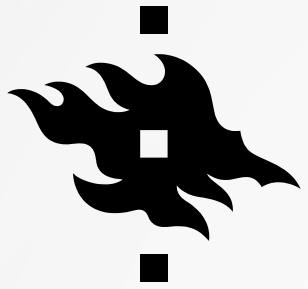


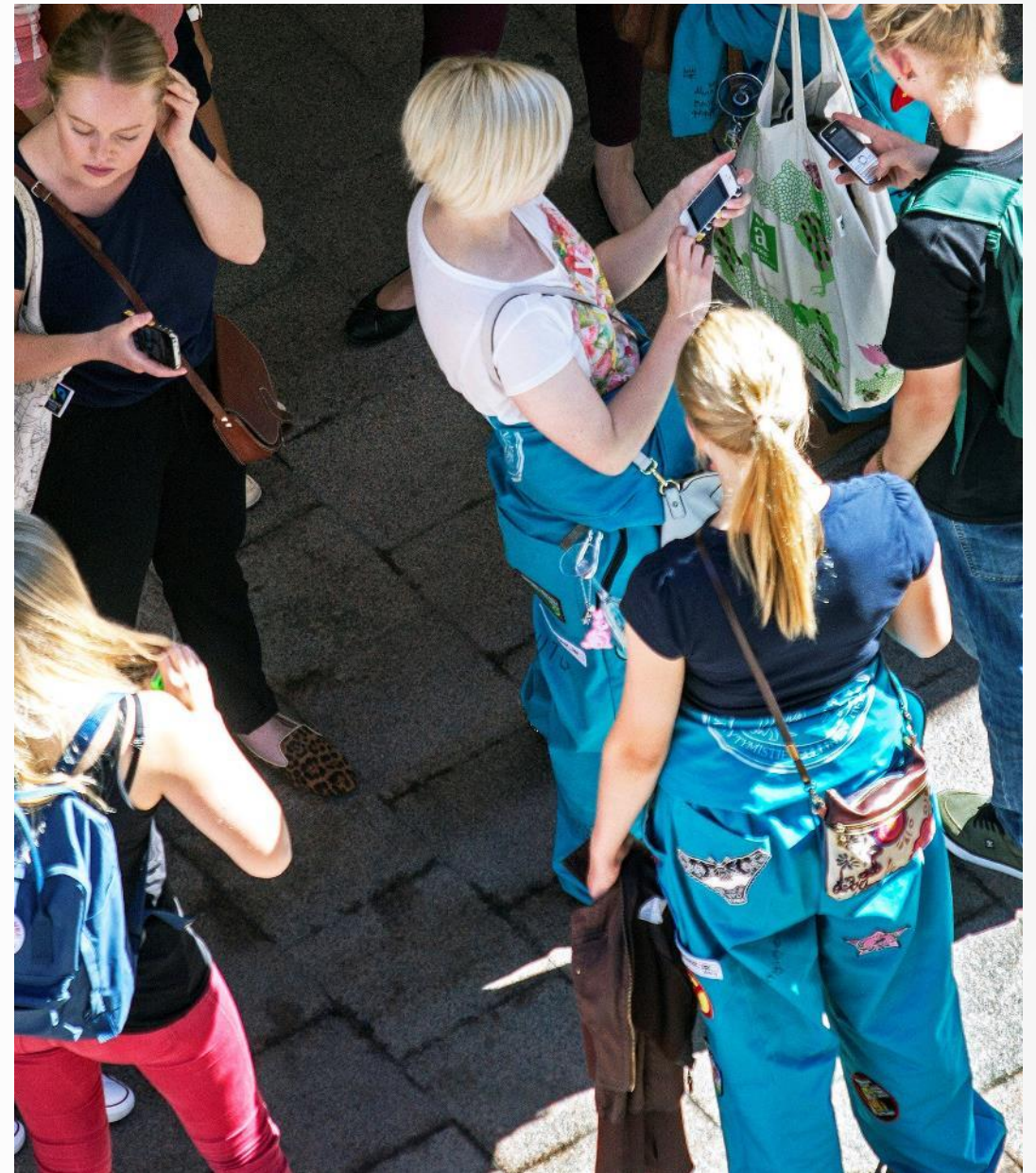
WHY SHOULD YOU FOLLOW COMMUNICATIONS?

