WELCOME TO TURKU/ÅBO!

This guide is aimed for the international students, researchers, teachers, staff and visitors of the universities of Turku/Åbo. This guide has been produced in order to assist you during your stay in Turku/Åbo. May it be just for a couple of days, months or for several years, this guide may help to solve some of the problems international students, staff, scholars and visitors face.

The guide is intended to serve as a quick reference whenever you have a question or a problem about life in Turku/Åbo. Use the index at the back of the guide to find the information you are looking for.

The City of Turku/Åbo is bilingual and called Turku in Finnish and Åbo in Swedish. Because Finland is bilingual, almost every town and place has a name in both Finnish and Swedish. Street names and names of official bodies usually have a name in both languages. Therefore, there are two addresses for all the places mentioned in this guide, one in Finnish and the other in Swedish. Furthermore, we have included a translation of some essential words; first in Finnish and then in Swedish, in parenthesis.

We have also included two checklists for those staying a bit longer; one for things to take care of during your first days here in the city and another for things to do before returning home. You can find the lists in the beginning of the guide. Please use them to check that you have taken care of everything. The lists are mainly aimed for international exchange students but other international students, scholars and guests might find them useful too!

We aim to give the most current information possible in the guide and it is updated annually. Please note that there might occur changes in the policies and/or information of e.g. faculties or companies also during the academic year.

If you need any more specific information or you have any questions do not hesitate to contact our universities international offices here in Turku/Åbo. The contact informations can be found on the back cover.

Enjoy your stay! Also check out the youtube channels for content of both Universities:

https://www.youtube.com/user/aboakademi
https://www.youtube.com/user/turunyliopisto?feature=watch
Checklist for the first few days in Turku/Åbo:

Everyone:

☐ Sign your lease
☐ Make an official Change of Address notification

Exchange Students:

☐ Register at your host university
☐ Attend the Orientation Course for new exchange students
☐ Join the Student Union by paying the membership fee
☐ Apply for the Finnish Student Card at www.lyyra.fi (a digital photo is required)
☐ UTU: Collect your user ID from the Computing Center in order to access the university’s computer resources
☐ ÅAU: Exchange students will receive their user ID upon registration
☐ Meet with your student tutor

Degree Student:

☐ UTU: Visit your faculty/program coordinator, who will verify your degree certificate(s) and check your ID. ÅAU students register at the university
☐ Attend an Orientation Course for new international students
☐ Join the Student Union by paying the membership fee
☐ Apply for the Finnish Student Card at www.lyyra.fi (a digital photo is required)

PhD Students:

☐ Enrol at the university in the Office for Academic and Student Affairs (ÅAU), or Student and Admissions Services Office (UTU)
☐ Consider joining the Student Union even though it is not mandatory for PhD students
☐ Get your user account at UTU or ÅAU
☐ Civil registration at the local register office (maistraatti/magistraten) and local police if applicable
☐ Get a tax card at the local tax office (if employed)
☐ Apply for Finnish Social Insurance (Kela/Fpa) if applicable

Visiting Staff:

☐ Get your contract of employment if applicable
☐ Get your user account at UTU or ÅAU
☐ Civil registration at local register office (maistraatti/magistraten) and local police if applicable
☐ Get a tax card at the local tax office (if employed)
☐ Apply for Finnish Social Insurance (Kela/Fpa) if applicable
☐ Open a bank account
Checklist before going home:

Exchange Students:

☐ UTU: Visit the international office personally a few days before departure in order to get your Letter of Confirmation stating the exact dates of your exchange period

☐ Give written notice to end your lease at least one calendar month prior to moving out if you do not have a rental agreement for a fixed term

☐ Return your Course Card to the International Office

☐ Return your Starting Package, library books, written assignments etc.

☐ ÅAU: please hand in a paper signed by the Åbo Akademi University main library stating that you do not have any loans or unpaid library fines

☐ Make an official Change of Address Notification well in advance of leaving

☐ Return your keys to the housing office and collect your security deposit

☐ Return all the required written work for teachers according to the deadlines

☐ Remember to close your bank account if you have opened one in Finland

Degree Students, PhD Students and Visiting Staff:

☐ Give written notice to end your lease at least one calendar month prior to moving out if you do not have a rental agreement for a fixed term

☐ Return your keys to the housing office and collect your security deposit

☐ Make an official Change of Address Notification well in advance of your departure

☐ Get a Tax Certificate from a local tax office if you have paid taxes in Finland
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Å27 Uniprint, Kaserngatan 2

Others:

A Old Academy Building, Rothoviuksenkatu 2 – Rothoviusgatan 2 (D8)
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1. Finnish Society and Culture

1.1 General Information

Finland, Suomi in Finnish and Finland in Swedish, is situated in northern Europe, approximately between 60–70°N latitude and 20–32°E longitude. A quarter of the total area lies north of the Arctic Circle. Neighbouring countries are Sweden to the west, Norway to the north, Russia to the east and Estonia to the south.

The population of Finland is approximately 5.4 million. The country is sparsely inhabited; the population density is 17.7 persons per sq.km. Nearly two thirds of the Finns live in urban environments. The largest cities are Helsinki/Helsingfors, the capital with a population of 605 000, Espoo/Esbo with 257 000 and Tampere/Tammerfors with 217 000. Other important cities are Turku/Åbo with a population of about 180 000, Vantaa/Vanda with 205 000 and Oulu/Uleåborg with 191 000. About 3.6% of the population are from abroad, of which most are Russian, Estonian and Swedish.

Finland is a republic that became independent in 1917 and a member of the EU in 1995. The head of state is the President, currently Sauli Niinistö (2012-). The 200-member single-chamber Parliament holds the supreme political power. Parliamentary elections are held every four years.

Finland is a typical advanced industrial economy: GDP per capita is almost 36 000€ (2012). Over 69% of GDP of Finland comes from the services sector. Secondary production is around 28% and primary production has these days reduced to approximately 3% (2011).

The affordability of the Finnish higher education system has been remarkable in international comparisons. The good results depend on fairly limited educational costs, charitable grants and the availability of student loan programmes. Regarding accessibility, Finland ranks
second on the world ranking chart, due to very high participation rates. Among the strengths of the Finnish educational structure are high attainment rates as well as large student bodies representative of the population.

The area of Finland has been connected to Sweden since at least the 12th century. During the following centuries, the Kingdom of Sweden gained control of the whole area of Finland, converted locals to Christianity and fought several wars against Novgorod (and later Russia). As a result of the Finnish War, the last war between Sweden and Russia, Finland became an autonomous Grand Duchy under the rule of the Tsar of Russia, until Finland's independence in 1917.

In 1860, Finland got a currency of its own: the markka/mark and penni. In 1999, the rate of the Finnish currency was pegged to the euro. Three years later, in 2002, the Finnish currency was replaced by the euro (€/EUR). One and two cent coins, which are in use in other countries in the euro area, have not been taken into use in Finland. However, a small number of these coins were produced mainly for collectors.

1.2 Nature and Weather

Finland has six national so called nature symbols, which were chosen by popular vote in the 1980’s and 90’s. These are represented by the bear, the swan, the perch, the birch, the lily-of-the-valley and granite. The idea of the symbols is to encourage people to be aware, and also appreciate the Finnish flora and fauna.

Finnish Nature

Finland is known for its forests, lakes and archipelago. Nature itself and being close to nature plays an important role in the Finnish way of life. Anyone may wander freely in almost any part of the countryside, even on privately owned property (not in peoples’ back yards).

It is also permitted to pick wild berries, mushrooms and flowers as long as they are not protected. This concept is known as the everyman’s right. For more information, check the web page www.outdoors.fi > “Hiking in Finland” > “Rights and Regulations”.

The coastline measures over a thousand kilometres, but including islands the total length of the coastline would be as much as 40,000 kilometres. Another outstanding feature of Finland’s scenery is its myriad of islands and lakes, hence the old slogan “Land of a Thousand Lakes” (there are well over 180,000 lakes in Finland).

Finland’s largest, and Europe’s fourth largest lake is called Saimaa/Saimen. It is situated in southeastern Finland, and is the sole home of one of Europe’s most endangered mammals, the Saimaa ringed seal. Only 260 seals were accounted for in 2009.

Finland is the most forested country in Europe. Forests in Finland cover an area of 219 350 km² in total which accounts for 72% of the whole land. Especially eastern Finland is rich in forests, whereas arctic fells are common in the north. Mainly due to the large forest areas the wolf, the brown bear, the lynx and the wolverine (the four large predators of Mainland Europe) are all found in Finland.

Weather and Seasons

Finland has four distinct seasons and during one calendar year the weather may change from one extreme to the other. The coldest month is February when the average temperature in Turku/Åbo is −6.2 C (21 F). In practice, this means that the temperature may, even within a few days, vary from e.g. −25 C to + 5 C (-13/41 F). July is the warmest month when the average temperature in Turku/Åbo is +16.5 C (61.7 F). In reality, you experience the change of temperature from about +13 C (55.4 F) to +30
In Lapland you can experience the “midnight sun” north of the Arctic Circle where the sun does not set at all for about 10 weeks in summer. During the same period, the sun only sets for about two to four hours per night in Turku/Åbo.

1.3 Languages

Finland is an officially bilingual country. The two main official languages are Finnish and Swedish.

Finnish is a Finno-Ugric language, which is closely related to Estonian and distantly to Hungarian. The Finnish vocabulary differs widely from that of Indo-European languages thus Finnish has a reputation of being a rather challenging language. However, the grammar is systematic and logical and the pronunciation is fairly easy.

Swedish belongs to the northern branch of the Germanic languages and is spoken by approximately 5.5% of the population (as their mother tongue). Today most Swedish-speaking Finns live in the coastal area or in the archipelago. The Swedish language of Finland is not grammatically that different from Swedish in Sweden, but in terms of pronunciation and vocabulary they may differ quite significantly.

A third official language is the Sámi language, which is the language of the Sámi people. There are several different Sámi languages with their own specific region where the variant is spoken. The Sámi language’s official status in Finland is, however, limited to the northern regions where the language is spoken. The Sámis are indigenous people of Europe, living mainly in the Arctic area of the Scandinavian countries and the Kola Peninsula. Therefore, the Sámi languages can also be found in Norway, Sweden and Russia and they are all related to the Finno-Ugric language.

The City of Turku/Åbo

Turku/Åbo, founded in the 13th century, is Finland’s oldest city. It is one of the officially bilingual towns in Finland. Under the Kingdom of Sweden until 1809, Turku/Åbo was Finland’s provincial capital. However, after Finland had become an autonomous Grand Duchy under the Tsar of Russia, the capital was considered to be too close to Sweden, which is why, in 1812, the capital was moved to Helsinki/Helsingfors.

In 1827 there was a great fire in Turku/Åbo, after which Finland’s first volunteer fire brigade was formed. It was the most widely spread city fire throughout the history of the Nordic countries. Large parts of the city were destroyed; out of the city’s 1126 houses 780 burnt down, and the Cathedral was partly damaged.

Turku/Åbo is an important Baltic port both for goods and passenger traffic, and is one of the centres for the shipbuilding industry in Finland. Other major industries include pharmaceuticals, electronics and high technology. The areas of top expertise in Turku/Åbo are biosciences, ICT, logistics and tourism. The City of Turku/Åbo is the regional and administrative centre of Southwestern Finland and also an important centre for employment and education in area. It is also the area’s centre of cultural life with its theatres and events focusing on music, literature, arts and architecture. In 2011 Turku/Åbo was the European Capital of Culture.

Experiencing the archipelago (saaristo/skärgård) when in Turku/Åbo is definitely worthwhile. With some 20,000 islands to choose from, you are bound to find peace and quiet in addition to breathtaking scenery regardless of the season. Getting around is easy thanks to the many bridges, ferries and vessels that are at your disposal. Many inhabitants of the islands engage in tourism so there are plenty of restaurants and
accommodation available in the archipelago.

You are able to enjoy the beautiful scenery of Turku beforehand at http://www.visitturku.fi/360-kuvat_fi. The page is in Finnish but by clicking the “360°-links below a 360°-pictures will open and show some of the most essential places around.

1.4 Manners

Greeting
When Finns introduce themselves to people they have not met before, they often shake hands. When Finns meet friends or people they know, they simply just say “Hello”. Younger people sometimes greet each other with a hug.

When introducing themselves, Finns give their first name before their surname. It’s not common to introduce yourself with your academic or other titles unless you are meeting people in an official academic or professional occasion. Normally you just state your name.

Married couples can adopt the surname of either spouse, keep their own surnames or use a double-barrelled name.

Punctuality
Most Finns are punctual both at work and in their social life. When you are off to meet somebody you might want to arrive five minutes early rather than five minutes late. A mobile phone comes in handy if you are delayed and it’s polite to let your contact know that you will arrive late.

Active Finnish Silence
Is Finnish silence a myth or reality? You have probably noticed that Finns do not talk as much as people in other cultures. Yes, Finnish silence does have negative sides when they are too silent for negative reasons. In many cultures people talk quickly to show that they are actively listening. In Finland positive active silence is Finns way to listen, think and to show respect when someone else is talking. Finns are willing to wait for their turn to talk, especially if the other person is also willing to wait while other talk.

Finns often prefer to use active silence before making a point. This is common when discussing something important, but it is not very common when friends want to joke with each other. Active silence is also full of non-verbal communication that other Finns understand when they are communicating without words. Sometimes our silence sends the strongest message of respect, interest, social togetherness, etc.

Queuing
Waiting for your turn when queuing is an unwritten rule in Finland. Finns can be strict about queuing and you should never try to cut the line. However, you should be aware that “queuing” does not solely refer to standing in line. It generally refers to almost any situation where there are people waiting for their turn to do something. Most importantly it means waiting for one’s turn and showing respect for those who came before you. Queuing systems with numbered note-sized pieces of paper are quite common.

Telephone Etiquette
There are no public telephones in Finland, but practically everyone has a mobile phone. It is considered impolite to use a mobile phone in situations where it could be disturbing to others, e.g. in lecture halls, meetings, concerts, theatres and church or libraries. On the other hand, people often use their mobile phones in public transportation.

Gender and Sexual Equality
There is a high degree of equality between the two genders in Finland. Finland was the second nation in the world
to adopt universal suffrage in 1906 and the first nation in the world to elect women into parliament in 1907.

Today most women work outside the home and many women hold advanced positions in all the spheres of politics and working life. The Finnish society and legislation is based on equality and, for example, parental leave, social benefits and family structure highlight its importance.

Finland is one of the countries in Europe that recognises same sex civil unions and cohabiting status.

**Visiting**

When visiting somebody’s home, people take their outdoor shoes off at the entrance – it is customary to walk indoors in your socks only. Often Finns have been acquainted with someone for quite some time before inviting them to their home. Guests are not required to bring any gifts for the host, but bringing a bottle of wine or some flowers is considered to be a nice gesture.

**Religion**

Finland has freedom of religion and about 77% belong to the Evangelical-Lutheran Church. However, many Finns are quite secular and religious beliefs are considered to be a very private matter.

**Food**

Nowadays the Finnish cuisine is a mixture of European, Scandinavian and Russian influences. Traditional Finnish food is most commonly eaten on holidays, but there are still some dishes that are eaten throughout the year.

Lunch is normally served from 11.00 to 14.00, and dinner around 17.00 to 19.00. Restaurants serve dinner until late in the evening, but the kitchen usually closes about half an hour before the official closing time. Student cafeterias serve only lunch. Coffee is extremely popular; the average Finn drinks as much as five cups of coffee a day.

Be sure to sample ‘everyday’ foods such as Finnish rye bread and Karelian pastry (Karjalanpiirakka/Karelsk pirog: an oval-shaped, flat rye flour pastry with a creamy rice filling). Especially in Lapland many dishes consist of reindeer meat, and in eastern Finland the traditional kalakukko (fish served inside a bread crust) is a speciality.

**Drinking**

Water, milk and juice are common drinks when eating at home. In more festive dinner occasions, beer and wine are also served along with the non-alcoholic drinks. Finnish tap water is drinkable and has been proven to be purer than many brands of bottled water.

Beer and cider can be bought in regular grocery stores. Other alcoholic beverages can be bought only from special off-licence stores called Alko. Consumption of alcohol per person per year is at a European average. Finnish alcohol consumption and habits may vary by social group and region. Moderate use of alcohol is promoted by legislation; the blood-alcohol-ratio limit for operating vehicles in Finland is considerably low, penalties are severe and the police can test drivers at any time. Additionally, drug laws are very strict: use, possession or dealing of drugs is prohibited.

**Tipping**

Tipping is not compulsory in Finland and service is included in restaurant bills. Tips are sometimes given when eating in restaurants, but it is not very common when e.g. buying a drink or paying your taxi driver. People usually tip only when the food or service is outstanding. You will not be considered rude if you do not tip.

**Smoking**

According to Finnish law, smoking is forbidden in all public places, even in
bars and restaurants. Normally Finnish people do not smoke inside. This includes both homes and public buildings. Smokers usually go outside, even in winter. When visiting a Finnish home, smokers should always ask where it is allowed to smoke.

University of Turku recently became a smoke-free campus. Basically this means that smoking is only allowed in certain determined areas that are not close to university buildings or ventilation. Smoking areas and more general information can be found at www.utu.fi/sivustot/savuton/en/. As a rule of thumb: if you find an ashtray, you are in a smoking area.

Sauna
Sauna (sauna/bastu) is an important part of Finnish society. There are over 1.7 million saunas in Finland and almost every house has one. Additionally, saunas are especially popular at summer cottages. However, the importance of the sauna differs from one region to another.

Ancient traditions throughout the whole country say that you should have a sauna sweat bath at least once a week, as that was the way people washed themselves before having modern bathrooms. Although nowadays people have modern bathing facilities, it is not rare to hear people talking about their weekly sweat bath in the sauna. Traditionally, there are separate turns for women and men, but not within the family. A sweat bath in a sauna is a relaxing and refreshing experience and afterwards you can dip in the sea or a lake or roll in the snow during winter.

To learn more about the Finnish sauna, health aspects, history and recommended bathing procedures, visit the website of the Finnish Sauna Society www.sauna.fi and most importantly, try it yourself!

Nordic Walking
You might have noticed people walking with ski poles without wearing any skies and without there being any snow on the ground. This sport has more than half a million active participants in Finland. People use shorter, specially designed poles for nordic walking instead of regular ski poles. The efficiency of the exercise increases with a minimum of 20% when walking with poles compared to walking without them.

Summer Cottages
Summer cottages or summer houses are a Finnish institution. The cottage is like a second home situated by the sea or a lake, among the trees, in the countryside or perhaps on a small island. Cottages often lack modern conveniences, but they offer a real break from the stress of the working week and provide a great contrast to city life. There are over half a million summer cottages in the countryside where Finns relax, go fishing, have a sauna bath or simply spend some quality time with friends and family.

1.5 Art and Culture
Finnish culture has been influenced by different styles and trends from both East and West. For information about culture, news and events in Finland, please check: www.finland.fi.

Internationally known Finnish design brands of products are Arabia, Artek, Fiskars, Hackman, Iittala and Mari-mekko, to mention a few.

Architecture
The Finnish architecture is mostly known for its modernist era. Alvar Aalto is probably the most famous Finnish architect (more information at www.alvaraalto.fi). He is often considered to be the most influential of Finnish modernists. Other notable figure of Finnish modernism was Aarne Ervi. The buildings in the main plaza of the Univer-
Finnish Society and Culture

University Hill (University of Turku) are of his design. From architects outside of modernist school the most internationally known are Elie Saarinen and Eero Saarinen. Both were born in Finland but did their most known work in the United States, most noticeable being the Gateway Arch in St. Louis by Eero Saarinen.

Art

Albert Edelfelt, Hugo Simberg, Helene Schjerfbeck and Akseli Gallen-Kallela are famous Finnish painters who are also known internationally. They were all active during the Golden Age of Finnish national romantic art, spanning some five decades from 1870 to 1920. Wäinö Aaltonen, born in Turku/Åbo, is also a well-known sculptor who began his career in the 1920s doing national romantic sculptures. He later experimented with cubism and is these days considered to be one of the major Finnish sculptors. One of the most known contemporary artists is Kaj Stenvall. His career really started in 1989 when he started doing stylistic paintings of a very familiar looking duck. The Disney's ever popular ducks are usually considered to be the inspiration of Stenvall's work.

Design

Most of Finnish design's top products are found in the areas of furniture and glass items. The Aalto Vase, also known as the Savoy Vase is probably the most internationally known product of Finnish Design. Alvar Aalto and his wife Aino Aalto jointly designed this masterpiece of glass in 1936. Of the more recent well known pieces we can mention e.g. the Block Lamp (1996) by Harri Koskinen. The Block Lamp has been part of MoMa's collection since 2000.

Finnish design has had a healthy run through the 20th century and the works of e.g. Kaj Franck, Nessi Hovi, Maija Isola, Sanna Kantola, Kalle Kuusela, Stefan Lindfors, Gunnel Nyman, Armi Ratia, Hanna Sarén, Timo Sarpaneva, Nanny Still, Paola Suhonen, Helena Tynell and Björn Weckström are all worth seeing.

Film

Important filmmakers include Mika and Aki Kaurismäki, Jörn Donner, Aku Louhimies and Renny Harlin. Aki Kaurismäki was awarded the Grand Prix at the 2002 Cannes Film Festival for the film The Man without a Past. More recent and popular films include Iron Sky and The Flight Before Christmas.

Literature

The Finnish national epic Kalevala has gained worldwide renown. Kalevala partly inspired even the Lord of the Rings trilogy. In fact, J.R.R Tolkien studied Finnish so that he could read Kalevala in its original language. So far Kalevala has been translated into 60 different languages, which makes it the most translated Finnish literary work in history.

The Finnish view of world is nicely presented in literary form in the works of e.g. Elias Lönrot(Kalevala), Aleksis Kivi(The Seven Brothers), Juhani Aho(Railway) and Väinö Linna(The Unknown Soldier). Each one of them also depict a different era of Finnish history and its transitional stages.

Finnish poetry classically has two names over the others: Finland's national poet Johan Ludvig Runeberg (who wrote in Swedish) and Eino Leino (who wrote in Finnish). Runeberg's poem Maamme/Vårt Land provided the lyrics for the National anthem of Finland. Leino's poems have also been converted to musical forms by many of Finland's most celebrated composers. Of more modern poets internationally known are e.g. Paavo Haavikko, Pentti Saarikoski and Arto Melleri.

Other Internationally known Finnish writers and novelists include F. E. Sillanpää (Nobel prize winner in 1939), Mika Waltari, Arto Paasilinna, Volter Kilpi,
Märta Tikkanen, Minna Canth, Bo Carpelan, Sofi Oksanen, Leena Lehtolainen and Tove Jansson, the creator of the Moomins.

Music
Jean Sibelius is probably the best known Finn throughout history of music. His compositions have been played in concert halls all over the world. Other important composers are Joonas Kokkonen, Aulis Sallinen, Oskar Merikanto, Toivo Kuula, Leevi Madetoja, Erik Bergman, Osmo Vänskä, Einojuhani Rautavaara and Kaija Saariaho. Internationally known Finnish conductors are Esa-Pekka Salonen, Mikko Franck, Susanna Mäkki, Jukka-Pekka Saraste, Leif Segerstam. Famous Finnish opera singers include Jorma Hynninen, Kariita Mattila, Soile Isokoski and Tommi Hakala. Both Mattila and Hakala have won the BBC Singer of the World contest in Cardiff.

Rock and heavy metal is very popular in Finland. Some famous artists include e.g. Amorphis, Apocalyptica, Children of Bodom, Finntroll and the 69 Eyes. Other famous representatives of Finnish pop and rock music are for example HIM, The Crash, Nightwish, Redrama, Eppu Normaali, Poets of the Fall, PMMP, Antti Tuisku, Hanoi Rocks, The Flaming Sideburns, 22-Pistepirkko and The Rasmus.

Sports
Within Finnish sports, the most legendary person is Paavo Nurmi, a famous long distance runner. This original “Flying Finn” dominated middle and long distance running in the 1920’s, winning nine gold and three silver Olympic medals, and setting altogether 25 world records. In Turku/Åbo, his home town, there is a statue of him close to the crossing of Hämeenkatu/Tavastgatan and Kaskenkatu/Kaskisgatan. There is also a sports stadium named after him.

Nowadays, Finland is known for motor sports. Famous Finnish Formula 1-series drivers are Mika Hääkkinen and Kimi Räikkönen. Finnish football players such as Jari Litmanen, Sami Hyypiä among some others are also well known in the European fields.

Apart from cross-country skiing, ice hockey is often regarded as Finland’s national sport. Finland won the ice hockey world championships in the spring of 2011 and practically the whole nation joined the celebrations. The local ice-hockey team of Turku/Åbo is called TPS, and they play their home games at Turkuhalli (www.hkareena.fi).

Finland’s official national sport is a type of baseball (pesäpallo/boboll) that is especially popular in the central and northern parts of the country. Floorball, also known as “sähly” or “salibandy” or “innebandy” in Swedish is a popular sport especially in the Nordic countries.

1.6 Festivities and Public Holidays

N.B. 2013-2014

On public holidays all shops are closed (with very few exceptions) and on the eve of the holiday they close at the same time as on Saturdays. During public holidays the universities are closed, and public transportation follows the timetables for Sundays. Since some of the public holidays fall on a Saturday, many shops stay closed on the following Sunday also.

On the following list, all events with a specific date are public holidays, except for Lucia day. Other events affect university students or the whole country, but are still normal workdays.

December 31st - January 1st - New Year’s Eve & Day
(Uudenvuodenpäivä/Nyårstdagen)
Note that only the New Year’s Day is a public holiday but the celebrations take place already in the evening of New
Year’s Eve.

January 6 - Epiphany
(Loppiainen/Trettondagen)
A Christian holiday that marks the end of religious Christmas time.

Shrovetide –
(Laskiainen/Fastlagstisdag)
Shrovetide is usually of bigger importance to university students than to the rest of the population and offers a nice chance to participate in student activities. The festivities take place in the middle of February (the exact date changes from year to year). The activities start in the morning and include some old and some newly invented winter sports. The main event is the sledge competition on Vartiovuori/Vårdberget-hill, where hundreds of students gather to watch the student associations compete.

April 18-21 - Easter
(Pääsiäinen/Påsk)
Easter is celebrated in fairly calm manner, and old traditions still endure. Try mämmi/memma, a traditional Finnish Easter dish, and pasha, which is more of an Orthodox tradition from Eastern Finland and Russia.

May 1 - May Day
(Vappu/Vappen)
A big day of celebration among students and workers, especially the night before, April 30th. Try sima/mjöd, a traditional soft drink (also known as ‘the drink of the Nordic Gods’), and tippaleipä/stru- vor, a kind of pastry typical for May Day.

Vappu/Vappen is the official student celebration day all over the country and the best way to experience it is to get together with Finnish students. Current and former students of all ages are wearing student overalls and their traditional white student caps. The action kicks off on April 30th. In the afternoon, there are concerts and other happenings. At 18.00, Finnish-speaking students go to the Art Museum Hill, and Swedish-speaking students to Vårderberget where spring is welcomed with choir songs and champagne and the white student caps are put on. At 19.00 students gather down by the River Aura to crown the statue of Lilja with a student cap. The celebration of Vappu/ Vappen continues all around town.

