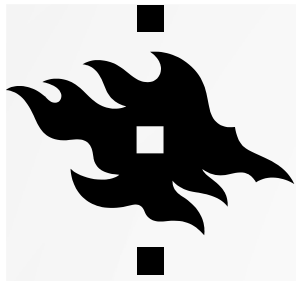




## Pre-arrival Information Session for International Exchange and Visiting Students Arriving in Spring 2026



# MEETING ETIQUETTE

- Please concentrate on listening to the presentation before asking your questions in the chat. We will answer your questions in the breaks we have reserved for questions and answers (Q&A)
- If you have specific individual questions, especially concerning courses, or anything else please send us an e-mail.
- Use the Raise Hand function during the Q&A break to ask questions
- Please join us in establishing an open, interactive and respectful atmosphere. Take responsibility for creating a safer place!
- This meeting is not recorded. Please find the PowerPoint presentation after the meeting here: <https://studies.helsinki.fi/instructions/article/events-exchange-students>



# PROGRAMME



Introduction of the International Exchange Services



IT user accounts and other important paperwork



Registration for courses



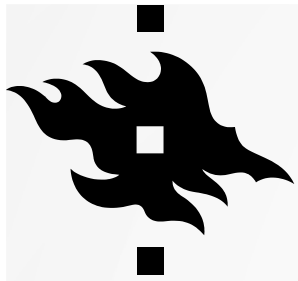
Registering with authorities



Housing



Healthcare and Insurance



# INTERNATIONAL EXCHANGE SERVICES SPECIALISTS

General guidance related to your exchange  
Signatures for Learning Agreements  
Arrival and departure certificates  
Shortening exchanges





# GET IN TOUCH WITH US!



Email

[studentexchange@helsinki.fi](mailto:studentexchange@helsinki.fi)



Drop-in / Appointments

[Contact pages](#)



Telephone

Weekdays from 12 – 14  
+358 2941 22401



[Events for exchange students](#)



[Course-specific questions](#)



# NEWSLETTERS

Newsletter Archive

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



Welcome to our academic family at the University of Helsinki!

- Important information regarding your exchange
- Check your spam folder
- Read them carefully or you might miss some very important information!
- Please check [the newsletter archive](#), if you have not received one yet.



# GOIN' CONNECT

## Who is on Goin' Connect?

- Your future classmates
- Like-minded students

## For what?

- Interact and get to know other students beforehand

## How to access it:

- The registration link is sent to your email
- Check your spam folder if you have not received it



# ACTIVATE YOUR USER ACCOUNT

Did you send your username application as instructed in your acceptance e-mail?

- No
  - Do it TODAY!
- Yes
  - Follow the instructions you received from Helpdesk by e-mail!

