

Guide for International Students

2013-2014





UNIVERSITY of OULU
OULUN YLIOPISTO

Copyright 2013, Academic Affairs, University of Oulu. All attempts are taken to use up-to-date materials and sources to ensure that the information provided is correct. Academic Affairs is not liable for any damages caused by out-of-date or incorrect information.

CONTENTS

Tervetuloa Ouluun!	4	3. Telephoning and mailing	27
Welcome to Oulu!	4	4. Food	28
1. Finland in Brief	4	5. Shopping	30
2. City of Oulu	6	6. Recreation	31
3. Higher Education in Finland	8	7. Other Services	34
University of Oulu	10	Useful Information for Living in Finland	36
1. Introduction	10	1. Bits and Pieces	36
2. Studies	11	2. Public holidays	36
3. Services	12	3. For Further Information	37
4. Student Union	15	Appendices	38
Your stay in Oulu	17	1. Contact Information	43
1. Before You Arrive	17		
2. Residence Permit	17		
3. Work Permit	18		
4. Housing Matters	18		
5. Insurance	19		
6. Cash	19		
7. Once in Finland -			
How to get to Oulu	19		
8. After You Have Arrived	20		
9. Registering at the University	21		
10. Opening a Bank Account	21		
11. Civil Registration	22		
12. Social Security Number and Health Insurance Card	22		
13. Taxation	23		
14. When leaving	23		
Other Practical Information	24		
1. Medical Services	24		
2. Transportation	25		

WELCOME! TERVETULO!

Welcome to Oulu! This Guide is intended for new international students who have been admitted to study at the University of Oulu, Finland. It contains a lot of information that we hope will be useful for you while planning your stay as well as during your studies in Finland.

Wishing you a pleasant stay in Oulu!

I. Finland in brief

Bordered by Sweden, Norway, Russia and the Baltic Sea, the Republic of Finland (Suomi in Finnish) is located in the northernmost part of Europe and is actually one of the northernmost countries in the world; one-third of the country is lying north of the Arctic Circle. Finland is the fifth largest country in Western Europe but has one of the lowest population densities in Europe. This allows you to experience the spaciousness of the environment and closeness of the wilderness, with vast forests and about thousands of lakes.

Although Finland is situated in the North, the climate is fairly moderate, thanks to the Gulf Stream. The four distinctive seasons offer possibilities to experience both nightless summer nights as well as dayless winter days.

Population

Finland has a population of nearly 5.4 million. Over three-fourths of the country's population live in cities and town centres. Helsinki, the national capital since 1812, has a population of 589,000, while Oulu is the fifth largest city with the

population of 183,000. Other bigger cities include Espoo with a population of 248,000, Tampere 213,000, Vantaa 200,000 and Turku 177,000.

Languages

Finland has two official languages: Finnish and Swedish. Over 90% of the population has Finnish as their native language. The Swedish-speaking population, found mainly in the coastal area in the southwest, comprises about 5.5 per cent of the total population. In the north there is a small Saami (Lappish) minority of about 10,000 people. Less than half of them have Saami as their mother tongue. The rest of the Saami population speak Finnish. Both Finnish and Saami, alongside Hungarian and Estonian, belong to the small family of Finno-Ugric languages.

Finnish speaking Finns are expected to learn Swedish and vice versa, as part of their basic education. Most Finns are also able to get along in English. Additionally, many Finns speak German, French or Russian.

Government

From 1155 to 1809, the country currently called Finland was a part of Sweden. In 1809, Finland was incorporated into the Russian Empire as an autonomous Grand Duchy. On December 6, 1917, Finland declared independence. Since then, the country has steadily developed into one of the highly advanced western democracies. Since 1995, Finland has been a member of the European Union.

For over 90 years now, Finland has been a sovereign, multi-party, parliamentary republic, with



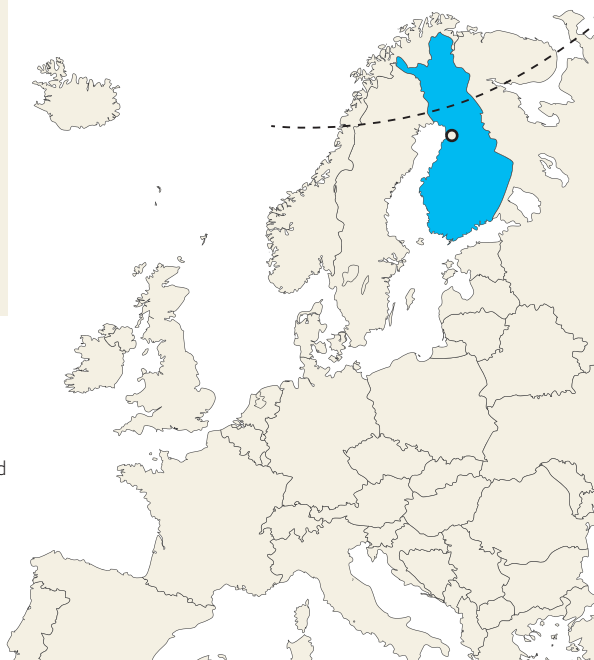
Finland

- capital city: Helsinki
- currency: Euro
- government: Parliamentary Democracy
- with the surface area of 338, 424 sq km, Finland has 5.3 million inhabitants, 110 000 foreigners, 15.7 inhabitants per square kilometre
- is one of the leading countries in internet and mobile phone use
- has exactly 187 888 lakes
- is the home of sauna, Linux, Marimekko, and Alvar Aalto
- has one of the highest educational participation rates in the world
- average temperatures (in Oulu): +15.7 in July and -11.7 C in January

Finns

- are among the biggest coffee drinkers
- are among the biggest ice-cream eaters
- claim sports as their favourite leisure time activity

power shared by Parliament, the Cabinet and the President. The President is elected every six years by equal and universal suffrage. At the moment the President of Finland is Mr Sauli Niinistö elected in 2012. The 200 members of Parliament are elected every four years.



2. City of Oulu

With a population of around 183,000, Oulu is the cultural, commercial and administrative centre for the whole of central and northern Finland. The city was founded in 1605, by Charles IX, King of Sweden and Finland, as a trading post on the Gulf of Bothnia, at the mouth of the Oulu River. The estuary Oulu River has been an important centre of trade since ancient times, and throughout the centuries Oulu has been a city noted for trade and shipping. In the middle of the 19th century, the city became one of the biggest tar producers in the world. Oulu still retains a strong maritime atmosphere, with its picturesque waterfront and market place. Oulu became the capital of the Province of Oulu in 1765.

Oulu region, like most of Finland, is not densely inhabited, which creates a sense of spaciousness to the city and its surroundings. Traffic jams hardly exist, local bus connections are frequent and, since the landscape is mostly flat, bicycles are a common means of transport.

In a short time, Oulu has developed into one of the leading centres of technological expertise in the whole world. In 1982, the City of Oulu started a state financed development project, in co-operation with the University of Oulu, called "The Oulu Centre of Expertise Program". The first and the biggest technology park in the Nordic countries, Oulu Technopolis Plc, was founded through this programme.

Oulu

- 65°01' N, 25°48' E
- is the largest city in Northern Scandinavia
- has the youngest population in Finland
- has the population of 183,000
- is located on the shore of the Bay of Bothnia, along the Oulu River
- was founded in 1605 by King Carl IX of Sweden

In 1992, it was followed by Medipolis Ltd, which is a centre of companies specialized in technology and biotechnology of medicine. Both centres continue to work closely together, in co-operation with the University of Oulu, initiating and encouraging worldwide connections, giving thus a rewarding example of mutual utilisation of resources.

The Oulu region offers a wide choice of leisure time activities. For those interested in sports there are various recreation facilities. For outdoor sports, there are running, biking and hiking tracks, football(soccer) fields and golf courses, for summer use, and skiing-tracks and ice-rinks, during the winter. All year round there are many indoor facilities such as swimming pools, spas, ice-rinks, and sports halls for all kinds of sports from archery to football(soccer). Furthermore, the location is favourable for water sports and fishing in the summer - not only because Oulu is located at sea, but also because of the lakes and rivers in the region.

Winter sports - downhill and cross-country skiing, snowboarding, snowmobiling, snow safaris and ice fishing - are some of the activities people enjoy during the winter and early spring. In addition to the fine environment for sports in Oulu, there are some great skiing and hiking resorts only a few hours drive away from the city.

The cultural offerings are likewise extensive and varied. Oulu has old traditions in music and theatre: Erik Tulindberg, the first art composer in Finland, wrote his string quartet in Oulu in the 18th century. Leevi Madetoja, the composer of our national opera 'Pohjalaisia' was also from Oulu. Today the city hosts many choirs and orchestras, including the northernmost symphony orchestra in the world, Oulu Sinfonia. The Oulu City Theatre, Oulun Kaupunginteatteri, is located next to the City Library. Both the theatre and the library are built partly on the sea and partly on a man-made island, which is connected to the mainland and to a nearby island with bridges. Oulu hosts numerous



arts festivals throughout the year that guarantee that there is never a dull moment in the cultural scene.

Oulu has been highly appreciated for its schools for nearly four centuries. The level of education in the Oulu region is statistically higher than in Finland as a whole. More than 55 per cent of the population over 15 years of age has completed a post-compulsory education programme, five per cent more than the national average.

See also: www.oulu.ouka.fi/english/



2. Higher Education in Finland

Finland's first university, the Royal Academy of Turku, was founded in 1640. Today, there are 16 universities and four university-level art academies in Finland, which makes the Finnish system of higher education proportionally one of Europe's largest.

Most of these institutions operate on a multi-faculty basis, although there are a few which specialize in a particular field of study, e.g... technology, economics or fine arts. Finnish universities, with an annual entering enrolment of approximately 20,000, have a total student population of some 176,000. Before being accepted to a university, students must meet relatively demanding criteria in their high school and matriculation exam results, compiled with success in their university entrance examination. Less than 50 per cent of the total number of applicants are accepted.