The next morning, on the 1st of May, all the students head to Vartiovuori/ Vårderberget for the traditional May 1st picnic.

May 11 - Mother’s Day
(Äitienpäivä/Morsdag)
Mother’s day is annually held on the second Sunday of May. Traditionally mother’s receive small gifts or flowers and a breakfast in bed.

May 29 - Ascension Day
(Helatorstai/Kristi himmelsfärdsdag)
A Christian holiday that celebrates Christ’s ascension to heaven. There are not any special celebrations.

May 19 - Whit Sunday/Pentecost
(Helluntai/Pingst)
A Christian holiday where the event of the holy spirits descencion to the apostles is remembered. There are not any special celebrations.

June 20-21 - Midsummer Eve and Day
(Juhannus/Midsommar)
For many, the two days of Midsummer celebrations are the highlight of the year because the main features are usually plenty of food in the company of good friends, out somewhere in the countryside or in the archipelago or by a lake shore. The festivities usually continue well into the night as the sun barely sets on Midsummer Eve. North of the Arctic Circle, the sun does not set at all during the night. A lot of Finnish-speaking people light bonfires, whereas Swedish-speaking Finns decorate a Midsummer pole, but both are the centre for where
dancing and singing takes place.

**November 2 - All Saints’ Day**  
(*Pyhäinpäivä / Alla helgons dag*)

On All Saints’ Day, people light candles on the graves of their loved ones. The Anglo-American “Halloween”-like events are becoming more popular among the youths around this date but traditionally the Finnish All Saint’s Day celebrations differ from the Anglo-American ones.

**November 9 - Father’s Day**  
(*Isänpäivä / Farsdag*)

Similarly to Mother’s Day, Father’s day takes place annually on the second Sunday in November.

**Nov-Dec - Christmas parties**  
(*Pikkujoulut / Lillajul*)

The season for Christmas parties start at late November and continue until Christmas. Almost every organisation in Finland hosts a Christmas party during the season. Most student associations start arranging Christmas parties about a month before the Christmas Eve. For a small entrance fee, you will get a warm cup of Finnish Christmas drink glögi/glögg, a kind of mulled wine, and a bowl of delicious rice porridge.

**December 6 - Independence Day**  
(*Itsenäisyyspäivä / Självständighetsdagen*)

The Independence Day is a solemn celebration of Finnish independence. People light two candles in the windows between 18.00 and 20.00. A Presidential Independence Day Reception is organised in the Helsinki Presidential Palace on December 6, where the president acts as host for some 2000 guests. Among the yearly invited are e.g. the government, members of parliament, the Finnish members of the European parliament, other civil servants and ambassadors. The party is broadcasted by YLE, watching it is a national sport.

Students celebrate the independence with a torch-light procession from the student unions to the Unknown Soldier’s grave at the cemetery.

**December 13 - Lucia Day**  
(*Lucian päivä / Luciadagen*)

Lucia Day is **not a public holiday**, but one of the most traditional Scandinavian festivities, celebrated in the Swedish speaking parts of Finland, as well as in Sweden and Norway, in memory of the Italian Saint Lucia. There are Saint Lucia processions everywhere, and most cities and even smaller villages elect their own Saint Lucia, a young woman dressed in white and wearing a crown of candles. In Turku, you can witness this event in the Cathedral. Assisted by at least four other girls, Saint Lucia visits e.g. homes for the elderly people and kindergartens.

**December 24–25 - Christmas Eve and Day**  
(*Jouluaatto / Julafton, Joulupäivä / Juldagen*)

Christmas Eve is traditionally celebrated with family and close friends at home, whereas Christmas Day celebration traditions vary somewhat throughout the country.

**December 26 - Boxing Day**  
(*Tapaninpäivä / Annandag jul*)

Boxing day is a public holiday and it is usually spent by visiting relatives.

**Annual ball – Vuosijuhlat / Årsfest**

Every year the student unions, as well as many student associations, arrange parties to celebrate their anniversaries. The nature of these parties is usually formal (dress code: white tie), but at the same time, it is a laid back and, most importantly, a fun occasion. The festivities usually include a cocktail-speech, followed by dinner, the main speech and dancing. At around noon the next day, there is usually a brunch for those who feel up for it. Participating in an annual ball is definitely worth the experience.
1.7 How to Deal with Culture Shock

Culture shock, though not always as dramatic as the term might imply, is a perfectly normal and temporary reaction when adjusting to a new culture. Not everyone experiences a cultural shock. However, for some people the shock may be quite severe while for others it is easier to cope with.

When living and studying in a new culture, the integration period can last for a while. Surrounded by new people, customs, values and environment; one is constantly receiving new information, so it is quite common to feel a bit out of place. Individual expectations affect how one reacts to a new country, so try to be open-minded.

Culture shock is not entirely a negative phase to go through. It can be a significant learning experience, after which you are more aware of aspects of your own culture as well as the new culture you have entered. Realising that you might go through this phase when studying abroad and recognising the symptoms will help coping with it. Common symptoms include homesickness, depression, difficulty to concentrate and irritability. Culture shock can also cause physical symptoms such as nausea, insomnia and loss of appetite.

Stages of Adaptation
When you are experiencing culture shock there are four basic identifiable stages of adaptation. Not everyone goes through these exact stages, but it is quite common to have these feelings when dealing with the positive as well as the negative aspects of a new culture.

1. Euphoria
The new environment is exciting and you are enthusiastic and curious about the new country and its culture. Your own home culture with its habits is still fresh and active in your mind.

2. Conflict
Feelings of isolation and loneliness are common as you become more aware of the cultural differences. They seem more obvious and may be frustrating. Familiar things, such as food from home and being with other students from your own country offer comfort. You might reject everything around you and feel hostility towards the new culture. Comparing this new culture to your own is common, and many things seem to be much better at home.

3. Gradual Recovery
You accept the differences and similarities as you become more familiar with the new culture and new situations. You may feel relaxed and more confident in dealing with different aspects of the new culture.

4. Acceptance
As you become more involved in different social activities and get to know the people and places around you, you will adapt to the new culture and create some sense of belonging. You may not even realise how well you have adjusted to the new culture until you return to your home country. Then you may experience a reverse culture shock.

Coping
When you are experiencing culture shock, it is important that you deal with it in a constructive way. When you find yourself in the middle of strange surroundings and people you do not know, it is pertinent that you pursue a "normal life". Explore your new surroundings and locate useful places such as the post office, shop, bank, the Finnish Student Health Service Centre and the hospital. Get settled in your apartment and make it cosy. Introduce yourself to your neighbours and fellow students or researchers. Other newcomers are in the same situation and you can support each other. Make the best of your time abroad by getting to know Finnish stu-
dents as well.

Take part in different social activities organised by the student associations e.g. ESN (Erasmus Student Network) and ISTU (International Students of Turku Universities). If you are having a hard time coping in the new environment, do not hesitate to talk about it with friends, colleagues, your tutor, teachers or study advisors. Talk to your family and keep in touch with your friends back home. If you feel that you need professional help, please contact the Finnish Student Health Service (see chapter 5.3).

Have an open and curious mind. If the Finnish social customs puzzle you, do not be afraid to ask questions and get to know the culture, customs and values better. Also keep in touch with your own culture (for instance a list of churches, temples and mosques can be found in chapter 11.2).

Throughout this period of cultural adaptation, remember to take good care of yourself. Adapting to a new country, culture and social customs can sometimes be a complex and difficult process but in the end, experiencing new cultures is rewarding and enriching. Relax and fully enjoy your exchange period!
2. Getting Started at the Campus

Following abbreviations will be used throughout this guide:

UTU = University of Turku
ÅAU = Åbo Akademi University

2.1 Offices of the University of Turku

International Office (General information for exchange students)

Rehtorinpellonkatu/Rektorsåkersgatan 3. (Turku school of economics)
Tel. +358 (0)2 333 6582,
+358 (0)2 333 6150 or
+358 (0)2 333 5692
Fax: +358 (0) 2 333 6370
email: international@utu.fi
www.utu.fi/exchange
Open Mon-Thu 10.00-13.00

Student and Admission Services Office
UTU (for degree students)

Visiting address: University hill, main building, ground floor. Mon-Fri 11.00-14.00
Mail: Student and Admission Services, University of Turku, FI-20014 Turku, Finland
Registration information can be sent to reg-new@lists.utu.fi
Open Mon-Fri 11.00-14.00

International Welcome Services
General information and practical matters for long-term staff visitors and PhD students
Tel. +358 (0)2 333 5903
+358 (0)2 333 6259
email: iws@utu.fi
www.utu.fi/welcome
2.2 Offices of Åbo Akademi University

International Office (Registration and general information for exchange students)

Gripen, Hämeenkatu/Tavastgatan 13
Tel. +358 (0)2 215 4836
Tel. +358 (0)2 215 3230
e-mail: international@abo.fi
www.abo.fi/exchange
Open Mon–Fri 10.00–12.00, 13.00–15.00

The Office of Student and Academic Affairs ÅAU

Gripen, Hämeenkatu/Tavastgatan 13
Mon-Fri 10.00-15.00, e-mail: studinfo@abo.fi

2.3 Student Unions

Student Union of the University of Turku (Turun yliopiston ylioppilaskunta, TYY)
Rehtorinpellonkatu/
Rektorsåkersgatan 4 A
20500 Turku
Tel. 276 9610 fax: 276 9611
e-mail: tyy@utu.fi
www.tyy.fi
The Student Union service desk is open
Mon-Wed and Fri 10.00-11.00, 12.00-14.00 and Thu 12.00-15.00

Student Union of Åbo Akademi University (Åbo Akademis Studentkår, ÅAS)
Kären
Hämeenkatu/Tavastgatan 22 (3rd floor)
20500 Turku/Åbo
Tel. +358 (0)2 215 4650
Fax: +358 (0)2 215 1564
www.karen.abo.fi
Open Mon–Fri 12.00–15.00

The student unions are public corporations completely independent of their respective universities. The role of the student unions is to represent their members in the university administration, to improve the position of students in the society in general and to provide the members with services ranging from consultations with lawyers to free time activities.

Members of the Student Union are entitled to:
- Subsidised lunches in the student cafeterias.
- Long distance bus/railway/ferry tickets at student prices in Finland.
- Reductions in most theatres, concerts, exhibitions, swimming pools, sports centres, and in some shops and restaurants by showing their student card.
- Reductions in over 1,000 shops located around Turku or online. To see the full list of the shops included in the benefits, please see www.lyyra.fi/edut/.
- Basic health care at the Finnish Student Health Service (for further details, please see chapter 5.3).

For a complete listing of the membership benefits, please check the website of the respective student union.

Student Union Membership

There is a student union (ylioppilaskunta/ studentkår) in every Finnish university. The membership of a student union is compulsory by law for all Finnish degree students. Membership is optional for formal exchange students and PhD Students, whereas visiting students are not eligible to join the Student Union.

The Student Union of the University of Turku (TYY) membership fee for degree- and exchange students for the academic year 2013-2014 is 92€ (46€ for one semester) and for PhD students the fee is 35€ for a academic year.

The Student Union of Åbo Akademi (ÅAS) membership fee for degree students for the academic year 2013-2014
Getting Started at the Campus

is 110€ (55€ for one semester) and for the PhD students for the academic year the fee is 66€.

There are also many student associations within each university and within each faculty. These are sub-organisations of the student unions, and the purpose of their work is to bring forth the opinions of the different groupings within the university. Another important purpose of the student associations is to create opportunities for students to meet new and old friends by organising e.g. meetings, parties and excursions. There are also many student associations specifically for international students.

**TYY Membership Benefits**

In addition to the general Student Union benefits mentioned before, TYY services for its members include the TYY Student Library, Student Loan Fund, Turku Student Newspaper (Turun ylioppilaslehti, nickname Tylkkäri) and free of charge consultations with a lawyer once a week. A group of specialists of the Student Union offers the members general help and consultation in academic, social and international affairs.

**ÅAS Membership Benefits**

In addition to the general Student Union benefits mentioned before, ÅAS services for its members include the usage of e.g. meeting rooms for free at Kären. There is also a gym and sauna in the building. ÅAS offer free legal advice once a week together with TYY. The Secretariat of the Student Union offers the members general help and consultation in academic, social and international affairs.

**Finnish Student Card**

The Finnish student card is called opiskelijakortti (in Finnish) and studiekort (in Swedish). This card is issued by the National Union of Finnish Students (SYL/SFS). To get a student card you have to be a member of the Student Union of your host university in Turku/Åbo.

In order to obtain the student card you need to:

1) Pay the Student Union fee at any bank with the special payment slip that you can get from the university.

2) Register at the University.

3) Order and pay the card with an electronic ordering form at www.lyyra.fi (note that a digital photo is required).

It normally takes about three weeks to process the cards. You have to collect your card from the Student Union Office by showing the receipt of the paid student union membership fee. The Finnish Student Card Lyyra costs 17€ at ÅAS and 16.60€ at TYy in the beginning of the term while you are waiting for the student card, the receipt of the paid fee can be used as proof of the membership.

The Finnish student card proves your Student Union membership and entitles you to all their benefits. Every autumn your student card is validated with a new sticker after you have paid your membership fee. The card is not valid without the annual sticker.

Note that the international student identity card (ISIC) does not give you access to subsidised student meals, or discounts in public transportation in Finland. For this you need the official student card issued by National Union of Finnish Students (SYL/SFS). If you wish you can apply for a combined student card which has the benefits of both SYL & ISIC. A combined card is also applied through Lyyra and it costs around 37€ depending on where you study.
2.4 Exchange Students

University Registrations
Registration for the exchange students takes place at the host university during the Orientation Course in the beginning of each semester or at the international office.

When registering, each exchange and visiting student will receive a Course Card in which the student should fill in all the courses that are completed in the host university.

Exchange students have the right to take courses from an other university beside their host university in Turku/Åbo. You have to register with the other university as well. Students at UTU wishing to take courses at ÅAU and students at ÅAU wishing to take courses at UTU should follow the instructions given by the international offices. The process of acquiring a student number at the other university is handled via email. Without a student number for every university where courses are taken, the courses cannot be added to their transcript of records.

A visiting student has the right to study only in the programme to which he/she has been accepted. However, if the programme includes courses that are arranged by another university, the visiting student has the right to participate in these courses and needs to register with the organising university.

Many courses require online registration before the start of course. This is done through Nettiopsu (https://nettiopsu.utu.fi) for courses held by the University of Turku. At Åbo Akademi University the students register for courses at Minplan (https://minplan.abo.fi) if required. If no registration requirement is present on the course information, then no registration is needed and you can just go to the lectures. Note that some courses have limits to how many participants they take and there can be some previous study requirements as well.

Study Counselling
If you need to consult someone about your studies, contact the International Office or your departments ECTS contact person, or departmental coordinator.

List of departmental ECTS-contacts at UTU: https://ssl.utu.fi/apply/contacts/

2.5 Degree Students

University Registration
Registering is done by paying the Student Union membership fee. Membership is compulsory for all students studying for a Bachelor's or Master's degree. You will get a bank transfer form that has instructions on how much to pay and to which bank account, and remember to save the receipt from this transfer (you will need it later).

Attend the Orientation Course! You will receive a lot of useful information. Students who are accepted are expected to be present at the Orientation Course which is arranged in the beginning of the autumn term. The Orientation Course helps you to adjust to Finnish student life and living in Turku/Åbo.

Many courses require online registration before the start of course. This is done through Nettiopsu (https://nettiopsu.utu.fi) for courses held by the University of Turku. At Åbo Akademi University the students register for courses at Minplan (https://minplan.abo.fi) if required. If no registration requirement is present on the course information, then no registration is needed and you can just go to the lectures. Note that some courses have limits to how many participants they take and there can be some previous study requirements as well.
**Study Counselling**

Soon after the beginning of your studies you will make a personal study plan. Usually, the plan is discussed with your contact person at the department. If you need counselling concerning your studies, contact your contact person. He/She can help you with most issues.

**2.6 PhD Students**

**University Registration**

Enrol in the university through your university’s registration office. Student and Admission Services Office (in main building) for UTU and Student Office (Gripen, Hämeenkatu/Tavastgatan 13) for ÅAU.

The enrolling can usually be done by mail/email. You should have received contact information in your admission to university letter. After the admission decision you should receive a registration form by mail/email. Fill it in and return it to Student and Admission Services / Office of Student Affairs.

Many courses require online registration before the start of course. This is done through Nettiopsu (https://nettiopsu.utu.fi) for courses held by the University of Turku. At Åbo Akademi University the students register for courses at Minplan (https://minplan.abo.fi) if required. If no registration requirement is present on the course information, then no registration is needed and you can just go to the lectures. Note that some courses have limits to how many participants they take and there can be some previous study requirements as well.

**Student union membership**

It is possible for the PhD students to join a student union. The membership benefits for the PhD students are however significantly fewer than those of the exchange/degree students. The fee doesn’t for example include health care. For more information, please check the web pages of the Student Union of your host university.

**Study Counselling**

If you feel a need to discuss your studies, proceeding, how to continue etc., please turn to your supervisor. He/she is the best person to advice you. Faculties and departments vary on how study counselling for doctoral students is handled.

**2.7 International Trainees and Visiting Students**

Students who arrive to Finland for an internship / Erasmus placement period are considered as employees of the host organization. The host organisation can be any public or private enterprise, also a university. Normally students doing an internship, within a university or in another organisation, will not be registered as a university student and thus cannot join the student union and will not get the student benefits. However, trainees of a university will get an access to university’s library services and access to university’s computer services.

Visiting students at UTU cannot join the Student union of their host university. This means that they are excluded from the student union benefits like subsidised student meals and health care. For information about health care check chapter 5. Visiting Students are granted access to host university’s services e.g. IT facilities and Libraries.

**2.8 Services for People With Disabilities**

In the universities, you can contact the following persons regarding disability issues:
- **UTU**: Ms. Paula Pietilä, Disability Coordinator, tel. (02) 333 6235, esteetmyyssuunnittelia@utu.fi
- **ÅAU**: Ms. Johanna Hedenborg, tel. +358 (0)2 215 4793, johanna.hedenborg@abo.fi.
2.9 General Information about Written Examinations and Essays

Examinations

N.B. These are only general regulations and the departments or subjects may have additional regulations. Please check the regulations well in advance before each examination!

Most courses are assessed by a written examination at the end of the course. The lecturer will notify the students of the examination procedures in question. The lecturer should evaluate the exams within 2 weeks (UTU and ÅAU). Essays or other exercises written during the course are usually also part of the assessment. Since the examination is at the end of the course and the length of the courses may vary from a few weeks to a semester, there are examinations throughout the whole semester. At the University of Turku and Åbo Akademi University students must register 7–10 days in advance of the examination date if registration is needed. This is done by filling in a form or online at http://Nettiopsu.utu.fi for students studying in UTU. In ÅAU the registration is done via MinPlan (https://minplan.abo.fi). Please check the procedure at your department/programme.

There are certain rules concerning examinations and essays, set out in the University Law and the regulations of each university. Violation of these rules is considered a serious offence and punishable by failure to complete the course in question, a warning by the Rector, and in serious cases, suspension from the university. The most serious violation is to cheat in examinations or to plagiarise in an examination or an essay. Any violation against these rules by exchange students will be reported to the student’s home university. Before that, though, the student will always be informed of the matter and has the right to be heard. In the case of exchange students who have already returned home, the case will be dealt with by the student’s home university.

The instructions and regulations concerning examinations and essays are:

• Register according to the instructions (normally 7–10 days in advance, by filling in a form or online).
• Go to the examination in time.
• Take along only your student ID and a pen/pencil.
• No books, notes, mobile phones or other devices or materials are allowed at the examination, unless specifically mentioned.
• Talking to other students is strictly forbidden during the examination.
• Copying answers from other students is strictly forbidden during the examination.
• You may not leave the examination hall until half an hour (UTU)/one hour (ÅAU) has passed from the beginning of the examination.
• If you need to leave the examination room temporarily (e.g. for WC or to have a sip of water) during the examination, you must have the permission of the supervisor.
• Essays are individual work and they should not be copied from other students or from the Internet.
• Essays should always have references to works consulted and/or quoted, with a bibliography at the end. All forms of plagiarism, e.g. copying from the sources without proper reference indication, is regarded as falsification, which is taken very seriously and will lead to repudiation.
• Please remember that referencing techniques can vary between different countries and to some extent between different disciplines.
• Please ask the teacher for advice if you are unsure of the rules.

Note that when you receive a marked essay or an examination from your Finnish teacher, the √-sign would usu-
ally indicate ‘wrong’, ‘incorrect’, whereas
the opposite (‘correct’, ‘good point’, ‘well
done’) is marked %.

Students at UTU and at ÅAU have the right to receive
their results within two weeks after an
examination. In Finland, the results are
official records, as well as the basis for
marking.

Transcript of Records
The department or faculty office regis-
ters all results with the central study reg-
isters of the universities. Exchange stu-
dents should also fill in all completed
courses in their course cards and hand
in the card at the International Office at
the end of their stay. The International
Office will send an official transcript of
records of all passed courses to the ex-
change student and/or his/her home
university. Note that failed courses are
not registered and will not show on the
transcript.

Degree and visiting students can get
transcripts when needed from the fac-
ulty or student office.

Credits
All courseworks are measured in credits
(opintopiste/studiepoäng). The normal
amount of credits acquired during one
academic year is 60. The Bachelor’s
Degree (kandidaatti/kandidat) consists
of 180 credits and the Master’s Degree
(maisteri/magister) usually of 120 cred-
its.

The universities in Turku/Åbo are part
of the European Credits Transfer System
(ECTS), where a year of full-time study
corresponds to 60 ECTS credits. The
new credit system is compatible with
ECTS.

Grades
Most courses are graded. The grading
system runs from A/5 to E/1 with A/5
being the highest score and E/1 the
lowest passing grade. Some courses are
given on a pass/fail basis without further
grading.

Electronic Exam Service
It is possible to take some exams elec-
tronically at the University of Turku and
at Åbo Akademi. The term “electronic
exam” means an exam taken through
the Electronic Exam service (https://
tenttis.utu.fi). The maintenance and su-
 pervision of the Electronic Exam service
is centralised, and the supervision takes
place through an access control system
and recording camera surveillance.

The e-exam room is in PharmaCity on
the first floor (Itäinen Pitkäkatu/Öster-
långgatan 4) seminar room 4.

You may not take anything with you
into the exam room. Before entering
the exam room, please leave your out-
door clothing and bag in the lockers
outside the room. The lockers work
with 1€ coins. In an electronic exam you
need no writing materials or paper. You
may not bring course materials or other
means of assistance into the room. Also
leave your mobile phone outside the
exam room.

N.B. Not all exams are available to be
taken electronically. Please check with
the examiner.

JOO-studies
All Finnish universities are part of a
flexible study rights or JOO (joustava
opinto-oikeus) agreement which of-
fers degree and phd students the pos-
sibility to study at other universities in
Finland. A student at a University here
in Turku/Åbo can complete studies for
their degree at another Finnish univer-
sity and vice versa. JOO-studies are free
of charge.

Detailed information on flexible study
rights is available on the JOOPAS web-pages (www.joopas.fi) along with instructions and the application form in English. In order to log in, you need to have a current user ID and password of a Finnish university.

2.10 Libraries

Library cards are issued by the University libraries. You can get a library card from the library by proving your identity and giving your contact information to the register.

Most of the university library services are free, except for interlibrary loans, certain book orders and information retrieval. Also, if you do not return books by the due date, you will have to pay a fine accordingly. Your borrowing rights may also be suspended if you leave the fines unpaid and for certain other reasons. Check the terms and conditions for loans of each library you borrow books from.

The books that are prescribed for any course should be available at the ‘course book library’ or ‘undergraduate library’ (kurssikirjasto/kursbiblioteket) of the university in question, and there should be several copies of each book.

In the university libraries, most items are listed in the library catalogue – there is a separate library catalogue for the University of Turku and for the Åbo Akademi. You will find the information about the library catalogue and how to use it on the library’s web pages.

You may also want to use the union database of Finnish university libraries, LINDA (http://linda.linneanet.fi) as well as other special databases. Information about the catalogues and the databases is available at the library web pages. Online searches in the university network’s catalogues and databases are free of charge and can be conducted in Finnish, Swedish and English. You can ask the library staff to get you started.

University of Turku Library
(Turun yliopiston kirjasto)
http://library.utu.fi

Turku University Library consists of a Main Library, a Course Book Library and three Discipline Specific Libraries situated on the campus. Turku University Library has one of the largest collections of books and journals in Finland, 60 kilometers of shelf-space altogether. Based on the Legal Deposit Act Turku University Library receives free copies of all publications printed in Finland since 1919.

Turku University Library’s e-resources are extensive and cover all disciplines, consisting of over 200 databases, around 27000 e-journals and over 300 000 e-books. All electronic journals as well as the reference and full text databases acquired by the library are available via Nelli Portal: http://www.nelliportaali.fi. You can use the e-resources both inside and outside the university network; for the latter you have to log in to the Nelli portal with your university network user account. Training in using online catalogues and databases is available at request. The Information Services of the Turku University Library is happy to answer your questions e.g. by e-mail: ki-tietopalvelu@utu.fi. During the orientation course you have a chance to get acquainted with our library services that is highly recommendable.

University of Turku has also collected information and useful links between branches of sciences into research guides. Research guides provide information about current issues, important tools and articles, magazines and reference books. Research guides can be found at http://libguides.utu.fi/inEnglish.
Turku University Main Library
(Turun yliopiston pääkirjasto)
University Hill
Tel. 333 6175, e-mail: library@utu.fi

Turku University Main Library is located on the University Hill and is open to everybody pursuing studies or research. The items of the Main Library may either be borrowed as home loans or only be used in the reading room of the library. Most of the material at the Main Library is in closed stacks and must be requested one day beforehand via the Volter library database https://volter.linneanet.fi/. In the periodicals reading room there is a variety of international magazines and newspapers available for you to read.

The Course Book Library
(Kurssikirjasto)
Assistentinkatu /Assistentgatan 5 (Edu- carium building)
Tel. 333 5477, e-mail: kurssikirja@utu.fi

The course book collection contains books assigned as literature to specific courses. The loan period for home loans from the Course Book Library collection is 14 days and for short-term loans 2 days. Please notice the late fees: a 1€/day/book fee is charged on course book loans and a 10 €/day/book fee is charged on short-term loans if they are not returned by the due date. The library also has one copy of each course book for reading room use. Reading room copies can be borrowed for overnight or weekend.

The Course Book Library has a number of small rooms reserved for quiet group study sessions.

N.B. The course books of medicine, dentistry and nursing are situated in the Medical Library and the course books of Turku School of Economics which are situated in the Economics Library.