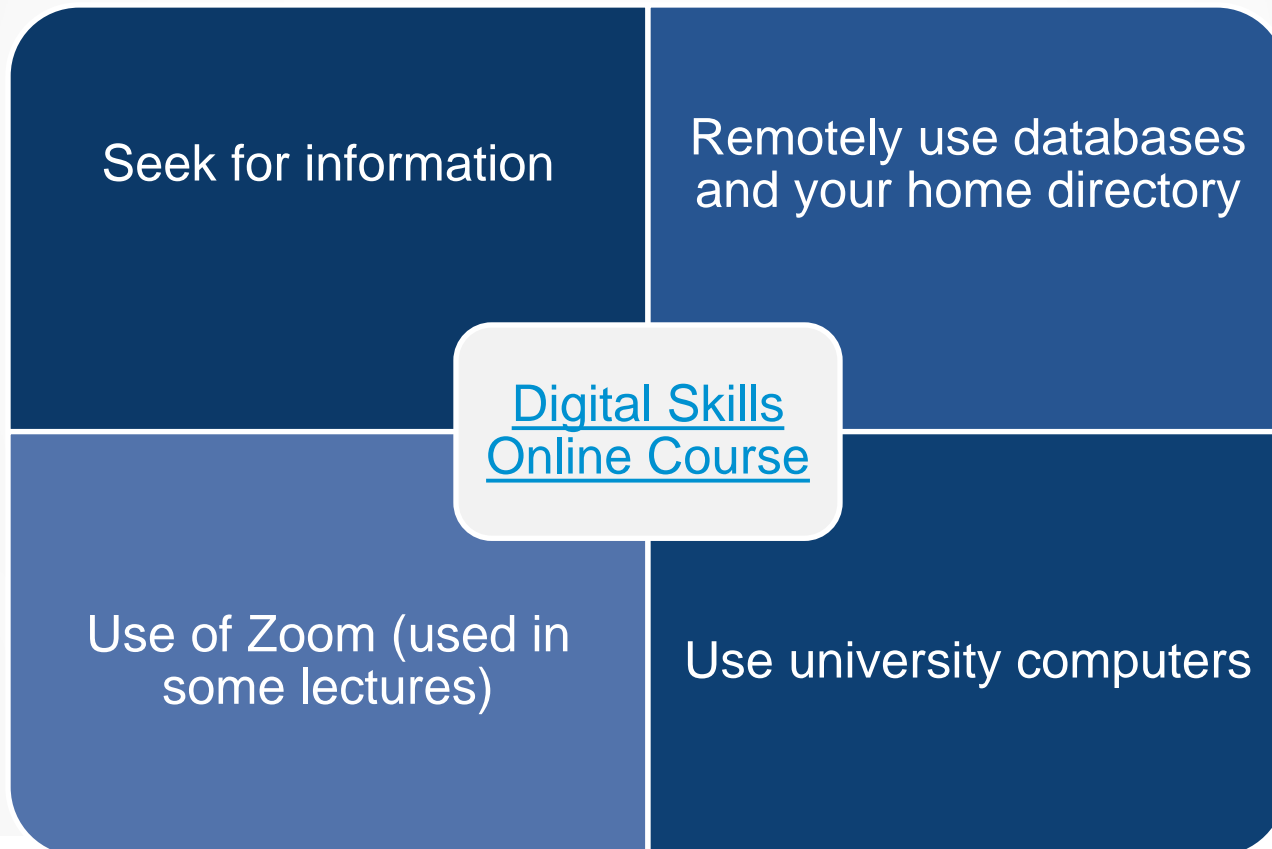
Questions about user account?  
Please contact Helpdesk

- Chat on [webpage](#):
  - Weekdays from 9 a.m. to 3 p.m.
  - Chatbot 24/7.
- Tel. + 358 (0)2 941 55555 (*local network charge/mobile call charge*)
- [helpdesk@helsinki.fi](mailto:helpdesk@helsinki.fi)



