



UNIVERSITY OF
EASTERN FINLAND

Finnish Working Life

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Agenda

- Finnish working life & employment
 - practicalities
- Career building in your academic field
 - Courses in Finnish working life and job seeking
 - Career counselling & job seeking advice
 - Volunteering, NGOs
 - Subsidized traineeships



Part-time jobs – Working during studies

- Property cleaning and hotel cleaning [SOL](#)
- Delivering food [Wolt](#) Delivering mail [Posti](#)
- Transcription jobs remotely all over the world: LinkedIn
- Translation jobs if you're qualified: LinkedIn.
- Read more: [**UEF Student Union's Job Search tips for international students**](#)



Residence permit for studies and working

- Citizens of EU and EEA countries are allowed to work in Finland without restrictions.
- Students from outside the EU and EEA are allowed to work full-time in practical training as part of their studies or in thesis project.
- In non-study-related work students can work for an average 30 hours a week. (The number of working hours can be exceeded in some weeks, as long as the average working hours are no more than 30 hours per week at the end of the year.)
- After graduation one can apply residence on the basis of work or work seeking (max 2 years)
 - When applying permit for work seeking you need to show sufficient financial resources for living in Finland
- The employer is obligated to inform the immigration services about a paid work relationship with a non-EU/EEA citizen
- Read more about the [opportunities for international students to work in Finland on Migri's website](#)



Employment contract

should specify at least the following:

- the duties
- start date and duration of the employment
- the reason for a fixed-term contract, if you are employed for a fixed-term
- place of work
- salary, benefits and pay period
- holidays
- collective labor agreement that your employment contract complies with
- possible probationary period
- notice period



Taxation (vero.fi)

- Individual & progressive: everyone has their own tax percentage depending on their earnings
- State tax plus municipal tax
- Paid in advance: employer deducts directly from your pay
- **Get a tax card: if you don't deliver it to the employer, the tax is 60%** (refundable the following year)
- Pension and unemployment insurance deductions
- Join a trade union or at least an unemployment fund: earnings-based unemployment benefit in case of unemployment (if you have a resident permit allowing you to stay and enjoy it)



Register as jobseeker

- As soon as you graduate (or earlier)
- **If you are eligible to unemployment benefit, it can be paid starting from the date you register at the earliest**
- Register at the local office (Luotsi Joensuu, Carelicum Koskikatu 5 / TyöNavigaattori Kuopio, Asemakatu 7)
- EU/EEA-citizens can register online at Job Market Finland
- <https://tyomarkkinatori.fi/en/personal-customers/search-for-work>
- Different instructions for Finnish citizens, EU-EEA-Switzerland citizens, Ukrainians and Other countries