Discipline Specific Libraries
Turku University Library has three Discipline Specific Libraries. The Discipline Specific Libraries and their several sub-units provide customers subject-specific services and materials. The Discipline Specific Libraries and their units are spread all over campus. You can find more detailed information about the opening hours and addresses of the Turku University Libraries on web page http://library.utu.fi

Anthropos (pedagogy, social sciences, law, economic sciences)

• **Education and Social Sciences Library, Course Book Library, European Documentation Centre** (Assistentinkatu 5, Educarium)
• **Economics Library** (Rehtorinpellonkatu/Rektorsäkersgatan 3, Turku School of Economics)
• **Law Library** (Caloniankuja 3, Calonia)
• **Teacher Education Library** in Rauma (Seminaarinkatu 1, Rauma)

Logos (humanities)

• **Juslenia Library** (Henrikinkatu/Henriksgatan 2) > Languages, History, Culture studies, arts studies
• **Signum Library** (Koskenniemenkatu/Koskenniemigatan 4) > Translation studies, Finno-Ugric languages, media studies, musicology
• **Library of cultural production and landscape studies** in Pori
• **Arcanum Library** (Arcanum, Vatse-lankatu/Vatseflagatan 2, 3rd Floor) > Biochemistry, chemistry, food chemistry
• **Bio-Geosciences Library** (Lemminkääsenkatu/Lemminkäinengatan 14-18 A 101) > Biological sciences, environmental studies, geography, geology, maritime studies
• **Medical Library** (Kiinamyllynkatu/Kinakvarngatan 10, 2nd Floor) > Dentistry, medicine, nursing science
• **Quantum Library** (Yliopistonmäki/Universitetsbacken, Quantum) > As-
Åbo Akademi University Library
(Åbo Akademis bibliotek)
http://www.abo.fi/bibliotek/
Tuomiokirkonkatu/Domkyrkogatan
2–4 Tel. 215 4180, e-mail: biblioteket@abo.fi

Åbo Akademi University Library is an all-around knowledge centre actively supporting research, teaching and learning. The library serves primarily teachers, researchers and students of the university, but it is also open to the general public. There are several computers, a reading room and a café that serves Late lunch from 14-18:30.

Åbo Akademi University Library includes the Main Library, seven subject or campus libraries and additionally some departmental libraries.

The printed material consists of approximately 2.5 million volumes. The library offers access to a large amount of e-journals and e-books and to reference databases, which are available via library and other computers in the university network or by remote login with abo.fi-user accounts. The database ALMA (http://alma.linneanet.fi) is the online public access catalogue of the library. Most of the material at the Main Library is in closed stacks and must be requested through the database ALMA.

The ASA Library (ASA-biblioteket)
Vänrikinkatu/Fänriksgatan 3 A
Tel. (02) 215 4192, e-mail: asalan@abo.fi

The ASA Library has the most of the university course books. There is one copy of the current course literature intended for use in the reading room. The opening hours for the reading room are the same as for the library.
The ASA Library is also a subject library comprehending the following subjects: Information Studies, Women's Studies, Mathematics, Economics and Statistics, Sociology, Political Science and Public Administration. See more details at the library web page, http://www.abo.fi/bibliotek/bibasa

The other subject and campus libraries are:

The Axelia Library (Axelia biblioteket)
Piispankatu/Biskopssgatan 8
Tel. +358-2-215 3202, axlan@abo.fi

The Axelia library provides literature mainly from chemical engineering and natural sciences. Books are requested through ALMA (http://alma.linneanet.fi) and borrowed at the Axelia library. There are also several computers, reading desks and a printer for students to use.

The Arts and Humanities Library
Tehtaankatu/Fabriksgatan 2
Tel. +358-2-215 3601, hflan@abo.fi

The Arts and Humanities Library is the common library for the following subjects and collections: Archaeology, Art History, The Centre for Language and Communication, The Chilpa project, Classic Languages, Comparative Literature, Comparative Religion, English, Ethnology, The Ethnology Textile Archive, Finnish, Folkloristics, French, General Linguistics, German, History, Logopedics, Maritime History, The Medieval Institute, Musicology, Philosophy, Psychology, Russian, and Swedish. Available literature can be found on open shelves and are borrowed at the service desk or lending machine. The library has also reading desks and computers available for students.

The Biocity Library
Tykistökatu/Artillerigatan 6
Tel. +358-2-215 4040, biobib@abo.fi

The Library holds literature within the following fields: Biochemistry and
Pharmacy, Cell Biology, Environmental and Marine Biology, and Parasitology. The library has open shelves but it’s preferable to request loans first through ALMA (http://alma.linneanet.fi).

**Library of Economics and Business Administration**
*Henrikinkatu/Henriksgatan 7*  
Tel. +358-2-215 4568, esb@abo.fi

The library’s collections include mainly literature about accounting, auditing, business administration, international business and political economy. Books from above mentioned topics need to be requested first through ALMA (http://alma.linneanet.fi).

**The Theological Library**
*Piispankatu/Biskopsgatan 16*  
Tel. +358-2-215 4867, tflan@abo.fi

The Theology Library holds literature from the following collections: General Theology, Exegetics, Church History, Practical Theology, History of Religion, Systematic Theology, Social Ethics, Symbolism and the Literature Collection of Institutum Judaicum.

Check all the opening hours of the Åbo Akademi Library on their web page http://www.abo.fi/bibliotek/oppettider

**Turku City Library (Turun kaupunginkirjasto/Åbo stadsbibliotek)**
*Linnankatu/Slottsgatan 2*  
Tel. (02) 330 000 (daytime) and (02) 262 0624 (evening)

Everyone can borrow books from the Turku/Åbo Public Library free of charge. In order to obtain a library card, you have to fill in an application and present a proof of identity. If books and other materials are not returned by the due date, overdue fees are charged. The overdue fee is 0.20€ per loan in a day after the due date, until you return the borrowed material. However, the fine will not exceed 6€/loan.

It is also possible to borrow videotapes, CDs, cassettes and CD-ROMs from the public libraries. All the basic information is online and you can do searches in Finnish, Swedish or English. A free internet connection (wifi) and computers can be used around the library. The library has a children’s section and a youth section as well as a reading area with journals and newspapers. In addition, there is an extensive nonfiction literature section. There are also twelve branch libraries in the city area. For further information, check the library’s web page at www.turku.fi/kirjasto.

**Library of the Student Union (TYY)**  
University of Turku  
*Rektorinpellonkatu/Rektorsåkersgatan 4 B* (Student house B, 2nd Floor)  
Tel. +35845 843 3428, tyy-kirja@utu.fi

The Student Union of the University of Turku has a library that offers a wide selection of course books, newspapers and magazines (also in foreign languages). The collections are found on the online database VOLTER of Turku University Library at http://volter.linneanet.fi. Please see the website http://www.tyy.fi/in-english/services/tyy-library for more information in English.

**Special Libraries**

**The Donner Institute/Steiner Memorial Library**
*Linnankatu/Slottsgatan 13*  
Tel. 020 7861 451, donner.institute@abo.fi, http://web.abo.fi/institut/di/

The Library of the Donner institute has about 70,000 pieces of literature in the fields of comparative religion, anthroposophy. The library has also an ethnographic collection of Edward Westermarck. Loans need to be requested through ALMA (http://alma.linneanet.fi).
European Documentation Centre
(Library of Educational and Social Sciences, UTU)
Assistentinkatu/Assistentsgatan 5, Educarium
+358 (0) 2 333 5919, kasvyht@utu.fi

The European Documentation Centre is maintained in cooperation by the University of Turku and the Åbo Akademi University and it serves all those who need EU information. It's located at the second floor of the Education and Social sciences library.

The ICT-Library
Joukahaisenkatu/Joukahainengatan 3-5
Tel. +358-2-215-4085, ictlib@abo.fi

The ICT-library is a joint library affiliated with the University of Turku, the Turku University of Applied Sciences/Turku Polytechnic and the Åbo Akademi University. It is located in the ICT House together with the departments of Information Technology of the three universities.

Judaica Library
Piispankatu/Biskopsgatan 16

On agreement with the library staff, you can have access to the library outside the normal opening hours. For further information, contact Prof. A. Laato (email: antti.laato@abo.fi) or librarian Airi Forsell, Tel. (02) 215 4867.

Library of The Institute for Human Rights, The Council of Europe Depository Library and UN Depository Library
All located at Piispankatu/Biskopsgatan 19

For further information, contact Ms Harriet Nyback-Alanen, tel. +358 2 215 4325, e-mail: harriet.nyback-alanen@abo.fi or visit http://www.abo.fi/institution/en/humanrightslibrary

Please note that most of the libraries have different opening hours during summer (June–August). Contact the library in question for more information.

2.11 IT Facilities

The universities in Turku/Åbo have their own Computing Centre (atk-keskus/datacentralen), which provides IT services free of charge for the university’s staff and students. The Computing Centres maintain and develop programmes, give instructions and information about the use of PC’s and develop data-processing within the universities in general.

The PCs and terminals managed by the universities are linked to a local university computer network and to the catalogue databases of the university libraries, and also to some off-campus sites. Registered students, staff, researchers and also visiting researchers can get access to the IT facilities at the universities. In order to use the computer network you will need a user account, which is supplied by the Computing Centre of your university.

The addresses are:

• UTU, Tietohallinto, Faculty of Education building (Educarium, Assistentinkatu/Assistentsgatan 5, 4th floor), https://intranet.utu.fi/en/unit/it-services/contacts/.
• For Turku School of Economics: Tietohallinto, Rehtorinpellonkatu/Rektorsåkersgatan 3.
• Sirkkala Service Center, Verstas, Lemminkäisenkatu/Lemminkänengatan 1 (2nd floor), email: medituki@utu.fi.
• Service Centre University Hill, Natural Sciences Building 1, Vesilinnantie/Vattenborgsvägen 5 (entrance hall), email: makituki@utu.fi.
• ÅAU, Datacentralen, Vänrikinkatu/ Fänriksgatan 3 B (ASA-building), www.abo.fi/dc.

After you have registered, the Comput-
ing Centre will normally grant you a user account with access information to the university’s computers. The account and password information must be retrieved personally from university’s computing centre.

You can get access to the computing services only at the university with which you are registered. However, if it is necessary for your studies or research to have access to the computer services at the other university as well, it may be arranged. At each university you need to get an account or user identification in order to access the computers.

N.B. University computer account informations are personal and you must not give your personal account information to anyone else.

When you need help with your computer-related problems, or e.g. if you suspect you have opened a file containing a virus on an university computer, please contact the IT support at your university.

• UTU: Call (02) 333 6000 or e-mail: helpdesk@utu.fi. Office hours: Mon-Fri 8.00-16.00
• ÅAU: Call (02) 215 4777 or e-mail: oraklet@abo.fi. Office hours: Mon-Thu 8.30-16.30, Fri 8.30-15.30

Various kinds of software, including virus protection, word-processing and spreadsheets, are available for home/personal use at low prices or for free at the Computing Centres. For more information, contact the Centre at your university.

Nettiopsu - a Virtual Study Register
Virtual study register Nettiopsu is available for all University of Turku students. Log in to Nettiopsu at https://nettiopsu.utu.fi. There are a number of services available on Nettiopsu, such as course and exam registration and change of address. Also the results for completed study units are shown in Nettiopsu.

In order to log in to Nettiopsu, you need to have a valid user ID issued by the Computing Centre of the University of Turku. For more information, please visit: www.utu.fi/en/studying/registration/.

Nettiopsu has the following applications and pieces of information:

• Exam & course registration
• Transcript of records & Grades
• The student’s personal data and contact information
• The right of study & Registration information
• Student exchanges
• Degrees completed at the University of Turku.
• Electronic Personal Study Plan aka eHOPS

Results of completed studies are entered into the study register system by the university departments. Please contact the department if there are any problems with your transcript.

MinPlan
MinPlan is used at ÅAU to make individual study plans and for registering for courses and exams. MinPlan also contains information about all courses. https://minplan.abo.fi

MinPlan contains information about:

• Study Plans
• Course registration
• Exam registration
• Study Plan reviews
• Study Guides

For more information about MinPlan you can visit ÅAU’s website providing useful guides for the purpose: http://www.abo.fi/student/minplanmanualer.
Computer labs
Each university has computer labs aimed at the university’s own students and staff to use for working and studying. You should not disturb other people working in the computer classroom. For example, talking with your friends and on your mobile phone, as well as playing computer games are not suitable behaviour in the computer rooms. For more details on where the student computers are situated at your university, contact the Computing Centre, the Student Office of your host university or your department.

E-mail
Once you have received your user account for the host university’s computer network (see above), you should be able to use your own UTU / ÅAU e-mail account. It is recommended that you also use this Finnish e-mail account while staying in Finland.

There are some mailing lists at each university and the Student Unions will provide you with information on how to join these lists. By joining the mailing list(s) of your university, you will get the most updated information concerning both study and leisure. UTU also has two lists administrated by UTU International Office to spread official information. EXCHANGE-list for exchange students and UTUINTERNATIONALS-list for visiting staff and researchers. Some of the most useful mailing lists for international visitors are:

- UTU: EXCHANGE-list
- UTU: UTUINTERNATIONALS-list
- TYY: ESN Uni Turku-list
- TYY: TYY-DEGREESTUDENTS-list
- TYY/ÅAS: ISTU-list (International Students at Turku Universities)
- ÅAS: NUNTII-list
- ÅAS: DEGREESTUDENTS-list
- ÅAS: ESN-ÅA-list

The majority of all the information about events, excursions and social events is provided via e-mail as well as all the important information about the student unions and other student organisations. Some university departments also provide students with course information via e-mail.

The e-mail list of the International Office of the University of Turku will inform you about changes in course schedules etc. The International Office will add exchange students on the list automatically before their arrival to Turku/Åbo. If a student has not given the permission to join when filling the online application form, it is possible to subscribe and unsubscribe to the exchange mailing list online by giving your information at www.utu.fi/en/studying/students/exchange/home/exchangelist.html.

To subscribe to the e-mail lists of the Student Union of Turku University (TYY ESN-list and the TYY-list for international degree students), go to www.tyy.fi/in-english/services/mailing-lists where you can fill in your e-mail address and choose the list you want to subscribe to. For more information on this, contact TYY’s specialist for International Affairs: tyy-kvsihteeri@utu.fi.

Both the NUNTII-list of ÅAS and the ÅAS e-mail list for degree students are “mailman”-lists. For subscribing, send an e-mail to nuntii-request@abo.fi or degreestudents-request@abo.fi. As your message text, write: subscribe. To unsubscribe, send it to the same recipient, but as your message text write: unsubscribe and the password you got when you subscribed. You can get more detailed information about mailing lists from the Secretary of Social and International Affairs, e-mail: ssu-karen@abo.fi.

Sparknet
For people with laptops or smartphones there is a wireless network called Sparknet. Once you have received your user account for your host university’s com-
puter network, you can use the same account to access Sparknet. Sparknet covers the whole campus area and some parts of the city centre.

**Eduroam**

Eduroam is a world-wide roaming access service developed for the international research and education community. University of Turku and Åbo Akademi University are members of Eduroam. Eduroam offers a wireless connection to the Internet for free and safely and easily. The members of the Universities can use Eduroam network in other Eduroam organisations around the world.

The connecting to the wireless Eduroam network can be set up to happen automatically so that you don't have to manually connect to network every time you are about to use it. This way you are able to keep all your mobile devices continuously in a high speed WLAN network. In addition, Eduroam offers high information security.

The coverage of the wireless Eduroam on campus increases continuously but it is still in early stages.

**2.12 Photocopying, Scanning & Printing**

Copying machines are available in most university buildings. Each university has its own copying cards, meaning that an ÅAU card will not function at UTU and vice versa.

At UTU You can get a copy tag for the copying/printing system from IT Services or library service points. The tag includes the quota of 300 pages, which is free for students. Staff printing and copying is not restricted, but they also need a copy tag when using machines that have a reader on them.

The quota doesn't automatically include paper, the paper distribution is decided by the department. The printing quota is 300 black and white pages per semester. Printing colored pages expends 10 pages of quota. The quota is tied to your utu account. The quota is personal and covers printing in university computer classes, in addition to printing and copying at a university library. The following locations can sell credits for your quota, allowing you to print more:

- Educarium IT service centre, 4th floor.
- Main library, 2nd floor.
- Educarium library, 1st floor.
- Library of Medicine, Medisiina 2nd floor.
- Wanne Nariikka, Turku School of Economics.

At ÅAU, students have a printing quota of 180 pages per quartal, after this, students are charged 3.3 cents per page. Students going over their quota will receive an invoice at the end of the quartal. Copying machines can be found in the libraries where you can buy copying cards. There is one copying machine at Kären (the Student Union), please note that for using this one you need to pay by cash.

**Multiprint** is a company providing copying services at reasonable prices. It is located in proximity to the campus at Hameenkatu/Tavastgatan 7 and at High Tech Centre II, Lemminkaisenkatu/Lemminkainen 50.

Binding and printing of dissertations and other book products can be made for example at the university press Juvenesprint, Kasarmikatu/Kaserngatan 2. Tel. Puh. 020 7568 650

Examples of private printing houses are:

- Kluutti, Lemminkaisenkatu/Lemminkainen 14-18 B. Tel. (02) 251 3013 tilaukset@kluutti.fi, http://en.kluutti.fi/
- Pahvivalmiste, Hameentie/Tavastvä-
For academic matters, ask your host department or faculty for permission to use their scanners. There are also multiple scanners throughout the campuses managed by different organizations/shops etc. that can be used for a fee.

2.13 Language Studies

Language Centres
In the Centre for Language and Communication of ÅAU, in the Language Centre of UTU and in the Unit for Languages and Business Communication at TSE, courses in Finnish and Swedish are held for visitors. As a basic rule, the host university’s “own” students are given priority over those of the other university.

N.B. The courses tend to be very popular, so be sure to check the registration procedures and sign up for the course(s) you want to take well in advance.

Some courses in other languages are also open for international students to join in. However, these courses often have Finnish or Swedish as the language of instruction. Additionally, degree students of the university in question tend to be prioritized. Check with the language centre of your host university for further information.

If you are a visiting or a degree student and would like to take language courses, you may contact your university’s language centre for further information. At UTU, visiting teachers and researchers may also participate in Finnish language courses organised by the HR Development of the university.

• UTU, Language Centre, Horttokuja/Hortogränd 2, tel. 333 5975. Open Mon–Fri 10.00–15.00. For more information, visit http://kielikeskus.utu.fi/en/
• TSE, Unit for Languages and Business Communication, Fabriksgatan/Rektorsåkersgatan 3, tel. (02) 333 51 (switchboard). For more information, visit www.utu.fi/en/units/tse> Units > Unit for Languages and Business Communication.
• ÅAU, Centre for Language and Communication, Fabriksgatan/Tehtaankatu 2, Arken, tel. 215 4365. Open Mon–Thu 9.00–12.00, Fri –closed, www.abo.fi
• Centre for Continuing Education at Åbo Akademi University (Fortbildningscentralen), Fabriksgatan/Tehtaankatu 2, Arken, tel. 215 4666. For the course information, visit www.abo.fi/fc/opu

Finnish Language Courses in Turku/Åbo
The following institutions may offer courses in Finnish as a foreign language in Turku/Åbo:

• Turun Iltalukio/Åbo Kvällsgymnasium, www.turuniltalukio.fi
• Turku Summer University, www.turunkesayliopisto.fi
• Turun Aikuiskoulutuskeskus, www.tuakk.fi
• Turku Vocational Institute (Turun Ammatti-instituutti/Åbo Arbetarinstitut), www.turkuai.fi
• Worker’s Educational Association in Finland (Työväen Sivistysliitto/Arbetarnas Bildningsförbund), www.tsl.fi
• Turku University of Applied Sciences/Turku Polytechnic www.turkuamk.fi
• Humak University of Applied Sciences/Humak Polytechnic www.humak.fi
• Turun Suomenkielinen Työväenopisto, http://info.edu.turku.fi/tyovaenopisto/
• Turku Christian Institute (Turun Kristillinen Opisto/Åbo Kristliga Institut), www.tk-opisto.fi
Courses and information available on the Internet:

• www.opintoluotsi.fi/en-GB
• www.yle.fi/opinportti/supisuomea

General information on the Internet about the Finnish language:

• www.uuno.tamk.fi
• www.virtual.finland.fi
• www.studyinfinland.fi
• www.cs.tut.fi/~jkorpela/Finnish

Swedish Language Courses in Turku/Åbo

Apart from Åbo Akademi University’s Language Centre’s courses in Swedish as a foreign language (see above), you may find some similar courses at the following institutions in Turku/Åbo:

• Åbo Svenska Arbetarinstitut (Arbis)
  www.tkukoulu.fi/~arbis
• Turun Suomenkielinen Työväenopisto,
  http://info.edu.turku.fi/tyovaenopisto/
• Turku Christian Institute (Turun Kristillinen Opisto/Åbo Kristliga Institut),
  www.tk-opisto.fi
• Centre for Continuing Education at Åbo Akademi University arranges a
  beginner’s course in Swedish (also for visitors) and guarantees 5 places on the
  continued levels. For further information, please contact fc-info@abo.fi or
  opu@abo.fi.
• Turku University of Applied Sciences/
  Turku Polytechnic www.turkuamk.fi
• Humak University of Applied Sciences/
  Humak Polytechnic www.humak.fi

Advanced Finnish and Swedish

Students who plan to stay and work in Finland, and already have a good level of Finnish, can study advanced Finnish at the Faculty of Humanities of UTU. The advanced programmes in the Faculty are the following: Finnish Language and Culture (non-degree programme) and the Master’s Programme in Finnish and other Finno-Ugric Languages (degree programme). The language of instruction in both programmes is Finnish. Look for more information at http://www3.hum.utu.fi/en/

For advanced or specialised courses in Swedish, you can contact Åbo Svenska Arbetarinstitut (Arbis). Arbis, the Swedish adult education centre offers Swedish language courses from beginner’s to intermediate level for immigrants and foreigners. Courses are taught either in Finnish or in English. Tel. 262 9895, www.tkukoulu.fi/~arbis. Open Mon-
Thu 12.00-15.00, Fri 9.30-12.30 Their range of courses depends on what their customers are interested in.

Language Skill Certificates

Certificates of Finnish or Swedish skills are sometimes needed when e.g. applying to a university as a degree student. Contact the language centres when you need a certificate of your language skills.

2.14 Grants and Scholarships

(Apurahoja / Stipendier)

One important aspect of study or research in Finland is considering how to finance the study or research period. You will need to be able to cover your everyday living expenses, travel, insurance, etc.

The study in Finland website, www.studyinfinland.fi, contains a database of English-language degree and non-degree programmes, information about Finland as a study destination, Finnish higher education institutions, and practicalities concerning scholarships, admissions systems and living in Finland.

CIMO has a number of scholarship programmes for Doctoral level studies and research at Finnish universities. For more information see www.cimo.fi

The Finnish Cultural Foundation
(Suomen Kulttuurirahasto/Finlandskulturfond) awards grants to individuals, working groups and organizations in the arts, science and various fields of cultural life through its Central Fund and 17 regional funds. Further information www.skr.fi

The National Union of Finnish Students (SYL) website includes a database of grants available for students: www.syl.fi/en

A search engine in Swedish for grants available in Finland is Luckan- to get an idea about what is available and for various links concerning different grants and scholarships. Please visit: fyrk.luckan.fi for more information.

Some private foundations and institutions offer grants for students pursuing a university degree. Furthermore, universities might participate in externally funded projects offering scholarships for degree studies. Information on this type of funding is usually available from the universities web pages.

The Aurora-database enables you to browse between different opportunities for funding in the fields of science, art and culture. The database holds information about sponsors situated both in Finland and abroad. Applying for a grant is possible for native Finns and people residing in Finland. There are around 800 different sponsors stated in Aurora and the database is updated frequently when new funding opportunities arise. For more information please see: www.aurora-tietokanta.fi/

Information about research grants at Åbo Akademi University can be found at www.abo.fi/forskning/finansiering.
3. State Regulations and Insurances

Here is a quick guide to the bureaucratic procedures you need to know about depending on the duration of your stay in Finland. Remember that this is a guideline, if you feel unsure or need more information about the different procedures please contact the authorities in question (which are mentioned in the chapters). Also check the website of the Finnish Ministry of Foreign Affairs (www.formin.fi).

3.1 Residence Permits

Citizens of Nordic Countries

Citizens of Nordic countries do not need to register their right to reside in Finland due to inter-Nordic agreements, nor do they need to provide proof of funding for their stay in Finland. However, Nordic citizens who intend to stay in Finland for more than six months have to inform the local registration authority (Maistraatti/magistrat).

For the registration, a passport or other photo identification is needed. More information about the civil registration process is found in chapter 3.2.

Citizens of EU / EEA -countries and Switzerland

Citizens of EU / EEA -countries or Switzerland must register their right to reside (oleskeluoikeus/uppehållsrätt) in Finland if they intend to stay longer than 3 months. You register at the local police authority in Finland. A registration fee of 47€ will be charged at the police station. This registration of your right to reside as a student (opiskelijan oleskeluoikeus/uppehållrätt för studerande) will thus be your equivalence of a residence permit for students. For the registration you will need:

- A completed application form (can be collected at the local police station).
- A valid passport or other ID accepted by the authorities.
- The acceptance, or appointment letter issued by the university.
- A copy of your lease.

Please see end of chapter for contact information to the Turku/Åbo police station.

Citizens from non-EU/EEA -countries

If your stay in Finland lasts for more than 3 months, a residence permit (oleskelulupa/ uppehållstillstånd) must be obtained from the Finnish diplomat-
ic mission in the student’s or researcher’s home country before arrival to Finland. Generally, the residence permit is valid for up to one year and can be extended at the local police station in Finland. An application for an extension of the residence permit should be made well before the current permit expires. It usually takes one to two months to process the first application. However, extension of the residence permit may take longer.

Please note that you need to provide a proof of funding and proof of valid health insurance each time you apply for a residence permit. See below for further details on how to apply for a residence permit.

**How to Apply for a Residence Permit**

The first application for a residence permit must be made to the diplomatic mission representing Finland in your home country. Along with the completed application/registration form, the following enclosures are needed:

- A valid passport (or other officially accepted travel document).
- Certificate of registration with the Finnish university/acceptance letter (visiting scholars: other relevant proof showing the reason for your stay).
- Proof of funds or scholarship to cover the expenses in Finland.
- A valid health insurance for the entire study period (only needed for students from non-EU/EEA countries).

Residence permit applications can be submitted electronically.

If you are financing your studies yourself, you should have a minimum of 6720€ deposit in your bank account to cover expenses during one year, that is, 560€/month of stay in Finland. The bank account does not have to be in Finland. However, there should not be any conditions attached to this account. In other words, you should be able to use this money and transfer it to Finland at any time. A new proof of funding is required at the beginning of each academic year.

A student who has been granted a scholarship or who is taking part in an exchange programme must show proof of acceptance to this programme from the sponsor.