# DIGITAL LEARNING ENVIRONMENTS

\* Recommended course materials to go through before arriving in Helsinki



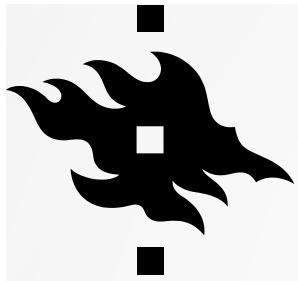


# YOUR STUDY RIGHT

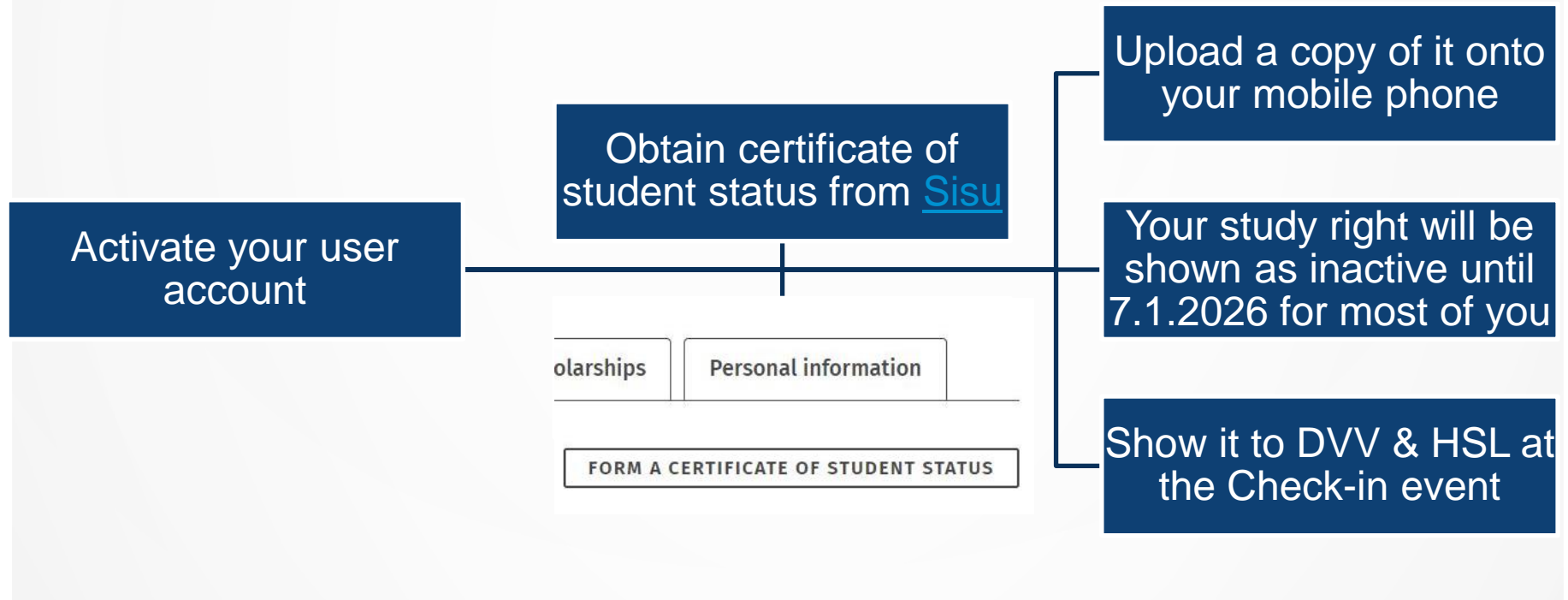
**Your study right starts on 7.1.2026**

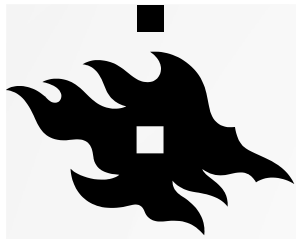
It means that you can register for courses in Sisu and start using your student benefits from that day onwards, such as the *HSL travel card discount*, and student benefits such as affordable food at the *Unicafé* student restaurants.