Finnish Working life

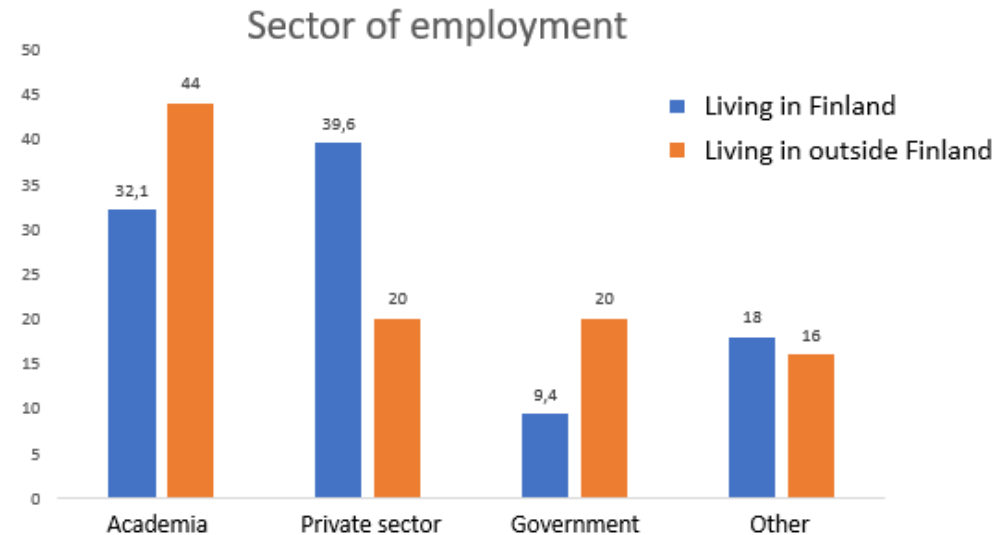
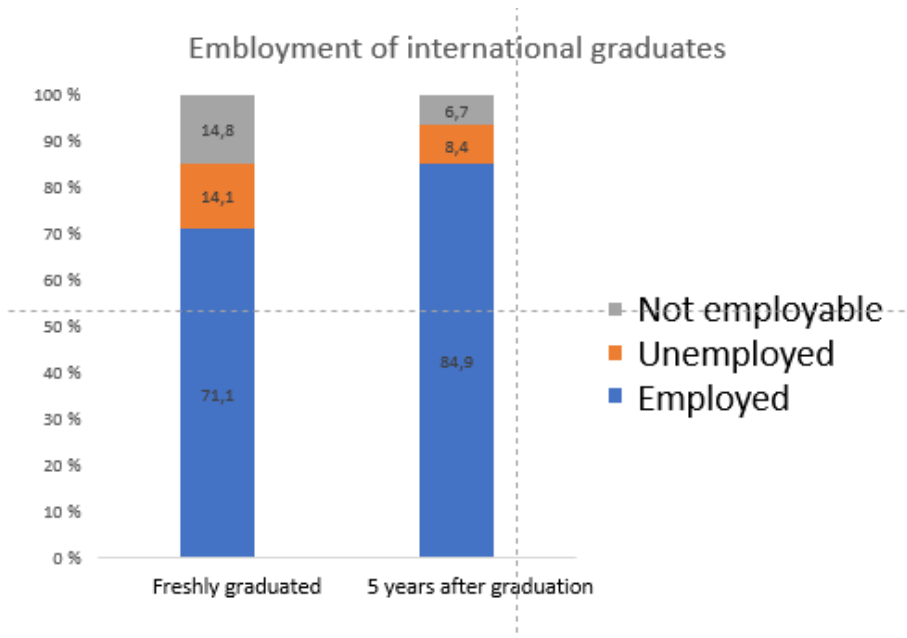
- Individualistic, low hierarchy, lack of formality, high trust between employers and employees
- Private life valued and separate from work life – free time networks are needed as well
- Active role of jobseeker and worker
- Networks, "hidden jobs"
- Finnish language skills
- Listen/watch [an interview in YouTube of two HR professionals about the recruitment process in Finland](#)