- ✓ **Gives a sense of control & helps tackle uncertainty:** when you follow communications regularly, you don't have to worry about missing out on something important and you're always on track on what's happening at the uni.
- 📢 **Chance to participate & impact:** as a student, you're a valued part of the University community and warmly welcome to take part in uni activities.
- 🔍 **Part of study skills and responsibilities:** independent information gathering is an important study & work life skills. Take responsibility and make sure important information reaches you.



MOST IMPORTANT COMMS CHANNELS

- Studies Service (studies.helsinki.fi)
- Your University of Helsinki email
- Sisu notifications and messages
- Course pages and Moodle areas of the courses you're taking

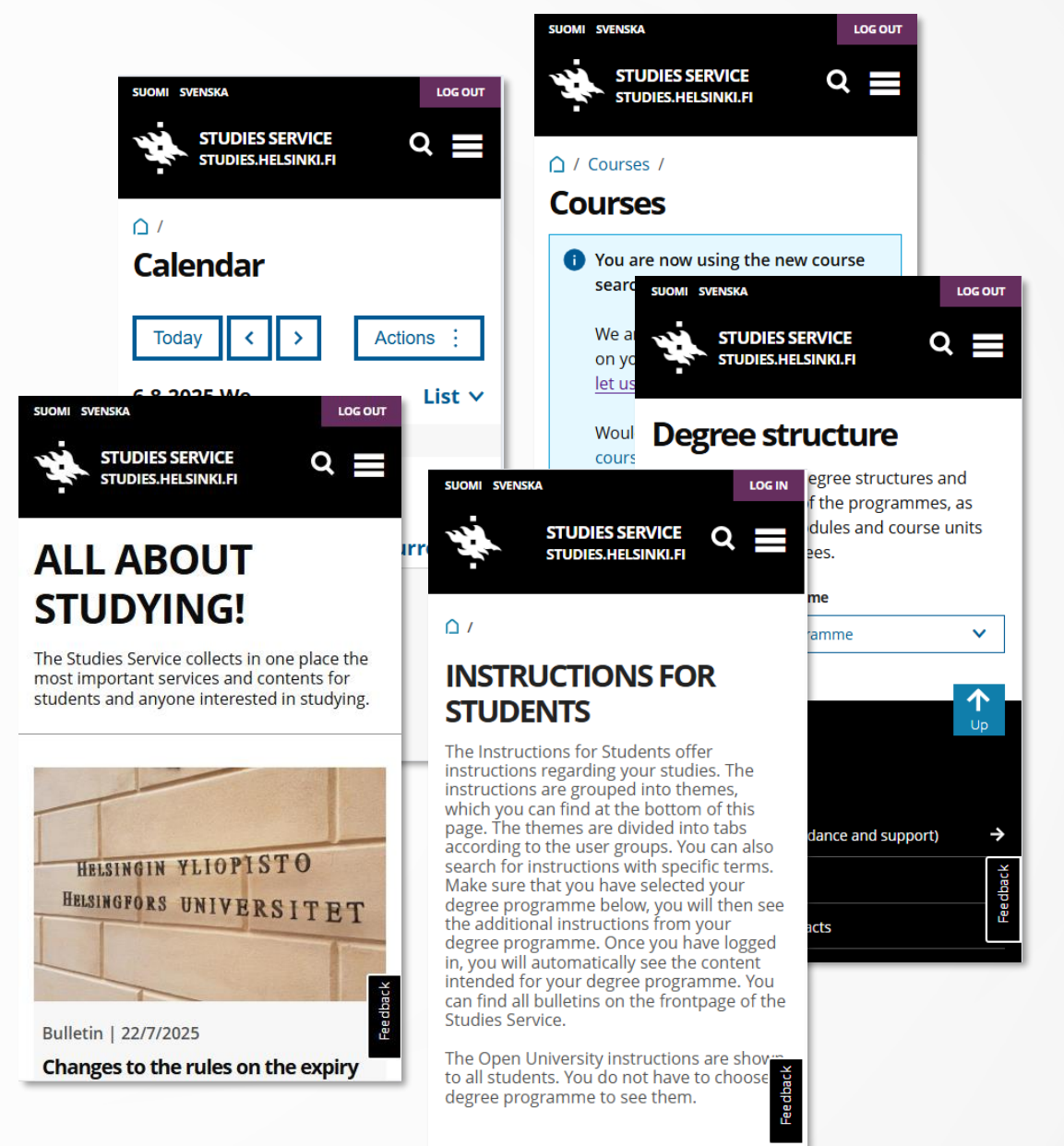


A group of people are gathered on a city sidewalk, interacting with a brown dog. A person in a blue and red plaid shirt and a large backpack is petting the dog. Other people are standing around, some looking at the dog. The text "STUDIES SERVICE" is overlaid in large white letters.



WHAT IS THE STUDIES SERVICE?

- studies.helsinki.fi
- A student's main channel at the University: all services, tools and instructions under one address
- Divided into five main sections: front page, calendar, instructions, courses and degree structure
- All content is public but we recommend logging in
- **When you log in:** the service recognizes your degree programme and targets some of the shown content accordingly (impact especially in the instructions)
- Add to your bookmarks or set as a home page today!





FRONT PAGE

- Current bulletins
- Lunch lists
- Quick links to support services
- Upcoming events
- System notifications (service breaks etc.)

Also explore the main menu: you'll find your digital Helka library card and direct links to Sisu and other digital tools needed during your studies!