# CERTIFICATE OF STUDENT STATUS





# STUDENT UNION MEMBERSHIP AND STUDENT CARD

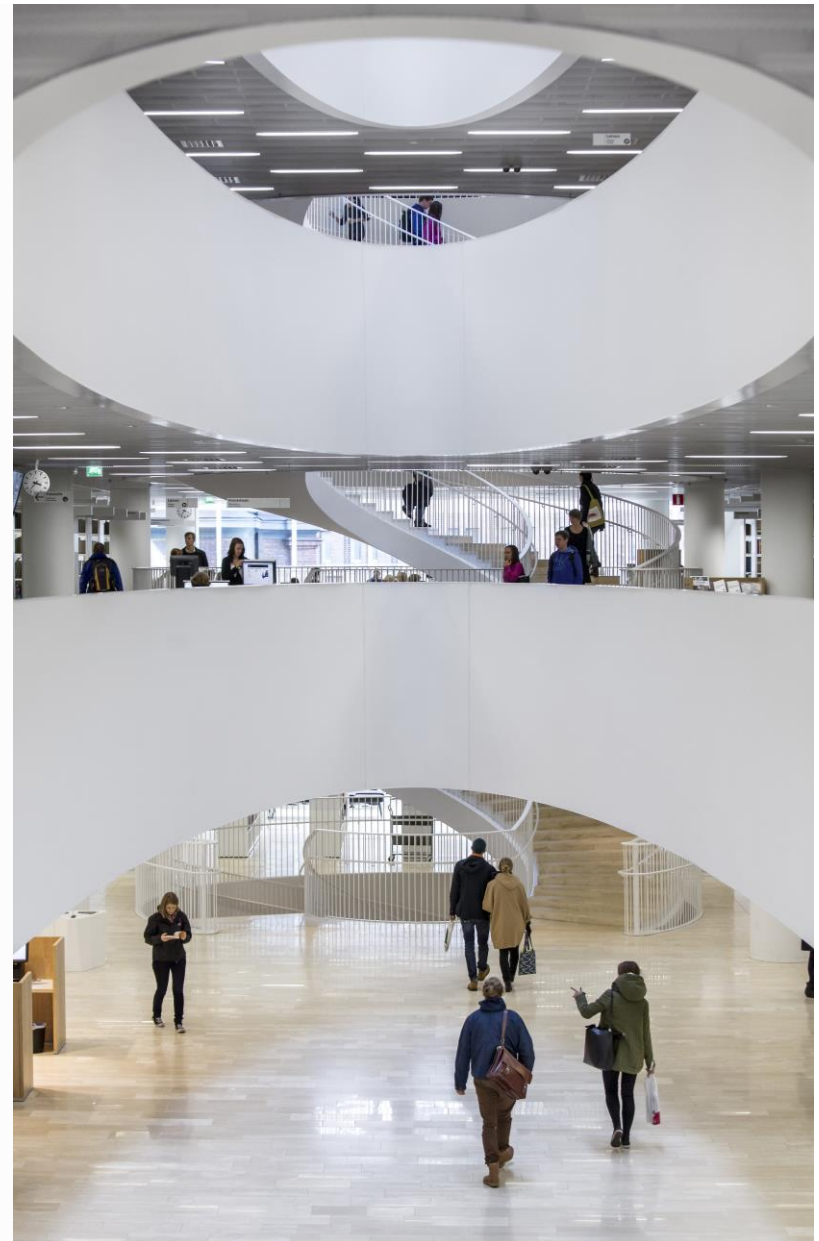
- If you wish to have a student card, you will need to [become a member](#) of the Student Union of the University of Helsinki
  - Membership fee (Spring term): €40
- After becoming a member, please remember to inform the university about the payment:

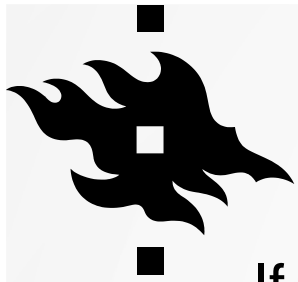
**Before** the Check-in event: send a photo of the receipt to student services by e-mail [uni-help@helsinki.fi](mailto:uni-help@helsinki.fi)

- In this case we don't need the receipt at the Check-in Event

**During** the Check-in event:

- Hardcopy: give the paper receipt with your name on it to **your tutor**
- Softcopy: show it to us

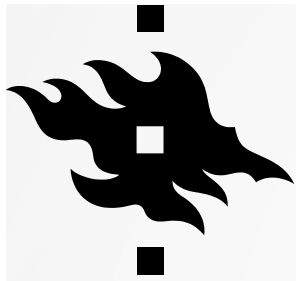




# Q&A 1

If you have any questions about the topics above; we will have a few minutes break now to answer your questions, please write them either in chat or use the Raise hand function to speak.





# ORIENTATION WEEK STARTS ON WEDNESDAY 7.1.2026

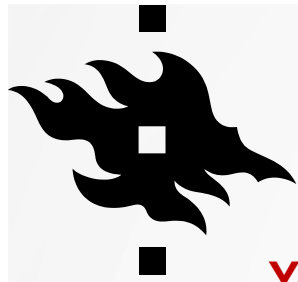
It is important that **all** exchange and visiting students arriving during the spring term participate in the orientation meetings. You will receive essential information during the orientation week as well as meeting tutors and other students.