More information on the residence permits is available at the Finnish mission in your country and on the website of the Finnish Immigration Service (www.migri.fi). Please check travel documents accepted by Finland by country: www.formin.fi

**Extension to a Residence Permit**

When applying for an extension of the residence permit, all the enclosures that were submitted along the first apply for residence permit must be submitted again. Additionally you need to enclose a Transcript of Records to show that your studies have progressed as planned. If the studies have not proceeded as planned, the student may also be asked to submit a study plan showing that he/she intends to finish his/her studies.

N.B. When you apply for an extension of a residence permit, make sure that you get a certificate that states that you have applied and that your application is now being processed. This certificate will work as a proof that you are legally in Finland if your original residence permit ends before your extension has been decided.

Turku/Åbo police station: Varsinais-Suomen poliisilaitos Polisinrättningen i Egentliga Finland, Eerikinkatu/Äriksgatan 40–42. FI-20101 Turku/Åbo
Tel. 071 87 40261 (switchboard). Office hours: Mon-Tue, Thu-Fri 8.00–16.15, Wed closed, www.poliisi.fi/varsinais-suomi
Most license services at Varsinais-Suomi Police Department are available by appointment only. The reservations can be made by calling the specific customer service line. In the service hall at Turku police station, there is also a computer that can be used to make the reservation. Appointments can also be reserved at service desks where you can collect ready documents at each police station using the appointment system. The phone number for the appointment reservation line is 071 874 7060. The service line is open from Monday to Friday between 9:00 and 11:00.

3.2 Civil Registration

The Population Information System is maintained by local register offices (maistraatti/magistrat) and keeps record of the Finnish population data. Everyone residing in Finland for periods exceeding three months is registered with this system. The information collected by the Population Information System is used for purposes like organisation of elections, employment and taxation, health care, statistical purposes, and in judicial administration. Naturally, all information is treated confidentially.

As a general rule foreign citizens, whose residence in Finland is permanent or exceeds one year, can get a personal identity code (henkilötunnus/personnummer). The personal identity code is issued by the Local Register Office (maistraatti/magistrat) and requires registration at this office. The registration has to be done personally. When registering at the Local Register Office, your information (including name, date of birth, nationality, family relationships and address) will be entered into the Finnish Population Information System. The personal identity code is a means of identification which is more specific than a name. The personal identity code is needed in a variety of situations in Finnish everyday life: for the payment of salaries, in bank transactions, for paying with a debit/credit card and for applying for certain benefits.

Foreign citizens staying in Finland for less than one year can also be entered into the Population Information System, if this is necessary in order to be able to stay or work in Finland. In this case, it is possible to get a personal identity code. The Local Register Office makes the decisions concerning the issuance of personal identity codes. For the registration you will need a passport, a valid residence permit and, if applicable, a marriage certificate and birth certificates for the children. Please note that the documents must be legalized (Apostille / Grand Legalization) and translated. An official notification of move is needed whenever your address changes, including when your residence in Finland ends.

For more information regarding the registration, please contact Lounais-Suomen maistraatti, the Turku/Åbo unit. Street address:

Lounais-Suomen maistraatti/Magistraten i Sydvästra Finland
Aurakatu/Auragatan 8
P.O. Box 372
FI – 20101 Turku/Åbo
Finland
Tel. 071 87 41330 (switchboard)
e-mail: info.turku@maistraatti.fi

N.B. All registrations at maistraatti/Magistraten are free of charge. You can also register at the local tax office or at the Kela/Fpa office in Turku/Åbo.

Change of Address Notification

A Change of Address Notification (muuttoilmoitus/flyttningssanmälan) must be made every time a person moves within or away from Finland. Notification forms are available at all post offices and maistraatti/magistrat,
The notification can also be made by calling the nationwide change of address-service line 0200 71000 (local call charge/mobile charge), Mon-Fri 08:00-16:15 (service also in English). You can also fill in the notification on the Internet, see: http://www.posti.fi/changeaddress/

3.3 Insurances (social, medical, private)

Social Insurance
The Finnish Social Insurance Institution (Kansaneläkelaitos KELA/Folksamförsäkringar FPA) is responsible for providing most of the Finnish social security benefits. The objective of the Finnish Social Security is to guarantee an adequate basic income in all life situations.

Eligibility for Finnish social security benefits is based on residence in Finland. The residence is considered permanent if a person moves to Finland for family reasons, or has a regular employment relationship in Finland for at least two years. Students are not considered to be permanently residing in Finland.

Students
Students moving to Finland simply to study will not generally be entitled to Finnish social security. If you move to Finland temporarily from an EU/EEA country or Switzerland, you will be entitled to basic health care through a European Health Insurance Card granted in the country of origin.

If you work while studying in Finland, your social security coverage is determined in the same way as it is for workers in general. If you work for at least 4 months while studying in Finland and meet the condition regarding the terms of employment, you qualify for coverage under the Finnish social security system for the duration of your employment.

Students moving to Finland from another Nordic country gain social security coverage in Finland if they are resident in Finland according to the population register. If you move to Finland for over 6 months, make sure to register with the local register office. Following registration, you are covered by the Finnish social security system. Financial aid benefits from Finland are, however, only available to students who live permanently in Finland for some other reason than attending a school. The benefits can be received by those living permanently in Finland and who meet the appropriate criteria.

Researchers
If you move to Finland temporarily from an EU or EEA country or Switzerland, you will be entitled to basic health care through a European Health Insurance Card granted in the country of origin.

Researchers supported by a grant are not considered as workers within the meaning of the social security agreements, even if their grant corresponds in amount to the salary that would be paid for comparable research work. Just as with researchers from other countries, your coverage under the Finnish social security system depends on whether you are considered to be moving permanently to Finland (meaning at least for 2 years). In case the research lasts e.g. a year and is later on prolonged by another year, the researcher is entitled to social benefits as of when the condition of two years research has been fulfilled, i.e. when the decision that the research
will continue has been made.

If you will be working in Finland for at least 2 years, you will normally be covered by the Finnish social security system as soon as you move to Finland. The duration of your employment in Finland is checked by consulting your employer or your employment contract. If a period of employment originally intended to last less than 2 years (“temporary employment”) lasts longer than 2 years (“permanent employment”), you will be covered by the Finnish social security system from the date on which your employment became permanent.

**Employed Persons from Another EU/EEA-country or from Switzerland**

*Employment Relationship Lasting Less than 4 Months*

If you are going to be working in Finland for less than 4 months, normally, you will not be covered under the Finnish social security system. However, if contributions are being paid in your behalf to the Finnish earnings-related pension system, you are entitled to the child home care allowance (basic allowance and supplement) and to medical treatment in the public system.

*Employment Relationship Lasting Between 4 Months and 2 Years*

If you are going to be working in Finland between 4 months and 2 years, you will be entitled to health insurance benefits, the child home care allowance and the child benefit from the beginning of your employment. You will also accrue rights to national pensions and survivors’ pensions, and will be covered by the Unemployment Security Act.

*Employment Relationship Lasting at least 2 Years*

You will have full coverage under the Finnish residence-based social security system and will be eligible for all Kela benefits either as soon as you move to Finland or as soon as your employment is confirmed to last more than 2 years.

**Employed Persons from other Countries**

The social security coverage of employees moving to Finland from some other country than an EU/EEA country, Switzerland or a country with a social security agreement with Finland is determined solely by reference to the intended length of their residence. To qualify for benefits from Kela, you must have a contract of employment for at least 2 years. However, you will obtain health insurance cover as soon as you begin employment if you will work for at least 4 months and you meet the condition regarding the terms of employment.

The condition regarding the terms of employment is satisfied if you work at least 18 hours a week and your pay is consistent with the terms of the relevant collective agreement. Where no collective agreement exists, monthly pay must be at least 1103 euros a month (year 2012).

**Employed Persons from Countries with a Social Security Agreement**

You may have a right to social security on the basis of a social security agreement. Finland has such agreements with the other Nordic countries and with the United States, Canada, Australia, Chile and Israel. Further, Finland has made a separate arrangement concerning social security with the Province of Quebec. With Australia, Finland has also an agreement covering medical treatment during a temporary stay in the other signatory country.

If you move to Finland from another Nordic country for the purpose of employment, you will be subject to most of the same rules that apply to workers moving to Finland from another EU/
EEA country or from Switzerland.

Workers moving to Finland from the United States, from Canada (including the Province of Quebec), from Chile or from Israel are eligible for benefits covered by the relevant bilateral social security agreement regardless of the length of their residence in Finland. Finnish benefits not covered by the agreement are available to them only if they take up permanent residence in Finland.

Everyone who moves to Finland for the purpose of employment and comes from a country that has a social security agreement with Finland will, however, start to accrue rights towards an earnings-related pension as soon as they begin working, and will be insured against employment accidents. If they work in Finland for at least 4 months, they will also be covered by the health insurance and unemployment security systems.

**How to Claim**

Persons moving to Finland on a permanent basis must apply for coverage under the Finnish social security system by filing the Kela/Fpa form Y 77e. The applicant will be issued a written decision on the coverage under the applicable social security system. Kela decisions are always issued in Finnish or Swedish only. If the person is considered to be eligible for residence-based social security, he/she will be awarded a personal Social Insurance Card called Kela card.

If you are covered by Finnish social security, any accompanying family members are usually also covered. However, if an employee or student moves to Finland on a temporary basis and is not covered by Finnish social security, his or her family members are not covered either. If you qualify for coverage under the Finnish social security system based on employment, the coverage is for the duration of your employment, and does not apply accompanying family members.

For more information about the social security provided by Kela/Fpa www.kela.fi and www.intofinland.fi

The local office in Turku/Åbo:
Kansaneläkelaitos/Folkpensionsastalten Eerikinkatu/Eriksgatan 26.
Tel. 020 635 9770
Open Mon 9.00-17-00, Tue-Fri 9.00-16.00

**Health Insurance**

Students (and in some cases unpaid trainees) who intend to stay in Finland for more than three months need to take out private health insurance prior to applying for a residence permit. Please note that this does not apply to EU-citizens, or citizens from Norway, Iceland, Switzerland and Liechtenstein.

The Health Insurance must:
- Be valid throughout the stay in Finland.
- Cover medical expenses up to 100,000 euros.
- Be issued by a trustworthy and financially sound company.

Note that a valid insurance is a prerequisite for a residence permit. If your stay is at least two years, it is sufficient that the insurance policy covers pharmaceutical costs (up to 30,000 Euros). The above mentioned health insurance is not necessarily available in all countries. In that case an international insurance company should be consulted.

**The Student Insurance Program (SIP)**

SIP is a special insurance package covering people residing abroad on a temporary basis. SIP has been specially designed for students, scientists, members of educational staff and accompanying family members (husband, wife, or children). SIP policy is valid worldwide. For more information, see www.sipinsurance.eu. The price of the insurance is 1.17/0.70€ per day (2013).
Finnish National Health Insurance
If you are covered by the Finnish social security system you are entitled to Finnish National Health Insurance benefits. Some of the expenses covered are:

- A share of private doctors’ fee.
- A share of the costs for examinations and treatments prescribed by private doctor.
- A share of fees of private dentists and the costs of examinations prescribed by them.
- A share of your medical costs.
- A share of your illness-related transportation costs.

To qualify for reimbursement, the treatment provided must be medically necessary due to illness, pregnancy or childbirth. The National Health Insurance scheme also provides Sickness Allowances (compensation for loss of income during incapacity for work) and Partial Sickness Allowances.

3.4 Legal Advice
If you are a victim of a legal offence you should contact a person or an institution close to you, for example the Student’s Lawyer, one of the offices mentioned below, or the Turku/Åbo Police Station where you can find information about reporting a crime. In acute situations, call the national emergency number 112.

Students’ Lawyer
Students can get legal advice free of charge from the student lawyer of the Student Unions in Turku/Åbo. The lawyer is available during the academic year, visit or call for consultation during consultation hours only.
Tue 18.00–19.00. TYY Office, Rektorinpellonkatu/Rektorsåkersgatan 4 A, Tel. 276 9614.

Lex Student Legal Advising
Lex is a student association run by law students at University of Turku. They offer legal advice on Wednesdays 18.00–20.00 at Yo-talo A, first floor. Work contracts and housing contracts, inheritance and marriages are their main area of expertise, but potentially they can assist you with any matter related to the Finnish law. The service is free of charge for members of TYY.

Stadga Student Legal Advising
Stadga is a student association run by law students at Åbo Akademi University. They offer legal advice the first Tuesday of the month, at Luckan, Aurakatu/Auragatan 1 from 16.00 to 18.00. Right of inheritance, work contracts and housing contracts is their main area of expertise, but potentially they can assist you with any matter related to the Finnish law. The service is free of charge for members of ÅAS.

The Finnish Ministry of Justice
On the web page of the Ministry of Justice (www.om.fi) you can find general information about the legal system in Finland.

State Legal Advice in Turku/Åbo
You can get legal advice from any of the municipalities if you are of Finnish nationality, you are residing in Finland or the case is processed in Finland. In Turku/Åbo this can be obtained from the:

Turun Seudun Oikeusaputoimisto /Åbo rättshjälpsbyrå
Humalistonkatu/Humlegårds gatan 1, 4th floor
20100 Turku/Åbo
Tel. 029 56 60420 (switchboard)
Fax: 029 56 60439
e-mail: turku.oikapu@oikeus.fi
Open Mon–Fri 8.00–16.15

Legal advice is free of charge for students having a netto-income of 600€ monthly or less. For those earning more than 600€ the cost of legal aid is charged.
Ombudsman for Minorities
The Ombudsman for Minorities (Vähemmistövaltuutettu/Minoritetsombudsman) is an authority with the basic task of advancing the status and legal protection of ethnic minorities and foreigners as well as equality, nondiscrimination and good ethnic relations in Finland. In addition, the Ombudsman for Minorities will, together with other officials, supervise that everyone is treated equally regardless of their ethnic background. In the Finnish legislation, discrimination based on ethnicity is explicitly prohibited in employment (including self-employment), education and in any form of public service any public service, e.g. social services, public health care, social security benefits, housing, and the right to buy or keep real estate property.

The Ombudsman for Minorities or his office helps persons who have faced discrimination by giving recommendations, instructions and advice. The office may also direct you to other authorities in order to ensure that the serious crime of discrimination will be dealt with accordingly.

Contact information:
Office of the Ombudsman for Minorities
Visiting address Mikonkatu/Mikaelsgatan 25, Helsinki
Customer service Mon-Fri 10.00-12.00, tel. 071 878 8666
e-mail: ofm@ofm.fi
www.ofm.fi

Private Lawyers
To find private lawyers, visit the home page of the Association of Finnish Lawyers (Suomen Lakimiesliitto/Finlands Juristförbund) at www.lakimiesliitto.fi. Generally, the legal fees are very high.

The Finnish Consumer Agency and the Consumer Ombudsman
The Finnish Consumer Agency (kuluttajavirasto/konsumentverket) and the Consumer Ombudsman (kuluttajaasiamies/konsumentombudsman) supervises compliance of the Consumer Protection Act. The main purpose of this Act is to prevent any inappropriate marketing directed at the consumers. A victim of illegal or deceptive advertising and/or unreasonable contract terms should contact the Consumer Ombudsman. For more information, contact the Consumer Agency:

Kuluttajavirasto/Konsumentverket
Haapaniemenkatu/Aspnäsgatan 4 A,
Tel. 010 194 700
E-mail: posti@kuluttajavirasto.fi
www.kuluttajavirasto.fi
tel. 071 873 1901 (in Finnish) or 071 873 1902 (in Swedish).
Advisors are on call at the national phone number Mon-Fri 9.00-15.00.

If you prefer a personal contact, you can make an appointment with an advisor via the national phone number for consumer advisory services.
The local Turku/Åbo office for consumer advice is situated at:
Aurakatu/Auragatan 8
3.5 Embassies (suurlähetystö/ambassad) in Finland

If something happens during your stay in Finland, you might need the help of your country’s embassy. You can find embassies from 58 countries in Finland, and many more are situated in the Nordic region. A list of embassies in Finland and the surrounding countries is available at Ministry of Foreign Affairs of Finland’s website (www.formin.fi)

Consulates in Turku

Consulates (konsulaatti/konsulat) in Turku/Åbo

In Turku you can find consulates from 15 countries. Depending on the consulate you get varying services.

**Austria:** Itävallan Konsulaatti (Honorary Consulate of Austria), Linnankatu/Slotsgatan 36 B 11, Tel. +358 (2) 232 39 48, Mr. Heikki Sippolainen

**Belgium:** Belgian Konsulaatti (Honorary Consulate of Belgium), Läntinen Rantakatu/Västra Strandgatan 35. Tel. (02) 515 1555, Mr. Antti Wihanto

**Brazil:** Brasilian Konsulaatti (Honorary Consulate of Brazil), Aurakatu/Auragatan 8, Mr. Rauno Puolimatka

**Denmark:** Tanskan Konsulaatti (Honorary Consulate of Denmark), Itäinen Pitkäkatu/Östra Långgatan 4. Tel. (02) 276 5000, Mr. Leif Jokinen

**Estonia:** Viron kunniakonsuli (Estonian Honorary Consul), Vanha Suurtori 3. Tel. (02) 333 6003, Mr Keijo Virtanen

**France:** Ranskan Konsulaatti (Honorary Consul of France), Hämeenkatu/Tavastsgatan 32 D 43. Tel. (02) 250 0061, Mr. Enrico Casagrande

**Germany:** Saksan liittotasavallan kunniakonsuli (Honorary Consul of Germany), Eerikinkatu/Eriksgatan 7 b, Mr. Hans Niemi

**Great Britain:** Ison-Britannian Konsulaatti (British Honorary Consul), Turun Kauppakamari, Puolalankatu/Puolagatan 1. Tel. +358 (0) 274 3410, Mr. Jari Lähteenmäki

**Greece:** Kreikan Konsulaatti (Honorary Consulate of Greece), Nordea, Kauppiaaskatu/Köpmansgatan 9 B. Tel. (02) 334 4201, Mr. Fredrik-Mikael Sunde

**Honduras:** Hondurasin konsulaatti (Honorary Consulate of Honduras), Eristäjänmutka/Isolerarekrök 17, Tel. +358 400 222244 Mr. Erik Lockmer

**Hungary:** Unkarin konsulaatti (Honorary Consulate of Hungary), Linnankatu/Slotsgatan 8 A 15, Tel. +358 50 593 8430, Mr Urpo Kivikari

**Iceland:** Islannin Konsulaatti (Honorary Consul of Iceland), Lukkarinkatu/Klockargatan 6 Tel. 0400-524 234, Mr. Börje Nygård

**Italy:** Italian Konsulaatti (Honorary Consul of Italy), Linnankatu/Slottsgatan 3 A. Tel. +358 40 076 3363 Mr. Benito Casagrande

**Kolumbia:** Kolumbian konsulaatti (Honorary Consulate of Colombia), Nahkurinpiha/Logarvaregård 3 as 27, Mr. Arno Leino

**Mexico:** Meksikon Konsulaatti (Honorary Consulate of Mexico), Humalistonkatu/Humlegårdsgatan 9-11, Mr. Sakari Alhopuro.

**Netherlands:** Alankomaiden kunniakonsuli (Honorary Consul of the Netherlands), Stiftelsen för Åbo Akademi Tähtitorni, Vartiovuori, Tel +358 (0)207 861 419, Mr. Kjell Sundström

**Norway:** Norjan Konsulaatti(Consulate
of Norway), Olavintie/Olofsvägen 2. Tel. 010 55010 / 050 343 2299 Mr. Jan-Erik Stenman

Peru: Perun Konsulaatti (Honorary Consulate of Peru), Linnankatu/Slotsgatan 88, Mr. Jukka Salo

Portugal: Portugalin Konsulaatti (Honorary Consulate of Portugal), Papinsalmenkatu/Prästundsgatan 12 A, Ms. Monica Wikeström-Virtanen

Poland: Puolan KunniaKonsuli (Honorary Consul of the Republic of Poland), Niuskalankatu/Niuskalagatan 2. Tel. +358 (0)2 478 0352, Mr. Jari A. Rastas

Russia: Venäjän Federaation Pääkonsulaatti (Consulate General of the Russian Federation), Vartiovuorenkatu/Vårdbergsgatan 2. Tel. (02) 233 6441, Mr. Alexander B. Svertshkov

Spain: Espanjan Konsulaatti (Honorary Consulate of Spain), Linnankatu/Slottsgatan 35, Mr. Torbjörn Wikeström

Sweden: Ruotsin Kunniakonsuli (Honorary Consul of Sweden), Kauppiaiskatu/Köpmansgatan 5 A. Tel. +358 (0)2 269 33 03, Mr. Mikko Ketonen

3.6 Governmental Aid for Studies

There are two main criteria that need to be fulfilled in order to be eligible for Finnish governmental aid for studies:

- The residence in Finland needs to be permanent.
- The reason for the residence in Finland needs to be other than studies.

Additional eligibility criteria depend on the applicant's nationality:

Citizens of a Nordic Country
The governmental study aid will be granted from the student’s home country. In order to be eligible for Finnish governmental study aid, the Nordic citizen has to reside in Finland for some other reason than studying and the person's municipality of residence needs to be registered to Finland.

Citizens of the EU/EEA -countries
Generally, Finnish governmental study aid is not granted to citizens of the EU/EEA countries. However, if they originally have come to Finland to work, they are entitled to governmental study aid under certain conditions. The same applies to their family members.

Citizens of Non-EU/EEA Countries
Finnish governmental study aid may be granted to citizens of Non-EU/EEA countries if the person has a permanent residence permit (code P), a continuous (A) residence permit, or a P-EY permit (for non-EU/EEA citizens who have lived in Finland for a longer period). A person with a residence permit for students (B) is not eligible for Finnish governmental study aid.

When you apply for governmental study aid, remember to fill in and enclose the Appendix for foreign residents form with the application form. For more information about Finnish governmental study aid, and to get the application forms, please contact the local Kela/Fpa office and visit the web site www.kela.fi. See also chapter 3.3 for more information about Kela/Fpa.

Please note that if you are eligible for Finnish governmental study aid you should be aware of the different conditions concerning working alongside your studies and taxation of the grants received.
4. Employment Issues

4.1 Students, Researchers, Staff

For information about working and taxation in Finland, please check www.intofinland.fi
The webpage is a service point of The Social Insurance Institution of Finland (Kela/Fpa) and the Tax Administration and is intended for foreign workers in Finland.

International Exchange or Degree Students
All international exchange and degree students are allowed to work part-time for a maximum of 25h/week during the academic year. However, there are no limits in terms of hours on full-time work outside term times (summer and Christmas holidays specifically).

If the employment is part of student’s thesis or is a compulsory trainee period in students field of study, the person might be allowed work without limitations on the basis of the residence permit for students. Because the study-related work cases differ from each other greatly, each case will be handled by the local Employment Office in cooperation with the employer in question. For further information, contact the local Employment Office.

International PhD students Conducting Research
International PhD students who are in the process of conducting research for their licentiate or doctoral thesis on behalf of, or in cooperation with, an institution or company that pays the student for the work, should generally have a residence permit for scientific research. This grants unlimited working rights. For further information on the researcher employment, check with both your university and your employer, as well as with the local employment office.
International Visiting Scholars and Teaching Staff
International visiting researchers and any teaching staff who have been invited to conduct research or do academic work in Finland will get a residence permit, or will be registered on the basis of their right to reside for scientific research, which does not restrict right to work.

Short Time Visitors
A non-EU researcher (or lecturer) coming to Finland for research/teaching purposes based on an agreement or invitation for a maximum of 3 months may conduct research during the period of validity of the visa or the visa free period. A residence permit is needed for a stay of more than 3 months.

Family Member’s Right to Work
If you have been granted a residence permit on the basis of family ties, you will have an unlimited right to work in Finland. The right to work will also be entered on your residence permit card. Check www.migri.fi for more information.

4.2 Getting a Job
Non-Finnish and non-Swedish speaking people have a reduced competitive strength on the labour market due to the lack of Finnish or Swedish language skills. Knowledge of English is usually not sufficient. This applies to part-time jobs also.

The Academic Career Services (Rekrytointipalvelut/Arbetsforum), of the two Universities in Turku/Åbo are specialised in finding employment for students. Their services for students include:
- Information about available jobs.
- Career guidance.
- Information on the job application customs in Finland.
- Facilities for students where they can write their job applications, CVs etc.
- Information about trainee-pro-grammes.

For further information, contact:
UTU
Academic Career Services
Henrikinkatu/Henriksgatan 1 B (Agricola).
tel. (02) 333 5873.,
e-mail: rekrytointi@utu.fi,
https://intranet.utu.fi/en/unit/career/Pages/

ÅAU
Arbetsforum, Career Services
Henrikinkatu/Henriksgatan 1 B (Agricola)
tel. (02) 215 4116, or (02) 215 4961.
www.abo.fi/arbetsforum,
e-mail: arbetsforum@abo.fi,

There is also a service called Aarresaari. It is a nationwide Academic Career Service, where you can find further useful tips concerning job opportunities in Finland. Visit www.aarresaari.net for more information.

At the Turku/Åbo Employment Office (Turun työvoimatoimisto/Åbo arbetskraftsbyrå) scholars and students living in Turku/Åbo can search for job opportunities. The office will give information about jobs available based on qualifications and experience, which in practice means that you need at least some basic knowledge of Finnish. They will also provide you with information about permission to work in Finland and about Finnish legislation concerning employment. It is advisable to call or e-mail for an appointment:

Turku/Åbo Employment Office
Linnankatu/Slottsgatan 52
FI-20101 Turku/Åbo
Tel. 010 60 40180 (switchboard)
e-mail: turku@mol.fi
N.B. The Academic Career Services Offices also have the same information
Employment Issues

about nationwide job opportunities as
the Turku/Åbo Employment Office.

Vacant jobs can be sought nationwide at
the website of the Ministry of Labour
www.mol.fi.

4.3 Taxation

Category of tax liability in Finland de-
pends on the durations of work in Fin-
land and whether or not the employer
has a registered status in Finland. If you
are paid for the work you do in Finland,
you usually have to pay income tax in
Finland. Your tax percentage depends
on how long you stay – for six months
or for longer.

Tax Treaties
Finland has tax treaties with more than
70 countries. International tax treaties
are made to avoid double taxation in
situations where a person receives in-
come from another country than his/
er her home country. In general, tax tre-
teies usually provide that wages should
be taxed in the country where the work
is done. Some of the tax treaties include
special exemptions for students. To
qualify for a tax-treaty exemption, it is
additional required that you (imme-
diately before your arrival to Finland)
lived in the country that has made the
tax treaty with Finland. Information
about these treaties is available at the tax
office and the website of Finnish tax ad-
ministration www.tax.fi.

Persons Staying in Finland for a
Maximum of 6 Months
Finnish employers collect a final 35-per-
cent tax at source on the pay of a foreign
employee who only stays in the country
for six months or less. The tax rate is the
same for all levels of income, including
small incomes.

Besides tax, your employer will also
withhold social security payments
from your pay (amounting to approxi-
mately 7% all payments combined), un-
less you have the certificate E 101 of a
posted employee. If you are regarded as
a posted employee, your social security
insurance has been taken care of in the
country where you come from. Because
the 35-percent tax is a final tax, you are
normally not expected to submit an in-
come tax return in Finland.