Once accepted, a Finnish citizen is entitled to a study grant, housing supplement and a government guaranteed study loan. If you are not a Finnish citizen, you may be entitled to financial aid with education in Finland if you are registered as a permanent resident of Finland in the population register system and your purpose for residence in Finland is something other than education (for example, work, family ties or return migration). If you are in Finland for the express purpose of attending school, you are not eligible for financial aid from Finland. Students from other EU countries may apply for support if their studies are closely related to their work or if they are involuntarily unemployed. For possible support, please consult the KELA-guide for foreign students, or call: the KELA Centre for Student Financial Aid helpline. tel. 020 692 229

See also: www.kela.fi/in/internet/english.nsf





UNIVERSITY OF OULU

Founded in 1958, the University of Oulu (Oulun yliopisto) is a young, rapidly developing institution. Today with its nearly 16,000 students the University of Oulu is one of the largest universities in the country.

I. Introduction

Campuses

The main part of the University is located about 6 kilometres (4 miles) north of the city centre, on the Linnanmaa campus, which is a complex of modern classrooms, libraries, laboratories, sports



University Facts

- founded in 1958
- 15 706 students
- 3154 staff members, with 251 professors
- two campuses: Linnanmaa and Kontinkangas
- International degree students: 802 (in 2012)
- Exchange students: 460 (in 2012)

See also: www.oulu.fi/english

Faculties and Departments

Humanities (major subjects)

History Information Studies

Literature

Finnish Language

Logopaedics

German Philology

English Philology

Scandinavian Philology

Archaeology

Cultural Anthropology

Saami Language and Saami Culture

International Business Communication

Education

Educational Sciences and Teacher Education

Teacher Training

Science

Biochemistry

Biology

Physical Sciences

Geosciences

Chemistry

Geography

Information Processing Science

Mathematical Sciences

Medicine

Medicine

Dentistry

Health Care

Biomedicine

Oulu Business School

Economics

Management

Accounting

Marketing

Financing

International Business

Technology

Architecture

Mechanical Engineering

Electrical Engineering

Computer Science and Engineering

Communications Engineering

Process and Environmental Engineering

Industrial Engineering and Management



facilities and residence halls. Five of the University's six faculties are located in Linnanmaa. The Faculty of Medicine occupies a campus of its own next to the hospital in Kontinkangas, close to the city centre. A third University campus is located in Kajaani, about 200 kilometres southeast from Oulu.

The University of Oulu also has a number of biological research stations and field study centres across the north of Finland.

Faculties and Institutes

The faculties have a combined staff of about 3,000 and a resident student body of nearly 16,000. The total enrolment of international degree students is 802 and there were 460 incoming exchange students during 2012.

The fields of information technology, biotechnology, northern and environmental issues have been defined as special research focus areas.

2. Studies

Structure of Studies

The University of Oulu adopted a two-cycle model for degrees on August 1, 2005. In the new system, the basic degree is divided into two levels. Students will first complete the lower academic degree, i.e. the 3-year Bachelor's degree, then the higher academic degree, i.e. the 2-year Master's or the Licentiate degree. Upon defence of a dissertation the Licentiate holder may be awarded a Doctorate (tohtori). The Doctoral Degree may also be obtained without first having to take the Licentiate. Furthermore, the Faculty of Medicine offers a possibility to specialise in various fields of medicine and dentistry.

Teaching methods vary from department to department, but in general the study system is based on lectures. Typically, students have the choice of attending lectures and passing examinations on these or taking examinations on set books, which are considered the equivalent of these lectures. Lectures and book examinations

are complemented by seminars and small-group tutorials. Science degrees may also include laboratory and practical work requirements. A significant feature in all teaching and studying at the University of Oulu is the use of modern technology, which is conveniently accessible to all staff and students.

Credits

Together with the new degree system, the credit system changed as well. One Finnish credit (opintopiste, op) equals 1 ECTS and it may be awarded for a lecture series, book examination, independent research, or for a combination of these. 60 Finnish credits (60 ECTS) represents the full work load of one academic year. Courses are divided into General Studies (Perusopinnot), Subject Studies (Aineopinnot), i.e. courses in the student's major and minor fields, and Advanced Studies (Syventävät opinnot), which consist of more independent research and the writing of a master's thesis.

In most departments international students do not have to register for courses before you arrive in Oulu, but it is advised that you participate in study info day of your department during the Orientation or contact department/programme's coordinator in order to find out about studying practicalities.

Both the faculties and the departments have set examination dates. Examinations are also held at the ends of lecture series for students who have attended the lectures. Some courses may not have examinations, but require instead compulsory attendance and a certain number of completed exercises. The grading scale is from 5 to 1 (5 being the highest). Some courses may be graded pass/fail, in which case only the pass is marked.

All grades are entered into the computer register. You may get a transcript or an extract of your study record (opintosuoritusrekisteriote) from your faculty office or the Student Center. Grades may also be consulted through web based

system, called WebOodi, and many departments inform students of their exam results/grades by e-mail.

3. Services

Student Center

The new Student Center was opened in 2012 and it serves all students with a large variety of services. It administers student registrations, transcript issuance, student financial aid and new

Academic Calendar

Academic Year 2013-2014

Autumn term 2013

- Recommended arrival date: September 2
- Orientation: September 3-4
- Independence Day: December 6 (national holiday)
- Term Ends approximately December 15 (check the specific date from the department)

Spring Term 2014

- Arrival Dates: January 4-6
- Orientation: January 7-9
- January 6 national holiday (Epiphany)
- Winter Holiday: week 10 (not applicable in all faculties)
- Easter: April 3-6
- May Day: May 1 (national holiday)
- Term ends approximately May 31

Grading System

Finnish	ECTS	US
Grade	Grade	Grade
5	A	A
4	B	A-
3	C	B
2	D	C
1	E	D

student application information. In addition, the Student Center provides information on student exchanges abroad, career services and student counseling. If you are a student with special needs, please contact the study counselor at Student Center.

See also: www.oulu.fi/english/studying,
www.oulu.fi/english/studying/student-center

Libraries

The University of Oulu library collection totals some 1.5 million volumes. About half of these are located in Pegasus Library. Most books (books published in 1982 or afterwards, and all reserve books) have been catalogued on an integrated on-line system, which you may consult on terminals throughout the libraries or through the internet. Older books may be found either in the on-line catalogue or the central card index located in the Pegasus Library. For your convenience, all libraries have an information desk where the personnel is ready to help you. If the University of Oulu libraries do not have the material you need in stock, you may obtain it through inter-library loan from elsewhere in Finland or the world. To use this service (which is liable to a charge), please, consult the library staff.

The Pegasus library (Tiedekirjasto Pegasus) accumulates all textbooks and course materials, scientific publications, bibliographies and reference works in all subjects (except Medicine, Dentistry and Public Health Care) taught at the University. Furthermore, the library has rights to a free copy of every publication published in Finland.

The course books for all subjects taught at the University of Oulu (except for medical subjects, which are in the faculty library in Kontinkangas) can be borrowed from the Cursus Course Book Library (kurssikirjaosasto Cursus) on Linnanmaa Campus. The reserve book reading room (kurssikirjalukusali) in the Pegasus Library holds one copy of every course book (except medical texts). The books can be read in the reading room

or checked out as overnight or weekend loans.

Libraries organize visits for new students to familiarize with Finnish library system, to get a library card etc. These Library ABC sessions are started at the beginning of terms. More information given during orientation.

See also: www.kirjasto.oulu.fi -> in English

Computer Services

Students have access to some 260 computers in various computer rooms and micro labs on the Linnanmaa campus. Most computers require your e-mail login name for you to be able to use them. Please note that some of these facilities belong to individual departments and are only accessible when they are not being used for teaching purposes. In the departmental micro labs, you need to be a student of that department in order to be given access codes for the computers.

Students receive their e-mail addresses directly from the Computer Centre once they have registered to the University. The e-mail address functions also as a login name to University's computer network. Even if you have a separate e-mail address (e.g. Yahoo, Hotmail, etc.) you are required to log in regularly and use your University of Oulu e-mail address. This e-mail account is free of charge for all students at the University of Oulu. It is also possible to forward the mails from the Oulu account to your other accounts, though a webmail account, such as Hotmail or Yahoo, is not recommended due to frequently occurring technical difficulties within the receiving servers.

You need your University of Oulu e-mail login name to be able to use the computers run by the University's Computer Centre. There are numerous e-mail terminals, along the hallways and in special computer laboratories in the university, for everyone to use. Rooms for scanning, CD production, video editing, as well as general computer rooms, are located in the Microcomputer laboratory located by entrance XI.



Services (including a limited amount of printing) are free of charge for those who have a student status at the University of Oulu. Computers can be reserved in advance by writing your name on the booking list of the chosen computer. The maximum time for which computers can be reserved varies according to the computer; see the cover of the booking list for instructions, and check the opening hours at each computer lab.

See also: <http://www.oulu.fi/it/index.html>

Language and Communication

The Language and Communication, located on Linnanmaa Campus, is in charge of arranging language courses for students. Students interested in taking Finnish courses are advised to attend a general information meeting during the orientation. Should you arrive outside the orientation period, please contact the Language

and Communication directly.

Students can also participate in the Tandem Language Learning Programme. In the programme you will teach a Finnish student about your language and culture, and in return, the Finnish student teaches you about Finnish language and culture. The program is coordinated by the teachers of the Language and Communication, but the meetings are arranged by the students themselves. Therefore, the program has no fixed timetable. You can receive credits for this optional course. Alternatively, a self-study program in Finnish is available for use in the Self-Access Center, (room KK238).

Copying Services

The JuvenesPrint, on the Linnanmaa campus, maintains coin and card operated photocopy machines for students at their premises. Besides

this service, there are photocopy machines in various lobbies, libraries and departments of the University. Many of these are run by student organisations and can be used by students. Prices may vary. The person in charge of the copiers (kopiokonevastaava) within each organisation will be able to advise you about copying.

4. Student Union

All Bachelor and Master level students at the University of Oulu belong to the University of Oulu Student Union (Oulun yliopiston ylioppilaskunta/OYY). OYY promotes the social and educational conditions of both domestic and international students, representing them in the National Union of Students in Finland (Suomen ylioppilaskuntien liitto/SYL).

Post Graduate, i.e. post master's, students can choose if they wish to join the student union. They are not entitled to student benefits.

Bachelor and Master level students must register as members of Student Union during orientation. Student Union's membership fee during academic year 2013-2014 is 48eur/term or 96eur/full year. By becoming a member you are entitled to several student benefits such as student priced lunches on campus cafeterias, cheaper monthly bus pass, health services at Student health clinic etc. For more information please visit Student union's website.