[Link to the programme of the Orientation Week](#)

Please first select your study programme from the drop-down menu to find faculty-specific information.

Your tutors will help you with practical questions, registering for courses and finding your bearings.

**Check-in Event: Thursday 8.1.2026 between 9 – 17 hrs, in your tutor groups**



# CHECK-IN EVENT

## THURSDAY 8.1.2026

**Your tutors will bring you in groups to the Check-in Event**

You will meet the representatives of:

- International Exchange Services
- HYY (Student Union) and the different student organisations
- Erasmus Student Network
- Helsinki Think Company, University Chaplains, Unisport
- Language Centre, Finnish Language Studies
- Library, Una Europa, Helsinki Alumni, Sustainability & Responsibility team
- IT services
- Helsinki's public transport (HSL)
- DVV: Digital and Population Data Services Agency
- Helsinki-info (Helsinki city information desk)

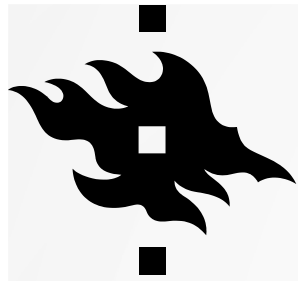




# BRING THESE DOCUMENTS TO THE CHECK-IN EVENT



- Passport or EU Citizen's ID card
- Residence permit or EU Citizen's registration document (if applicable)
- Certificate of Student Status printed from SISU, or digital version (show from your phone)
- Address in Finland, including the number of your room/apartment
- Learning Agreement (if you have a paper version that needs to be signed, only applicable to Erasmus students)
- Certificate of Arrival (if required by your home university): Fill in your name and home university, but leave the part for dates empty.
- HSL travel discount form (from your tutor): Fill in only the upper part of the form, your personal information.
- Bank receipt of the HYY student union membership payment (optional & only if you did not send it already to [uni-help@helsinki.fi](mailto:uni-help@helsinki.fi)).
- Credit or debit card (for HSL, ESN & HYY membership fee, and Unicafe for meals with a student discount, they do not accept cash)



# COURSE REGISTRATION



Registering for Teaching Period III courses takes place in [Sisu](#) during the Orientation week

Course registration does not guarantee you a place on the course



The selection of participants are done by lecturers / programme coordinators



Please note that there are restrictions to some courses

Check [course information pages](#) for details



Language Centre courses are opened for another registration round if their original registration period has ended before the orientation week and if there is room on the course



# LEARNING AGREEMENT FOR ERASMUS STUDENTS



If your home university uses Online Learning Agreement (OLA) / Digital Learning Agreement (DLA), please use that one and not a pdf/word document



We do not sign separate documents if the LA is already accepted as OLA/DLA



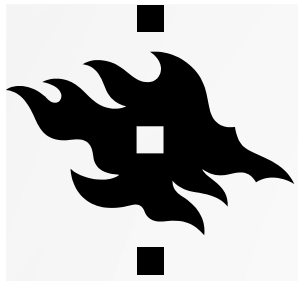
Almost all the OLA's/DLA's will have been signed by us by the time you arrive, if we have received them via the online system



PDF LA's, if your university is not yet in OLA, to [studentexchange@helsinki.fi](mailto:studentexchange@helsinki.fi)



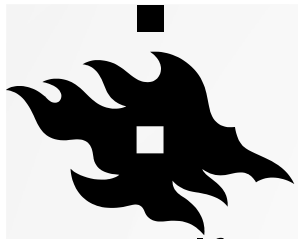
Some are not signed because they lack information or due to technical problems



## ARRIVAL CERTIFICATE FOR ERASMUS STUDENTS

- Your home institution may ask for an Arrival Certificate (also called as Certificate of Stay / Confirmation of Stay)
- We will sign these forms after your arrival to Helsinki, at the Check-in Event.
  - Please bring a paper copy of the document with you and give to your tutor.