You need a Finnish personal identity
code (see chapter 3.2). During the first
couple of days in Finland, please visit the
local tax office – the tax office will issue
you a tax-at-source card (fill out the ap-
lication form no 6201e, Application for
tax-at-source card) and instructions for
requesting the personal identity code.
Give the tax-at-source card to your em-
ployer. After you have finished your em-
ployment, your employer will issue you
a certificate covering the full period of
your employment during the relevant
calendar year(s), showing your income
and the tax withheld. We recommend
that you keep the certificate. You may
have to present it to the tax authorities
of your country of residence.

If you are employed by a company from
another country than Finland, and that
employer is paying you salary, you will
not have to pay tax on your income in
Finland. You will only have to submit an
income tax return in your home coun-
try, and pay the appropriate taxes in
your home country.

Persons Staying in Finland Longer than
6 Months
If you stay in Finland for longer than
six months, you will have to pay tax on
your earned income in Finland. It does
not make a difference if your employer
is Finnish or foreign or if you receive a
part of your wages from a Finnish em-
ployer and another part from a foreign
employer. There are exemptions to this
rule, when certain requirements are ful-
filled. See www.tax.fi for more informa-
tion. The tax rate in Finland is progres-
sive.
Employment Issues

Besides tax, your employer will also withhold social security payments from your pay (amounting to approximately 7% of all payments combined), unless you have the certificate E 101 of a posted employee. If you are regarded as a posted employee, your social security insurance has been taken care of in your home country. In addition, you will be expected to submit a Finnish income tax return.

During the first couple of days in Finland, please visit the local tax office. You need a Finnish personal identity code. Apply for a tax card (fill out the application form no 5042a, Application for tax card for foreigners and persons who have been living abroad). Give the tax card (Verokortti/Skattekort) to your employer. The employer will tax your income according to the card.

After every calendar year you have worked in Finland, you have to submit an income tax return to the Tax Administration. (For the 2013 income year, deadline is May 2014). You will receive a Pre-Completed Tax Return form to your home address. You do not have to declare income you received before moving to Finland nor income you receive after moving away from the country. Forms and instructions are available in English. The tax office will assess your taxes and send you a statement showing the final amounts of taxes imposed. This statement will show if you will be receiving a refund or alternatively, if you will have to pay more tax because of insufficient withholding. Instructions for appeal will also be included in the statement.

Scholarships
Grants paid at the universities normally count as taxable income for the grant recipient, provided that the total annual amount exceeds the annual amount of the (Finnish) State Grant for Artists (year 2012 this amount was 19 444,88 eur). Please consult the tax administration concerning any tax consequences possibly arising from the payment of the grant.

Turku Tax Office
Turun verotoimisto/Åbo skattebyrå
Aninkaistenkatu /Aningaisgatan 1 D
P.O. Box 921 , FI-20101 Turku/Åbo
Tel. 020 612 000
Fax 020 613 1218
Open Mon-Fri 9.00-16.15

Information on international taxation is also available by phone at the following enquiry number +358 20 697 024 . This service is available in English Mon-Fri at 9.00 – 16.15 (GMT +2 h).www.tax.fi

4.4. Trade Unions
(Ammattiliitot/Fackföreningar)

An important function of Finnish trade unions is to run unemployment funds and to provide earnings-related unemployment benefits. These are typically much higher than the basic unemployment allowance provided by Kela/Fpa. Most unions provide legal advice on employment issues for their members.

Finnish unions are occupation-based. There are three main levels: Local trade unions, national federations of local trade unions, and confederations. Collective agreements covering the whole workforce are concluded between the federations.

Labour market organisations have a great deal of influence. Negotiations on salaries, wages and labour legislation are conducted between the government and the representatives of employees’ and employers’ organisations, which is referred to as the tripartite system.

At least the following unions are represented or have local unions in UTU and ÅAU:

- The Finnish Union of University Pro-
Employment Issues

• Professors (FUUP) (Professoriliitto/Professorförbundet) www.professoriliitto.fi/in-english/

• Informaatioalan Akateemiset/Academiska Informationsspecialister www.informaatioalanakateemiset.fi/ (in Finnish)

• The Finnish Union of University Lecturers (Yliopiston opetusalan liitto/Förbundet för undervisningssektorn vid universiteten) www.yll.fi/in_english.php

• Finnish Union of University Researchers and Teachers (Tieteentekijöiden liitto/Förskarförbundet) www.tieteentekijoidenliitto.fi/frontpage

• Academic Engineers and Architects in Finland (Tekniikan Akateemiset/Teknikens Akademikerförbundet) www.tek.fi/en

• The Association of Finnish University and Research Establishment Staff (Yliopistoja ja tutkimusalan henkilöstölaita/Universitetens och forskningssektorns personalförbund YHL ry) http://www.yhl.fi/yhl/english/

There are also some unions that only have representation in either UTU or ÅAU but not the other.

• Laboratorie- och överingenjörerna vid Universiteten r.f. (ÅAU) / Laboratory- and headengineers at the University

• Turun yliopiston ammattiosasto JHL 631 ry (UTU), http://turunyliopiston-ammattiosasto631.jhlyhdistys.fi/

• LAL, the Finnish Union of Experts in Science (Tieteentekijöiden liitto/ Akademiska Naturvetarförbundet) (UTU), www.luonnontieteilijat.fi
5. Health Care

5.1 The European Health Insurance Card

The idea of the European Health Insurance Card is to simplify the transfer of health insurance of a European citizen to another European country where he/she is residing. Citizens of the EU/EEA-countries are thus entitled to emergency medical care or to medical care required by a pre-existing health condition at the same costs as permanent residents of Finland. The requirement is that the person is covered by health insurance in his/her home country. You need to look into these matters in your home country. More information about the European Health Insurance card can be found at www.europa.eu.

5.2 Municipal Health Centres

Everyone who lives in Finland is entitled to health care and medical treatment. In emergency situations, treatment is provided immediately. In non-urgent cases the need for care is assessed and treatment is provided within a specified time. Health centre treatment is arranged within three months and specialised medical care within six months.

There are six municipal health care centres in Turku. The Health Centres are open from Monday to Friday 8 – 16, closed on weekends and on national holidays. At all other times patient in need of urgent care should contact the On-Call Service tel. 02 10023.

The health station is determined by one’s home address and the postal number. The primary point of care is always the person’s own health station. To make an appointment reservation, call tel. 02 231 4543.

In addition to health centre services, primary health care includes maternity and child welfare clinics, school health care, medical rehabilitation and dental care. Local authorities also provide
Health Care

specialised medical care through the municipal hospital districts. Primary health care is provided by municipal health centres. Children under school age are attended to by child welfare clinics, and schoolchildren by school health care. Local authorities can, if necessary, acquire health services from the private sector. Employers organise occupational health care and occupational rehabilitation for employees.

If you are not sure what to do, please contact the medical advice helpline tel. 02 10023 or your health station.

5.3 The Finnish Student Health Service (FSHS)

The Finnish Student Health Service, FSHS, (Ylioppilaiden terveydenhuolto-osäätiö YTHS/Studenternas hälsovårdsstiftelse SHVS) offers basic health care services i.e. general, mental, or oral health services for students who are members of a Finnish Student Union, alias TYY or Kåren (see chapter 2.3). All services at FSHS, except for dental care, are free of charge.

Appointments are offered with public health nurses, physiotherapists, general practitioners and specialists (for example gynecologists and dermatologists). The range of services does not include inpatient care, mother and child clinics or out-of-hours/weekend emergency services. Students are entitled to use the services of all 15 FSHS health centres in Finland. Note, however, that FSHS services are not available to doctoral students. For further information on how to book an appointment, please visit www.yths.fi/en

In Turku/Åbo FSHS is located on Kirkkotie/Kyrkogatan 13, tel. 046 710 1050 www.yths.fi/en

FSHS is open from Monday to Thursday 8 - 15, on Friday 8 – 14, and closed on weekends and national holidays.

To make an appointment call 046 710 1050. In acute cases please call in the morning, between 8 - 9. When FSHS is closed you can call the emergency service in order to ask advice concerning your need for treatment, tel. (02) 313 8800. More information can be found at the webpage.

FSHS online cancelling service is available at yths.fi/en/appointments. This service allows you to check all your appointment times and to cancel general health and oral health appointments if necessary. Use your online banking ID or mobile ID to log on to the system. The penalty fee for no-show appointments (€25) will be charged for any appointments, group sessions and examinations that you do not cancel and do not arrive for, even if the appointment would have been free of charge. You can cancel your appointment by 12.00 noon on the business day before the appointment without having to pay the penalty fee.

5.4 Hospitals

In Turku/Åbo there are three public hospitals: The Turku University Hospital (Turun yliopistollinen keskussairaala/Åbo universitetscentralsjukhus TYKS), Turku City Hospital (Turun kaupunginsairaala/Åbo stadssjukhus), and Turunmaa Hospital (Turunmaan sairaala/Åbolands sjukhus). Some private clinics also provide hospital treatment.

If treatment of an illness or continued examinations requires it, the doctor at the health care centre, occupational health care centre or the private doctor can draft a referral for hospital care or hospital examinations. Thus patients generally come to the Hospital District’s hospitals with a referral from a doctor. In case of acute, severe cases one can come to the on-duty emergency wards and the hospitals’ wards for first aid even without a referral.

Specialized medical treatment fees de-
pend on the unit. The fees are either outpatient clinic fees, bed day fees or appointment fees. More information on payment policies is available at www.turku.fi, or for TYKS at http://www.vsshp.fi/en/4830. A payment corresponding with the cost of producing the service is collected from other than Finnish permanent residents, including persons younger than 18 years of age, unless an international contract to which Finland is bound to otherwise. Residents of EU/EEA countries have to present the European Health Insurance Card. It is sufficient for residents of the Nordic countries to present a passport or identification card. Persons from other countries than those of the EU or which are parties in the above mentioned contracts have to pay fees corresponding with the real costs both for immediate and non-immediate care.

T-Hospital (T-sairaala/T-sjukhus) is the Turku region's accident and emergency (A&E) centre, providing 24/7 specialised medical care and treatment to those who have suddenly fallen ill or sustained an injury. It's located at Savitehtaankatu/Keramiksfabriksgatan 1.

5.5 Occupational Health

Occupational health services are available to all working individuals, and it is part of the primary health care. Occupational health services specialises in health and work issues. It involves maintaining occupational safety and helping the workforce maintain its health and ability to work in co-operation with workplaces. All employers in Finland have a duty to organize occupational health services. Occupational health services covers only the employee, not his/her family.

UTU

The University of Turku offers its' staff regular medical services at general practitioner level. Health care is organised in occupational health care even in acute matters. Acute health care is available Mon - Fri 8 - 20 and Sat - Sun 9 - 20. Appointments can be booked online at http://en.mehilainen.fi or tel. 010 414 0666, customer service Mon-Fri 7-20, Sat- Sun 8-20.

A certain number of appointments are reserved for the University of Turku staff at all times, so, when booking an appointment on line, even if it looks like there are no free appointments, it is worth phoning and mentioning that you are University of Turku staff.

ÅAU

Occupational health care services for employees at Åbo Akademi University is provided through Terveystalo. Employees can use Terveystalo's services at general practitioners level and concerning acute matters. Appointments can be booked online at http://www.terveystalo.com/en/ or by calling tel. 030 63 33250.

5.6 Private Clinics

In case you need to (or want to) consult a private doctor, the basic consultation fee is about 100€. If you are entitled to Kela/Fpa benefits, doctor's fees can be partially refunded to you by the Social Insurance Institution. There are several private clinics in Turku/Åbo. Below you will find a list of the biggest private clinics in Turku/Åbo:

Mehiläinen
Kauppiaskatu/Köpmansgatan 8

Terveystalo
Aninkaistenkatu/Aningaisgatan 13
Tel. 030 6000
Terveystalo Pulssi
Humalistonkatu/Humlegårdsgatan 9-11
Tel. 030 6000 www.terveystalo.com

Neo (orthopedics & dentist)
5.7 Crisis Prevention

The Finnish Student Health Service (FSHS) offers mental counselling and crisis therapy for students, tel. 043 710 1045 (preferably between 9.00 and11.00). You can also find some useful information on their webpage www.yths.fi.

Crisis Prevention Aid
To alleviate the psychological/social problems of foreigners and their families, the Finnish Association for Mental Health has a Crisis Prevention Centre in Turku/Åbo. For more information please contact: Crisis Prevention Centre The Finnish Association for Mental Health, Yliopistonkatu/Universitetsgatan12 a B. Tel. 02 233 3442. Open Mon–Fri 10 –16. Check also www.mielenterveysseura.fi.

5.8 Pharmacies
(apteekki/apotek)

In Finland practically all medicines are sold only at pharmacies (apteekki/apotek). These include e.g. painkillers. Medication that is prescription-free in other countries often require a prescription in Finland. However, painkillers, vitamins and micronutrients (Calcium, Magnesium, etc.) are available without a prescription. Micronutrients are also sold in grocery stores.

Pharmacies are normally open: Mon–Fri 9 – 18 and Sat 9 – 15. In Turku/Åbo there is unfortunately not a single pharmacy open 24/7, and only one pharmacy is open 8 – 23 every day:

• Yliopiston apteekki/Universitetsapoteket, Yliopistonkatu/Universitetsgatan25; Tel. 0300 20200.

The pharmacies situated in the centre of Turku/Åbo or close to the student apartments are:

• Kupittaan apteekki/Kuppis apotek, Kunnallissairaalanlaite/Kommunalsjukhusvägen 20, tel. 02 251 7222, www.kupittaanapteekki.fi

• Linnan apteekki/Slottsapoteket, Kauppiaskatu/Köpmansgatan 10, tel. 02 2750400, www.linnanapteekki.fi

• Nummenmäen apteekki/Nummisbackens apotek, Hämeentie/Tavastlandsvägen24, tel. 02 276 4740, www.nummenmaenapotekki.fi

• Pyhän Henrikin apteekki/St. Henrik's apotek, Kalevantie/Kalevavägen 41, tel. 02 275 2150, www.pyhahenriks.fi

• Tuomiokirkkoapotekki/Domkyrkapoteket, Eerikinkatu/Eriksgatan 5, tel. 02 279 1200.

The Finnish social security card (Kela – kortti/Kela kort) should be presented in order to get a partial refund of the medication cost.

5.9 Summary
If you become ill during your stay in Finland and you do not recognise the symptoms you are having, check the Student Health Service website (even if you are not eligible to be treated there). Their website has an extensive catalogue of diseases, their symptoms and treatments in English.

Health Centre On-Call Service
If you are unsure about the need for professional medical care (illness, bruises, etc.) you can contact the Health Centre’s On-Call service (24/7). The professionals will assess your need for medical care and guide you to it if needed, tel. 02 100
23. During work hours (Mon – Fri 8 – 16) please contact your own municipal health centre or Student Health Service (if you are eligible to be treated there) for guidance.

### Emergency Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulance, Police &amp; Fire Department</td>
<td>112</td>
</tr>
<tr>
<td>Health Centre On-Call Service</td>
<td>02-10023</td>
</tr>
<tr>
<td>Emergency Medical Services</td>
<td>02-3138800</td>
</tr>
<tr>
<td>On-Call veterinarian for small animals</td>
<td>0600-124 44</td>
</tr>
<tr>
<td>Poison Centre</td>
<td>09-471977</td>
</tr>
</tbody>
</table>
6. Family Matters

The City of Turku Education Division: www.turku.fi/education.

6.1 Child Day Care

Child day care services
Turku provides day care, pre-school education and playground activities for children under school age (7 years). Day care offers an environment where the child is able to play, learn and participate in everyday routines. The premises, equipment and materials of day care are tailored to suit the age and needs of the child. An early childhood education plan is the guideline all municipal and private day care centres and family day care centres follow.

The following day care alternatives are available:

- Municipal day care centre.
- Private day care centre.
- Family day care or three family day care.
- Play club activities.

Municipal services are offered in Finnish and Swedish. Other languages are offered by private day care centres (in 2013–2014 Russian, English and French available).

Daisy Day Care (Finnish/English)
Ylioppilaskylä/Studentby 25B (Student village)
20540, Turku
Manager Päivi Vilppula, tel. +358-2-2323362, email: daycare@daisy.fi
www.turku.fi > Daycare Daisy

Wendy House (Finnish/English)
Neljäs linja/Fjärde linjen 3
20100, Turku. Tel. (02) 333 1686/+3584-113-0803, email: leikkikoulu@wendyhouse.fi
http://www.wendyhouse.fi/hi/wendyhouse

Trivium Kiddy Care (Finnish/English)
Lemminkäisenkatu/Lemminkäinen gatan 32
20520 Turku
Pre-School
Pre-school education is aimed for children one year before compulsory school education starts. In 2013–2014 this concerns children born in 2007. Pre-school education is free of charge. Day care, if needed, is liable to charge.

Preschool Year 2013 – 2014:
Autumn break 17.10. – 20.10.2013
Spring semester 7.1. – 30.5.2014
Winter break 17.2. – 23.2.2014

Baby-sitting
The Mannerheim League for Child Welfare (Mannerheimin Lastensuojeluliitto / Mannerheims Barnskyddsförbund MLL) offers you help with child care. The League’s child care service is meant to meet temporary and short term needs for child care assistance, around the clock, also on weekends. The Mannerheim League for Child Welfare has a pool of babysitters. They are trained and suitable to work with children. Qualified babysitters hold a valid license issued by MLL. Further information www.mll.fi

6.2 Schools
Everyone living in Finland receives free basic education provided by the local authority.

Basic Education, Grades 1 – 9
The Ministry of Education has accepted the grounds for the basic education curriculum. The Turku City’s municipal basic education curriculum for grades 1-9 is based on those grounds, and all schools in the Turku region follow the curriculum. Basic education is given in the schools of Turku in Finnish at 38 schools, in Swedish at 4 schools and in English at the Turku International School (www.tis.utu.fi). In addition to the schools administrated by the City, the University of Turku Normal School and Steiner School also operate in Turku.

Upper Secondary Education
Upper secondary education is given in the schools of Turku in Finnish at 8 schools, in Swedish at Katedralskolan i Åbo and in English at the Turku International School (www.tis.utu.fi). In the Turku International School, the courses are in English and the exam taken at the end of secondary education is the International Baccalaureate. In addition to the upper secondary schools administrated by the City, also the University of Turku Normal School and Steiner School operate in Turku.

Basic and upper secondary school semesters 2013 - 2014
Autumn break 17.10. – 20.10.2013
Spring semester 7.1. – 31.5.2014
Winter break 17.2. – 23.2.2014

International School
www.tis.utu.fi
Turku International School was founded in 2003 and is primarily aimed for international children living either temporarily or permanently in Turku. Additionally, Finnish children returning home after several years abroad attend this school. Language competence tests are organised by the school for non-native English speakers. This English
language test is obligatory. The school offers grades 1 – 9 in basic education as well as upper secondary education based on International Baccalaureate Diploma Programme. For more information and application please contact the Head of School Mr. Vesa Valkila (vesa.valkila@utu.fi).

6.3 Social Benefits for Families

Families are supported in Finland through various forms of services and income transfers. The Municipality of Residence (kotikuntaoikeus / hemorträtt) gives access to Municipal Services, such as child day care and health services.

Most social security benefits are provided by Kela/Fpa, the Social Insurance Institution of Finland. Eligibility for Finnish social security benefits is based on residence in Finland. If you intend to move to Finland permanently, you will normally be covered by the Finnish social security system and will qualify for Kela benefits as soon as you move to Finland. Coverage under the Finnish social security system is applied by filing the Kela form Y 77e. Students moving to Finland for the sole purpose of studying are considered to be resident in Finland temporarily. The exception to this are students moving from another Nordic country, who can gain social security coverage in Finland if they are recorded in the Finnish population register as being resident in Finland.

Here are some examples on family benefits:

- The child day care fee is determined by the family's size and earnings. Low-income families are not required to pay any fees. Financial assistance is also available for private care if a child under school age is cared for by a private day care provider.

- Maternity and child welfare clinics at-
7. Housing

There are several alternatives for arranging your accommodation in Turku/Åbo. Please note that most visiting scholars stay in the guest house or guest apartments of their host university. These apartments need to be booked by the host department well in advance. However, the Student Village Foundation also houses visiting staff and their families regularly, if there is room in the Foundations apartments.

7.1 Student Village Foundation (TYS)

The Student Village Foundation of Turku, Turun Ylioppilaskyläsäätiö (TYS)/Studentbystiftelsen i Åbo, is an independent foundation that provides housing for students in Turku/Åbo and Rauma. Contact information:

Student Village Foundation of Turku
Inspektorinkatu/Inspektorsgatan 4
20540 Turku/Åbo
Tel. 275 0200
e-mail: info@tys.fi
www.tys.fi
Open Mon–Wed 9.00–15.45, Thu 9.00–17.45, Fri 9.00–14.45

(Note that the office has different opening hours during summer)

The rent for TYS flats and rooms varies from 200 to 600€/month. The rent includes electricity, water, heating and the use of Internet. When living in a TYS flat you will have saunas, laundries and common rooms at your disposal.

An online application for housing must be submitted to the housing office no less than six weeks before the beginning of the studies in Finland. Remember that apart from rental deposits, the Student Village Foundation also charges an admission fee. The fee is 60€ for admitting leases lasting up to twelve months. When signing leases that last longer than 12 months, the admission is free of charge.

Before getting the key you have to pay a refundable deposit of 300€ (450€ for family housing). Please note that the sum is a deposit and cannot be used as payment for rent. The deposit is refunded to the tenant when he/she gives up the room or apartment, provided that it is in good condition.

Note that researchers or PhD students are offered rentable flats with basic furniture, which does not include mattresses or lamps. Also note that TYS
Housing

has income limits for researcher and PhD students. **1605€/month** for single persons and **2130€/month** for persons with families. Please note that priority is given to basic degree students.

For more information, **please read the Tenant’s guide** - a guide on living in TYS flats. The guide is very informative and is available in Finnish, Swedish and English. You should also read the Service Guide. All the guides can be found on the TYS home page www.tys.fi. **Please note that housing payments might vary from year to year so be sure to check the latest information from TYS.**

7.2 Retrodorm
The city of Turku rents apartments for exchange students in Retrodorm, situated in Luolavuori. The rooms are furnished, single rooms with their own WC, but with shared showers and kitchen. The rent is 280 €/month (including water, electricity and internet). The rental period is for the whole term.

*Retrodorm* Virvoituksenkatu/Virvoituskatu 3. Tel. +358 40 673 1251. www.retrodorm.fi

7.3 Private Market Flats
If you prefer to rent a flat elsewhere in Turku/Åbo, get in touch with any of the housing agencies.

www.lyyra.fi Hosts a forum where students tend to advertise short time rental apartments.

There are housing agencies that specialise in serving students, for instance *Opiskelijoiden Vuokralaitos*, Hämeenkatu/Tavastgatan 14. Tel. 233 8308, www.ovv.com.

You can try www.vuokraovi.com, which has information also in English.

Or www.kalustettuasunto.fi, or www.forenom.fi for furnished apartments.

In addition, you can check the advertisements in the local newspapers *Turun Sanomat* and Åbo Underrättelser under vuokrattavana /uthyres, or you can put your own request to rent a flat in any of these newspapers. The Student Unions also have a few rental flats mainly for students. Contact them for further information.

**Turku/Åbo City Council Housing**
The city of Turku/Åbo has some rental flats. There are certain maximum income limits for the tenants of these apartments. For more information, contact:

*TVT Asunnot Oy* Käsityöläiskatu/Hantverkargatan 3. Tel. 330 000 (switchboard).
Open Mon 10.00–17.00, Tue–Fri 10.00–16.00.

**Buying a Flat**
A foreigner living in Finland has the right to buy a flat. The statutes of certain housing associations may prohibit transfer of its shares to foreigners. If you encounter any such restrictions, you can apply for special permission from the Advisory Committee for Foreigners’ Investments of the Ministry of Trade and Industry. You can also contact a real estate agent or lawyer to assist you in such matters.

Foreigners’ rights to land and house ownership are restricted only in exceptional situations.

7.4 Practical Matters Related to Housing

You can find useful guides on student housing in Finland for international students, which might be helpful even if you do not live in an official student accommodation. Two of the guides are
listed here:

- Finland’s Student Housing Ltd, www.opiskelija-asunnot.fi/en/studenthousing/
- Turun Ylioppilaskyläsäätiö, www.tys.fi

Tenant

The Starting Package (exchange students only)
TYY, ÅAS and Turku University of Applied Sciences/Turku Polytechnic all provide a starting package service. Exchange students may borrow this package, which contains household items, after having paid the Student Union fee. The package includes a pillow, blanket, two curtains, a cooking pot, a sharp cutting knife, a dinner and a soup plate, a glass and a mug, cooking items (spatula/ladle), a knife, fork, spoon, teaspoon, and a can opener. You pay 70€ for the package, of which 50€ is refundable. See www.startingpackage.utu.fi/ for more info. Please remember to bring a receipt (stating that you have paid the Student Union fee) when picking up the package.

Electricity
The electric current in Finland is 230 V, 50 Hz. The power sockets (plugs) are according to European standards (two-pin continental sized).

Home Insurance – Living in a Student Village Foundation Accommodation
The foundation recommends that all tenants take a home insurance. In addition to its own indemnity insurance, the foundation has taken out a limited insurance on the movable property of the tenants. The tenant can get compensation from this insurance for example in case of fire (the deductible sum is 200€). The insurance does not compensate for bicycles.

If, for example, a tenant’s carelessness or appliances cause damage to the apart-

ment, the tenant is responsible for paying TYS the foundation’s insurance policy’s deductible of minimum 4000€. This is why the foundation recommends that all tenants take a home insurance.

Home Insurance – Living in a Privately Rented Flat
For students living in private market flats it is recommendable to acquire home insurance from one of the insurance companies in Turku/Åbo

Internet Connection – Living in a Student Village Foundation Accommodation
There is an internet connection in all the Student Village Foundation apartments When signing the lease, you are required to sign an internet connection agreement and you can use the internet straight away with a network cable. Further information on tariffs, general regulations and agreements you can find on www.yok.fi.

Internet Connection – Living in a Privately Rented Flat
You can get an Internet connection through your host university (most commonly ADSL) with a student discount. Contact the IT management of your host university (see chapter 2.11) for further information. It is illegal to access the internet through someone else’s wireless network without the owner’s permission.

SparkNet
SparkNet is the largest wlan (Wireless Local Area Network) in Finland. SparkNet is accessible for all public officials (in Turku/Åbo) and personnel and students of institutions of higher education.

You can connect to the SparkNet using your utu or abo email- and password. For further information and a complete list of coverage areas, see www.sparknet.fi.
Lost keys – Living in a Student Village Foundation Accommodation
You usually do not need a key to lock the door of a flat in Finland. This means that you might accidentally forget the keys in your room and lock yourself out.