The Student Union employs a secretary general, a secretary for educational affairs, a secretary for social affairs and an editor for the student newspaper. You may contact them for information about the various activities of the Student Union.

Student Union manages a Survival Pack room on campus from which new international students can borrow different household necessities to their room. Students are expected to return the items when they no longer need them or when leaving Oulu.

See also: www.oyy.fi

Facebook: search for OYY

ESN

The Erasmus Student Network, ESN, is an European organization for international students, and in Oulu, it is a section of the Student Union. The main task of ESN is to provide international students with all kinds of free-time activities here in the University of Oulu. Some events, like a trip to the famous snow castle in the city of Kemi or to Russia, are arranged traditionally every year, others are one-time events based on the ideas of the international students each year. These happenings might include visits to museums, exhibitions, parties, trips to local attractions, etc. ESN Oulu also informs international students of other happenings in Oulu.

ESN Oulu tries to activate students in various ways, so that they can feel at home in Oulu and get the best out of their stay. Oulu's ESN chapter has regular get-togethers, and members keep a lively connection to each other. All ESN meetings are open for everybody and take place at the university or at a café close by. There are also many regular sports activities, like a floor ball and volleyball club, every week.

See also: www.oyy.fi/esn,

Facebook: search for ESN OULU

e-mail: esn@oulu.fi

NISO

Network of International Students in Oulu, NISO, is a registered association run by students, which provides a platform for interaction for international degree students at the University of Oulu. NISO offers various social and cultural activities that are open to all university students. NISO also looks out for the needs of the diverse international degree student body, and collaborates with the university in several projects.

The Student Newspaper

The Student Union publishes a newspaper called Ylioppilaslehti 15 times a year. You can order it, pick it up for free from racks in the corridors or read it online. Ylioppilaslehti provides useful information for students, presents topical issues and has interviews, stories and comics. The paper is published mainly in Finnish, but the editorial staff welcomes material in English as well.

Student Guilds

Every major subject has its own organisation for students called a student guild. These guilds

arrange events, such as sauna evenings, parties, trips and sports hours, and they often have their own guild rooms in the university where you can have coffee, use computers and meet people. Each student guild also has its own overalls, each with their own colour. Overalls are used in student parties and create a feeling of togetherness.

Other Activities for Students

There are several clubs and hobby and interest groups at the university. More information on these is given at the Orientaion.

See also: www.ooy.fi/en



YOUR STAY IN OULU

Orientation programme together with other useful information for new international students is available at

www oulu.fi/english/studying/new-students.

1. Before You Arrive

Once accepted to the University of Oulu you will receive the official acceptance package including the acceptance letter as well as other useful information regarding your time in Oulu. The acceptance package also includes information regarding your arrival in Oulu. Please read carefully all attached documents. To avoid any delays and to ensure that you have done all the necessary preparations it is very important that you follow the instructions.

Orientation for new international students is arranged twice a year: September 3-4, 2013 and January 7-9, 2014. Participation in the orientation programme is highly recommended.

2. Residence Permit

Your acceptance package includes a letter from Finnish Immigration officials. Please refer to that for more detailed information.

Non-EU citizens

A non-EU citizen, who is granted admission to study for more than three months, needs to apply for their first residence permit before arriving in Finland at the Finnish diplomatic mission in their country of origin or another country where the applicant is legally resident. You should submit the residence permit application as soon as you have

received confirmation of your place of study and it is recommended that you leave the application electronically.

The Finnish government does not usually fund the stay of international students in Finland. Hence, the applicant must show that his or her income is secured either with a scholarship, a grant or other funds with which the student can support him or herself during the academic year. Students must be able to prove that they have at their disposal at least EUR 560 per month or EUR 6 720 per year.

Any student who submits a residence permit application must attach details of their comprehensive health insurance cover to their application. Comprehensive insurance cover means insurance which includes the types of treatment and costs that are covered by municipal health care services and the health insurance system. A student must have insurance cover when applying for a residence permit as without it, a residence permit cannot be granted.

For studies of less than two years in duration, a student must have private insurance which primarily covers the costs of medical treatment up to 100,000 Euros. Learn more regarding the needed insurance on page 19.

Where the duration of the studies is two years or more, a student will usually have a home municipality in Finland and is therefore entitled to municipal health care services. In such cases, it is sufficient for the insurance to primarily cover the cost of medicines (in practice the cover extends to doctor's fees and costs of treatment and examination), up to 30,000 Euros.

See also: Finnish Immigration Service,
www.migri.fi.

EU-citizens

EU citizens and citizens of Liechtenstein and Switzerland do not need to apply for a residence permit while still in their home country. They must, however, register their right to reside in Finland at a police department in Finland, if the stay lasts for longer than three months. Citizens of the Nordic countries are registered at a Finnish Register Office (Maistraatti).

The requirements for a student's right to reside in Finland are as follows:

- the main reason for the stay in Finland is to study at a Finnish educational institution,
- the student has sufficient means to support his or her stay in Finland during the studies.

Please, notice that the Finnish government does not provide funding for an EU citizen to stay in Finland, nor does it cover expenses for medical care for such a person. EU citizens are therefore required to have the European Health Card proving that they are covered by the health care system of their home country. A private insurance to cover the whole study period in Finland is also strongly recommended.

The student must self-finance his or her stay in Finland during the study period. The student may provide proof of funding in any way he or she chooses. Students from Nordic countries do not need to provide proof of funding.

See also: Finnish Immigration Service,
www.migri.fi.

3. Work Permit

International students, with a valid residence permit, are granted permission to work for 20 hours per week during terms and take full-time employment during the summer break (May 1 to Sept 30) and Christmas holidays (Dec 15 to Jan 15), without having to apply for a work permit. For more detailed information, please, turn to the

Alien Affairs Office (ulkomaalaisasiat) at the Oulu Police Station (Oulun poliisilaitos), Rata-aukio 2 (ground floor), tel. 071 876 0211, open Mon, Wed - Fri 8 am - 11 am. Please note that you need to reserve an appointment.

If you intend to have a full-time job in Finland during the academic year, you need to apply for a separate work permit (työntekijän oleskelulupa) at the Police Station. It usually takes at least 3 weeks to process an application. In principle, foreign students may only be granted a work permit for full-time employment, during the academic terms, if their work constitutes a part of their studies. If you are coming to Oulu to do a traineeship as a part of your studies, your work permit should be applied for in advance.

4. Housing Matters

Housing for international students is mainly

Checklist of Documents to Bring With You

- valid passport
- letter of acceptance from the University of Oulu
- proof of private insurance that covers hospitalization, evacuation and repatriation
- proof of financial means to support your stay
- European Health Card (students from EU and EEA countries)
- passport-size photographs

Other Things to Remember

- bring some money in the local currency, i.e. euros
- bring your prescriptions if you are on medication
- bring warm clothes
- inform your student tutor of the exact date and time of your arrival as well as the means of travel
- if you for some reason cancel your study in Oulu inform the department/program

organised through the local student housing foundation PSOAS but several students also find housing from private markets. PSOAS Housing application is available on their web page at www.psoas.fi/en/applying/application.php. In all questions concerning housing, please contact PSOAS at asuntotoimisto@psoas.fi. Students are strongly recommended to apply for housing as early as possible.

Location and Facilities

The student residence halls are situated mainly either on the Linnanmaa campus or in Alppila. The bus connections from both locations to the city centre are good. Near residence halls, there are shopping centre with grocery stores, a post office, a pharmacy and some pizzerias and pubs. PSOAS offers a wide range of accommodation possibilities: from shared apartments to studios, around the city area. Some of the apartments are furnished. Tenants take personal responsibility of the cleanliness of the kitchen, bathroom and their own room. The shared premises are kept in order by the tenants themselves. Residence halls have laundry rooms and saunas, with separate bathing times for men and women.

See also: www.psoas.fi/en

5. Insurance

The University of Oulu does not cover any medical costs for students. For study related accidents students are insured by the University of Oulu. All students are responsible for their own health, accident and travel insurances. Do not forget to take an insurance that covers all of these during both your stay in Finland and your travel to and from Finland. For eventual leisure time excursions, it is advisable to make sure that the insurance is valid in Finland's neighbouring countries as well.

Students from EU countries must also bring their European Health Card with them. For further information on the card, please contact the social insurance office in your home country.

Note that the European Health Insurance Card is not valid during your travels to and from Finland or during any excursions to a third country. The University of Oulu does not cover for eventual accidents which might take place during your stay, and without valid insurance, the medical payments may become quite expensive.

Remember to bring a valid copy of your insurance policy with you. The citizens of EU countries are entitled to all health services in Finland, if they are covered by health insurance in their home country and they have the European Health Card. Even so, all international students need separate insurance that covers their whole study period.

More information regarding the needed health insurance can be found on the following web page: <http://www.studyinfinland.fi/healthinsurance>

6. Cash

You are advised to have cash in Finnish currency, i.e. Euros, available when you arrive in Finland. International credit cards (VISA, Mastercard, Eurocard, Diners Club, American Express) are generally accepted throughout Finland, but they are not accepted by the University or the Student Union when paying the registration or housing fees

7. Once in Finland - How to get to Oulu

From Helsinki to Oulu

When you arrive by air in Helsinki-Vantaa airport, you can take a 60-minute connecting flight to Oulu Airport. The fare from Helsinki to Oulu varies between EUR 50 and EUR 200, for a one-way ticket, depending on the time of the day.

See also: www.finnair.com,
www.norwegian.com

You can also travel by train to Oulu from Helsinki. There is a direct bus line from Helsinki-Vantaa airport to Helsinki railway station (EUR 4-6,50; time: 35 minutes). From Helsinki to Oulu,

there are seven trains a day (approx. EUR 60; time: 7 hours).

See also: www.vr.fi

Oulu Airport to the City Centre and to the Linnanmaa Campus

After arriving in Oulu by air, you should take bus number 19, which goes directly from the airport to Linnanmaa University campus via downtown. During the week, it leaves three times an hour during the day and twice/once an hour in the evenings/nights. On weekends, the bus runs once an hour. For exact timetables visit Koskilinjat website. This bus is the only bus route leaving from the airport, thus, finding your way to it is very easy.