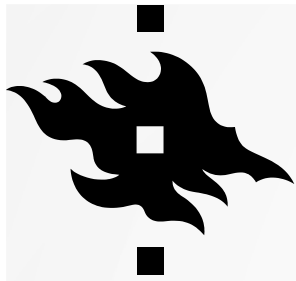




## Q&A 2

- If you have any questions about the topics above; we will have a few minutes break now to answer your questions, please write them either in chat or use the Raise hand function to speak.





## DISCOUNT FORM FOR PUBLIC TRANSPORTATION

- BA / MA exchange students: Student discount (40% on season tickets)
- PhD students: Not entitled to a student discount, but they can get the local price for adults after registering their address with the DVV (Digital Population Services).
- Where to get it signed
  - **During** Orientation week: Check-in event
  - **After** Orientation week: [student services](#)
- The discount is **not** valid before your study right starts officially (for most of you 7.1.2026).





# HOUSING

Read all messages from your housing provider carefully !



- UNIHOMÉ and HOAS will send you personal guidelines on how to get your keys **during or after office hours**. Reserve at least two hours for reaching the housing provider's office from the airport.
  - If you arrive **after** office hours, you may need to arrange your first night's stay at a hostel independently.
  - If you arrive **earlier**, you can contact the housing provider and ask about the availability of your room.
- Remember that once you sign the fixed-term tenancy agreement, you will need to pay the rent until the end of the agreement even if you decide to leave earlier.
- UNIHOMÉ-HOAS INFO (Student Housing Services), for all new international students, Friday 9.1.2026 Online Housing info session. Check the [orientation programme](#) for the link to the Zoom event!



# REGISTERING WITH FINNISH AUTHORITIES 1/2

## Nordic Countries

[Apply for a personal identity code with DVV e-form](#)

Complete the process at Check-in Event

## EU / EEA Countries

[Apply for a personal identity code with DVV e-form](#)

Complete the process at Check-in Event

In addition:

+ Travel outside the borders within 3 months

or

Apply for a right to reside in Finland at the Finnish Immigration Service MIGRI

- [Apply online to register for an EU citizen's right of residence](#)

## Non-EU Countries\* (includes UK citizens)

[Do you already have a personal identity code?](#)

If you do, it will be on the front side of your residence permit. It is a number sequence with 11 characters, formed on the basis of your date of birth.

**YES**

You are all set!

**NO**

[Apply for a personal identity code with DVV e-form](#)

Complete the process at Check in Event

\* If you have a residence permit for studies in another EU country, you may not need a residence permit to Finland but instead you must submit a mobility notification at Migri.



# REGISTERING WITH FINNISH AUTHORITIES 2/2

## Get

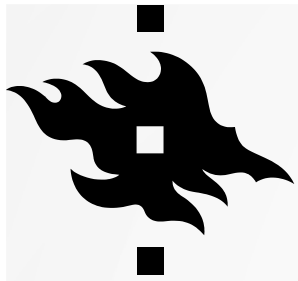
Before you register via the DVV e-form:  
Get your IT account and  
Download a certificate of  
student status from Sisu (you  
will attach it to the DVV  
registration form!)

## Fill out

**Fill out the DVV e-form before  
coming to the CIE, but not  
until 7 January when your  
study right becomes Active! If  
you have filled the form out  
before 8 December, please do  
it again on 7/8 January (it is  
valid only for one month)**