If you live in a flat or room provided by the Student Village Foundation, you can get a spare key from their respective offices during office hours. It is free of charge, but you must be able to prove your identity. The spare key must be returned as soon as possible. If you lock yourself out after office hours or during the weekend and you cannot wait until the morning of the next weekday, the following can be of use:

• For Student Village area call: 010 620 2016, door opening is chargeable.
• In Rauma you can get the key from the dormitory manager. Office hours are: Mon-Wed 9.00-15.45, Thu 9.00-17.45 and Fri 9.00-14.45. At other times the tenants can contact maintenance company RTK Palvelu Oy, tel. (02) 838 722 45. Opening a door is chargeable.

The caretaker will charge from to open your door. This fee can be paid to the service man immediately or it can be charged later. The caretaker on duty will immediately require seeing some proof of identity and will only open the door to the apartment’s official tenant(s).

Lost Keys – Living in a Privately Rented Flat
Always call the caretaker or the caretaker company. You can find the address and telephone number of the caretaker (or company) on a notice board by the entrance of the building. You have to prove your identity. Charges for opening the door vary between companies and depending on the time of the day or night that you are in need of the spare key.

Laundry – Living in a Student Village Foundation Accommodation
There are washing machines in the Student Village and in other student accommodations. Please check the different terms of usage and instructions for the laundry room that you are entitled to use.

The usage of the machines in the Student Village Foundation accommodations is paid by mobile phone. The price is around 2€/per use. Please note that prepaid accounts need to have a certain amount of money stored in order to pay the laundrieservice. If the reservation hasn’t been taken to use in 15 minutes after its start the machine becomes again available for others to use.

All laundry reservations are made online. You can access the online reservation from TYS’s webpage: http://www.varaaheti.fi/tys/en. When you’re unable to use your reserved shift please cancel it from the same webpage.

Laundry - Living in a Privately Rented Flat
Finland does not have the usual laundry/laundromat service that exists in many countries. Usually apartment buildings have a laundry room where tenants can do their laundry. These are reserved only for the use of tenants of the building or group of buildings. Pretty much all laundry services found in public are chemical laundries/dry cleaners.


Repairs – Living in a Student Village Foundation Accommodation
If you live in a Student Village Foundation flat and your residence is in need of repair (for example if the faucets leak or
the door locks are broken), you should fill in a request for repair form, which is available on the Internet: www.tys.fi. Try to be as precise as possible when identifying the defect. Please note that the acquisition of light bulbs is the responsibility of the resident. Special light bulbs are sold, for example, at the housing office. In case of emergency repair in the Student Village Foundation flats in Turku/Abo, contact the caretaker company G4S Oy, tel. 0204 28 2000. For emergency repairs in Rauma, call 823 5777.

Repairs – Living in a Privately Rented Flat
You can call the caretaker or the caretaker company of your building. The contact information is available on the notice board of your building, usually placed by the building’s main entrance.

7.5 Recycling
Recycling is quite common in Finland; in fact, especially the paper recycling rate is among the highest in the world. Recycling is the one of the easiest ways to protect the environment.

In addition to recycling paper, glass metal and cardboard normal mixed waste should be sorted into **burnable waste** and **landfill waste**.

Bio-waste should be put into burnable waste if composting is not possible.

Burnable waste (**polttokelpoinenjäte/bämnbart avfall**), i.e. waste that can be used as energy, includes the following:
- Plastic bags, packages, non-returnable plastic bottles.
- Cleaning waste, dustbags, polystyrene.
- Leather, shoes and worn-out garments.
- Hygiene products, such as nappies and sanitary towels.
- Food waste (if composting is not possible).

Landfill waste (**kaatopaikkajäte/deponi-
avfall**), which is not suitable for energy use, includes:
- PVC plastic (raincoats, ring binders inflatable beach toys, poly pockets, hard transparent plastic containers, pipes).
- Bulbs (no fluorescent of energy saving bulbs, they go to hazardous waste disposal).
- Glassware, porcelain and ceramics.
- Broken mirrors, window glass and glass shelves.
- Pot soil, cat litter and broken tiles.

You should also recycle the following materials:
- Large proportion of bottles and cans are returnable to foodstores and supermarkets. You’ll receive deposit between 0,10-0,40 cents for each bottle/can you return to the store.
- Paper (**paperi/papper**) – newspapers and magazines, advertising brochures, envelopes, broken books without covers, phone book, copy and drawing paper. Note that wet or dirty paper and tissue paper cannot be recycled.
- Glass (**lasi/glas**) – only packing glass, like jars and bottles. Do not to mix porcelain, crystal or window and mirror glass with the recyclable glass.
- Packaging metal (**metalli/metall**) – washed metal cans and tins, aluminium mould and folio, metal lids and caps, old kettles and frying pans, small metal objects. Remember that batteries, paint cans, aerosol, cables and tubes must not be thrown away with the food tins and metal cans.
- Cardboard (**palvi/papp**) – cartons of milk, sour milk and juice, cartons of yogurt and ice cream, cartons of cereal, biscuit and candy, disposable plates and cups, gift paper, egg cartons and carton cases, sugar and flour bags cardboard boxes. Note that all cardboard material should be cleaned of food products, rinse milk cartons etc.
- Recycling bins for milk/juice cartons and other kinds of carton packaging can be found in the close vicinity of stores and big supermarkets if not
available in your living area.

- Batteries (patteri/batteri)- all stores that sell batteries are obligated to accept any used batteries. Most stores have specially designated bins for this purpose.
- Nowadays all stores selling electronics and domestic appliances are liable to recycle smaller appliances for the customer without fee and also larger appliances if a new one is bought in return.

Please be sure not to put mixed waste into the bins for sorted waste. You will find waste containers for different purposes in the vicinity of your housing.

Turun Ekotori accepts small amounts of hazardous waste (e.g. batteries, fluorescent lamps, different solvents). Turun Ekotori, Kirkkotie/Kyrkovägen 10, tel. 044-700 7400, www.turunekotori.fi
Open Mon-Fri 10.00-18.00, Sat 11.00-15.00.


For information on composting, please see www.tys.fi > Tenant > Recycling waste. Another comprehensive recycling guide can be found at www.lassila-tikanoja.fi > Environmental management.
8. Getting Around

8.1 On the Banks of River Aura

The Turku/Åbo City centre is fairly small and distances rarely get too long. The walking and cycling paths by the river offer an idyllic perspective of the city. The café and restaurant boats invite you to enjoy the city. Note, however, that you should not walk in the marked bicycler’s lane, but in the lane marked for pedestrians. For your own safety, cross the street only when the light is green and wear a reflector when it is dark.

Bicycling

By bike you can go almost anywhere in Turku/Åbo, and often much faster than by car. As a bike rider in Finland you should:

- Have a light installed on your bike and use it when it is dark.
- Install reflectors on your bike.
- Wear a helmet at all times.
- Get a proper lock for your bike.

You can get fined if you violate the rule of having a light on your bike when it is dark!

You can get a map of all the cycling lanes from the *Turku Touring’s Tourist Information*, Aurakatu/ Auragatan 4, Tel. 262 7444 or from http://opaskartta.turku.fi/.

Most of the bicycle shops sell second hand bikes as well as new ones. Try for example:
- *Nummen Pyörä*, Hämeentie/Tavast-
landsvägen 44. Tel. 020 768 9200. www.nummenpyora.fi

• Turun Ekotori, Kirkkotie/Kyrkovägen 6-10 or Rieskalähteentie/Rieskalähdevägen 74. Tel +35844 7007 4050, +35844-700 7400. At Ekotori you can also find a great variety of other second-hand things for sale. www.turunekotori.fi

Bike Rental
If you want to rent a bike you can do so by contacting the Turku Touring’s Tourist Information. Regular bikes cost around 20€/day and 100€/week, there is even pedal electric cycles for rent, 32€/day. The bikes are usually for rent April-October. You can also ask for rental scooters.

Föri – the City Ferry
Do not forget to take a ride on the ferry ”Föri” which travels across the River Aura free of charge! The name comes from the Turku/Åbo citizens’ twist of the English word “ferry” or its Swedish correspondence “färja”. Föri is over a hundred years old and it is is located approximately between Itäinen Rantakatu/Östra Strandgatan 56 and Läntinen Rantakatu/Västra Strandgatan 55. From 1.10-30.4 it runs between 6.15 and 21.00 and during the summer season until 23.00.

8.2 Buses, Taxi, Car Rental and Trains

Local Bus
Bus stops are marked by yellow/black or blue/white signs. The yellow ones indicate bus stops for the Turku/Åbo City Transport Service and the blue ones for long distance buses. The numbers given at the bus stops with a yellow sign indicate which buses stop there.

• To get on a bus, wait at the right bus stop and be prepared to signal, by waving your hand, to the driver that you want to get on the bus. You must always get on the bus through the doors closest to the front.

• To get off the bus, press the ’stop button at a reasonable distance beforehand to indicate to the driver that you wish to get off. You should always get off through the doors in the middle or back of the bus.

The bus timetables are available at some stops. Note that in Turku/Åbo the timetables indicate the time when the bus sets off at the beginning of the route, not at what time it is going to be at your stop. Additionally, the timetables show the hour in the column to the left, and the rest of the columns show minutes depending on what days a week the bus is in operation. Usually, the first column to the left is Mon-Fri, the second column Saturdays and the last ones are Sundays or other holidays (pyhäpäivä/helgdag). Bus timetables can be found in the city of Turku/Åbo’s webpage (www.turku.fi)

You can also use Brahe Trip Planner (http://reittiopas.turku.fi/en/), which gives recommendations on which buses to use.

A single ticket for adults costs 2,50€ and 1,20€ for children (aged 7–14) between 4.00-23.00, and other times 3,50 and 2,20€ respectively. The tickets are valid for two hours for interchange of return. You can also buy a 24-hour Visitor’s Pass-ticket which costs 5,50€. The 24-hour ticket can be bought with a mobile phone. There is no night fare if you have a monthly, 3-month or an annual card.

The cheapest way of travelling within the Turku/Åbo transport area is to get one of the different smart cards, value card is in general the easiest and most useful. You can use these cards on all the city buses in Turku/Åbo (note that if you leave the area of municipality of Turku/Åbo the prices will change and the smart cards used for internal travel in Turku/Åbo can not be used). In order to get a
Getting Around

student discount you have to show proof of being a formal exchange- or degree student. This is either done by showing your official student card (or if you have not received one yet, you need to get a signature and a stamp from your host university). For additional information, please visit the Turun Joukkoliikennetoimisto/Åbo kollektivtrafikbyrå (see below) and if possible, do so in the company of your Finnish tutor. Please note that the discount is not given to students over 31 years of age.

Turun kaupungin paikallislisikenteen palvelutoimisto/Servicebyrån för lokaltrafiken
Aurakatu/Auragatan 5
Tel. 262 4811
Open Mon-Fri 9.00–18.00, Sat 9.00–14.00 (summertime Mon-Fri 9.00-17.00, Sat 9.00-14.00).

At www.turku.fi/bussit you can find all time tables (in Finnish only) and detailed information about the different bus cards available (in English).

Long Distance Buses
Exchange- and degree students get a 50% reduction on the long distance buses if they travel for a minimum distance of 80 km with their student card. PhD or visiting students cannot buy tickets at reduced student rates.

The main bus station at Aninkaistenkatu/Aningaisgatan 20 is open: Mon–Fri 6.30–21.00, Sat 7.30–21.00, and Sun 08.00–21.00.

For information about nationwide bus timetables, call 0200 4000 Mon–Sun 8.00–19.00 (1,71€/call + local call charge). You can buy a timetable for 2€ from the bus station. For timetables, see: www.matkahuolto.fi or www.expressbus.fi.

For cheap bus transport for instance to Helsinki, please see www.onnibus.fi. The buses pass the Student Village.

Taxi
If you want to order a taxi in the Turku/Åbo region, call 100 41 (0,74€/min + local call charge) or 02-10041 when calling from a mobile phone. The taxi rank nearest to the universities is situated in front of the Central Hospital (Kiinamyllynkatu/Kinakvarngatan). Taxis charge a base fee of 5,50/8,60€, depending on what time and day it is, plus 1,43-2,01€/km, depending on the number of persons sharing the taxi.

Car Rental
• Autovuokraamo Sixt, Kerttulinkatu/Gertrudsgatan 16 B.Tel. 020 112 2520 http://fi.sixt.com/
• Avis car rental, Ratapihankatu/bangårds gateway 37 (Railway station). Tel. 020 799 1222 www.avis.fi
• Budget, Ratapihankatu/bangårds gateway 37. Tel. 020 746 6670 www.budget.fi
• Hertz, Lonttistentie/Lonttisvägen 9. Tel. 020 555 2600, www.hertz.fi
• Transwell, Kerttulinkatu/Gertrudsgatan 16. Tel. 010 423 9944, www.transwell.fi

Buying a Car
If you want to buy a car, you need an address in Finland and an identification card for the registration. In addition, you have to pay the mandatory insurances and taxes. For more information about buying a car and registration please see http://www.ake.fi > Registration.

Driving a Private Car
In Finland vehicles drive on the right. At crossroads, unless there is a sign to the contrary, vehicles coming from the right have priority. In autumn and early spring, you should watch out for elk when driving in rural areas. These animals are especially active at dusk and dawn, and may cause dangerous situations, so please drive carefully.

Driving Under the Influence of Alcohol or Drugs
The law regarding the blood-alcohol level for drivers is strictly followed in Finland. The law allows a level of less than 50 mg of alcohol per 100 ml of blood, or 0.22 mg per litre of exhaled air. Driving under the influence of drugs is also regarded as a very serious offence. Offenders are subject to heavy fines, withdrawal or suspension of their driving license and/or imprisonment.

Driving License
Driving license holders from signatory states of the Road Traffic Conventions made in Geneva (1949) or in Vienna (1968) may drive in Finland with their national driving license for two years from the date of entry to Finland. Note that the right to drive is based on the possession of a driving licence issued to a person living permanently in a country that has signed the previously mentioned convention. A driving licence acquired in such a country during temporary residence (e.g. as an exchange student) does not entitle the holder to drive in Finland.

However, you may apply for a Finnish driving licence after six months of residence in Finland. You have to apply at the local police station and it costs approximately 60€. If you want to exchange a foreign driving licence for a Finnish one, it costs 40€.

N.B. You need to meet the Finnish age requirement of eighteen years before you are allowed to drive in Finland.

Train
Turku/Åbo Railway Station (Turun rautatieasema/Åbo järnvägsstation)
Ratapihankatu/Bangårdsgatan 37.
Ticket sales: Mon–Sat 6.10–21.05, Sun 8.10–21.05.

Kupittaa Railway Station, (Kupittaan rautatieasema/Kuppis järnvägsstation), Joukahaisenkatu/Joukahainengatan 6.
Ticket sales: Mon-Thu 6.15-17.15, Fri 6.15-18.15

Call 0600 41 900 for information, reservations, timetables and prices. The call will cost you 1,99€/call + local call charge.

For timetables, tickets and other information, visit the railway stations or call the national service number. On www.vr.fi you can find timetables and buy your train ticket online, provided that you have a Finnish internet banking service or a Visa, Visa Electron or Master Card (see chapter 8.1 for information about banking services).

Trains to and from Helsinki also stop at the Kupittaa/Kuppis Railway Station which is close to the universities and the Student Village.

To be eligible for the special student fares, you will need a Finnish student card (see chapter 2.3). The student reduction is 45-55 %. It is possible to buy student tickets using a bank (e.g. Visa Electron) or a credit card at special ticket vending machines at the railway stations. Alternatively, you can buy a ticket via the Internet with a credit card or by using the Internet banking service which you can get free of charge at your local Finnish bank. Tickets can be bought on the train as well, but an extra fee will be added! Please note that Visa Electron doesn't work as a paying method on the train. You can get the railway timetable information in Finnish or Swedish via the ticket vending machines.

Note that PhD and visiting students cannot buy discounted student tickets.
8.3 Hotels and Hostels

The webpage www.turkutouring.fi has a collection of places to stay in Turku/Åbo and in the neighbouring areas. The site is hosted by the city of Turku/Åbo.

A list of some hotels and hostels in Turku/Åbo:

**Hotels**
- *Sokos Hotels* has three hotels in the centre of Turku/Åbo area. Check www.sokoshotels.fi for reservations and more information.
- *Scandic Hotels* has two hotels in the centre of Turku/Åbo area. Check www.scandichotels.fi for reservations and more information.
- *Centro Hotel*, Yliopistonkatu/Universitetsgatan 12, Tel. +358 (0)2 2118100, www.centrohotel.com
- *Cumulus Turku*, Eerikinkatu/Eriksgatan 30, Tel. (02) 2181 000, www.cumulus.fi
- *Hotelli Helmi*, Tuurenporinkatu/Tureborgsgatan 11, Tel. +358 (0)20 786 2770, www.hotellihelmi.fi

**Hostels**
- *Hostel Turku*, Linnankatu/Slottsgatan 39, Tel. +358 (0)2 262 7680, www.turkutouring.fi
- *Hostel Borea*, Aurajoki, Linnankatu/slottgatan 72, Tel. +358 (0)40-843 6611, www.turkutouring.fi. Hostel Borea is located in a former steamliner.
- *Bed and Breakfast Tuure*, Tuureporinkatu/Tureborgsgatan 17C, 3rd floor, Tel. +358 (0)2 233 0230, www.netti.fi/~tuure2
9. Services

The City of Turku/Åbo is continuously widening its services for foreigners living in the city. Most current information can be found their website www.turku.fi (use the site’s search function for Services for Immigrants).

9.1 Bank Services

There are several banks (pankki/bank) operating in Turku/Åbo. The following banks provide information in English:

- **Liedon säästöpankki**, Hämeenkatu/
Tavastgatan 12. Tel. 4711 470. Open Mon 10.00–18.00; Tue–Fri, 10.00–16.30. www.poppankki.fi
• Nordea, Hämeenkatu/Tavastgatan 5. Tel. 0200 3000. Open Mon–Fri 10.00–16.30. www.nordea.fi
• Osuuspankki, Maariankatu/Mariestadsgatan 4. Tel. 010 256 9111. Open Mon–Fri 10.00–16.30. www.op.fi.
• Danske Bank, Hämeenkatu/Tavastgatan 3 A. Tel. 010 546 0990. Open Mon–Fri 10.00–16.30. www.danskebank.fi/en-fi
• Ålandsbanken, Eerikinkatu/Eriksgatan 17 (Hansa Shopping Centre). Tel. 0204 29 3100, e-mail: abo@alandsbanken.fi. Open Mon–Fri 10.00–16.30. www.alandsbanken.fi

Cash Withdrawal
You can use Finnish bank/credit cards and also foreign credit cards to withdraw money from self-service cash machines – automatic teller machines (ATM) – known as “Otto”, (pankkiautomaatti/snabbank). There are many suchlike self-service machines in Turku/Åbo and they are open round the clock. Check the website www.otto.fi for the ATM closest to you Click on the “Missä Otto?” link and choose “Turku” and you will get all the Otto ATMs in Turku/Åbo listed, or choose your postal code from the drop-down menu and get all the ATMs in the vicinity listed. Yet another option is to write a street name in the according text box and the results will tell you whether or not there is an ATM on that street.

International Credit and Payment Cards
The main international credit and payment cards accepted in Finland are Visa and Master Card and some of the brands’ sub cards like Visa Electron and Maestro. These cards are accepted in major department stores and restaurants. Please check beforehand with the place where you wish to do your purchase if they accept the card you want to use. Also note most transactions require that you use your PIN code to verify the transaction.

Money Exchange
You can change money in most banks in Finland. For more information, visit your own bank in Finland.


Office Hours
Banks in Turku/Åbo are usually open Mon–Fri 9.30/10.00–16.30. Some banks have branch offices that are open until 19.00. Please note that all banks are closed on Saturdays and Sundays.

Opening a Bank Account
You need to have an active address in Finland to open a bank account. So please fill and send the change of address notification before trying to open a bank account in Finland.

Service fees vary from bank to bank but opening a bank account is generally free of charge. Comparing the banks is often difficult, but most of them offer students and young people under 26 self-service packages free of charge. These include an ATM-card, usually Visa Electron, for cash withdrawals and paying of bills through internet. For further additional services a fee will be charged. Price lists are available at the bank counters and online.

Paying Bills
Cheques are not used in Finland. During your stay there will be many different fees and bills like your rent, that you are required to pay. This is mainly done through internet banking.

The easiest and cheapest way to pay your bills is on the internet. The fee for a payment made at the bank counter by a
9.2 Post

Post in Finland is handled by a government owned company named **Itella**. The main post office (posti/post) in Turku/Åbo is at Eerikinkatu/Eriksgatan 19. It is open Mon–Fri 8.00–20.00, Sat 10.00–14.00.

Poste Restante Turku/Åbo is located at the same place and is open Mon–Fri 10.00–14.00.

For information about opening hours, postal codes and prices, you can call the national postal service line 0200 71000, Mon–Fri 8.00–20.00 and Sat 9.00–14.00 (local call charge). More information can be found at www.posti.fi.

Stamps can be bought at most kiosks, bookshops and department stores. A first class letter (less than 50 g) costs 0,85€ regardless of the destination.

The standard way of writing a Finnish address is:

*First name Surname*

*Street name and number (also apt. number)*

*Postal code, City Finland*

If you move from your residence and want to inform the change of address to your friends, you can use cards meant for the purpose, available from the post offices in Finnish and Swedish free of charge. These cards can be mailed for free within Finland.

9.3 Telecommunication

**Mobile Phones**

The major operators in Finland are Sonera, Elisa, Saunalahti and DNA. The operators’ tariffs, service fees and campaign offers may vary significantly, so it is advisable to just ask around at the different operator offices. For more information ask any shop selling cellular phones.

For exchange students, the easiest and most reasonable option is to get a pre-paid connection. These pre-paid connections can be bought in any R-Kioski and in the operator specific shops. These do not require deposits or any official documents.

**Numbers in the Turku/Åbo area are written without the 02-area code.** When calling from a mobile phone you need to use the area code of the place you are calling, including 02 even if you are in Turku/Åbo when you make the call.

**Public Phones**

Unfortunately, public phones have become a thing of the past in Finland.

**International Calls**

If both you and the recipient have access to a computer connected to the internet and a headset, then Skype (www.skype.com) and similar programs are excellent options for making voice calls for free.

With fixed or mobile phones, you can make direct calls to most countries from Finland. For a list of countries, codes and charges, please check the telephone directory. All information is given in Finnish, Swedish and English.

When calling abroad from Finland, you can choose from a number of access codes of different telephone companies offering international calls.

**Making an International Call**

Access code + country code + area code (usually without the general prefix 0) + phone number

**Calling to Finland from Abroad**
International prefix + the international country code for Finland 358 + area code (without the general prefix 0) + phone number. For area codes, please check the internet e.g. www.countrycode.org

**Number Inquiries**

There are two service numbers for national number inquiries:
- **118** (Prices depend on service provider, see www.118info.fi for further information in Finnish).
- **020202-Service** (http://info.fonecta.fi/en)
  - There is only one service number for international number inquiries: **020208** (4,01€/min + local call charge).

**Internet**

There are a few spots in Turku/Åbo where you can use the Internet before getting your own account for UTU- or ÅAU-computers.

- **Luckan** Aurakatu/Auragatan 1 B.
  Open Mon, Tue, Thu and Fri 11.00-17.00, Wed 11.00-19.00, abo.luckan.fi.
- **Cyber Internet Café**, Hämeenkatu/ Tavastgatan 12, Eerikinkatu 15/Eriksgatn 15 (In Hansa shopping centre, 1st floor) and at Maariankatu/Mariegatan 2, Open Mon-Fri 9.00-21.00, Sat-Sun 10.00-21.00.
- **Turku/Åbo Public Library** (see chapter 2.10) has several computers that can be booked for an hour or half an hour. A library card is required for the booking. There are also computers which can be used for 15 minutes without booking. The library has wireless Internet which you can access with your own laptop, and there is also a possibility of borrowing laptops in the library for which a library card and a photo identification card are needed.
- **The Turku/Åbo City Tourist Information**, Aurakatu/Auragatan 4 also has a computer that you may use free of charge. www.visitturku.fi

**9.4 News**

The national broadcasting company YLE offers news in English on www.yle.fi/uutiset/news. International news and news from your own country can probably best be found on the internet.

**9.5 Shopping**

We would like to emphasise that we are not advertising the following shops. You should compare prices on your own. Please, also check the local newspapers for special offers.

The words ’ale’ (short for alennusmyynti), ’tarjous’, ’erikoishinta’, ’erbjudande’ and ’rea’ (short for realisation), mean ’sale’, ’special offer’, ’discount’ etc.

The opening hours of shops vary. Most department stores and grocery stores are open from 9.00/10.00 to 19.00/21.00 during weekdays, from 9.00/10.00 to 17.00/18.00 on Saturdays usually from 09.00/10.00 to 18.00. and on Sundays 12.00 to 18.00. Some small shops that sell only groceries are allowed to stay open to 23.00 everyday. Bookshops, clothes shops etc. are open from 9.00/10.00 to 17.00/20.00 weekdays, from 9.00/10.00 to 14.00/18.00 on Saturdays and 12.00-18.00 on Sundays.

On public holidays all shops are closed and on the eve of a public holiday they close at the same time as on Saturdays. If a public holiday falls on a Saturday, some shops are open on the following Sunday.

**The Major Chains of Stores**

**S-group**

The S-groups smallest shops are called Sale. They are small local shops that mainly sell groceries. The next level of S-chains system are the S-market that are medium sized grocery stores. The
largest grocery stores that the S-chain has are are known as Prisma, the large supermarkets usually residing outside city centres, but are reachable with local busses. The peak of S-chain stores are called Sokos department stores that are generally found in city centres.

Kesko
The Kesko shops can be identified by their use of letter K as their symbol. They have adopted a system where the amount of K’s represent the size of the store. The small local shops that sell groceries are usually named K-extra. The third level is usually known as K-supermarket. The high summit of Keskos stores are known as Citymarket. Citymarkets are usually located outside of city centres and are reachable by e.g. local bus.

Lähikauppa
Lähikauppas smallest stores are called Siwa these are generally small shops that sell groceries. The next level shops are known as Valintatalo these are a bit larger than Siwas, and offer a slightly larger variety of groceries. Largest stores that Lähikauppa has are called Euromarket. These are supermarkets that do not usually sell electronics.

Lidl
This Germany based grocery store chain landed in Finland in 2002 and has since found its place among the corporations operating in Finland. Lidl has some 137 stores across Finland and can be found near all large settlements.

Grocery Stores
These stores are located near the Student Village and/or the universities.

- Kylän Valinta, Student Village, Inspektorinkatu/Inspektorsgatan 4
- Puhakka K-lähikauppa, Hämeenkatu/Tavastsgatan 5
- Sale: Hämeenkatu/Tavastsgatan 6
- Siwa: Nummenpuistokatu/Nummisparksgatan 2, Kirkkotie/Kyrkö-

In these shops you can buy food and some household items. Note that grocery bags cost about 10 – 20 cents, but they are roomy, sturdy and reusable. They also double nicely as trash bags. You pack your own bags when you pay at the cashier in the grocery store.