The screenshot displays the front page of the University of Helsinki's digital services portal. At the top left, there is a 'Contact' section with links for 'Guidance compass' and 'Student advice'. To the right, a dark navigation bar includes language options 'SUOMI' and 'SVENSKA', a 'LOG OUT' button, and icons for 'SEARCH', 'HELKA CARD', and 'NOTIFICATIONS'. Below the navigation bar, the main content area is divided into several sections: 'Current topics in your degree programme' with a dropdown for 'Bachelor's Programme in Biology'; 'Current topics in studies' featuring a photo of 'Laptop Lenders' and a map; 'Lunch Menus' for 'Restaurant Kaivopiha' listing items like 'Vegetable jalapeno nuggets' and 'Chickpea sauce Tikka masala'; and 'Events' for 'Santeri Larnimaa: Advanced techniques for Fourier-transform absorption spectroscopy'. Each section includes a date and a blue arrow icon indicating further information.

Contact

- Guidance compass →
- Student advice →

Current topics in your degree programme

Choose degree programme

Bachelor's Programme in Biology

Current topics in studies

Bulletin | 8/7/2025

New! Remember to register for the thesis in Sisu as of 1 August 2025!

→

Bulletin | 6/5/2025

Current topics in studies

Bulletin | 4/8/2025

Laptop Lenders now available on all campuses!

Bulletin | 4/8/2025

Passionate about sustainable development and global challenges? Check out the UniPID Virtual Studies Catalogue 2025-2026!

→

Lunch Menus

Restaurant ×

Kaivopiha ▾

Vegetable jalapeno nuggets, mayonaise with paprika G, VE

Chickpea sauce Tikka masala

Events

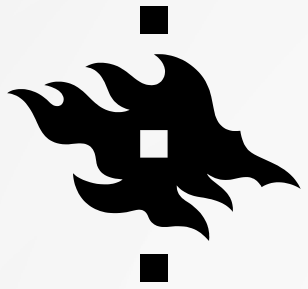
Event | 7/8 2025

Santeri Larnimaa: Advanced techniques for Fourier-transform absorption spectroscopy

7/8/2025 12:00 PM–2:00 PM

Chemicum, auditorium A129, A.I. Virtasen aukio 1, Helsinki

↗



PALVELUN MUUT OSIOT



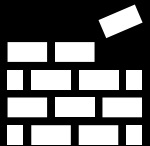
CALENDAR

- Check your curriculum
- Transfer information to your own calendar app (for this purpose, better than Sisu, as shows only courses you've been accepted to).



