kuopio.fi/english)


**Old Kuopio Museum** (Kirkkokatu 22) consists of a block of eleven old wooden houses. Their interiors represent living conditions and living styles of different families from the 1800s to the 1930s. In addition, there is a pharmacy house, an exhibition hall and a room dedicated to the renowned local author Minna Canth. Website: [http://korttelimuseo.kuopio.fi](http://korttelimuseo.kuopio.fi).

**VB Photographic Centre** (Kuninkaankatu 14-16), [www.vb-valokuvakeskus.fi](http://www.vb-valokuvakeskus.fi)

**J. V. Snellman Home Museum** (Snellmaninkatu 19) is museum for the philosopher and statesman. The museum building is the house he used to live in during his years in Kuopio in the 1840s. Website: [http://snellmanmuseo.kuopio.fi](http://snellmanmuseo.kuopio.fi)

**The Orthodox Church Museum of Finland** (Karjalankatu 1) preserves studies and displays the unique cultural heritage of the Orthodox Church of Finland and to uses this heritage for educational purposes. Website: [http://www.ortodoksinenkirkkomuseo.fi/en](http://www.ortodoksinenkirkkomuseo.fi/en)

12.12 Bars, Restaurants and Cafes

There are several bars, pubs, restaurants, pizzerias and cafés in Kuopio. The opening hours vary: usually the cafés are open between 8:00–18:00 (8am–6pm), but restaurants stay open until later in the evening. Most pubs open around 13:00 (1pm) and close around 02:00 (am). Nightclubs open at 22:00 (10pm) and close at 04:00 (am). More information about restaurants in Kuopio can be found, for example, here: [http://eat.fi/en/kuopio](http://eat.fi/en/kuopio)

In Kuopio, ordinary bars and pubs are also venues for shows and concerts of Finnish pop and rock groups; especially Henry's Pub (Kauppakatu 18) and Puijonsarvi Night (Maaherrankatu 5) have many bands performing regularly. The KISA mailing list will provide you with more information whenever there are shows that might interest students.

12.13 Sports

Please note that the [Sykettä Sports Programme](https://sykettä.fi/kuopio/en) offers a variety of activities for students on Kuopio campus.

Information on different sports and outdoor recreation possibilities in Kuopio: [https://www.kuopio.fi/en/liikunta-ja-ulkoiulu](https://www.kuopio.fi/en/liikunta-ja-ulkoiulu)

Kuopio has a wide network of jogging and skiing tracks: [https://www.kuopio.fi/en/ulkoliikuntapaikat-ja-liikentakeskuksset](https://www.kuopio.fi/en/ulkoliikuntapaikat-ja-liikentakeskuksset)


Exercise tracks and skiing trails: [https://www.kuopio.fi/it/kuntopolut-ja-ladut](https://www.kuopio.fi/it/kuntopolut-ja-ladut)
Check also the rights and the regulations for the outdoor activities (everyman’s right): [https://www.nationalparks.fi/en/hikinginfinland/rightsandregulations](https://www.nationalparks.fi/en/hikinginfinland/rightsandregulations)

### Swimming Pools (Uimahalli) [https://www.kuopio.fi/en/uimahallit](https://www.kuopio.fi/en/uimahallit)
- Lippumäen uimahalli
  Petosentie 8, 70820 Kuopio
- Niiralan uimahalli
  Hannes Kolehmainenkatu 3, 70110 Kuopio

You can try **ice swimming** with the Kuopio Ice Swimming Association. Swimming and sauna is available for non-members by a single payment of EUR 6. For more information about locations, opening hours: [http://www.kuopiontalviuimarit.fi](http://www.kuopiontalviuimarit.fi).