The bus fare is approximately EUR 6 to go to Linnanmaa. Please note that after 11pm the price is double. This also applies to all bus fares in Oulu.

If you wish to take a taxi from the airport you can either take a taxi for yourself or you can take an Airport Taxi, which is a taxi-pool with a price of approximately EUR 15-22 for each passenger.

The taxi will take everyone in their turn to their destination within Oulu city area.

If you have taken the train from Helsinki, you will be arriving in downtown Oulu and have only a short walk to to nearest bus stop. The fare from downtown to campus is EUR 3.30, unless it is after 11pm, when the price is doubled.

See also: www.koskilinjat.fi/

8. After You Have Arrived

Orientation

University of Oulu arranges an Orientation

Checklist of things to do when arriving to Oulu outise orientation times:

- register to the University and the Student Union
- pay the Student Union fee (EUR 48/term), save the receipt
- apply for a student card on-line
- meet with the academic coordinator to discuss your studies in detail



for New International Students twice a year; September 3-4, 2013 and January 7-9, 2014. Orientation is your chance to have all necessary paperwork done at one location. Included is also an information fair with several presenters helping your stay in Oulu to start smoothly. You will also receive information on the University, Finnish culture, academic life, housing, City of Oulu and free time activities. Should you arrive outside the orientation period you will get help from your student tutor and from the International Services.

See also: www.oulu.fi/english/studying/new-students/orientation

Student Tutors i.e. Kummis

All international students will have a local kummi to help upon arrival. Information on this student will be sent to you together with your acceptance package. Please, contact this person, prior to your arrival, to inform him or her of your exact time and means of arrival and ask for help on what to bring with you, etc. Your kummi will also give you a University of Oulu information booklet upon arrival.

9. Registration to the University Registration

If you are an undergraduate (Bachelor level) or graduate (Master's level) student, you should enrol in the Student Union (Ylioppilaskunta) and register to the University at the same time. The Student Union membership fee, including the student health service fee, is EUR 96 per year or EUR 48 per term. Exchange students through ISEP-programmes and from Washington College and UNCG do not need to pay the student union fee but they too need to fill in the registration forms. Postgraduate, i.e. post master's, students have to register at the University in the beginning of each academic year. They can however decide if they wish to join the student union. They are not entitled to any student benefits.

If you arrive outside of the arranged

Orientations, your University registration will take place at the Student Center, on the Linnanmaa Campus. Student Union membership fee must first be paid at the Student union office in Linnanmaa. Bring your letter of acceptance from the University of Oulu, one passport size photograph (for your student ID card) and the receipt for the paid Student Union fees. The Student Center is open Mon-Fri 9 am - 3 pm.

Every student must register! Registration is valid for one term/academic year only. Therefore, you will have to register at the beginning of each academic year you spend in Oulu.

Student ID Card

When registering, you also need to apply for the student ID card (opiskelijakortti) at the same time. This card is essential to you as a student in a Finnish university. Having enrolled at the Student Union, you are automatically a member of the National Union of Finnish Students (Suomen Ylioppilaskuntien Liitto SYL). As a member, you will receive a personal student ID card, which entitles you to discounts on many services. You may also use it as a (non-official) identification document. After registering, your Student ID card can be picked up from Student Union Office in a few weeks. In the meantime, upon registration you get a temporary receipt which you can use to prove your registration and claim discounts.

Student ID card Lyyra is applied on-line, you can also make the payment directly with a credit card. Please note that you need to have your University of Oulu student number before you can apply for Lyyra card. Cost of Lyyra card is EUR 15,10.

You have to have the student card with you if you want to eat for the student price at the student cafeterias (see Student Cafeterias) or use the student health services on the Linnanmaa campus (see Student Health Service). Some stores, pizzerias, hairdresser's, etc. also have a special price for students.

10. Opening a Bank Account

Students staying in Finland for under six (6) months are advised to handle all banking affairs through their home country. Students from EU countries are advised to find out from their bank in their home country how to pay bills by using SEPA codes. Exchange students that receive a grant from the University of Oulu and are staying for under six months should open a Finnish bank account.

Students staying for more than six months can decide if they wish to open a local bank account. You will be given a bankcard, which will work in most cash machines, ATMs (pankki-automaatti/pikapankki/Otto), throughout Finland. If you are staying in Finland for longer than 12 months the banks will also offer on-line banking services in English for you (depending on bank's policies).

When opening a bank account you must reserve an appointment for service at the bank branch. Be prepared to have a proof of identity (e.g. passport) and a certificate of registration to the university with you when opening the account. Ask for a service package for students. There is no fee for opening an account, but other services are usually liable to a charge.

Currency

The Finnish monetary unit is the Euro (EUR), which is divided into 100 cents (100 senttiä). Bank notes are for EUR 5, 10, 20, 50, 100, 200 and 500. Coins are for EUR 0.05, 0.10, 0.20, 0.50, 1 and 2. In Finland, the 1 and 2 cent coins are not in circulation.

Money Exchange

When you exchange currency in a bank there could be a fixed service charge not depending on the amount you exchange, or the charge might be a certain percentage of the exchanged amount. The exchange rates are standardized and, therefore, the same in all Finnish banks. You can also exchange currency at Forex (www.forex.fi).

11. Civil Registration

If you intend to stay in Finland for more than twelve consecutive months, you should fill in a notification of moving to Oulu (asumisilmoitus) with your landlord or at the District Registrar's Office (Oulun maistraatti), Isokatu 4 (1st floor), tel. 071 876 0241, open 9 am - 4 pm Mon-Fri. You need to submit the notification of moving within seven days of your arrival in Oulu. In the event that you change your residence, you should also notify the Registrar's Office within seven days.

Students from Nordic countries should also submit a Joint Nordic Document of Moving. If you are accommodated by PSOAS you will fill in the notification upon signing your rental contract. If you wish to be employed, the registration might need to be done in order for you to receive a Finnish Social Security number - check with The Office for Alien Affairs (Ulkomaalaisasiat) at the Police Station, address Rata-aukio 2, tel. 071 876 0211.

The documents needed for Civil Registration are:

- a) passport with a valid residence permit
- b) certificate of registration at the University/employment contract
- d) extract from the population register of your home country.

See also: www.maistraatti.fi/en

12. Social Security Number and Health Insurance Card

Finnish social security number is only needed if one is staying in Finland for a long period (more than 12 months) or is working for more than six consecutive months.

Once you have been entered in the population register (see 11. Civil Registration), you will be assigned a Finnish social security number (sosiaaliturvatunnus). You will need this number when using the services provided by, for example, hospitals and health care centres. Please inform also the University of your social security number.

If you reside in Finland for reasons other than studies, your social security number also entitles you to benefits (reduced prices for medicine, lower rates at hospitals and health care centres, subsidised dental care, etc.) under the National Health Insurance Plan. To claim these benefits, you have to apply for a health insurance card (sairausvakuutuskortti) at the Social Insurance Institute (Kansaneläkelaitos/KELA), Sepänkatu 18, tel. 020 635 4302, open 9 am - 4 pm Mon-Wed and Fri and 8 am - 5 pm on Thursdays.

See also: www.kela.fi/in/internet/english.nsf

13. Taxation

If you are working during your stay in Finland you should make sure you are familiar with the rules of Finnish taxation system. If you are in Finland for six months or less and receive income, your employer is to withhold from your wages a tax-at-source of 35%. If you are working in Finland for more than six months you will be taxed according to the normal Finnish taxation system.

See also: www.vero.fi -> in English

or contact: Oulu Tax Office (Oulun

Verotoimisto), Torikatu 34 B, 90100 Oulu, tel. (08) 310 0311

Mon - Fri 9 am - 4:15 pm.

14. When leaving

When your studies in the University of Oulu are over, it is your responsibility to make sure you that you have all the necessary documents with you. Transcripts will be issued by the appropriate department and faculty. You can also get a copy from the Student Center. If you have already returned to your home country and need to request a transcript of records to be mailed to you, please contact Student services at student.services@oulu.fi.

For exchange students: If your home university requires a document indicating the time you studied in Oulu, make sure you have it filled in before leaving. These certificates are filled in by the international coordinator at your department.

You do not need to register either in the local police station or at International Services when leaving. If you have opened a bank account or you have a Finnish mobile phone, make sure you terminate them before leaving.

Make sure you have paid all your bills and notified all necessary parties of your change in address.



OTHER PRACTICAL INFO

I. Medical Services

Student Health Service

The Finnish Student Health Service (Ylioppilaiden terveydenhoitosäätiö/ YTHS) provides health services for students at Finnish universities.

Your student ID card entitles you to free medical examinations and consultations, free vaccinations and general medical treatment under YTHS's auspices. For specialists' appointments (dermatology, lung diseases, surgery, neurology, ophthalmology, otolaryngology - ENT-specialist, gynaecology, internal medicine, etc.), dental care and psychological consultation, YTHS will charge a nominal fee of EUR 3.50-6. There are limited services in speech therapy and physical therapy available as well. The student health service is located, on campus, at Yliopistokatu 1.

Reserving a Time

In the mornings (Mon-Thu 8 - 10 am, Fri 9 - 11 am), if you need acute healthcare one can go and see a nurse without reserving a time in advance. Also, to get advice and in urgent cases you can contact a public health nurse by phone, tel. 046 710 1062 Mon-Thu 8 - 9 am.

To make an appointment with a doctor or public health nurse:

By phone Mon-Fri 9 - 11 am, 12 - 2 pm,
tel. 046 710 1063

By visiting Mon-Thu 08 am - 3:30pm,
Fri 8 am-3pm

Dental Care: treatment need assessments and appointments: Call 046 710 1065 Mon-Thu 8 am - 3 pm, Fri 8 am - 2 pm.

Mental Care. Non-urgent treatment and appointments: Call 046 710 1066 Mon-Thu 8 am

- 1 pm.

To cancel an appointment call 046 710 1063 during the service ours of our appointment reservations service, call our automated telephone service on 046 710 1064 or use the appointment cancellation form available at www.yths.fi. You can cancel your appointment by 12.00 noon on the business day before the appointment without having to pay the fee or penalty. N.B. You will be charged for a late cancellation, even if the appointment itself was free of charge.