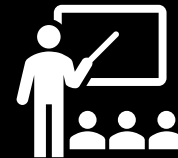
INSTRUCTIONS

- All study-related instructions & answers to most questions
- Information on advice and support services



DEGREE STRUCTURE

- Browse the degree structures of different degree programmes
- Easiest way to compare the structures and contents of different programmes

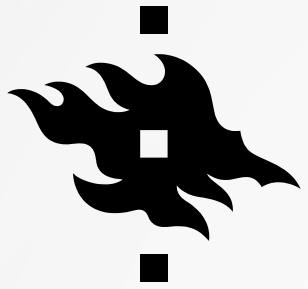


COURSES

- Find upcoming courses and exams
- Check course pages for advance information on courses & course Moodle links

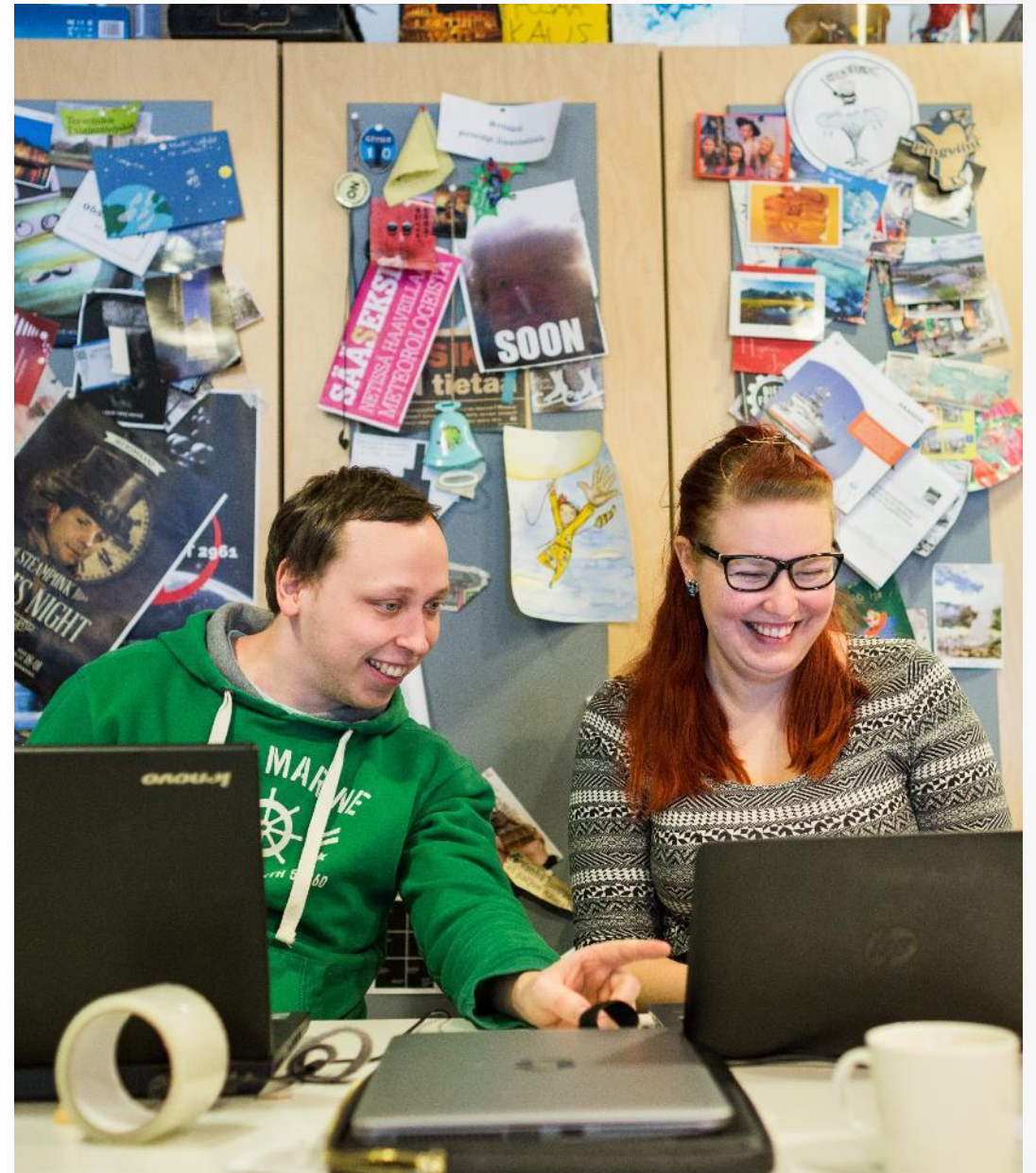


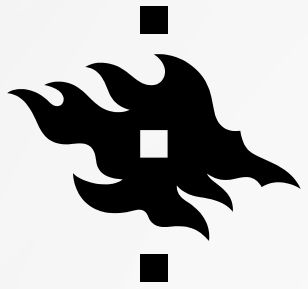
EMAIL AND USER ACCOUNT



UNIVERSITY EMAIL

- In addition to the Studies Service, your University email inbox (firstname.lastname@helsinki.fi) is your most important info channel.
- Start using your University email right from the start and follow your inbox regularly.
- Always use your University email when taking care of study-related matters.
- Sometimes the amount of email can try your patience: the [Student's digital skills course](#) gives you tip on how to manage your email flow for example with folders.





MAILING LISTS AND NEWSLETTERS

- Attending students are automatically update to their home faculty's student mailing list at the start of each semester.
- Through these lists you'll receive messages from your home faculty as well as messages intended for the entire student body.
- Degree programmes and student organizations can also have their own internal mailing lists.
- General news published in the Studies Service are also distributed once a week to the faculty mailing lists as a newsletter ("Current bulletins in the Studies Service")
- Check the newsletter weekly for a quick reference on the most important current topics.

Faculty mailing lists:

- **Agriculture and Forestry:** agri-forest-info-list@helsinki.fi
- **Arts:** arts-info-list@helsinki.fi
- **Biological and Environmental Sciences:** bio-info-list@helsinki.fi
- **Educational Sciences:** edu-info-list@helsinki.fi
- **Law:** law-info-list@helsinki.fi
- **Medicine:** med-info-list@helsinki.fi
- **Pharmacy:** pharmacy-info-list@helsinki.fi
- **Science:** science-info-list@helsinki.fi
- **Social Sciences:** social-info-list@helsinki.fi
- **Theology:** theology-info-list@helsinki.fi
- **Veterinary Sciences:** vet-info-list@helsinki.fi