### Kuopio Hall (Opistotie 4)
Offers several sporting options and their facilities include a football field, a running track, a gym etc. For more information [https://www.kuopio.fi/en/kuopio-halli](https://www.kuopio.fi/en/kuopio-halli)

If you want to try **fishing**, it is good to know that persons who are 18 years or older must pay a fishing management fee (kalastuksenhoitomaksu in Finnish) and a local fishing license (kalastuslupa). No fishing licenses are needed for ice fishing or angling. More information here:

- Fishing licences in Kuopio (in Finnish): [https://www.kuopio.fi/kalastusluvat](https://www.kuopio.fi/kalastusluvat)
- Regulations: [http://www.ymparisto.fi/en-us/nature → Everyman’s right in Finland](http://www.ymparisto.fi/en-us/nature → Everyman’s right in Finland)

### Ice Hockey Halls (Jäähalli) [https://www.kuopio.fi/en/jaahallit](https://www.kuopio.fi/en/jaahallit)
- Kuopion jäähalli
  Hannes Kolehmainen katu 4, 70100 Kuopio
- Lippumäen jäähalli
  Petosentie 8, 70820 Kuopio

### Skiing
- Kasurila Ski Centre [https://www.kasurila.com/](https://www.kasurila.com/)
  Viitonen 1920, 71800 Siilinjärvi
- Tahko Ski Centre [https://www.ski.fi/keskuksset/tahko/](https://www.ski.fi/keskuksset/tahko/)
  Tahkolaaksontie 4, 73310 Tahkovuori

### Bowling Alley (Keilahalli)
- Bowldiner [http://www.bowld1ner.fi/](http://www.bowld1ner.fi/)
  Ajurinkatu 16, 70110 Kuopio
- Kuopion keilahalli [https://www.kuopionkeilahalli.fi/](https://www.kuopionkeilahalli.fi/)
  Tel. +358 17 282 4003
  Kartanonkatu 11, 70700 Kuopio

### Climbing
- Kuopio Climbing Centre Voema [https://voema.net/](https://voema.net/)
  Kaivotie 23, 70700 Kuopio

There are also several fitness clubs and gyms in Kuopio.
Things to Do Before You Arrive

✓ Apply for housing.

✓ Apply for a passport if you do not already have one.

✓ Make sure your funding for your studies in Finland is sufficient.

✓ If applicable to your studies, pay the tuition fees.

✓ Apply for a residence permit if necessary. When you apply for the residence permit, apply for the Finnish Personal Identify Code at the same time.

✓ Take out insurance and, if you are an EU citizen make sure your European Health Insurance Card is valid throughout your stay.

✓ Make travel arrangements.

✓ Inform your student tutor of your arrival details.

✓ Take care of international banking and money matters and exchange some currency (euros) before your arrival in Kuopio.

✓ If you are taking regular medication, make sure that you bring sufficient amount of medicines with you.

✓ Pack suitable clothing. Check here for advice:  
http://www.visitfinland.com/article/how-to-dress-right-and-enjoy-the-winter/  

✓ If you are taking clinical courses and/or training at the hospital, make sure that you have followed the instructions for the health examination.
Things to Do When You Arrive

 ✓ Pay the Student Union membership fee prior to registration and bring the receipt with you to Student and Learning Services. If you have online banking, you can do this before arrival.

 ✓ Register at the Student and Learning Services (Master’s degree students can register online). After registering you will get a study certificate and instructions on how to obtain your username and password for the university’s IT systems.

 ✓ If you are an exchange student, check if your university has given you an arrival form and get it signed at the International Mobility Services.

 ✓ Plan your studies, register for courses and exams in WebOodi and meet with your Academic International Coordinator.

 ✓ Check your flat and fill out the inspection card. Check the due date of the rent and pay your rent. Keep the keys with you at all times when you leave the room. The door can be locked without a key so you may lock yourself out.

 ✓ Visit the Student Union office, where you can pay and get a Survival Package, if you need one.

 ✓ Visit the Local Register Office (Maistraatti) to register your stay and to acquire a Finnish Personal Identity Code, if you do not have one yet.

 ✓ Fill out the Notification of Move form. This can be done in a post office or in the Local Register Office.

 ✓ Take part in the Orientation for International Students.

 ✓ Open a bank account in the local bank, if you need one.