Bring a recent medical certificate with you. You will need it when using the health services in Finland. The medical information is very important, especially if you have any chronic illnesses, allergies, etc., have received an organ transplant or have undergone a large scale operation.

Medication

If you are on constant medication, we recommend that you bring a sufficient amount of your medication(s) with you to last your entire period in Oulu, especially if you plan to stay only for a semester. Remember to bring your prescription notes as well.

Vaccinations

Bring with you a record of the vaccinations you have received. There are usually no vaccinations requirements, but if your tetanus and diphtheria vaccinations are older than 10 years, get a booster vaccination before coming to Finland.

N.B. If you are coming to study at the Faculty of Medicine, please check from Ms Virpi Parkkila (virpi.parkkila@oulu.fi) if the faculty has any special requirements for their students, such as MRSA-



certificate or others.

Medicine

Medicine is sold in pharmacies (apteekki), found in many parts of Oulu. For addresses and for checking the business hours, see the telephone directory under the entry apteekki.

If you have a Finnish Health Insurance Card (see Social Security Number and Health Insurance Card), you can get a refund for some of the cost when purchasing medication.

2. Transportation

Transportation in the Oulu Area

Bus

Within the city of Oulu the fee for a single trip is EUR 3.30. From 11 pm to 4 am there is a double charge. If you are under 30 years old you can get 25% student discount off of a 30-day "Oululippu" by showing your student card and passport when purchasing the ticket.

Single tickets are bought on the bus. The ticket is valid for one hour, so if you need to change buses, show the driver your ticket and you can get on with no extra charge. Tickets are also occasionally controlled so for these reasons you

Some addresses and opening hours of pharmacies in Oulu:

Apteekki, Kaijonharju
Sammonkatu 14
tel. 556 1591
open Mon-Fri 9:30 am – 7:00 pm,
Sat 9:00 am - 3:00 pm

Oulun Keskus-Apteekki
Isokatu 45
tel. 311 3112
open Mon-Fri 8:30 am - 21 pm, Sat 10 am - 9 pm

Rotuaarin Apteekki
Kirkkokatu 23
tel. 535 0300
open Mon-Fri 9 am - 8 pm,
Sat-Sun 10 am- 6 pm

Yliopiston apteekki
Isokatu 27
tel. 0300 20200
open every day 8 am - 11 pm

should hold on to your ticket for the entire bus trip.

Season tickets (Oululippu and sarjalippu) can be obtained from the Stockmann Department Store, Service point. The card can be easily reloaded on the bus. Please note that the season tickets are personal, the usage occasionally controlled and misuse is fined.

1) 20-trip sarjalippu (EUR 40.00), valid for 12 months from the day of first usage. Holder usage allowed.

2) 40-trip sarjalippu (EUR 71.00), valid for 12 months from the day of first usage. Holder usage allowed.

3) 30-day Oululippu (EUR 47.50) for an unlimited number of trips within 30 days. Limited to personal usage. No double charge! N.B. Student discount -25% for 17-29 year olds (EUR 36.00)

4) 6-month Oululippu (EUR 261.25). No double charge!

5) 12-month Oululippu (EUR 475) Can be paid in 1, 2 or 4 parts. No double charge!

The buses operating between the city centre and Linnanmaa are numbers 4, 5, 6, 7, 19, 22, 24 and 26.

See also: www.koskiliinjat.fi

Taxi

Taxi fares are fairly expensive in Finland, but no tip is required. There are several taxi stands in Oulu's city centre, e.g. in front of the Railway Station, next to Otto Karhi Park and near the Oulu City Theatre. However, it is advisable to call a taxi in advance by phone. The number is 0600 30081 in Oulu area.

Travelling Outside the Oulu Area

Bus

When travelling outside Oulu by bus, students with a valid student ID card are entitled to a 50% discount, provided that the minimum distance of travel is 80 kilometres. Tickets are either return or one-way tickets. Return tickets are valid for a month. If you do not have the student ID card yet, it is possible to ask for the Matkahuolto Student Card (Matkahuollon opiskelijakortti) at the Bus Terminal (linja-autoasema) next to the Railway Station (tel. 0200-4080), open Mon - Fri 7.30 am - 6 pm, closed on the weekends. The card costs approximately EUR 6, and it is valid until the beginning of the next academic year. For the card you need a passport-size photo and proof of your status as a full-time student.



Domestic bus timetable information by telephone: 0200 4000, EUR 1.50/call+local call charge Mon - Fri 7 am - 6 pm.

Train

When travelling by train, students are entitled to a 50% discount on one-way tickets, which are valid for 7 days, and return tickets, which are valid for one month for the time of purchase.

Train timetables (juna-aikataulu) can be obtained from the ticket sales office in the Railway Station (Rautatieasema), Rautatiekatu 11. The railway station is open Mon - Fri 6.30 am – 5.45 pm, Sat 9.15 am– 5.30 pm and Sun 9.15 am – 8.30 pm.

When buying a ticket, you need to present your student ID card. If you have not yet received your card, you can get the discount by filling in a stamped certificate at the Student Affairs, KEI020, and bringing it to the Railway Station with your ID and a passport-size photo. You will be given a VR (Finnish Railways) Student Card, which entitles you to the same discounts on train travel that you would get with your student ID card. The card will cost EUR 8. Train tickets can also be bought online at VR website.

See also: www.vr.fi

Air Travel

For special offers and timetables in English, see, for example, www.finnair.com, www.norwegian.com and www.ryanair.com.

Driving

In Finland drivers keep to the right. Driver's licences issued in Nordic and EU countries are valid in Finland. Licences granted in one of the signatory countries to the Geneva, or Vienna international road traffic convention are valid for a year, beginning from the date of entry into the country. Licences issued elsewhere are not generally valid in Finland. If you are staying in Finland for over a year, you may get a Finnish driver's licence without taking the Finnish driving

test, but you must do so within six months, counting from the day the right to drive in Finland expired (i.e. within the first 18 months of your stay in Finland). Information about applying for a Finnish driver's licence, for which you are also eligible after six months of residence, can be obtained from the local Police Station.

3. Telephoning and mailing

International Calls

The list of countries, country and codes and charges can be found on the first pages of the local telephone directory.

To call from Finland, dial:

- 1) 990, or 994, or 999, or 00 (international access codes; prices vary according to the operating company)
- 2) country code
- 3) area code (drop prefix if needed)
- 4) phone number.

To call to Finland, dial:

- 1) international access code
- 2) 358 (country code)
- 3) area code (drop prefix's first 0)
- 4) phone number.

Getting Your Own Phone

The student union of the University of Oulu has negotiated an agreement with a Finnish mobile phone operator through which all incoming international students will receive pre-paid SIM card free of charge. The card has a starting balance

Emergency Numbers

The Emergency Numbers (häätänumerot) can be found on the first pages of the telephone directory.

Emergency (yleinen hätännumero) 112 (fire brigade, ambulance, life-saving service)
Police (poliisi) 10022

of about EUR 8 at your disposal. Pre-paid cards can also be bought from R-Kioskis around the city.

There are several phone operators in Finland offering prepaid cards, e.g. Sonera, DNA, Tele2, Elisa, etc. The price and amount of talking time may vary, so it might be useful to compare offers. Usually, operators have promotion campaigns, and information can easily be found from stores selling mobile phones or advertisements.

If you do not already have a mobile phone, you can easily purchase one in Oulu. There are several shops in the centre of Oulu where you can buy either a used or a new mobile phone. Used mobile phones cost EUR 25-200 and new ones EUR 80-1000.

N.B. When calling from a cellular phone to a local phone number, remember to use the area code of Oulu (08)!

Mailing

The main post office of Oulu (Oulun pääposti) is located at Hallituskatu 36, and it is open 8 am - 8 pm Mon-Fri, 10 am - 2 pm Sat. Other post offices can be found in almost every part of Oulu. Post office closes to the University is located at a nearby shopping area:

Oulu 57 Linnanmaa, Kaijonharju
Kauppaliinankuja 1-3

open: Mon-Fri 9 am - 7 pm

For further addresses and opening hours please visit Posti's website.

See also: www.posti.fi/english

Stamps

Stamps (postimerkki) can be bought, not only in post offices, but also in most kiosks. Grocery stores and supermarkets may also sell stamps. Note that both the mailboxes and the stamp machines are orange coloured. On campus, both of the papershops sell stamps.

Mailboxes

In Finland mailboxes are either orange or blue.

Orange mailboxes are meant for 1st and 2nd class mail where as the blue ones are only for 1st class mail. Second class is useful for non-urgent mail, it is also cheaper than 1st class. Mail (other than newspapers) is delivered on weekdays only, not on Saturdays or Sundays. National holidays may also effect delivery.

4. Food

Student Cafeterias

Your student ID-card entitles you to inexpensive meals at the student cafeterias listed below. The cost is around EUR 2.60 (for vegetarian meals, it is slightly less). If you have not yet received your student ID-card, you can get the discount by presenting a note issued by the Student Union office, once you have paid the membership fee. N.B. The student discount only applies to full meals.

Coffee Shops:

Aulakahvila (Linnanmaa)
Mon-Thu 7.45 am - 4 pm
Fri 7.45 am - 3 pm

Apaja (Architecture Department,
Aleksanterinkatu 6)
Mon-Thu 8.45 am - 3.15 pm
Fri 8.45 am - 2:15 pm

Datania (Department of Electrical
Engineering, Linnanmaa)
Mon-Thu 9 am - 3 pm, Fri 9 am - 2.30pm

Humus kuppila (Snellmania, 2nd fl.)
Mon-Thu 7.45 am - 5 pm
Fri 7.45 am - 4:30 pm

Pedon Kahvila (Snellmania, 2nd fl.)
Mon-Thu 8 am - 4 pm, Fri 8 am - 2 pm.