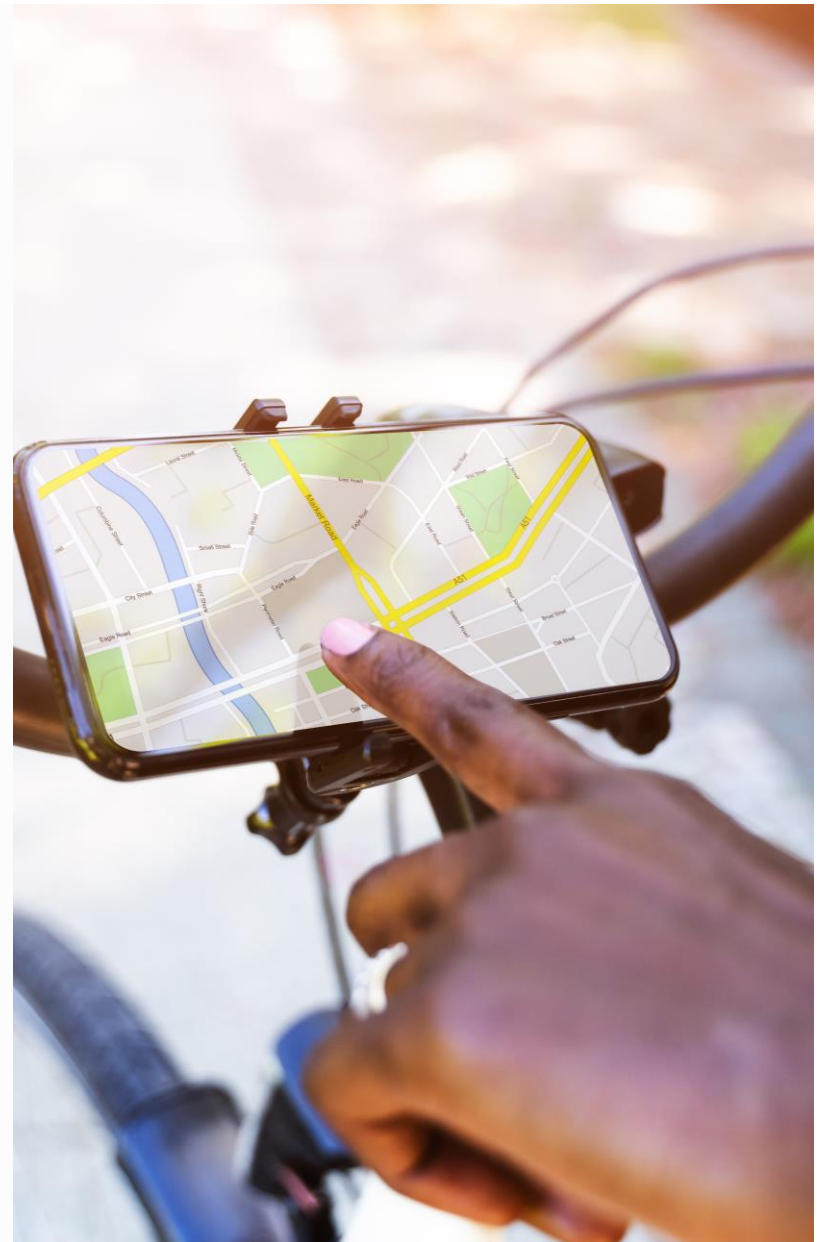
## Make

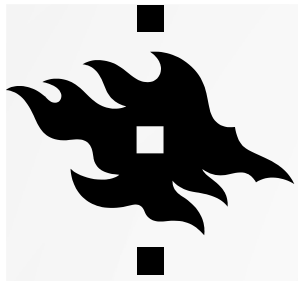
Make sure the copy of your  
passport is of good quality for  
the DVV application.



# ARRIVAL IN FINLAND

- At the airport train station, you can take any train (“P” or “I”) going in any direction. It will take you to the Central Railway Station, which is the last stop.
- You will need an “ABC ticket” for the trip between the airport and the city centre (costs 4,70€ if you buy it from a vending machine). There’s no ticket sales on trains and a penalty fare of 100€ if travelling without a ticket.
- If you have a credit card, use the card reader on the train (Note: this option is only for contactless payment and with Visa or Mastercard).



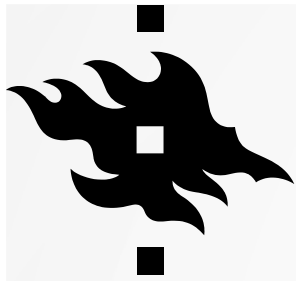


# HEALTHCARE

**EU/EEA citizens:** Please make sure your EHIC/GHIC card is valid. You can turn to Public Health Nurse at Helsinki city's Student Health Care, Central reception or refer to your own private healthcare insurance. In urgent situations contact the [nearest public health station](#).