 ✓ If you are a medical student, take your health examination reports to Marko Pietilä (if you are taking courses) or to Tarja Koponen (if you are doing an internship). Make sure your student tutor shows you the practical arrangements at the hospital.
Things to Do Before You Leave

✓ Give notice to end your student-housing lease at least one FULL calendar month before you leave.

✓ Exchange students: Fill out the “Departure Information Form” form and return it in person to Student and Learning Services and ask for your Transcript of Academic Records. It can be issued if all your courses and results are already in your records, otherwise the transcript will be sent to you later.

✓ Exchange students: Ask for a Letter of Confirmation at the International Mobility Services, if you would like to have one. Please note that you can have this only seven days before your departure. If your home university has asked to return their own forms, please bring them with you for signing.

✓ Give feedback of your stay and studies. You will get the link for the feedback form by e-mail from your coordinator.

✓ Return all the library books you have borrowed and pay the possible overdue fees.

✓ Return your Survival Package to the Student Union office, if you had one.

✓ Check that all your bills are paid.

✓ Close your Finnish bank account.

✓ Confirm your travel arrangements (e.g. tickets) and check the regulations for luggage weight, if applicable.

✓ Fill out the Notification of Move: http://www.vaestorekisterikeskus.fi/ -> notification of move

✓ After cleaning up your room properly, return the keys in order to get your housing deposit back.
Important Contact Information

FINNISH IMMIGRATION SERVICE
Address: Asemakatu 38–40 (entrance on Ajurinkatu 45), 70110 Kuopio
Opening hours: Mon, Tue, Wed, Fri 08:00–16:15 (8am–4.15pm), Thu Closed
Nationwide customer service: +358 29 541 9600 (Mon–Fri 9am–3pm)
Website: http://www.migri.fi
Online applications: https://enterfinland.fi/eServices
Book an appointment: https://migri.vihta.com

INTERNATIONAL MOBILITY SERVICES
Coordinator: Kirsi Konttinen
Office: Canthia 2321
Tel: +358 29 445 8170
Email: international@uef.fi

KUOPIO STUDENT HOUSING COMPANY
Address: Torikatu 15, 70110 Kuopio
Opening hours: Mon–Fri 8:00–15:00 (10am–3pm)
Tel: +358 20 710 9740
Email: customerservice@kuopas.fi
Website: http://www.kuopas.fi

LOCAL REGISTER OFFICE
Address: Puistokatu 29, 70101 Kuopio
Opening hours: Mon–Fri 09:00–16:15 (9am–4.15pm)
Tel: +358 29 553 9511
Website: http://maistraatti.fi/en

STUDENT AND LEARNING SERVICES
Address: Canthia Building, 2nd floor (Yliopistonranta 1 C)
Postal address: P.O. Box 1627, 70211 Kuopio
Opening hours (1.9.–31.5.): Mon–Fri 10:00–15:00 (10am–3pm)
Opening hours (1.6.–31.8.): Mon–Fri 10:00–14:00 (10am–2pm)
Tel: +358 29 445 8900
Email: opiskelu@uef.fi

STUDENT UNION (ISYY)
Address: Yliopistonranta 3, 70211 Kuopio (Studentia building, entrance C)
Opening hours: to be confirmed
Tel: +358 44 576 8419 (Office) or +358 44 576 8413 (International Affairs)
Email: toimisto.kuopio@isyys.fi (Office) or kv.kuopio@isyy.fi (International Affairs)

UEF FACULTY AND STAFF
http://www.uef.fi/telephone-directory
## Basic Finnish Vocabulary