Cafeterias:

Aularavintola (Linnanmaa)

Mon-Thu 10 am - 8 pm, Fri 10 am - 7 pm,

Sat 10 am - 3 pm

Discus (Linnanmaa)

Mon-Thu 8 am - 3.30 pm, Fri 8.30 am - 3 pm

Julinia (Linnanmaa)

Mon-Thu 7.45 am - 4.00 pm

Fri 8.30 am - 2.30 pm

Kastari (Linnanmaa)

Mon-Fri 10.30 am - 2 pm

Snellmania (Linnanmaa)

Mon-Thu 9 am - 3.30 pm,

Fri 9 am - 2.30 pm

Sodexho (Faculty of Medicine, Aapistie 5A)

Mon-Thu 8:00 am - 3:30 pm

Fri 8 am - 2:30 pm

Pruxis (Faculty of Medicine, Aapistie 5A) Mon-

Thu 8 am - 3 pm, Fri 8 am - 2.30 pm

Vanilla (City center, Torikatu 34-40)

Mon-Thu 8 am - 2.30 pm

Fri 8 am - 2 pm

Grocery stores

Grocery stores are usually open from 9 am to 9 pm, Monday through Friday. On Saturdays, they close earlier, between 2 pm and 6 pm. On Sundays most grocery stores are open between 12 noon and 6 pm.

Supermarkets

Supermarkets are usually open from 9 am to 9 pm, Monday through Friday and until 6 pm on Saturdays. On Sundays most supermarkets are open between 12 noon - 6 pm.

Kiosks

Most small kiosks are open until 9.30 pm every day and sell basic food like bread, milk, butter, cheese, etc. In addition there are grill kiosks, usually open until 11 pm, Sun-Thu and until 2-4 am on Fri-Sat.

5. Shopping

Bookstores and Stationery

In Finland stationery is available in all bookstores (kirjakauppa) and in most supermarkets and department stores. Some addresses:

Yliopiston Paperikauppa

Linnanmaa, main lobby

Tel. 556 7796

Suomalainen Kirjakauppa Kirkkokatu 29

Mon-Fri 9am - 7pm , Sat 9am - 4pm,

Sun 12noon - 4pm

Akateeminen Kirjakauppa

Kirkkokatu 14

Mon-Fri 9am - 8pm, Sat 9am - 6pm,

Sun 12noon - 6pm

Bicycles

Having your own bicycle is very useful in Oulu. The following stores usually also sell used bikes.

Jussin Pyöräpiste

Valtatie 49

Jukolankuja 1-3

Pyörä Suvala

Saaristonkatu 27

Lekatie 2

Urheilu-Ulappa

Ratamotie 56

N.B. The Lost Property Office (at Oulu Police Station) holds auctions twice a year (spring and autumn) where unclaimed bicycles can be bid for. These auctions are arranged at the Police Station, Rata-aukio 2. For exact dates, keep an eye on the advertisements under the heading Huutokauppoja (auctions) in Sunday's Kaleva, the local newspaper or call the Lost Property Office.

Clothes

Since the Finnish weather can be very cold during winter, students are recommended to bring with them (or buy here) warm clothing such as sweaters, insulated jackets or heavy coats. A warm hat, thick gloves and woollen socks are also needed, as well as warm, water repellent footwear.

Kitchen Utensils: Most fair-sized grocery stores and all supermarkets sell kitchen utensils and other household articles.

The stores listed here are fairly inexpensive:

Anttila, Isokatu 33

Citymarket, Tehtaankatu 5

Kärkkäinen, Alasintie 12

Prisma, Tehtaankatu 3

Prisma, Kauppalinnankatu 1-3

Seppälä, Shopping Center Pekuri

Seppälä, Taka-Lyötynkatu 4

H&M, Kirkkokatu 27

Second Hand Stores

There are several second hand stores available in the city.

Pelastusarmeijan kirpputori

(Salvation Army Flea Market) Ratamotie 22

Merikoskenkatu 1

Limingantie 5

Ratakatu 6

Linnankatu 13

Paljekirppis - Paljekatu 12

Second Hand Store- Isokatu 8

Kierrätyskeskus (Recycling Centre) -

Kurkelantie 2, Värttö

Oulun Urheiluväline Divari (Sports equipment) - Valtatie 57

SPR-Kontti - Jääsalontie 12

You should also sign-up for the exchange e-mail list since many departing international students, who wish to sell their bikes among other items, advertise through the list. You can also send your message to the other international students. See also: lists oulu.fi -> exchange list.

Sales

Sales (alennusmyynti / ale) are usually held at the end of June and after Christmas. All Finnish stores, even those with sales, have fixed prices. However, bargaining is not totally out of the question, especially with bigger purchases.

Alcohol

Alcoholic beverages are sold in state owned stores called Alko, (www.alko.fi) which are normally open Mon-Fri 9 am – 8 pm, Sat 9am – 6 pm. Note that on the eves of public holidays the stores may close earlier. Medium strength beer (4.7 per cent by volume), mild ciders and very mild wines are sold also in grocery stores.

N.B. Finland has a zero tolerance for drugs. Any importation, possession or use of drugs will always result in a transaction with law enforcement. It may also lead to eviction.

6. Recreation

Movies

Foreign films are subtitled, not dubbed. A weekly programme for the cinemas can be found in the movie theatres websites. Ticket prices vary from EUR 6.80 to EUR 12 (March 2012). Finnkinno has students priced tickets from Monday to Thursday varying between EUR 6.80 to EUR 8.50. Star cinema also has student discount of EUR 1. The movie theatres (elokuvateatteri) listed below concentrate mainly on box-office repertoire.

Star (www.elokuvateatteristar.fi)

Kalliotie 6

Some cinemas and film clubs present more alternative films, rather than those which were immediate box-office successes. There are regular showings by Kirjastokino at The City Library and at Studio, Hallituskatu 7 (www.ouka.fi/oek/in_english/index.html), in the Culture House Valve.



Plaza (www.finnkino.fi)

Torikatu 32

To rent a movie overnight typically costs EUR 2-5, depending on the film.

Libraries

Libraries at the University, see page 15.

The City Library (Kaupunginkirjasto)

Kaarlenväylä 3

tel. 5584 7389

www.ouka.fi/kirjasto/english/index.html

Open: Mon-Fri 10am - 8pm, Sat 10am - 5pm

N.B. The reading room in the City Library is also open on Sundays 12noon - 4pm.

The City Library has a large selection of foreign newspapers, magazines and books, as well as a good music department. To borrow books you need to get yourself a library card, which is valid at every library in town (except in the university libraries).

Museums and Art Galleries

One of the most extensive collections of local cultural history can be found at the Museum of Northern Ostrobothnia (Pohjois-Pohjanmaan museo) Ainola Park. This museum offers an insight into the history of the city and its province.

Open: Tue - Sun 10 am – 5 pm, Closed Mondays.

The entrance fee for students is EUR 1, others still only cost EUR 3. Free entrance on Fridays.

See also: www.ouka.fi/ppm/English/index.html

City Art Gallery (Oulun taidemuseo)

Hallituskatu 7 (Valve), tel. 558 474 63

Finnish and international fine arts.

Open: Tue - Thu, Sat - Sun 10am - 5pm,

Fri 12noon - 7pm

The entrance fee for students is EUR 1, others still only cost EUR 3. Free entrance on Fridays.

See also: www.oulu.ouka.fi/taidemuseo_eng/index.html.

See also: <http://www.oulutourism.fi/eng/>



Theatre

The Oulu City Theatre premieres approximately eight to ten productions each year, including operas and musicals.

Oulu City Theatre
(Oulun Kaupunginteatteri)

Kaarlenväylä 2

See also: www.ouka.fi/teatteri/english.html

Ticket Office (Oulun Lippupiste)

Kaarlenväylä 2

Open: Mon-Fri 10 am - 5 pm,

Information on current theatre productions is available from the Ticket Office and the Tourist Information Centre (see For Further Information, on page 45). Special student prices are available.

Ticket Service Finland (Lippupalvelu)

Stockmann, Kirkkokatu 14.

Open: Mon-Fri 9 am - 9 pm, Sat 9 am - 6 pm

Tickets to various shows, concerts, sports events, etc., throughout Finland.

See also www.ticket-service-finland.fi

Music

Oulu Music Center (Musiikkikeskus)

Lintulammentie 1-3

The Oulu Music Centre also hosts Oulu Symphony and also visiting performances from all over the country and around the world. The performance repertoire at The Oulu Music Centre consists of concerts, operas, light music and programmes for children. Visit www.oulsymphony.net/english. A student-price ticket for Oulu Symphony Orchestra concerts or other normal-priced concerts, are approximately EUR 6 each, and between EUR 7-17 for non-students.

If you prefer rock, there are plenty of possibilities to enjoy concerts in Oulu. Keep an eye on the advertisements in Kaleva, Oululehti, or Ylioppilaslehti, the student paper; for such rock clubs/restaurants as 45Special, Tähti or Club Teatria. That way you will know what is

going on and where. Another good forum to find information on concerts elsewhere in Finland is the Ticket Service webpage mentioned above.

Sports

Facilities for sports in Oulu are extensive. The University alone provides a very wide range of activities. A sports programme in English, for each academic year, can be obtained from Student Services or on-line from the Sports and academic sport services sector of the Oulu's Institutes of Higher Education, www.oulunkorkeakoululiikunta.fi -> in English. For further information concerning any aspect of sport and recreation at the University, please contact:

Mr. Markku Saarela, Sports Manager
(Liikuntasuunnittelija) Student Center on Linnanmaa campus, tel. 553 4029, e-mail: markku.saarela@oulu.fi

The Office for Sport and Recreation in Oulu (Oulun kaupungin liikuntavirasto) address: Kiviharjunlenkki 4, tel. 5584 8000

The Office for Sport and Recreation gives information about sports facilities available in the city. The tourist information office distributes brochures on recreation facilities, as well as maps on bicycle and hiking routes.

Pubs

There is a wide range of pubs, bars, restaurants and night clubs in Oulu. Cafe-Bistro Caio, located right next to campus, at Kalevalankuja 12, is a very popular place amongst university students. Beyond that, walk around and discover the vast choice of places to go.

Gays and Lesbians

SETA is the Finnish National Human Rights Organization, working for legal equality and social justice for lesbians, gay men, bisexuals and transpeople. It is the central organisation for sexual minorities, with chapters all over Finland. SETA is a member of ILGA (International Lesbian

and Gay Association) and IGLYO (International Gay and Lesbian Youth).
The Oulu Section of SETA:
Oulun SETA ry
PO BOX 177, 90100 OULU
Tel. 040-8369 569 (information) or 044-7771 251 (chair person)
e-mail: oulunseta@oulunseta.fi
www.oulunseta.fi

Oulun SETA ry has groups for women, youth (under 25 years) and rainbow families, and it also organizes other kinds of activities such as parties.