Additionally: masters-info-list@helsinki.fi for all international master's programmes at the University.



USER ACCOUNT

The University username and email address resemble each other – but keep in mind they're two different things.

- **Username:** 4–8 characters (usually letters from your name). In most services, add suffix **@ad.helsinki.fi** when logging in.
- **Email address:** firstname.lastname@helsinki.fi

In addition to the username and password, most services occasionally require multifactor authentication when logging in. Get to know the methods of authentication right at the start.

Check the page [University user accounts](#) in the Studies Service for basic info on usernames and authentication.

Ran into problems? When you have questions on logging in or other technical problems, contact the [University IT-Helpdesk](#).

UNIVERSITY OF HELSINKI

@ad.helsinki.fi

Approve sign in request

Open your Authenticator app, and enter the number shown to sign in.

82

Didn't receive a sign-in request? **Swipe down to refresh** the content in your app.

☐ Don't ask again for 30 days

[I can't use my Microsoft Authenticator app](#)

[More information](#)

Need help? You can find instructions at <https://helpdesk.it.helsinki.fi/en>

UNIVERSITY OF HELSINKI

SIGN IN

User Account

username@ad.helsinki.fi

Password

.....

Sign in

More information on Microsoft 365 at the [Helpdesk website](#)

- ↓ Activating your user
- ↓ Validity of user acco
- ↓ User accounts durin
- ↓ Logging into service
- ↓ Multifactor Authent
- ↓ University email
- ↓ Changing your password
- ↓ Advice related to user accounts



GET INVOLVED & MAKE AN IMPACT ❤️

- The Studies Service and your uni email are your most important info channels for study-related matters. Remember to also keep up with messages from Sisu and Moodle.
- The University also has many other channels you can follow to join in the University community and have an impact on how things are done.
- **Check out at least these:**
 - [Flamma](#): staff intranet & a channel for participation and involvement for the entire community
 - [UH social media channels](#): find the different accounts & join the conversation!

More information on student involvement is available in the [Studies Service](#)!