### COMMON VOCABULARY

<table>
<thead>
<tr>
<th></th>
<th>Finnish</th>
<th>English</th>
<th>Finnish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Kyllä / Joo</td>
<td>Thank you.</td>
<td>Kiitos.</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>Ei</td>
<td>Sorry. / Excuse me.</td>
<td>Anteeksi.</td>
<td></td>
</tr>
<tr>
<td>Hi / Hello</td>
<td>Hei / Moi / Terve</td>
<td>I am sorry.</td>
<td>Olen pahoillani.</td>
<td></td>
</tr>
<tr>
<td>How do you do.</td>
<td>Päivää.</td>
<td>Cheers!</td>
<td>Kippis!</td>
<td></td>
</tr>
<tr>
<td>Good morning.</td>
<td>(Hyvää) huomenta.</td>
<td>How are you?</td>
<td>Mitä kuuluu?</td>
<td></td>
</tr>
<tr>
<td>Good afternoon.</td>
<td>(Hyvää) päivää.</td>
<td>- I am fine, thanks.</td>
<td>- Hyvää, kiitos.</td>
<td></td>
</tr>
<tr>
<td>Good evening.</td>
<td>(Hyvää) iltaa.</td>
<td>Road</td>
<td>Tie</td>
<td></td>
</tr>
<tr>
<td>Good night.</td>
<td>(Hyvää) yötä.</td>
<td>Street</td>
<td>Katu</td>
<td></td>
</tr>
<tr>
<td>Goodbye.</td>
<td>Näkemiin. (formal)</td>
<td>Hei hei. / Moi moi. (informal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I do not understand.</td>
<td>En ymmärrä.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I do not speak Finnish.</td>
<td>En puhu suomea.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am not Finnish.</td>
<td>En ole suomalainen.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My name is…</td>
<td>Minun nimeni on…</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much?</td>
<td>Kuinka paljon? / Paljonko?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much does this cost?</td>
<td>Paljonko tämä maksaa?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Could you help me?</td>
<td>Voitko auttaa minua?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where is / are…?</td>
<td>Missä on / ovat…?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### COMMON SIGNS

<table>
<thead>
<tr>
<th></th>
<th>Finnish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open</td>
<td>Auki / Avoinna</td>
<td>Forbidden / Kielletty</td>
</tr>
<tr>
<td>Closed</td>
<td>Kiinni / Suljettu</td>
<td>Stop / Seis</td>
</tr>
<tr>
<td>Entrance</td>
<td>Sisään(käynti)</td>
<td>Toilet / WC</td>
</tr>
<tr>
<td>Exit</td>
<td>Ulos(käynti)</td>
<td>Men / Miehet / Herrat</td>
</tr>
<tr>
<td>Push / Pull</td>
<td>Työnnä / Vedä</td>
<td>Women / Naiset</td>
</tr>
</tbody>
</table>
**DAYS OF THE WEEK**

<table>
<thead>
<tr>
<th>Day</th>
<th>Finnish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Maanantai</td>
<td>Monday</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Tiistai</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Keskiviikko</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Torstai</td>
<td>Thursday</td>
</tr>
<tr>
<td>Friday</td>
<td>Perjantai</td>
<td>Friday</td>
</tr>
<tr>
<td>Saturday</td>
<td>Lauantai</td>
<td>Saturday</td>
</tr>
<tr>
<td>Sunday</td>
<td>Sunnuntai</td>
<td>Sunday</td>
</tr>
<tr>
<td>Weekend</td>
<td>Viikonloppu</td>
<td>Weekend</td>
</tr>
</tbody>
</table>

**NUMBERS**

<table>
<thead>
<tr>
<th>Number</th>
<th>Finnish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Yksi</td>
<td>One</td>
</tr>
<tr>
<td>Two</td>
<td>Kaksi</td>
<td>Two</td>
</tr>
<tr>
<td>Three</td>
<td>Kolme</td>
<td>Three</td>
</tr>
<tr>
<td>Four</td>
<td>Neljä</td>
<td>Four</td>
</tr>
<tr>
<td>Five</td>
<td>Viisi</td>
<td>Five</td>
</tr>
<tr>
<td>Six</td>
<td>Kuusi</td>
<td>Six</td>
</tr>
<tr>
<td>Seven</td>
<td>Seitsemän</td>
<td>Seven</td>
</tr>
<tr>
<td>Eight</td>
<td>Kahdeksan</td>
<td>Eight</td>
</tr>
<tr>
<td>Nine</td>
<td>Yhdeksän</td>
<td>Nine</td>
</tr>
<tr>
<td>Ten</td>
<td>Kymmenen</td>
<td>Ten</td>
</tr>
<tr>
<td>Zero</td>
<td>Nolla</td>
<td>Zero</td>
</tr>
<tr>
<td>Hundred</td>
<td>Sata</td>
<td>Hundred</td>
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</tbody>
</table>