Most bottles and cans can be returned (pantti/pant). For small bottles you will receive 10 or 15 cents, and for larger ones 40 cents. Note that bottles bought from Lidl can only be returned to Lidl and bottles from ALKO can only returned to ALKO.

Shopping Centres
Some shopping centres where you can find many of the shops listed in this chapter are:

- The Mall Mylly, Myyllynkatu/Myllygatan 1 (in Raisio/Reso). For further info, see www.kauppakeskusmylly.fi.
- The Mall Skansi, Skanssinkatu/Skansgatan 10. For further info, see www.skanssi.fi.
- Hansakorttel/Hansakvarteret, next to the market square, with entrances from Yliopistonkatu/Universitetsga-
tan, Eerikinkatu/ Eriksgatan, Kristiinankatu/Kristinegatan and Aurakatu/ Auragatan (www.hansainfo.fi).

- **Forum**, Eerikinkatu/Eriksgatan 12.
- **Länsikeskus/Västra Centrum**, Viilarinkatu/Filargatan 5.

### Alcohol
Alcoholic beverages can be bought in state-owned ALKO shops only. These are for example at:

- **Kauppiaskatu/ Köpmansgatan 9** (Wiklund), Yliopistonkatu/Universitetsgatan 22 (Stockmann)
- **Citymarket Kupittaa**, Uudenmaantie/Nylandsgatan 17
- **Vanha Tamperentien Prisma**, Vanha Tampereentie/Gamla Tammerforsvägen 108
- **Itääharju**, Kalezantie/Kalevavägen 41.
- **Citymarket Länsikeskus**, Markulantie/Markulavägen 150
- **The Mall Skanssi**, Skanssinkatu/Skansgatan 10

ALKO shops are open Mon-Fri from 9.00 to 20.00 and from 9.00 to 18.00 on Saturdays. Information about products and shops can be found at www.alko.fi.

Medium strong beer (**keskiolut/mellanöl**), light beer and cider are also sold in grocery stores. The age-limit for the purchase of beer and wine is 18, for stronger drinks 20.

### Bookstores
Of Finnish bookstore chains the two largest are **Akaateeminen kirjakauppa** and **Suomalainen kirjakauppa**. These two can be found at almost any shopping centre.

### Electronics
The largest electronics seller in Finland is **Gigantti**. Nearest located in Itäniityntie/Östraängvägen 14, in Raisio/Reso near **Ikea and The Mall Mylly**. In the Turku/Åbo central area large department stores and **Clas Ohlson** in the Forum shopping centre sell electronics.

#### Furniture
Most furniture is sold in Finland by **Ikea, Mask Kalustetalo, Jysk and Asko**. Most of these are located outside of Cities and tend to require a car to visit. However **Ikea, Jysk and Asko** have a store in Itäniityntie/Östraängvägen in Raisio/Reso near **The Mall Mylly** and can be accessed with the same bus as **The Mall Mylly**.

### Second-hand Shops
There is a large number of second-hand shops in Turku/Åbo and only some of them are listed here. For temporary Sunday flea markets check your local newspaper or the newspaper **Turkulainen** under **Kirpputorit**.

For second-hand clothes:

- **Pelastusarmeija** (the Salvation Army), Kupittaankatu/Kuppisgatan 146, Yliopistonkatu/Universitetsgatan 5 and Puutarhakatu/Trädgårdsgatan 12.
- **UFF Aninkaistenkatu/Aningaisgatan** 6, Humalistonkatu/Humlegårdsgatan 5, tel. 231 1761.
- **Aurinkotehdas (Emmaus and Uusi Tuuli)**, Kirkkotie/Kyrkovägen 6–10.
- **Kirppis-Center**, Pitkämäenkatu/Pitkämäkigatan 4. Tel. 239 1131 (Outside the city centre, but worth visiting. A big hall full of all kinds of second-hand articles).
- **Auta Eevaa Auttamaan**, Hämeentie/Tavastvägen 16 and Linnankatu/Slottsgatan 7. Second-hand shop close to the universities.
- **Turun Ekotori**, Kirkkotie/Kyrkovägen 10.
- **Mimmin kirppis**, Rautakatu/Järngatan 3 Tel.230 5750.
- **Red Cross, Kontti**, Satakunnantie/Satakuntavägen 105.

For second-hand bicycles:

- **Uusi Tuuli Bicycle Market**, Aurinkotehdas/Solfabriken, Kirkkotie/Kyrkovägen 6–10. **Uusi Tuuli** is also a good place to get your bicycle repaired at a low price.
Some of the bicycle shops in Turku/Åbo also sell second-hand bikes in addition to new ones.

9.6 Eating and Drinking

Student Cafeterias and Lunch

Restaurants

In Finland, eating out is fairly expensive. However, Students can eat subsidised student meals at the student cafeterias. The state subsidises a part of the cost of each student lunch.

There are usually two kinds of lunches: the so-called "lunch portion" and the so-called "light alternative". The price of the student lunch is usually 2,20–2,60€. The lunch includes: portion of food, glass of drink, salad and bread. In order to get this student lunch, you need a Finnish Student Identification Card. Without the student card the price of the lunch is around 4,50-6,20€. Some cafeterias also include Deli-dishes in their menus which usually cost around 3,5-5,5€ for students.

The Student Union of Turku University runs the following student restaurants in Turku/Åbo:

- Assarin Ullakko, Student house A, Rehtorinpellonkatu/Rektorsäkersgatan 4 A. Open Mon–Thu 10.30–16.00, Fri 10.30–15.30 Sat 11.30-16.00, lunch Mon–Fri 10.30-15.30/16.00, Sat 11.30-16.00
- Dental, Lemminkäisenkatu/Lemminkäinengatan 2. Open Mon-Thu 7.45-15.00, Fri 7.45-14.45, lunch 10.30-14.00/14.30
- ICT, Joukahaisenkatu/Joukahainen-gatan 3-5. Open Mon-Thu 7.45-15.00, Fri 7.45-14.00, lunch 10.15-14.30
- Myssy ja Silinteri Vesilinnanmäki. Open Mon–Thu 8.00-15.00, Fri 8.00-14.00. Lunch Mon–Fri 10.30-13.00
- Tottisalmi, Kirkkotie/Kyrkovägen 13, 2nd floor. Open Mon–Fri 8.30–15.00, breakfast 8.30-10.00, lunch 10.30-15.00

Another option is a student cafeteria run by Amica:

The Student Union of Åbo Akademi University (ÅAS/”Kåren”) runs several Student cafeterias in Turku/Åbo:
- Kåren, Hämeenkatu/Tavastsgatan 22, 2nd Floor. Open Mon–Thu 11.00–15.00 and Fri 11.00-14.30.
- Café Arken, Tehtaankatu/Fabriksgatan 2. Open Mon–Thu 8.00-16.00, Fri 8.00-15.30, lunch 11.00-15.30/15.00
- Bibbacafé, Tuomiokirkkokatu/Domkyrkogatan 2-4. Open Mon–Thu 14.00-18.30 and serves late lunch these times.
- Café Fänriken, Vänrikinkatu/Fänriks- gatan 3. Open Mon–Thu 9.00-15.00, Fri 9.00-14.30, lunch Mon–Thu 11.00-15.00/14.30

More information about weekly menus and services available in ÅAS-cafeteries at their website: http://web.abo.fi/karen/lunch/restauranger.php. You can also find all the menus from ÅAS mobile application that is free to use for everyone.

Vegetarian Food

There is always a vegetarian alternative in the student cafeterias and lunch
restaurants. This is also the case in any other regular restaurants. Especially the ethnic restaurants have a good selection of vegetarian food.

Cafés
In the University buildings:

- Café Myssy in the "tube" connecting the Main Building and the Natural Sciences Block (UTU).
- Café Brygge in the Student house A, next to Assari, also serves lunch (UTU).
- Café Arcanum in Arcanum (UTU).
- Library Café, in the Åbo Akademi university main library. Open in the afternoons.

A selection of the numerous cafés near both university campuses:

- Aschan, Hämeenkatu/Tavastgatan 9
- Nurmi & Sulonen, Hämeenkatu/Tavastgatan 12.
- Fabbe's Cafe, Tehtaankatu/Fabriksgatan 6.

Restaurants
Turku/Åbo has many different restaurants. Whether you would like to have lunch, some snacks or a proper dinner, you will always find a place to go. For a list of restaurants, please check: www.turkutouring.fi

Riverboat Restaurants and Cafés
There are many boats that have been transformed into restaurants on the Aura river that runs through Turku/Åbo. During summer, it is especially nice to sit out on an open deck on the riverfront. There are boat restaurants and cafés on both sides of the river.

Pubs and Night Clubs
Serving alcohol to minors under 18 is strictly forbidden and you may be asked to show some proof of your age in restaurants and pubs. Note also, that even though the legal age limit for establishments serving alcohol is 18, restaurants, pubs and night clubs have the right to set higher age limits for their clients if they wish to do so.

9.7 Other Services

Barbers, Hairdressers
Haircut prices vary depending on the shop and services. Generally prices start from 20€ and can go over 100€ if you want, for example, colouring in addition to a haircut. Some barbers/hairdressers give a special rate for students.

Dress Hire
Evening gowns, tuxedos and tails are sometimes needed for academic festivities. They can be hired for example at:

- Lainahöyhenet, Humalistonkatu/Humlegårdsgatan 15 A, tel. (02) 251 6806
- Pukuvuokraamo Sanelma, Tuureporinkatu/Tureborgsgatan 19, tel. (02) 231 3902

Photos
If you need official photos for e.g. extension of residence permit you can visit any studio. Prices vary from 10€ to 20€. Nearest studios to the universities can be found at Hämeenkatu/Tavastgatan.

Repairs
For repairing electronics you can search e.g. www.fonecta.fi (service that list firms and companies) for kodinkonehuolto (home electronics repair in Finnish).

For bicycle repairs you can try e.g. Uusi Tuuli, Kirkkotie/Kyrkovägen 6-10 or Nummen pyörä, Hämeentie/Tavastlandsvägen 44.

Laundry
Finland does not have the usual laundry/laundromat service that exists in
many countries. Usually apartment buildings have a laundry room where tenants can do their laundry. These are reserved only for the use of tenants of the building or group of buildings. Pretty much all laundry services found in public are chemical laundries/dry cleaners. Example of a dry cleaner service: Sol Pesupalvelu, Kauppiaskatu/Köpmansgatan 11, tel. 040 779 7243. Kerttulinkatu/ Gertrudsgatan 3, tel. 040 779 7242. Kristiinankatu/Kristinegatan 6, tel. 040 779 7241.

Lost property
The Lost Property Office (Löytötavaratoimisto/Hittegodsbyrån)
Turku/Åbo Police Station
Eerikinkatu/Eriksgatan 40–42. Tel. 071 874 0261.

The Lost Property Office holds everything found in public areas in Turku/Åbo. Some department stores, hotels, and companies also have their own 'lost and found' departments. There are also some private lost and found companies that take care of e.g. all lost and found items of certain hotel chain.

Property lost on the local city buses can be collected at Private Lost Property Office, Martinkatu/Martinsgatan 7, tel 0600 307 777 (€ 1.69 + local call charge), Mon 13.00 - 18.00, Tue - Fri 10.00 - 17.15.

If your luggage was lost or damaged during the flight to Finland, look up the contact information of the airline in question through the website of the specific airport you arrived at. All this information is available at the website of the Finnish Civil Aviation Administration, www.finavia.fi.
10. Recreation

10.1 Culture

Bands and Orchestras
If you know how to play an instrument there are some student bands, which you are more than welcome to join.

- Classical music: Akademiska Orkester, Sibelium, Piispankatu/Biskopsgatan 17. Contact them via www.abo.fi/~ao, or via e-mail: ao@abo.fi
- Big band: Axelbandet. Contact them via www.axelbandet.fi, or via e-mail: ab@abo.fi
- Big band: Sohon Torvet, YO-talo B, first floor. Tel. 040 702 0227, www.sohonkontorwet.com, e-mail: info@sohonkontorwet.com
- Rock&Pop: RÅA (Rockforeningen vid Åbo Akademi) contact via www.rockforeningen.fi e-mail raa@abo.fi

Choirs
If you enjoy singing, you can join one of the student choirs.

At Åbo Akademi University there are two choirs: Brahe Djäknar for male singers and Florakören for female singers. For more information, contact the choirs' offices:

- Brahe Djäknar, Biskopsgatan/Piispankatu 17 (Sibelium). Tel. (02) 215 4341 (Wed 18-22), e-mail: bd@abo.fi, see also www.brahedjaknar.fi
Recreation

- **Florakören**, Biskopsgatan/Piispankatu 17 (Sibeliumuseum). Tel. (02) 215 4341 (Tue 17-22), e-mail: flora@abo.fi, see also www.florakoren.fi

The University of Turku has three student choirs, one general that is called **Turun Ylioppilaskunnan kuoro**, one for female (mostly medical) students only, which is called **Arrhytmics** and one from The Turku School of Economics called **Cantus Mercurialis**. For further information:

- **Turun Ylioppilaskunnan kuoro** (TYY’s choir). Tel. 041 515 9315, e-mail: hallitus@tyynkuoro.fi, www.tyynkuoro.fi
- **Arrhytmics**, www.naiskuoro.fi e-mail: puheenjohtaja@naiskuoro.fi
- **Cantus Mercurialis**. For more information, e-mail cantus.mercurialis@tse.fi or check www.cantusmercurialis.fi.

**Concerts**

Members of the Student Union can buy tickets for classical music concerts given by Turku Philharmonic Orchestra at a reduced price. For this you need to show your student card. See also www.tfo.fi. Student tickets cost only 3€ at the Concert Hall when purchased on the day of the event. For further information, contact:

- **Concert Hall** (Konserttitalo/Konsertthuset) Aninkaistenkatu/Aningaisgatan 9. For tickets, tel. +358 (0)600 10 800 (1,96 euro/min+Inc) or +358 (0) 600 10 020 (6,79 euros/call+Inc). Mon-Sat 8.00-21.00. Sun 8.00-18.00.
- **Sibeliumuseum**, Piispankatu/Biskopsgatan 17. Tel.(02) 215 4494, see www.sibeliumuseum.abo.fi.
- **Wäinö Aaltosen museo**, Itäinen Rantakatu/Östra Strandgatan 38, tel. 262 0850. The museum arranges some free concerts. For further information, see www.wam.fi.

Jazz/rock/pop/reggae/folk bands often give concerts in Turku/Åbo. These are usually held in bars and clubs or Student Union clubs, such as Kåren (ÅAS). For more information, check local newspapers, student newspapers and bulletin boards at the universities or offices of the Student Unions. Tickets are usually a bit cheaper for students (with student cards, of course). For tickets to concerts at Kåren, call 215 4650.

**Cultural Events, Festivals etc.**

Several cultural events and festivals are organised in Turku/Åbo throughout the year. See www.turkutouring.fi for more information.

**Theatre**

There are two main theatres in Turku/Åbo:

- The Finnish-language city theatre **Turun kaupunginteatteri/Åbo Stadsteater** at Itäinen Rantakatu/Ostra Strandgatan 14. For reservations, tel. 262 0080. Open Mon–Fri 9.00–15.00. The box office is open Tue-Sat 12.00-19.00, tel. 262 0030. www.turku.fi/teatteri
- The Swedish-language **Åbo Svenska Teater** at Eerikinkatu/Eriksgatan 13 B (main entrance from the Market Square). For tickets, tel. 277 7377. Open Tue-Sat 12.00-18.00 and one hour before the show. For information on current programmes, check www.abosvenskateater.fi or the local or student newspapers.

Both theatres offer student reductions on tickets.

There are also various smaller theatre companies. For information on these, check local or student newspapers.

There are two student theatre companies. **Turun Ylioppilasteatteri** (TYT) is Finnish-language and **Studentteatern i Åbo** (STA) is the Swedish-language one. If you are interested in acting or would like to know about their plays, contact:

- **TYT**, office: Linnankatu/Slottsgatan 24, tel. 040 823 4791, www.turunyli-
• STÅ, e-mail: steatern@abo.fi, see also www.abo.fi/~steatern

Dance  
• Ballet: Aurinkobaletti, Manilla, Itäinen Rantakatu/Ostra Strandgatan 64. Tel. 284 0100, www.aurinkobaletti.com  
• Arts Academy at Turku University of Applied Sciences. Linnankatu/Slottsgatan 54-60, tel. 263 350, www.taideakatemia.turkuamk.fi

Cultural Centre Ticket Service  
Tickets for most concerts and events in Turku/Åbo are sold at Lippupalvelu, Stockmann (Hansa Shopping Centre) and Wiklund (Eerikinkatu/Eriksgatan 11). Tel. 0600 10800. The telephone service costs 1,96€/min (+ local call charge).

Cinema  
There is one cinema in Turku/Åbo, owned by the Finnish cinema company Finnkino. Films are shown in their original language with Finnish and Swedish subtitles. A cinema ticket costs around 6,5–13€, 3D tickets cost 8-15€. Usually the matinees during the weekdays are a bit cheaper. There are also series tickets and special offers on certain days of the month. New films are generally featured on Fridays. Check www.finnkino.fi or the local newspapers for more information.  
• Kinopalatsi 1–9, Kauppiaskatu/Köpmansgatan 11 E. Tel. 278 2000.

The ticket reservation number to the theatre is 0600 007 007 (1,83€/call + local call charge). You can also make online reservations around the clock. Register at www.finnkino.fi/eng/websales. Note that the tickets should be picked up one hour before the movie starts at the latest

The Finnish Film Archive shows old films in Turku/Åbo. When buying a seasonal club card for 5€, each performance will cost you 4,50€ (5,50€ without the club card). See www.kava.fi/esitykset/turku for more information.

There are also some film clubs in Turku/Åbo:  
• Kinokopla, TYY office Rektorinpellonkatu/Rektorsåkersgatan 4 A. Tel. 040-576 9558, www.kinokopla.fi, e-mail: kinokopla@utu.fi.  
• Turun elokuvakerho ry, the Turku/Åbo Film Club, Uudenmaankatu/Nylandsgatan 1, tel. 251 1998. turunelokuvakerho@hotmail.com.


Museums  
For a complete list of museums and current exhibitions, contact: Tourist Information, Aurakatu/Auragatan 4. Tel. 262 7444. Open Mon–Fri 8.30–18.00, www.turkutouring.fi

A selection of some of the many museums in Turku/Åbo are listed below:  
• Turku Castle and Historical Museum, Linnankatu/Slottsgatan 80. Tel. 262 0300. Open Tue-Sun 10.00–18.00 (2.5–21.9); Tue, Thu-Sun 10.00-18.00 Wed 12.00-20.00 (21.9-30.4).  
• Turku Cathedral and Cathedral Museum, Tuomiokirkkotori/Domkyrkotorget 20. Tel. 261 7100. Open daily 9.00–19.00 (16.9-15.4); daily 9.00-20.00 (16.4-15.9).  
• Turku Cathedral and Cathedral Museum, Tuomiokirkkotori/Domkyrkotorget 20. Tel. 261 7100. Open daily 9.00–19.00 (16.9-15.4); daily 9.00-20.00 (16.4-15.9).  
• Handicrafts Museum, Luostarinmäki/Klosterbacken. Tel. 262 0350. Open Tue-Sun 10.00–18.00 (3.5.–18.9). At other times Tue-Sun 10-16. Open all year 2011.  
• Sibelium, Piispankatu/
Biskopsgatan 17. Tel. 215 4494 or 215 4388. Open Tue–Sun 11.00–16.00, Wed 11.00–20.00.

- Wäinö Aaltonen Museum of Art, Itäinen Rantakatu/Östra Strandgatan. Tel. 262 0850. Open Tue–Sun 10.00–18.00.
- Forum Marinum, Linnankatu/Slotts gatan 72. Tel. 282 9511. Open Tue–Sun 11.00–18.00 (1.10.–30.4); daily 11.00–19.00 (2.5.–30.9).
- Turku Art Museum, Puolala Hill, Aurakatu/Auragatan 26, tel. 262 7100. Open Tue–Fri 11.00–19.00, Sat-Sun 11.00–17.00. Free entrance: Fri 16.00-19.00 www.turuntaidemuseo.fi
- Aboa Vetus & Ars Nova, Itäinen Rantakatu/Östra Strandgatan 4–6. Tel. 250 0552. Open daily 11.00–19.00 (29.3–18.9); Tue-Sun 11.00-19.00 (20.9–23.12).
- Pharmacy Museum and the Qwensel House. Läntinen Rantakatu/Västra Strandgatan 13, tel. 262 0280. Open Tue–Sun, 10.00–18.00 (3.5.–18.9) and 10-16 (27.11-30.4, 20.9-30.12).

Remember to show your Student Card: it may be possible to get a reduction on tickets. During summer, the museums are open at different hours. For more information, please call the museums.

10.2 Sports

University Sports
University sports provides a large variety of services, from group yoga to gym to a running school. Student Unions also have a large amount of university sports teams registered under them and are available to members.

The sports fee of the University of Turku is 56€ for the whole academic year and 40€ for one semester. University sports has a gym at Educarium that is quite popular.

Sports fee for ÅAU students is 20€/year. ÅAU has a gym in the ASA building that is very popular. Kären also has its own gym called Roddis for the members of the student union. The gym Roddis costs 70 €/year or 40 €/half a year.

UTU and ÅAU have their own sports secretaries. The All the sports activities of these institutions are co-ordinated by the secretaries. For more information, contact:
- UTU: Ms. Teija Hakala. Tel. (02) 333 6495, e-mail: teija.hakala@utu.fi and NN. Tel. 333 5946. More information at www.utu.fi > Studying > Information and services for accepted students > University sports
- ÅAU: Mr. Carl Myrberg, tel. 040-5599 465, e-mail: carl.myrberg@abo.fi, www.abo.fi/student/en/motion

Turku/Åbo City Sports Services Center
For further information about the sport activities in Turku/Åbo, contact the Turku/Åbo City Sports Services Centre (Turun Kaupungin Liikuntapalvelukeskus/Åbo Stads Idrottsbyrå), Blombergin aukio/Blombergsplan 4 – Hippoksentie/Hipposvägen 6. Tel 233 0000, www.turku.fi > Sports and Outdoor Activities.

The sports centre organises special activities for immigrants, eg. swimming, gym, skiing and ice-skating. For more information, call Ms. Minna Inkinen, tel. 050 554 6229.

Sports Clubs in Turku/Åbo
There are also several private sport clubs in Turku/Åbo. Some of these offer student reductions:
- Manhattan Sport Centre, Pitkämäen katu/Pitkämäkgatan 4 B, tel. 239 7759 (badminton, indoor bandy, squash, basketball, tennis, floorball and table tennis)
- M&M Kuntatalo, Kalandantie/Kalevalavägen 15, tel. 250 0054 (aerobics, gym, spinning, badminton, street basket, beach volley, table tennis etc.), www.mmkuntotalo.com
- Caribia Fitness Centre, Kongressikatu/Kongressgränden 1, tel. 6511 2800 (aerobics, gym and badminton)
- Motivus Centrum, Eerikinkatu/ Eriks-
Recreation
gatan 7 (gym, spinning, body pump, aerobics), www.motivus.fi
• Motivus Brahe, Brahenkatu/ Brahegatan 12 A 16 (Gym & aerobics, only for women), www.motivus.fi
• Nautilus, Kauppiaiskatu/Köpmansgatan 5, tel. 232 5008 (gym, aerobics)
• Sali 82, Artturinkatu/Artursgatan 2, tel. 251 8507 (gym, badminton, also ask for fitness boxing)
• SATS Trivium, Lemminkäisenkatu / Lemminkäinenkatu 32, tel. 010 309 9350 (aerobics, gym, spinning)
• Elixia has two gyms in the central Turku/Åbo area. Centrum, Kristianinkatu/Kristinegatan 8, tel. 02 4809 2805 (aerobics, gym, spinning). Jokivarsi, Itäinen Rantakatu/Ostra Strandgatan 60, tel. 02 284 2500 (aerobics, gym, spinning). www.elixia.fi
Swimming Pools
The following two swimming pools offer student reductions:
• Turun Uimahalli, Rehtorinpellonkatu/ Rektorskärgatan 4 (in Iskeri). Tel. 231 0515. Open for women: Mon 13.00–21.00, Wed 13.00-21.00 and Fri 12.00–19.00; for men: Tue, Thu 13.00–21.00 and Sat 12.00–19.00. Entrance 2.50€ for students. Students can also buy a “10-times” card for 20€.
• Impivaaran uimahalli, Uimahallinpolku/Simhallsstigen 4. Tel. (02) 262 3588. Open Mon-Thu 06-20 Fri 11-18 Sat-Sun 9-17. Entrance 7,50€ (5€ for students), gives access to pools and gym.

There is a spa next to the the Student Village, Spa and Congress Hotel Caribia, which is open Mon–Sat 10.00–21.00 and Sun 10.00-20.00. Student price is 8€ Mon-Thu. For more information about prices and other services, visit www.holidayclubspahotels.com

In Turku/Åbo, there are three outdoor pools, which are open in the summer; Kupittaa Park, Samppalinna and Juku Park.
• Samppalinna is located at Volter Kilven katu/Volter Kilpis gatan and the student price is 3€ and is usually open from the beginning of May to the beginning of September.
• Kupittaa usually opens a bit later and closes in the middle of August.
• Juku Park is located 3 km outside the city centre (Kurrapolku/Kurrastigen 1) Juku park is water sliding park only. The park is open every day during the summer and weekends in August. www.jukupark.fi

Beaches and Wintertime Outdoor Swimming
If you enjoy swimming in the sea, there are a few beaches close to the city you can reach e.g. by bike or bus. Or if you want to try hole-in-the-ice swimming in the frozen sea during winter (it is quite common hobby in Finland), check www.turku.fi > Sports and Outdoor activities >Outdoor activities > Beaches and Swimming locales

Sauna
There is a sauna at Kåren and several in the Student Village and in other Student Village Foundation housing locations. Reservations for the sauna at Kåren can be made in Kåren’s website www.karen.abo.fi. The sauna at the Student Village Foundation can be reserved through this website with your personal account and password you receive from TYS: http://booking.tys.fi/auth/login

Parks
There are two main, sports parks in Turku/Åbo. The one next to Samppalinn Matkahuolto, called Urheilupuisto/Idrottsparken, offers two basket courts, a volleyball court (sand), three beach volley ball courts, two sand and two grass fields and a popular fitness path if you enjoy running.

There are also five tennis courts, which can be booked for 5-10€ depending on time and day. Single or regular turn are available until the end of September. In
addition to this there is a frisbee golf course and an athletics stadium (Paavo Nurmi Stadium).

The other main park with sports facilities also lies at a walking distance from the city centre. It is called Kupittaa Sports Arena. Here you can find e.g. a velodrome and BMX-track, sand and grass fields, a skateboarding facility and a sports hall with an affordable gym. In the vicinity you might see football (soccer) players at Veritas Stadium, which is the home of Finnish Premier League teams TPS and Inter.