Employment of international graduates

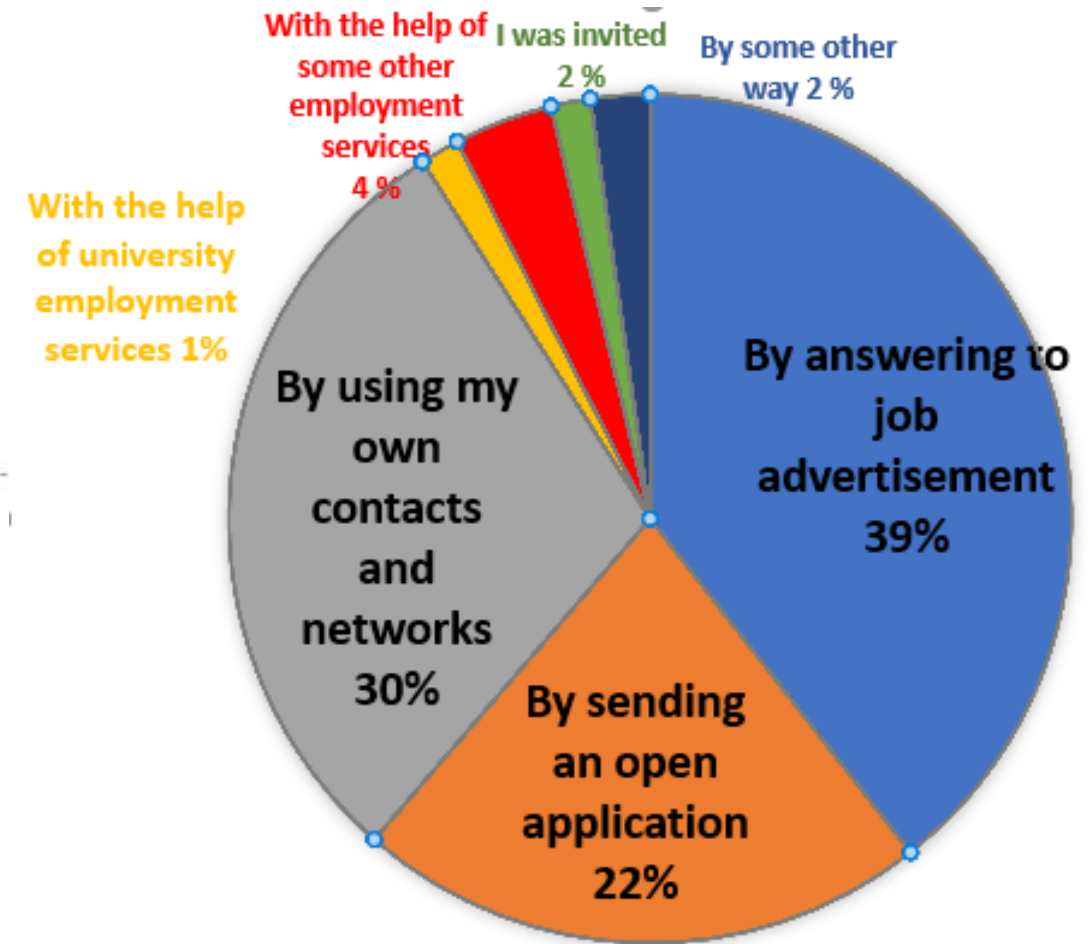
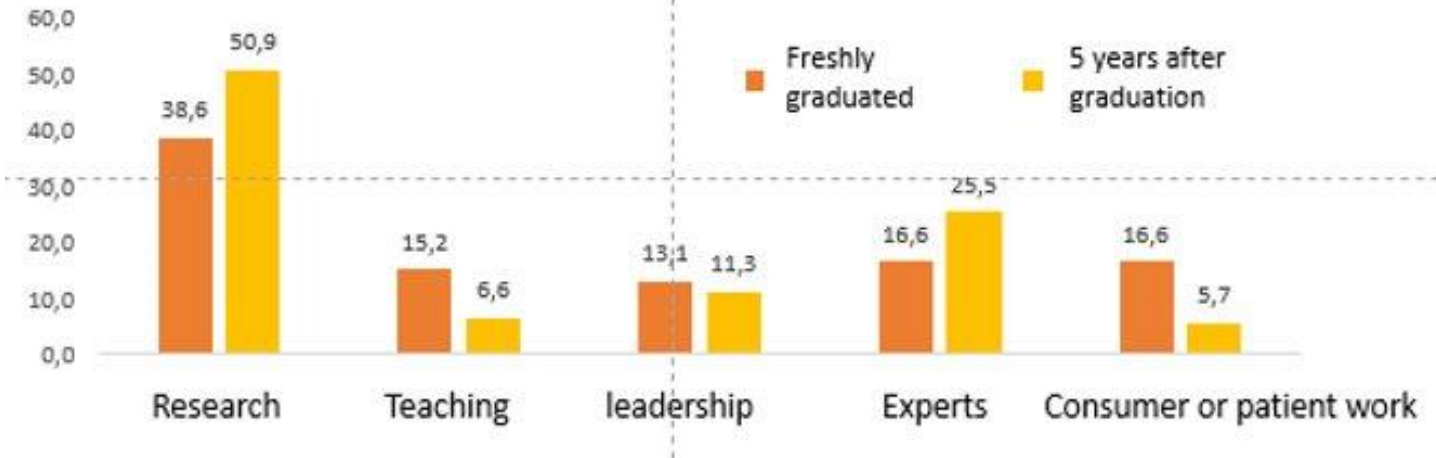
- What do graduates from higher education do?:

https://toissa.fi/en_US/home-en-us





What kind of works our graduates are doing ?





UEF Career Services

- For bachelor's and master's degree students and to students with the continued right to study
- Placement and career follow-up data on graduates
- JobTeaser job portal uef.jobteaser.com (UEF login)
- Personal career counselling and job seeking advice – booking of appointments in JobTeaser
- Courses on Finnish working life, job seeking, career planning and portfolio-building
- uef.fi/careerservices



Studies in Finnish & working life in FIN

Minor Subject in Finnish as a Second Language 25 cp

- Finnish 1–5 (2 or 4 cp)
- I speak Finnish 1–2 (3 cp)
- Finnish pronunciation 1–2 (1 cp)
- Finnish for my field of study (self-study course) (1–4 cp)
- At home in Eastern Finland (3 cp)
- My Finland (2–4 cp)
- Finnish for work (2 cp)
- Academic Finnish (2 cp)
- Bridge from Finnish to Finland (2 cp)
- Translator's textual skills (3 cp)
- Writing non-fiction (3 cp)
- Norms of the official language (3 cp)

Thematic studies in Finnish Working Life

- Career planning self-study course (2 cp)
- Job seeking self-study course (1 cp), practical exercises course (1 cp)
- Basics of Finnish Working Life self-study course (1 cp)
- Career portfolio building practical exercises (1 cp)



Schedules and registration in [Peppi](#).

First, add the courses to your PSP, and then, sign up.