**DRINK VOCABULARY**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Finnish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>Kahvi</td>
<td>Coffee</td>
</tr>
<tr>
<td>Cream</td>
<td>Kerma</td>
<td>Cream</td>
</tr>
<tr>
<td>Hot chocolate</td>
<td>Kaakao</td>
<td>Hot chocolate</td>
</tr>
<tr>
<td>Juice</td>
<td>Mehu</td>
<td>Juice</td>
</tr>
<tr>
<td>Soda</td>
<td>Limonadi</td>
<td>Soda</td>
</tr>
<tr>
<td>Tea</td>
<td>Tee</td>
<td>Tea</td>
</tr>
<tr>
<td>Soda</td>
<td>Limonadi</td>
<td>Soda</td>
</tr>
<tr>
<td>Tea</td>
<td>Tee</td>
<td>Tea</td>
</tr>
<tr>
<td>Soda</td>
<td>Limonadi</td>
<td>Soda</td>
</tr>
<tr>
<td>Tea</td>
<td>Tee</td>
<td>Tea</td>
</tr>
<tr>
<td>Milk</td>
<td>Maito</td>
<td>Milk</td>
</tr>
<tr>
<td>Low lactose milk</td>
<td>Vähälaktoosinen m.</td>
<td>Low lactose milk</td>
</tr>
<tr>
<td>Milk with 1% fat</td>
<td>Ykkösmaito</td>
<td>Milk with 1% fat</td>
</tr>
<tr>
<td>Milk with 3.5% fat</td>
<td>Täysmaito</td>
<td>Milk with 3.5% fat</td>
</tr>
<tr>
<td>Milk without lactose</td>
<td>Laktoositon maito</td>
<td>Milk without lactose</td>
</tr>
<tr>
<td>Semi-skimmed milk</td>
<td>Kevytmaito</td>
<td>Semi-skimmed milk</td>
</tr>
<tr>
<td>Skimmed milk</td>
<td>Rasvaton maito</td>
<td>Skimmed milk</td>
</tr>
<tr>
<td>Sour milk</td>
<td>Piimä</td>
<td>Sour milk</td>
</tr>
<tr>
<td>Water</td>
<td>Vesi</td>
<td>Water</td>
</tr>
<tr>
<td>Carbonated water</td>
<td>Hiilihapollinen vesi</td>
<td>Carbonated water</td>
</tr>
<tr>
<td>Mineral water</td>
<td>Mineraalivesi</td>
<td>Mineral water</td>
</tr>
<tr>
<td>Alcoholic drink</td>
<td>Alkoholi</td>
<td>Alcoholic drink</td>
</tr>
<tr>
<td>Beer</td>
<td>Olut</td>
<td>Beer</td>
</tr>
<tr>
<td>Cider</td>
<td>Sliideri</td>
<td>Cider</td>
</tr>
<tr>
<td>Liqueur</td>
<td>Likööri</td>
<td>Liqueur</td>
</tr>
<tr>
<td>Liquor</td>
<td>Viina</td>
<td>Liquor</td>
</tr>
<tr>
<td>Mead</td>
<td>Sima</td>
<td>Mead</td>
</tr>
<tr>
<td>Red wine</td>
<td>Punaviini</td>
<td>Red wine</td>
</tr>
<tr>
<td>Rum</td>
<td>Rommi</td>
<td>Rum</td>
</tr>
<tr>
<td>Sparkling wine</td>
<td>Kuohuviini</td>
<td>Sparkling wine</td>
</tr>
<tr>
<td>Vodka</td>
<td>Vodka</td>
<td>Vodka</td>
</tr>
<tr>
<td>Whisky</td>
<td>Viski</td>
<td>Whisky</td>
</tr>
<tr>
<td>White wine</td>
<td>Valkoviini</td>
<td>White wine</td>
</tr>
</tbody>
</table>
# FOOD VOCABULARY