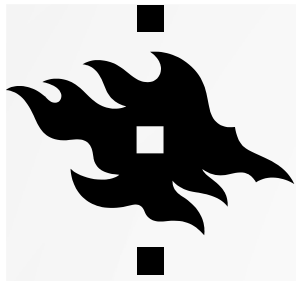
**Non-EU citizens:** Please refer to your own private healthcare insurance. You can turn to any of the private healthcare providers e.g. Mehiläinen, Terveystalo, Aava and Pihlajalinna.

[Healthcare for exchange students](#)



# INDIVIDUAL ARRANGEMENTS FOR STUDIES

- Individual arrangements support your learning when your studying is hindered, for example, by a long-term illness, disability or impediment.
- If you require these arrangements during your stay at UH, contact [specialneeds@helsinki.fi](mailto:specialneeds@helsinki.fi) with a description of your needs and certificates related to them.
- The Accessibility Liaison Officer of your host Faculty will guide you with the arrangements at the University of Helsinki based on the certificates you send.
- [Further instructions](#)



# WHERE TO LOOK FOR INFORMATION?

**STUDIES SERVICE**  
STUDIES.HELUNKI.FI

SEARCH HELKA CARD NOTIFICATIONS

FRONT PAGE CALENDAR **INSTRUCTIONS** DEGREE STRUCTURE COURSES SISU TEACHER'S FLAMMA SERVICES AND TOOLS

On certain pages a chat is available. To be able to see the chat, you need to [accept statistics cookies](#)

Page status: Published View Revisions Translate Copy URL

Frontpage > Instructions > Degree Students

## Degree Students

When using the instructions, please log in or select your degree programme from the menu available on the instruction pages. Some of the content displayed on the pages is tailored based on your selection and will only be visible once you have selected a programme.

### All instructions by theme

#### To support studies

- [For new degree students](#)
- [Where can I get guidance and advice?](#)
- [Study support](#)
- [Health care and well-being](#)
- [For exchange and visiting students](#)

#### Academic year and duration of studies

- [Registering for the academic year, tuition fees and student status certificates](#)
- [Study rights, master's options and duration of studies](#)
- [Returning to studies after a break](#)

#### Studies

- [Plan your studies](#)
- [User instructions for Sisu](#)
- [Language and communication studies](#)
- [Optional studies](#)
- [Completion of courses and assessment](#)
- [Study abroad](#)
- [Theses](#)

#### Graduation and working life

- [Graduation](#)
- [Traineeships](#)
- [Work and Career](#)

#### Community and daily life

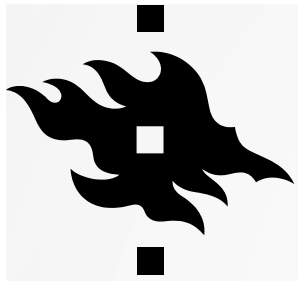
- [Events during the academic year](#)
- [Student benefits and financing your studies](#)
- [Student involvement](#)
- [Ground rules](#)

## Instructions

## Degree Students

## [For exchange and visiting students](#)

Remember to select your degree programme from the menu!



# FINDING YOUR WAY AT THE UNIVERSITY OF HELSINKI

The University of Helsinki has [four campuses](#) in Helsinki



**CITY CENTRE** (Faculties of Social Sciences, Arts, Educational Sciences, Law, Theology, Swedish School of Social Sciences)



**KUMPULA** (Faculty of Science)



**MEILAHTI** (Faculties of Medicine including Psychology and Dentistry)



**VIIKKI** (Faculties of Agriculture and Forestry, Biological and Environmental Sciences, Pharmacy, Veterinary Medicine)

# GENERAL QUESTIONS

- Any other questions?
- Please write them either in chat or use the “Raise hand” to speak.





# KIITOS JA TERVETULO! THANK YOU AND WELCOME!