Pubs

There is a wide range of pubs, bars, restaurants and night clubs in Oulu. Cafe-Bistro Caio, located right next to campus, at Kalevalankuja 12, is a very popular place amongst university students. Beyond that, walk around and discover the vast choice of places to go.

7. Other Services

Police

Oulu Police Station, Rata-aukio 2

Open: Mon - Fri 8 am - 4.15 pm

tel. 071 876 0211

Feedback: palaute@oulu.poliisi.fi

In emergency, call 112.

Lost and Found

The Lost Property Office (Löytötavaratoimisto)

is located at the Oulu Police Station. tel. 07187

65778 or 07187 65779

Mon-Fri 8 am - 4.15 pm.

Barbers and Hairdressers

There are several barbers and hairdressers around the city, and prices can vary considerably. Note that a barber (parturi) and a hairdresser (kampaja) is often the same person working in a shop called parturi-kampaamo. Remember to ask for special student discounts

Lawyer for Students

The lawyer assigned for students, Marja-Riitta Immonen, advertises her consultation hours in the student paper, Ylioppilaslehti. Consultation is free of charge for those with a valid student card. It is not possible to make appointments, or consult the lawyer by telephone. Consultation is available once a month from September until end of May.

Embassies and Consulates

Most countries have either their embassy or a consulate in Finland or in a neighboring country. If you need to contact the embassy or consulate of your home country please see: www.formin.fi -> in English -> diplomatic missions -> representation of foreign states in Finland or the nearest country to Finland. From there you can find contact information for all the embassies and consulates.

Churches

There is a Sunday Service, in English, in the Oulu Cathedral, every Sunday at 6 pm.

The Church has employed people to serve the University students and teachers. For information about services held in English, you can reach Rev. Árpád Kovács, tel. 040 524 2778 (arpad.kovacs@evl.fi). He is in charge of international issues. He has office hours every Thursday 10 am - 3 pm at Kirkkokatu 5. The University Chaplain is Rev. Ari Savuoja tel. 040 524 5919 (ari.savuoja@evl.fi).

Oulu Cathedral (Oulun tuomiokirkko)

Kirkkokatu, tel. 040 585 6113

open: 12 noon - 1 pm daily.

St. Luke's Chapel

(Pyhän Luukkaan Kappeli)

Yliopistokatu 7, on Linnanmaa campus

tel. 044 316 1569

Orthodox Cathedral of the Holy Trinity
(Oulun ortodoksisen seurakunnan Pyhän Kolminaisuuden katedraali)

Torikatu 74, tel. 311 5741, oulu@ort.fi
open: Mon-Fri 9am - 12 noon

The Adventist Church
Tuulimyllynkatu 18, tel. 530 3953
mika.forsman@adventtikirkko.fi

Catholic Church (Katolinen kirkko) La Santa
Famiglia di Nazaret
(The Holy Family of Nazareth) Liisantie 2, tel. 347
834, perhe@catholic.fi,
<http://perhe.catholic.fi/ppmain02en.htm>

The Church of Jesus Christ of
Latter-day Saints
Nokelantie 38, tel. 335 714
Sunday Church service at 11 am

The Islamic Community of Northern Finland
Kajaaninkatu 36 H, tel. 311 5514

Pentecostal Church
Uusikatu 78, tel. 561 8900
www.ohsrk.fi/fi/fi2/index.php



USEFUL INFORMATION FOR LIVING IN FINLAND

A word of warning: whenever the temperature is below zero, do not touch metal door handles (or any other metal objects) if your hands are damp. Your skin will freeze against the metal and your hand will get stuck to the handle.

I. Bits and Pieces

Electric current

In Finland the electric current is 220 volts and 50 cycles (Hz). Do not bring with you electrical equipment geared to some other current. Adapters are available but expensive. For plugs, Finland uses the two-pin continental standard.

TV programmes

Majority of the foreign programmes on Finnish television are subtitled, not dubbed. A wide variety of international satellite channels are accessible via cable.

Time

Finland is two hours ahead of Greenwich Mean Time (GMT). Hence, when you travel from west to east you "lose" time (and vice versa). Daylight saving time (summer time) is used in Finland from the last Sunday of March to the last Sunday of October (this means that you get up one hour earlier). Note that Finland uses the 24-hour clock; i.e. post-meridian times run from 12 to 24.

Doors open outward.

Wintertime warnings

In winter, pavements and roads can be very slippery. Sometimes pavements are barred by red and yellow wooden fences. This means that heaps of melting snow and ice threaten to fall from roofs, endangering the pedestrians.

Names

In Finland you use one first name and one last name (family name). If necessary, decide before coming to Finland which one of your last names will be used when you are to be listed alphabetically.

Narcotics

The importation, selling, use and possession of narcotics is prohibited by law and liable to a prison sentence. Any violation of this prohibition may result in eviction. We will also contact the student's home institution.

Jokamiehenoikeus

The so-called "everyman's right" (jokamiehenoikeus) entitles you to hike freely in forests and fields, pick berries and mushrooms, and swim in lakes, even when the land and waters are someone's private property. However, it does not entitle you to disturb the privacy of the owner, vandalise or litter.

2. Public holidays

January 1 New Year's Day

(uudenvuodenpäivä)

January 6 Twelfth Day

(loppiainen)

Good Friday (pitkäperjantai)

Easter Sunday (pääsiäispäivä)

Easter Monday (toinen pääsiäispäivä)

May 1, May Day , The First of May (vappu)

Ascension Day (helatorstai)

White Sunday (helluntai), end of May

Midsummer (juhannuspäivä, 3rd Saturday in June)

All Saints Day (pyhäinpäivä), a Saturday at the end of October or at the beginning of November

December 6 Independence Day
(itsenäisyyspäivä)

December 24 Christmas Eve (jouluaatto)

December 25 Christmas Day (joulupäivä)

December 26 Boxing Day (tapaninpäivä)

The date of some holidays varies from year to year. On public holidays, banks and post offices are closed. Most stores are closed as well, though on Christmas Eve they stay open until about noon. Also, on other eves of public holidays stores, banks and post-offices may close before their ordinary closing time.

3. For Further Information

Finnish Tourist Board

(Matkailunedistämiskeskus (MEK))

P.O. Box 625 (street address: Töölönkatu 11)

FIN-00101 HELSINKI

tel. +358-(0)10-60 58 000

fax. +358-(0)10-60 58 333

See also: www.mek.fi, mek@mek.fi

Oulu Tourist Information Centre (Oulun matkailupalvelut)

Torikatu 10, PL 1

FIN-90015 OULUN KAUPUNKI

tel. +358-(0)8-5584 1330 or 5584 1331

fax. +358-(0)8-5584 42 099

See also: www.oulutourism.fi, touristinfo@ouka.fi
open: Mo-Fri 9 am -4 pm

Up-to-date maps of Oulu, as well as information on various locations in Finland, are available at the Tourist Information Centre.

Finnish Immigration Service (Maahanmuuttovirasto)

Finnish Immigration Service handles all visa, residence permit, work permit, etc. applications of foreigners in Finland. However, most renewals are possible at the Office of Alien Affairs, in the local Police Station.

PO BOX 18,

00581 HELSINKI

tel. +358-(0)71-873 0431

See also: www.migri.fi

maahanmuuttovirasto@migri.fi

The Ombudsman for Minorities (vähemmistövaltuutettu)

may always be consulted if you feel your rights have been violated, encounter any other administration or have any government related problems:

Ministry of Labour

(Vähemmistövaltuutetun toimisto)

Mikonkatu 25, PO BOX 26, 00023

GOVERNMENT

tel. 09 160 43 444 Mon-Fri 9 am - 3 pm

fax. 09 160 43 464

Finnair

Airport Ticket Office, Oulunsalo, tel. +358 (0)8 834 500

Reservations and information in Finland (charge EUR 3.04 per call plus local charge): tel: 0600 140 140 (24h)

See also: www.finnair.com

www.ilmailulaitos.com

APPENDICES

FINNISH, A SURVIVAL KIT ABBREVIATIONS AND PHRASES

klo (kello)	time
Kyllä	Yes
ark. (arkisin)	on weekdays
Ei	No
krs. (kerros)	floor
Kiitos	Thank you
puh. (puhelin)	tel. (telephone)
Terve/Hei/Moi	Hello/ Hi
kpl. (kappale)	piece, each item
Hyvää huomenta	Good morning
vko (viikko)	week
Hyvää päivää	Good afternoon
Hyvää iltaa	Good evening
Hyvää yötä	Good night
Näkemiin/Hei hei	See you/ Bye
Anteeksi	Excuse me
Anteeksi	Sorry
ma (maanantai)	Monday
ti (tiistai)	Tuesday
ke (keskiviikko)	Wednesday
to (torstai)	Thursday
pe (perjantai)	Friday
la (lauantai)	Saturday
su (sunnuntai)	Sunday
tänään	today
huomenna	tomorrow

TRANSPORTATION AND SIGNS

taksi	taxi
puhelin	telephone
VR=Valtion Rautatiet	innish Railways
puhelinkortti	telephone card
N = naiset	ladies(' room)
M = miehet	men('s room)

juna	train
keskusta	centre
vaunu	coach, car
kassa	cash desk
raide	track
asiakaspalvelu	customer service
lipunmyynti	ticket sales
toimisto	office
avoinna/auki	open(ing hours)
suljettu/kiinni	closed
aikataulu	timetable
ulos	exit
sisään	entrance
vedä	pull
työnnä	push
makuuvaunu	sleeping car
ravintolavaunu	dining car
tupakoimaton	non-smoking
tupakoiva	smoking
epäkunnossa/rikki	out of order
menolippu	one-way ticket
meno-paluulippu	return ticket
matkatavarat	luggage
linja-autoasema	bus station
linja-auto/bussi	bus
lentokenttä	airport

SHOPPING

ale (alennusmyynti)	sale
(erikois)tarjous	(special) offer
hinta	price
kuitti	receipt
vaihtorahat	change
pankkikortti	bank card
luottokortti	credit card
automaattikortti	ATM/ cashcard