<table>
<thead>
<tr>
<th>English</th>
<th>Finnish</th>
<th>English</th>
<th>Finnish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baguette</td>
<td>Patonki</td>
<td>Baking powder</td>
<td>Leivinjauhe</td>
</tr>
<tr>
<td>Bread</td>
<td>Leipä</td>
<td>Brown flour</td>
<td>Grahamjauho</td>
</tr>
<tr>
<td>Crispbread</td>
<td>Nääkkileipä</td>
<td>Brown sugar</td>
<td>Fariinisokeri</td>
</tr>
<tr>
<td>Karelian pastry</td>
<td>Karjalanpiirakka</td>
<td>Cooking cream</td>
<td>Ruokakerma</td>
</tr>
<tr>
<td>Malted bread</td>
<td>Mallasleipä</td>
<td>Double cream</td>
<td>Kuohukerma</td>
</tr>
<tr>
<td>Rusk</td>
<td>Korppu</td>
<td>Dry yeast</td>
<td>Kuivahiiva</td>
</tr>
<tr>
<td>Rye bread</td>
<td>Ruisleipä</td>
<td>Flour</td>
<td>Jauhot</td>
</tr>
<tr>
<td>Toast</td>
<td>Paahtoleipä</td>
<td>Icing sugar</td>
<td>Tomusokeri</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wheat flour</td>
<td>Vehnäjauho</td>
</tr>
<tr>
<td>Biscuit / Cracker</td>
<td>Keksi</td>
<td>Whipping cream</td>
<td>Vispikerma</td>
</tr>
<tr>
<td>Butter</td>
<td>Voi</td>
<td>Yeast</td>
<td>Hiiva</td>
</tr>
<tr>
<td>Cereal</td>
<td>Murot</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>Juusto</td>
<td>Baltic herring</td>
<td>Silakka</td>
</tr>
<tr>
<td>Egg</td>
<td>Kananmuna</td>
<td>Coalfish</td>
<td>Seiti</td>
</tr>
<tr>
<td>Jam</td>
<td>Hillo</td>
<td>Crayfish</td>
<td>Rapu</td>
</tr>
<tr>
<td>Margarine</td>
<td>Margariini</td>
<td>Fish</td>
<td>Kala</td>
</tr>
<tr>
<td>Marmalade</td>
<td>Marmeladi</td>
<td>Herring</td>
<td>Silli</td>
</tr>
<tr>
<td>Noodles</td>
<td>Nuudelit</td>
<td>Rainbow trout</td>
<td>Kirjolohi</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Kaurahiutale</td>
<td>Salmon</td>
<td>Lohi</td>
</tr>
<tr>
<td>Porridge</td>
<td>Puuro</td>
<td>Shellfish (plural)</td>
<td>Äyriäiset</td>
</tr>
<tr>
<td>Rice</td>
<td>Riisi</td>
<td>Shrimp</td>
<td>Katkarapi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tuna</td>
<td>Tonnikala</td>
</tr>
<tr>
<td>Almond</td>
<td>Manteli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Kaneli</td>
<td>Chicken</td>
<td>Kana / Broileri</td>
</tr>
<tr>
<td>Ginger</td>
<td>Inkivääri</td>
<td>Elk (Moose)</td>
<td>Hirvi</td>
</tr>
<tr>
<td>Honey</td>
<td>Hunaja</td>
<td>Lamb</td>
<td>Lammas</td>
</tr>
<tr>
<td>Ketchup</td>
<td>Ketsuppi</td>
<td>Meat</td>
<td>Liha</td>
</tr>
<tr>
<td>Mustard</td>
<td>Sinappi</td>
<td>Minced meat</td>
<td>Jauheliha</td>
</tr>
<tr>
<td>Pepper</td>
<td>Pippuri</td>
<td>Pork</td>
<td>Sianliha</td>
</tr>
<tr>
<td>Saffron</td>
<td>Sahrami</td>
<td>Reindeer</td>
<td>Poro</td>
</tr>
<tr>
<td>Salt</td>
<td>Suola</td>
<td>Sausage</td>
<td>Makkara</td>
</tr>
<tr>
<td>Sugar</td>
<td>Sokeri</td>
<td>Turkey</td>
<td>Kalkkuna</td>