10.3 Other Free Time Activities

In Turku/Åbo there are two Community Education Centres, which offer a wide range of activities such as arts, computer technology, handicrafts, health, languages, music, social subjects, etc. At Turun suomenkielinen työväenopisto the courses are given in Finnish and at Åbo Svenska Arbetarinstitut in Swedish. Most of the courses are held in the evenings during autumn and spring, and the fees vary from about 15€ to 150€ per course. If you complete a course successfully, you will be given a certificate. For more information, contact:

- Turun suomenkielinen työväenopisto, Kaskenkatu/Kaskisgatan 5. Open Mon–Thu 10.00–18.00. Tel. 262 9811, www.tkukoulu.fi/~tsuto

The Association for Summer Universities in Finland organises a variety of courses (for example Finnish language courses) during the summer. For more information, contact:

Suomen Kesäyliopistot ry,
Rautatiekatu 26 A 4,
FI-33100 Tampere/Tammerfors
Tel. (03) 214 7626
e-mail: info@kesayliopistot.fi

or in Turku/Åbo:
Summer University of Turku,
Aurakatu/Auragatan 14 B,
FI-20100 Turku/Åbo
Tel. 232 3302, e-mail: kesayliopisto@turunkesayliopisto.fi,
www.turunkesayliopisto.fi

Leisure Time Activities

Resident’s associations and affiliates of TYY organize a variety of free time activities. You’re able to find the contact details of resident associations from the webpage of TYS (www.tys.fi > Tenant > Tenant democracy and tenant committees). To see the list of affiliates under TYY go to: www.tyy.fi/in-english/suborganisations.

ÅAS also arranges leisure time activities. Through the mailing list NUNTII (see chapter 2.11), the student union’s webpage (www.karen.abo.fi) and via the social medias you can be informed about these activities. You can contact The Secretary of Social and International Affairs at Kåren (e-mail: ssu-karen@abo.fi) for more information.

Friendship Programme

During the autumn/spring it is possible to participate in a voluntary based Friendship Programme. The programme aims to offer international visitors and local families a chance for mutual cultural exchange. With the Friend from the local community it is possible to learn about Finnish culture and everyday life. All activities within the Friendship Programme are voluntary, which means that the international visitor and his/her Friend decide on their own how much and in what way they want to spend time together. The participants of the programme are ordinary Finnish families and people of different ages living in Turku/Åbo or the neighbouring area. The programme period is one term. The application form and more information can be found at:
www.turkuamk.fi/
friendshipprogramme/

The application deadlines are:
• 8.9.2013
• 19.1.2014

The programme starts 17.9.2013 and 28.1.2014
11. Associations

Finland has sometimes been referred to as the promised land of registered associations. Finland has some 133,000 (2012) registered associations and many social occasions are organized through associations.

11.1 Student Associations

The student life in Turku/Åbo can and should be a lot of fun! There are many student clubs and associations within each department or faculty. These clubs and associations arrange seminars, social events and excursions. For complete information on specific student unions, see:

www.tyy.fi//in-english/sub-organisations and
www.karen.abo.fi > verksamhet > specialföreningar

ESN
Erasmus Student Network (www.esn.org) is an international student organisation active in 35 countries. It aims to help international students during their stay in another country. ESN sections in Turku/Åbo organise a wide range of activities for international students throughout the academic year. The sections aim to make all international students feel welcome and offer them unique Finnish experiences such as ski and skating events, sauna evenings, trips to neighbouring countries and parties. The organised events are open to all internationally minded people. For more information check the following ESN web sites:

ESN Uni Turku: www.esnuniturku.fi
ESN Åbo Akademi: www.esnabo.fi

ELSA
The European Law Students’ Association (Elsa) offers international activities for law students and young lawyers. Cooperation with other branches of Elsa as well as with other international student organisations in Turku/Åbo is seen in seminars, conferences and various parties and get-togethers. Elsa has also been involved in mentoring law students from abroad. For further information, see www.elsaturku.fi, e-mail: elsaturku@utu.fi.
ISHA – Turku

International Students of History Association (ISHA) is an international, independent, non-profitable network for all who are interested in history and related subjects. The main goal of the organisation is to develop contacts between history students in different countries, in order to break the traditional interpretation of historiography for the benefit of a more international and broader viewpoint. ISHA–Turku is a collective organisation of history students at Åbo Akademi University and the University of Turku. Contact: ISHA-Turku, Department of General History, University of Turku, http://org.utu.fi/yhd/isha/

ISTU - International Students of Turku Universities

A joint network of the Student Unions of Turku/Åbo Universities organises activities for degree students from free-time activities and pub-evenings to discussions on issues concerning degree students’ academic affairs. To get information on the network and its activities, subscribe to the mailing list on the address https://lists.utu.fi/mailman/listinfo/istu or contact the board through the e-mail adress istu-board@lists.utu.fi.

11.2 Religious Communities

There are two university chaplains employed by the Lutheran Church for students and staff. For more information, please contact:

Mrs. Outi Ruohola, e-mail: outi.ruohola@evl.fi, tel. 040 341 7308. Reception hours and location: Wednesdays 11.00-13.00, Eerikinkatu/Eriksgatan 3 A, 5th floor (year-round), tel. 261 7308 and Tuesdays 14.00-15.00, Rehtorinpellonkatu/Rektorsåkersgatan 4, room 206 (building B), tel. 233 2516.

Mr. Peter Gustavson, e-mail: peter.gustavson@evl.fi, tel. 040 3417 296. Reception hours and location; Tuesdays 12.00-14.00 at Kären, Hämeenkatu/Tavastgatan 22, 3rd floor, tel. 215 4139 and Thursdays 13.00-15.00, Rehtorinpellonkatu/Rektorsåkersvägen 4 B, room 206 (building B), tel 233 2516. For further information, see www.turunsrk.fi > International Congregation> Student work

Young Women’s Christian Association (YWCA) (Turun NNKY), Vähä-Hämeenkatu/Lilla Tavastgatan 12 A. Tel. 0400-821 905, tnnky@saunalahti.fi, www.ywca.fi. This association arranges Host Family Programs for international students, among other things.

Young Men’s Christian Association (YMCA) (Turun NMKY), Sirkkalankatu/Sirkkalagatan 27. Tel. 010 835 4100, www.tunmky.fi.

Churches and Other Religious Congregations in Turku/Åbo

There are several churches in Turku/Åbo. Some of them are:

- Adventist Congregation, Yliopistonkatu/Universitetsgatan 29 A, tel. 251 7245.
- Baptist Congregation, Vähä Hämeenkatu/Lilla Tavastgatan 16, tel. 232 1887.
- The Cathedral (which is the national shrine of Finland), St. Mary’s Church and St. Catherine’s Church (all Lutheran churches).
- Church of the Latter Day Saints (Mormons), Mäntymäenaukio/Tallbackoplan 18. Tel. 235 6444
- Free Church Congregation, Tuureporinkatu/Tureborgsgatan 10. Tel. 251 4300.
- Jehovah’s Witnesses, Kastarikatu/Kastalgatan 4. Tel. 248 7301.
- Jewish Congregation and synagogue, Brahenkatu/Brahegatan 17 B. Tel. 231 2557.
- Orthodox Church of St. Alexandra, Yliopistonkatu/Universitetsgatan 19 B, tel. 277 5440, turku@ort.fi.
Associations

- **Pentecostal Congregation**, Puistokatu/Allégatan 6 B. Tel. 231 7187, toimisto@turunhelluntaisrk.fi.
- **The United Methodist Church in Turku**, Ekmaninkatu/Ekmansgatan 4, tel. 237 1538

11.3 Miscellaneous Associations

**Atheist/Agnostic or Sceptical Associations**

- Freethinkers Union (Turun vapaa-ajattelijat), See www.vapaa-ajattelijat.fi/turku (in Finnish).
- Skepsis ry (critique of paranormal). Contact Mr. Heikki Kujanpää, heikki.kujanpaa@skepsis.fi, tel. 0440 220 420, www.skepsis.fi.

**Environmental Organisations**

- Turun Luonnonsuojeluyhdistys, Varsinais-Suomen luonnonsuojelupiiri ry, Martinkatu/Martinsgatan 5. Tel. 235 5255, varsinais-suomi@sll.fi www.sll.fi
- Maan Ystävät, (Friends of the Earth) Aurinkotehdas, Kirkkotie/Kyrkovägen 6–10. Tel.+358-45-886 3958, e-mail: turku@maanystavat.fi, www.maanystavat.fi.

**Scouts**

You can get in touch with the different scout groups in Turku/Åbo by contacting the local Scout Office (Partiotoimisto) at Läntinen Pitkäkatu/Västerlånggatan 13. Tel. 050 312 9420 (switchboard). Questions concerning nationwide scouting can be directed to partiotoimisto.turku@partio.fi. See also www.lounaissuomenpartiopiiri.fi.

**Sexual Minorities**

Sexual Equality association (SETA) is a nationwide association for sexual minorities. For further information contact: Turun Seudun Seta Rauhankatu/Fredsgatan 1 c B 22 Tel. 250 0695 (office), 231 0334 (info line), e-mail: tuse-ta@tuseta.fi. The SETA office is open Tue 12.00–18.00 and Wed-Thu 15.00-18.00. Check also the website www.seta.fi and the local Turku/Åbo association website www.tuseta.fi.

Homoglophiini is an organisation for lesbian, gay, bisexual and transgendered students in Turku/Åbo. Homoglophiini has members studying at the Universities in Turku/Åbo. Homoglophiini organises a multitude of free time activities, such as parties, excursions, trips and cultural events. Meetings are held twice a month, please check the web site www.homoglophiini.fi for more information.

**People with Disabilities**

Information about different groups of people with disabilities and their associations in Turku/Åbo is available at:

www.turkukaikille.info.

The website contains accessibility information about public and private services in Turku/Åbo.

**Akateeminen partiokilta ry** is an association for scouts studying at the Turku/Åbo universities. For more information see http://org.utu.fi/tyyala/partiokilta/index.php

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12. Further Readings

12.1 Useful Websites

Books

Websites
- www.finland.fi Information on Finland, Finnish language and news.
- www.suomi.fi General information about Finland.
- www.turku.fi City of Turku Information about Turku.
- http://finland.cimo.fi Discover Finland by Centre of International Mobility. Information on education, training and youth issues in Finland.
- www.intofinland.fi Information for those moving to Finland.
- www.tax.fi Finnish tax administration.
- www.syl.fi/ The National Union of Students in Finland. Information e.g. about financial and student related political matters.
- www.tys.fi Student Housing in Turku/Åbo.
- www.minedu.fi Ministry of Education and Culture Information about education research, culture, youth and sports.
- www.oph.fi Finnish National Board of Education Information about education in Finland.
- www.eduskunta.fi Parliament of Finland.
Further Readings

- www.finlandforum.org
  A forum for foreigners living in Finland

- http://www.hs.fi/english/
  *Helsingin Sanomat*-newspaper international edition site. Daily news about Finland and the world in English.

- www.cimo.fi
  *Centre for International Mobility in Finland*. Presentation of Educational programmes and link to CIMO’s publications.

- www.environment.fi
  The website of Finland’s environmental administration.

- www.luontoon.fi
  *Metsähallitus*
  Diverse information on the Finnish wilderness, destinations, wildlife, regulations, useful advice and more.

- www.turunseutu.fi
  *Turku Region Development Center*
  Useful information about Turku/Åbo. Also links to handy websites ranging from nightlife to working in Finland.
# 12.2 Glossary of University Terms

*English–Finnish–Swedish*

## 1. Applying

<table>
<thead>
<tr>
<th>English</th>
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<th>Swedish</th>
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<td>läsår</td>
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<td>admission criteria</td>
<td>valintaperusteet</td>
<td>urvalsgrunder</td>
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<td>admission/entrance requirement</td>
<td>pääsyvaatimus</td>
<td>inträdeskrav</td>
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<td>application</td>
<td>hakemus</td>
<td>ansökan</td>
</tr>
<tr>
<td>application deadline</td>
<td>hakuajan päätyminen</td>
<td>sista ansökningsdatum</td>
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<td>application form</td>
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<td>ansökningsblankett</td>
</tr>
<tr>
<td>application period</td>
<td>hakuaika</td>
<td>ansöknings tid</td>
</tr>
<tr>
<td>application procedure</td>
<td>hakumenettely</td>
<td>ansökningsprocedur</td>
</tr>
<tr>
<td>basic degree/first degree</td>
<td>perustutkinto</td>
<td>grundexamen</td>
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<tr>
<td>degree programme</td>
<td>koulutusohjelma</td>
<td>utbildningsprogram</td>
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<tr>
<td>degree requirements</td>
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<td>examenskrav</td>
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<td>valintakoe</td>
<td>urvalsprov</td>
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<tr>
<td>faculty</td>
<td>tiedekunta</td>
<td>fakultet</td>
</tr>
<tr>
<td>field of education/ branch of study</td>
<td>koulutusala</td>
<td>ämnesområde</td>
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<td>school leaving certificate</td>
<td>päästötodistus</td>
<td>slutbetyg</td>
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<tr>
<td>financing</td>
<td>rahoitus</td>
<td>finansiering</td>
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<td>matriculation examination</td>
<td>ylioppilastutkinto</td>
<td>studentexamen</td>
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<td>open university</td>
<td>avoin yliopisto</td>
<td>öppna universitet</td>
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<td>postgraduate degree (after Master’s level)</td>
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<td>postgradual examen</td>
</tr>
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<td>postgraduate education</td>
<td>jatkokoulutus</td>
<td>postgrauala studier</td>
</tr>
<tr>
<td>postgraduate student</td>
<td>jatko-opiskelija</td>
<td>doktorand/licentiand</td>
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<td>stipendium</td>
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<td>termin</td>
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<td>study guide</td>
<td>opinto-opas</td>
<td>undervisningsprogram</td>
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<td>opinto-ohjelma</td>
<td>utbildningsprogram</td>
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<td>korkeakoulu/yliopisto</td>
<td>högskola/universitet</td>
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## 2. Registration

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<td>att skriva in sig</td>
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<td>registration form</td>
<td>ilmoittautumislomake</td>
<td>inskrivningsblankett</td>
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<tr>
<td>registration period</td>
<td>ilmoittautumisaika</td>
<td>tid för inskrivning</td>
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<tr>
<td>study register</td>
<td>opintorekisteri</td>
<td>studentregister</td>
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</table>
transcript of records
tuition fee

Further Readings

3. Studying

advanced studies
book examination
course
credit
degree
department
elective studies
essay
examination/test
examination
examiner
field of research
final examination
grade
guest lecture
intermediate studies
lecture
lecture hall
major subject
Master’s thesis
maturity test
minor subject
natural sciences
optional
proseminar
reading room
reform of degree structure
research
science
studies
study module
subject
summer university
teacher
teacher education
textbook
thesis
voluntary

syventävät opinnot
kirjatentti
kurssi, opintojakso
opintopiste
tutkinto/oppiarvo
laitos
vapaat opinnot
esse
koe, tentti
kuulustelu
kuulustelija
tutkimusala
loppukuulustelu, lopputentti
arvosana
vierailuluonto
aineopinnot
luento
luentosali
pääaine
pro gradu-tutkielma, gradu
kypsyysnäyte
sivuaine
luonnontieteet
vapaasti valittava
proseminaari
lukusali
tutkintorakenneuudistus
tutkimus
tiede
opinnot
opintokokonaisuus
aine, oppiaine
kesäyliopisto
opettaja
opettajankoulutus
kurssikirja
tutkielma
vapaaehtoinen

fördjupade studier
boktent
kurs
studiepoäng
examen/(lärograd)
institution
fritt valbara studier
essä/uppsats
tentamen
tentamenstillfälle
examinator
forskningsområde
sluttentamen
vitsord
gästföreläsning
ämnesstudier
föreläsning
föreläsningssal/ auditorium
huvudämne
avhandling, pro gradu
mognadsprov
biämne
naturvetenskaper
fritt valbar
proseminarium
läsesal
examsreform
forskning
vetenskap
studier
studiehelhet/modul
ämne
sommaruniversitet
lärare
lärarutbildning
kursbok
avhandling
frivillig
### 4. Degrees

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<td>filosofie kandidat</td>
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<tr>
<td>Bachelor of Arts (Education)</td>
<td>kasvatustieteen kandidaatti</td>
<td>pedagogie kandidat</td>
</tr>
<tr>
<td>Bachelor of Arts (Psychology)</td>
<td>psykologian kandidaatti</td>
<td>psykologie kandidat</td>
</tr>
<tr>
<td>Bachelor of Dentistry</td>
<td>hammaslääketieteen kandidaatti</td>
<td>odontologie kandidat</td>
</tr>
<tr>
<td>Bachelor of Health Sciences</td>
<td>terveyystieteiden kandidaatti</td>
<td>kandidat i hälsovetskapen</td>
</tr>
<tr>
<td>Bachelor of Laws</td>
<td>oikeusnotaari</td>
<td>rättsnotarie</td>
</tr>
<tr>
<td>Bachelor of Medicine</td>
<td>lääketieteen kandidaatti</td>
<td>medicine kandidat</td>
</tr>
<tr>
<td>Bachelor of Science</td>
<td>luonnontieteiden kandidaatti</td>
<td>kandidat i naturvetenskapen</td>
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<tr>
<td>Bachelor of Science (Economics and Business Administration)</td>
<td>kauppatieteiden kandidaatti</td>
<td>ekonomie kandidat</td>
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<tr>
<td>Bachelor of Science (Pharmacy)</td>
<td>farmaseutti</td>
<td>farmaceut</td>
</tr>
<tr>
<td>Bachelor of Science (Technology)</td>
<td>teknikiikan kandidaatti</td>
<td>teknologie kandidat</td>
</tr>
<tr>
<td>Bachelor of Social Sciences</td>
<td>valtiotieteiden kandidaatti</td>
<td>polities kandidat</td>
</tr>
<tr>
<td>Bachelor of Theology</td>
<td>teologian kandidaatti</td>
<td>teologie kandidat</td>
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<tr>
<td>Doctor</td>
<td>tohtori</td>
<td>doktor</td>
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<tr>
<td>Licenciate of Dentistry</td>
<td>hammaslääketieteen lisensiaatti</td>
<td>odontologie licenciat</td>
</tr>
<tr>
<td>Licenciate of Medicine</td>
<td>lääketieteen lisensiaatti</td>
<td>medicine licenciat</td>
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<td>filosofie magister</td>
</tr>
<tr>
<td>Master of Arts (Education)</td>
<td>kasvatustieteen maisteri</td>
<td>pedagogie magister</td>
</tr>
<tr>
<td>Master of Arts (Psychology)</td>
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<td>psykologie magister</td>
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<td>Master of Health Sciences</td>
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<td>magister i hälsovetskapen</td>
</tr>
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<td>Master of Laws</td>
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<tr>
<td>Master of Science</td>
<td>filosofian maisteri</td>
<td>filosofie magister</td>
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<tr>
<td>Master of Science (Economics and Business Administration)</td>
<td>kauppatieteiden maisteri</td>
<td>ekonomie magister</td>
</tr>
<tr>
<td>Master of Science (Technology)</td>
<td>diplom-i-insinööri</td>
<td>diplomingenjör</td>
</tr>
<tr>
<td>Master of Social Sciences</td>
<td>valtiotieteiden maisteri</td>
<td>polities magister</td>
</tr>
<tr>
<td>Master of Theology</td>
<td>teologian maisteri</td>
<td>teologie magister</td>
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</table>

### 5. Places at the University

<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computing Centre</td>
<td>ATK-keskus</td>
<td>Datacentralen, DC</td>
</tr>
<tr>
<td>Course Book Library</td>
<td>kurskikirjasto</td>
<td>kursboksbiblioteket</td>
</tr>
<tr>
<td>Faculty library</td>
<td>tiedekunnan kirjasto</td>
<td>fakultetsbiblioteket</td>
</tr>
<tr>
<td>Faculty office</td>
<td>tiedekunnan kanslia</td>
<td>fakultetskansliet</td>
</tr>
<tr>
<td>FSHS (Finnish student Health Service)</td>
<td>YTHS (Ylioppilaiden terveydenhoitosäätiö)</td>
<td>SHVS studenternas hälsovårdsstiftelse</td>
</tr>
<tr>
<td>English</td>
<td>Finnish</td>
<td>Swedish</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>---------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>International Office</td>
<td>kansainväliset palvelut</td>
<td>Internationella enheten</td>
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<td>Language Centre</td>
<td>kielikeskus</td>
<td>Centret för språk och kommunikation</td>
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<tr>
<td>library</td>
<td>kirjasto</td>
<td>biblioteket</td>
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<td>Main Building</td>
<td>pääräkennus</td>
<td>huvudbyggnaden</td>
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<td>Student Service Office</td>
<td>opiskelijapalvelut</td>
<td>Studiebyrån</td>
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<tr>
<td>Student Village</td>
<td>Ylioppilaskylä (Yo-kylä)</td>
<td>Studentbyn</td>
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6. Others

<table>
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<tr>
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<td>administration</td>
<td>hallinto</td>
<td>förvaltning</td>
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<td>kopieringskort</td>
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<td>kopieringsmaskin</td>
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<td>degree</td>
<td>tutkinto</td>
<td>examen</td>
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<td>examenssystem</td>
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<td>työvoimatoimisto</td>
<td>arbetskraftsbyrån</td>
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<td>ote</td>
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<td>foundation</td>
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<td>stiftelse</td>
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<td>yrke</td>
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<td>utrikesdepartementet</td>
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<td>byrå</td>
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<td>personal</td>
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<td>julkaisu</td>
<td>publikation</td>
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<td>rehtori</td>
<td>rektor</td>
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<td>researcher/scientist</td>
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<td>forskare</td>
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<td>Kansaneläkelaitos (Kela)</td>
<td>Folkpensions-anstalten (Fpa)</td>
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<td>studiehandledare</td>
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<td>studiekort</td>
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<td>nation</td>
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<td>Skatteförvaltningen</td>
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— Finnish–English–Swedish

aine subject/discipline ämne
<table>
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<td>intermediate studies</td>
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<td>grant/scholarship</td>
<td>stipendium</td>
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<td>grade/mark</td>
<td>vitsord</td>
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<td>Computing Centre</td>
<td>Datacentralen</td>
</tr>
<tr>
<td>avoin korkeakoulu</td>
<td>open university</td>
<td>öppna universitetet</td>
</tr>
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<td>Master of Arts/ Master of Science</td>
<td>filosofie magister</td>
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<td>publication</td>
<td>publikation</td>
</tr>
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<td>aine</td>
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<td>subject/discipline</td>
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<td>ämnesstudier</td>
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Abbreviations - *English-Finnish-Swedish*

<table>
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<th>Swedish</th>
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<td>syyslukukausi(sl)</td>
<td>hösttermin (ht)</td>
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<tr>
<td>credit</td>
<td>opintopiste</td>
<td>sp, studiepoäng</td>
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<td>(credit unit</td>
<td>ov, opintoviikko</td>
<td>sv, studievecka</td>
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<td>hours per week</td>
<td>vt, viikkotunti</td>
<td>h, veckotimmar</td>
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<tr>
<td>lecture hall</td>
<td>ls, luentosali</td>
<td>aud föreläsningssal/auditorium</td>
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<tr>
<td>semester/term</td>
<td>lk, lukukausi</td>
<td>termin</td>
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<td>spring semester</td>
<td>kl, kevätlukukausi</td>
<td>vt vårtermin</td>
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<tr>
<td>departmental coordinator</td>
<td>amanuenssi</td>
<td>amanuens</td>
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</tr>
<tr>
<td>curator</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>docent/senior lecturer</td>
<td>dosentti</td>
<td>docent</td>
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</tr>
<tr>
<td>Head of Academic and Student Affairs</td>
<td>opintopääällikkö</td>
<td>studiechef</td>
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</tr>
<tr>
<td>lecturer</td>
<td>lehtori</td>
<td>lektor</td>
<td></td>
</tr>
<tr>
<td>officer with various administrative affairs</td>
<td>korkeakoulusihteeri</td>
<td>högskolesekretaire</td>
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<tr>
<td>part-time teacher</td>
<td>tuntiopettaja</td>
<td>timlärare</td>
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</tr>
<tr>
<td>professor</td>
<td>professori</td>
<td>professor</td>
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</tr>
<tr>
<td>senior assistant</td>
<td>yliassistentti</td>
<td>överassistent</td>
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</table>

12.4 Glossary of Food Vocabulary
This glossary gives you some basic vocabulary that might be helpful when shopping for food.

*Finnish–English–Swedish*

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<tbody>
<tr>
<td>appelsiini</td>
<td>orange</td>
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<tr>
<td>banaani</td>
<td>banana</td>
<td>banan</td>
<td></td>
</tr>
<tr>
<td>broileri</td>
<td>chicken</td>
<td>kyckling/broiler</td>
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</tr>
<tr>
<td>gluteniton</td>
<td>gluten free</td>
<td>glutenfri</td>
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</tr>
<tr>
<td>herkkusieni</td>
<td>mushroom</td>
<td>champinjon</td>
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<tr>
<td>herneitä</td>
<td>peas</td>
<td>ärter</td>
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<tr>
<td>hillo</td>
<td>jam</td>
<td>sylt</td>
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<tr>
<td>jauhelija</td>
<td>minced meat</td>
<td>malet kött</td>
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<tr>
<td>jogurtti</td>
<td>yoghurt</td>
<td>yoghurt</td>
<td></td>
</tr>
<tr>
<td>juusto</td>
<td>cheese</td>
<td>ost</td>
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<tr>
<td>Finnish</td>
<td>English</td>
<td>Swedish</td>
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<tr>
<td>------------------</td>
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<tr>
<td>kaakao</td>
<td>cocoa</td>
<td>kakao</td>
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<td>kahvi</td>
<td>coffee</td>
<td>kaffe</td>
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<td>kala</td>
<td>fish</td>
<td>fisk</td>
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<td>kalkkuna</td>
<td>turkey</td>
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<tr>
<td>kananmuna</td>
<td>egg</td>
<td>ägg</td>
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<td>kasvisruoka</td>
<td>vegetarian food</td>
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<td>kaurahiutale</td>
<td>oatmeal</td>
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<td>cream</td>
<td>grädde</td>
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<td>kesäkurpitsa</td>
<td>courgette/zucchini</td>
<td>zucchini</td>
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<td>ham</td>
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<td>kivennäisvesi</td>
<td>mineral water</td>
<td>mineralvatten</td>
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<td>kakkakaali</td>
<td>cauliflower</td>
<td>blomkål</td>
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<tr>
<td>kurkku</td>
<td>cucumber</td>
<td>gurka</td>
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<td>laktoositon</td>
<td>lactose free</td>
<td>laktosfri</td>
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<td>mutton</td>
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<td>lettuce</td>
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<td>bröd</td>
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<td>lohi/kirjolohi</td>
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<td>lax/forell</td>
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<td>liver</td>
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<td>juice</td>
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<td>French fries, chips (Br.)</td>
<td>fransk potatis (Fi), pommes frites (Swe)</td>
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<td>riisi</td>
<td>rice</td>
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<td>butter</td>
<td>smör</td>
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<td>öljy (oliivi-)</td>
<td>oil (olive-)</td>
<td>matolja (olivolja)</td>
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