Practical training supported by the university

<https://kamu.uef.fi/en/tietopankki/career-planning-and-job-advisory/practical-training/>

1. Practical training as part of your studies (obligatory/optional) => study credits

- Employer is supported 1800 euros / min. 2 months full time training (employer must pay a minimum wage confirmed by KELA (1430 euros/month, year 2025))
- It is **up to you** to find the placement
- Your degree programme decides if your placement fulfils the **requirements**
- **A training agreement** is signed between you, employer and your degree programme
- **Training report** => study credits



Practical training supported by the university

<https://kamu.uef.fi/en/tietopankki/career-planning-and-job-advisory/practical-training/>

2. UEF Trainee 2026 Programme

- Only for **international degree students**
- Employer is supported **2500 euros** / min. 2 months full time training (employer must pay a minimum wage confirmed by KELA (1430 euros/ month, year 2025))
- You can apply to up to three placements **from a list of employers** (application time in November - December)
- The **employer makes the selection**
- If you are selected, then you will sign a normal **work contract** with the employer
- You **can** include the training to your studies if you wish and if your degree programme agrees = study credits

Services for international students

**TELL US ABOUT YOUR
SKILLS AND EXPERIENCE**
- Answer the Talent Pool of
Eastern Finland survey!



PATH TO EMPLOYMENT MAY ENTAIL TWISTS AND TURNS

TALENT HUB EASTERN FINLAND IS HERE TO HELP

2 Learn the basics of Finnish working life and culture by completing a new online course. You will also learn to recognise and strengthen your competencies.

4 To sell your expertise to employers convincingly, it is crucial to describe it clearly and concretely. We will offer tools to verbalise and visualise your skills.



1 We will give you tips on how to learn Finnish through hobbies, at the workplace and in everyday life. There will also be services for flexible language learning.

3 Participate in events and activities such as the mentoring programme, where working life professionals share their expertise and help you build your networks.

5 Let's find a tailor-made solution from our network of educational institutions to equip you for a smoother transition to the local job market.

NEED CONTACT US:

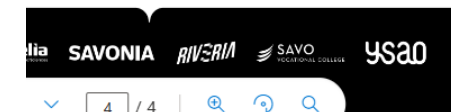
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LinkedIn



Towards Working Life in Eastern Finland!

Dear international student,

Are you interested in learning a bit more about working life in Eastern Finland? What would building a career in Eastern Finland look like? When and where to get started?

The answer is right here! Talent Hub Eastern Finland invites you to participate in a new, free online course Towards Working Life in Eastern Finland!

What the course has to offer

The course is a MOOC (Massively Open Online Course) and available in English and Finnish. The course aims to build competence, confidence and comfort for international students when living, studying and working in Eastern Finland.

The course can be completed in modules. For completing the entire course, students will be awarded a course certificate.

After completing the course, you will

- Understand the fundamentals of the labour market in Eastern Finland, along with various frameworks of Finnish society and culture.
- Understand the key practices of Finnish working life and the job application process.
- Be able to recognise and describe your competencies.
- Be able to find information about various services and activities that promote integration in Eastern Finland.



Link to the course:
<https://digicampus.fi/course/view.php?id=5044>

Key: MOOC

Some course topics include

- Working life and the welfare society in Finland
- Key features of workplace culture
- Generic and transferable skills in today's workforce
- The application and recruitment processes.





Other resources

- Your programme coordinator and teachers
 - Student association of your own study field
 - [UEF Student Union's Job Search tips for international students](#)
 - What do graduates from higher education do?: [töissä.fi](#)
 - Trade unions, most under 3 major labor confederations: [Akava](#) (academic); [STTK](#) (professional); [SAK](#) (vocational)
 - [Work in Finland](#)
 - Public employment and business services [Job Market Finland](#)
- } Field-specific experience, knowledge of typical career trajectories and contacts



Local Resources in Campus Towns

■ Joensuu

- Employment services: Luotsi <https://luotsijoensuu.fi/in-English>
 - Job Info for English speakers every Thursday at 12–13
- Companies in Joensuu: <https://businessjoensuu.fi/joensuulaiseksi>
- Juttuklubi Joensuu <https://www.karelia.fi/en/juttuklubi-joensuu-eng/>
- JoMoni (an NGO) <http://www.jomoni.fi/>
- International House Joensuu <https://www.internationaljoensuu.fi/en/>

■ Kuopio

- Employment services: International House Kuopio <https://www.kuopio.fi/en/employment-and-entrepreneurship/employment-service/internationalhouse/>
- Kompassi (an NGO) <https://www.puijola.net/en/advice-for-immigrants/>
- SIMHE <https://www.savonia.fi/en/study-with-us/other-studies/for-immigrants/>



QUESTIONS OR COMMENTS?