BASIC FOOD ITEMS AND MEALS

voi	butter
juusto	cheese

hedelmät	fruit	valinnainen	optional
liha	meat	kurssi	course
kala	fish	opintopiste	credit, credit point
vihannekset	vegetables	laitos	department
marja	berry	tiedekunta	faculty
kana	chicken	arvosana	grade
kahvi	coffee	harjoitukset	examination
tee	tea	luento	lecture
peruna	potato	seminaari	seminar
riisi	rice	opintorekisteriote	transcript of records
suola	salt	opiskelijakortti	student ID card
pippuri	pepper	koe, tentti	examination
sokeri	sugar		
sipuli	onion	NUMBERS	
kananmuna	egg	yksi	one
pähkinä	nut	kaksi	two
olut/kalja	beer	kolme	three
viini	wine	neljä	four
kasvisruoka	vegetarian food	viisi	five
laktoositon	lactose free	kuusi	six
		seitsemän	seven
BANKIG AND MAILING		kahdeksan	eight
palvelumaksu	service charge	yhdeksän	nine
valuuttakurssi	exchange rate	kymmenen	ten
valuuntanvaihto	currency exchange	sata	a hundred
henkilöllisyystodistus	identification	tuhat	a thousand
posti	post office		
postimerkki	stamp	CONVERSIONS	
kirje	letter	Fahrenheit / Celsius	Miles / Kilometers
paketti	parcel	212 / 100	41 / 5
maitse	by surface mail	122 / 50	32 / 0
lento-postitse	by air mail	86 / 30	23 / -5
sähköposti	e-mail	77 / 25	14 / -10
lasku	bill	68 / 20	5 / -15
		59 / 15	-4 / -20
GENERAL UNIVERSITY TERMINOLOGY		50 / 10	-22 / -30
lukuvuosi	academic year		4 / 6.5
syyslukukausi	autumn term		3 / 5
kevätlukukausi	spring term	Pounds / Kilograms	2 / 3
valinnainen	optional	10 / 4.54	1 / 1.609
perusopinnot	basic studies	5 / 2.27	
aineopinnot	subject studies	4 / 1.81	
syventävät opinnot	advanced studies	3 / 1.36	
pakollinen	compulsory	2 / 0.91	
		1 / 0.45	

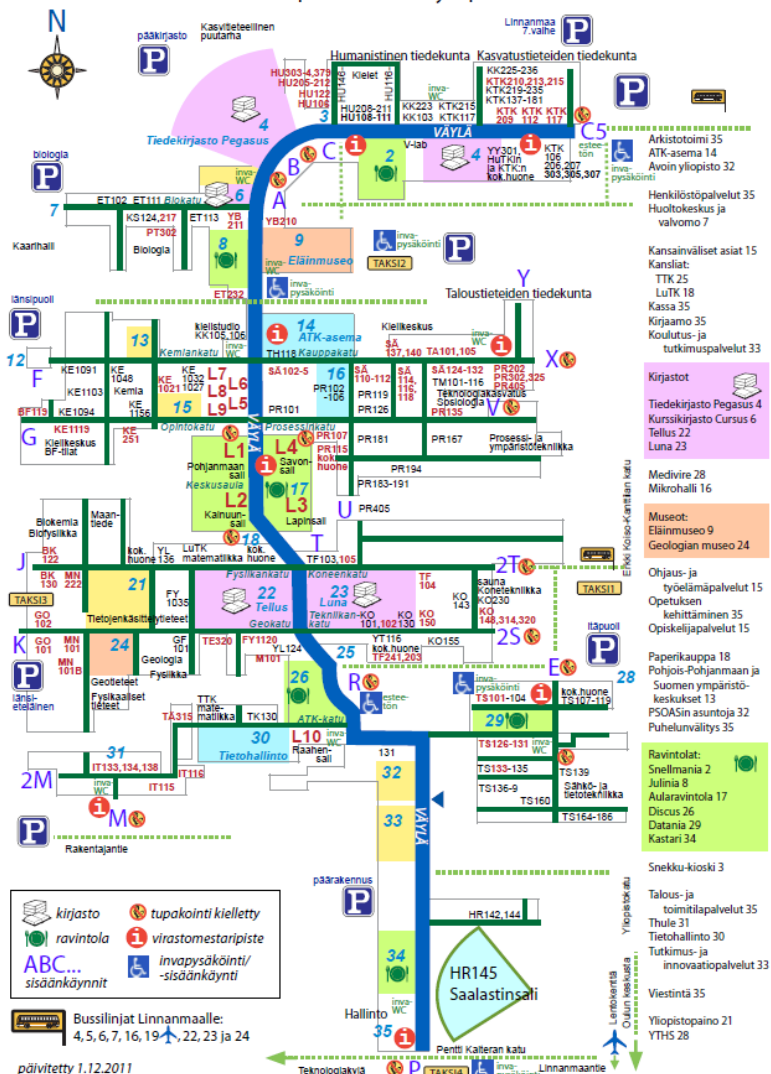
OULU CITY CENTER



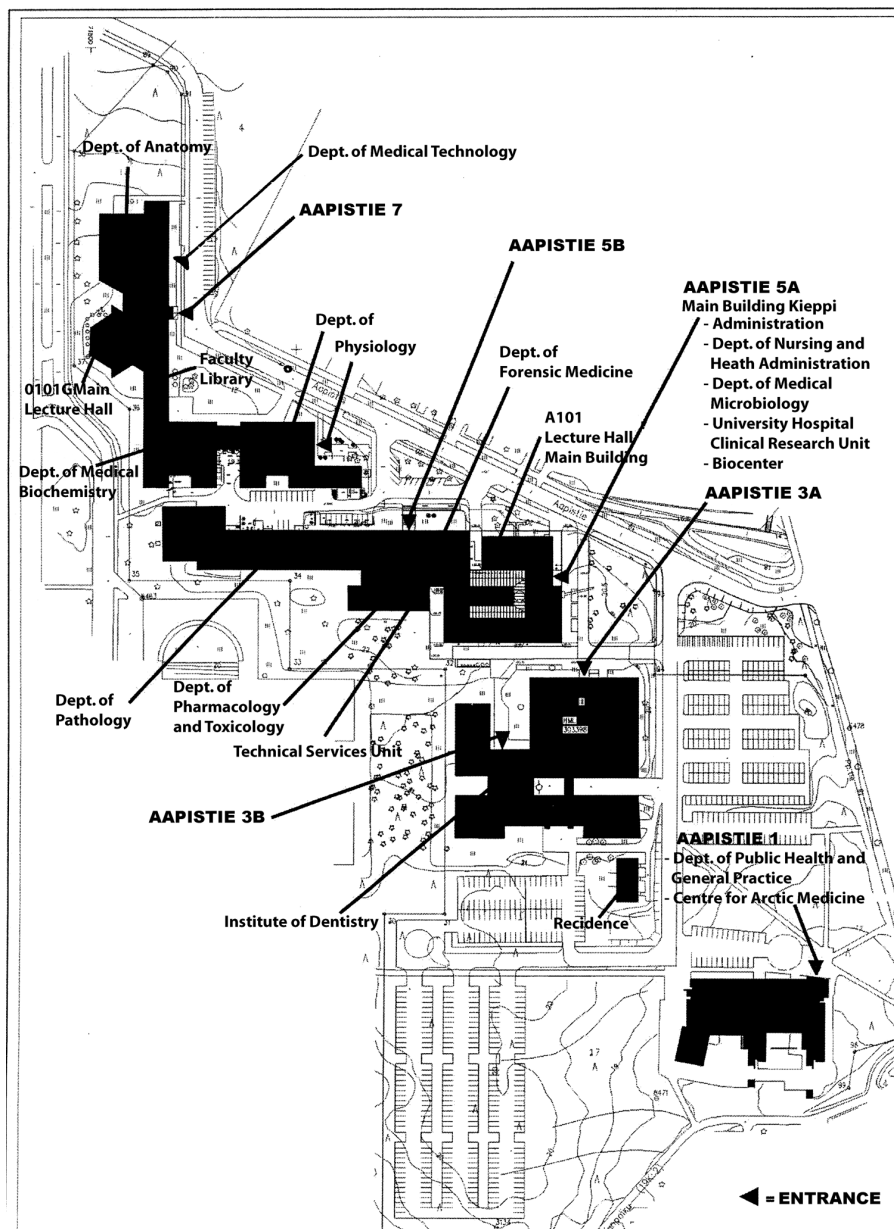
1. Bus Stop: City Center - Linnanmaa Campus
2. Bus Stop: Linnanmaa Campus - City Center
3. Department of Architecture
4. Department of Early Childhood Education
5. City Theatre
6. City Library
7. City Hall
8. Oulu Cathedral
9. Main Post Office
10. Railway Station
11. PSOAS housing office
12. Northern Ostrobothnia Museum
13. Ainola Park (Hupisaaret)
14. City Art Gallery
15. Raatti Sports Center

LINNANMAA CAMPUS

Linnanmaan kampusalue Oulun yliopistolla



FACULTY OF MEDICINE



CONTACT INFORMATION

Admissions, Recruitment and International Services

Street Address:

Linnanmaa Campus

Office hours in Student Center Mon-Thu
9.00-12.00.

Outside office hours by appointment.

Mailing Address:

P.O. Box 8100

90014 University of Oulu, Finland

tel. +358 294 484045

fax. +358 8 553 4051

E-mail contact:

Exchange students:

international.office@oulu.fi

Master Programme Students:

student.services@oulu.fi

www.oulu.fi/english/studying/new-international-students

staff e-mails: firstname.lastname@oulu.fi

Staff

Mr Kimmo Kuortti

Director

tel. +358 294 484022

Ms Riitta Kataja

Institutional Erasmus Coordinator

tel. +358 294 484050

Ms Tytti Haapalehto

Student Adviser, incoming exchange

tel: +358 294 484042

Ms Sanna Heikkinen

Marketing and recruitment coordinator

tel. +358 294 484047

Ms Anja Mäläskä

Coordinator, exchange

tel. +358 294 484043

Ms Anne Talvio

Project Coordinator, degree admissions

tel. +358 294 484048

WELCOME

Welcome to the University of Oulu. We wish to warmly welcome you as a new international student. If you have any questions or concerns about your pre-arrival preparations do not hesitate to contact us: international.office@oulu.fi for exchange students and student.services@oulu.fi for degree students



UNIVERSITY of OULU
OULUN YLIOPISTO