</tr>
<tr>
<td>English</td>
<td>Finnish</td>
<td>English</td>
<td>Finnish</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Parsa</td>
<td>Apple</td>
<td>Omena</td>
</tr>
<tr>
<td>Aubergine (Eggplant)</td>
<td>Munakoiso</td>
<td>Banana</td>
<td>Banaani</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Parsakaali</td>
<td>Lemon</td>
<td>Sitruuna</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Kaali</td>
<td>Orange</td>
<td>Appelsiini</td>
</tr>
<tr>
<td>Carrot</td>
<td>Porkkana</td>
<td>Peach</td>
<td>Persikka</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Kukkakaali</td>
<td>Pineapple</td>
<td>Ananas</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>Kikherneet</td>
<td>Plum</td>
<td>Luumu</td>
</tr>
<tr>
<td>Corn</td>
<td>Maissi</td>
<td>Watermelon</td>
<td>Vesimeloni</td>
</tr>
<tr>
<td>Courgette (Zucchini)</td>
<td>Kesäkurpitsa</td>
<td>Berry / Berries</td>
<td>Marja / Marjat</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Kurkku</td>
<td>Blackcurrant</td>
<td>Mustaherukka</td>
</tr>
<tr>
<td>Garlic</td>
<td>Valkosipuli</td>
<td>Blueberry</td>
<td>Mustikka</td>
</tr>
<tr>
<td>Green peas</td>
<td>Vihreät pavut</td>
<td>Cloudberry</td>
<td>Lakka</td>
</tr>
<tr>
<td>Lentils</td>
<td>Linssit</td>
<td>Cranberry</td>
<td>Karpalo</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Salaatti</td>
<td>Gooseberry</td>
<td>Karviaismarja</td>
</tr>
<tr>
<td>Mushroom</td>
<td>Sieni</td>
<td>Lingonberry</td>
<td>Puolukka</td>
</tr>
<tr>
<td>Onion</td>
<td>Sipuli</td>
<td>Raspberry</td>
<td>Vadelma</td>
</tr>
<tr>
<td>Parsley</td>
<td>Persilja</td>
<td>Redcurrant</td>
<td>Punaherukka</td>
</tr>
<tr>
<td>Potato</td>
<td>Peruna</td>
<td>Strawberry</td>
<td>Mansikka</td>
</tr>
<tr>
<td>Red pepper</td>
<td>Paprika</td>
<td>White currant</td>
<td>Valkoherukka</td>
</tr>
<tr>
<td>Soy beans</td>
<td>Soijapavut</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>Pinaatti</td>
<td>Nut</td>
<td>Pähkinä</td>
</tr>
<tr>
<td>Tomato</td>
<td>Tomaatti</td>
<td>Peanut</td>
<td>Maapähkinä</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Kasvikset</td>
<td>Walnut</td>
<td>Saksanpähkinä</td>
</tr>
</tbody>
</table>

I am a vegetarian / vegan.  
Olen kasvissyöjä / vegani.

I do not eat pork / read meat.  
En syö sianlihaa / punaista lihaa.

I am allergic to apple / eggs / fish / milk / (pea)nuts / soy / shellfish / wheat.  
Olen allerginen omenalle / kanamunille / kalalle / maidolle / (maa)pähkinöille / soijalle / äyriäisille / vehnälle.

I am lactose intolerant.  
Minulla on laktoosi-intoleranssi.
TIME TO BE SMART.

University of Eastern Finland

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uef.fi

Co-funded by the Erasmus+ programme of the European Union