

POCKET GUIDE 2010

FOR INCOMING STUDENTS

HOW TO GET TO JOENSUU OR KUOPIO

1. BY PLANE

The Helsinki Vantaa Airport is connected to Joensuu and Kuopio by several daily flights and the flight time is approximately one hour. Please check the timetables and fares at www.finnair.com or <http://www.fc.fi/home.html> . There is a shuttle service from airport to Joensuu center (one-way €5).

2. BY TRAIN

Trains for Joensuu leave from the main Railway Station in Helsinki. If you arrive in Helsinki by plane, it is recommended that you take the bus number 615 from the airport directly to the city centre and the Railway Station. The bus fare is €4.00. There are also taxis available at the airport, and you can look for the yellow "Airport Taxi" service. Fares to the city centre are about €20-30 and the transportation time is at least half an hour.

It takes 5 hours from Helsinki to Joensuu by train. The one-way fare is about €65-70. Please check the up-to-date information at <http://www.vr.fi/eng/> .

Trains for Kuopio leave from the main Railway Station in Helsinki. If you arrive in Helsinki by plane, it is recommended that you take a Finnair shuttle bus from the airport directly to the city centre and the Railway Station. The bus fare is €5.00. There are also taxis available at the airport, and you can look for the yellow "Airport Taxi" service. Fares to the city centre are about €30-40 and the transportation time is at least half an hour.

It takes 4,5 hours from Helsinki to Kuopio by train. The one-way fare is about €60. Please check the up-to-date information at www.vr.fi/heo/eng/.

The Kuopio Railway Station is located near the Bus Station, at Asemakatu 1, tel. 0600 41900 (information, reservations, timetables, prices, 1 €/min+local network charge). For more information and timetables, please see <http://www.vr.fi/heo/eng/index.html> Note that the price of train tickets varies a little depending on which train you take.

The basic fare in a local bus is EUR 2,90. On Sundays/ special holidays and at nighttime the fare is 3.80 €.

3. TO FINLAND BY FERRY

If you decide to travel to Finland by ferry, there are good ferry connections, for instance, from Travemünde (Germany) (www.ferrycenter.fi/finnlines/en/) and Stockholm (Sweden) to Helsinki and Turku (www.silja.fi or www.vikingline.fi) and from Tallinn to Helsinki (the previous sites and also <http://www.lindaliini.ee>). Joensuu can be reached by train from both Helsinki and Turku.

LIVING IN JOENSUU AND KUOPIO

UNIVERSITY

The University of Joensuu and the University of Kuopio have merged on 1 January 2010 to constitute the University of Eastern Finland. With approximately 13 000 students and 3000 members of staff, the University of Eastern Finland is one of the largest universities in Finland. The university has campuses in Joensuu, Kuopio and Savonlinna. The four faculties of the University of Eastern Finland, i.e. the Philosophical Faculty, the Faculty of Science and Forestry, the Faculty of Health Sciences, and the Faculty of Social Sciences and Business Studies, offer teaching in more than 100 major subjects.

The university buildings in Joensuu are located in a compact area close to each other.

Contact informations:

Joensuu Campus

Yliopistokatu 2
P.O. Box 111
FI-80101 Joensuu, Finland
+358 13 251 111

Kuopio Campus

Yliopistonranta 1
P.O. Box 1627
FI-70211 Kuopio, Finland
+358 207 872 211

Savonlinna Campus

Kuninkaankartanonkatu 5
P.O. Box 86
FI-57101 Savonlinna, Finland
+358 15 51 170

The campus area maps can be found from the following address: <http://www.uef.fi/uef/kartat4>

STUDYING AT THE UNIVERSITY OF EASTERN FINLAND

Academic freedom is one of the basic values of the Finnish university system, emphasizing independent studying. Students can basically choose what to study and when to study. Academic freedom goes hand in hand with academic responsibility – it is up to the students themselves to plan their studies and schedule and complete their studies. Teaching at the University of Joensuu is mainly done in Finnish. For both international and domestic students, however, the university offers a variety of study programmes and courses taught in English. International students are allowed to take courses in all these programmes. In addition, exchange students may take courses in different International Master's Degree Programmes and also follow lectures in other departments.

For further information, please check: <http://www.uef.fi/studies>

In Finnish university system there are no special examination periods. An examination usually follows an intensively taught course. It is possible to retake examinations if a student has failed a previous exam or if a student wishes to improve his or her grade. General examination days are also arranged monthly.

REGISTRATION AT THE UNIVERSITY

➔ REGISTRATION

In Joensuu

Before starting your studies, you must register at Student Services, located in the Aurora Building. Your student tutors will assist you with this procedure. The documents needed when registering are passport or official identification card, insurance documents/European Health Insurance Card, receipt of payment of the Student Union Membership fee and registration form (available at the desk and at the orientation).

In Kuopio

All exchange students must register at the International Office upon arrival. International office is located at Snellmania building at the second floor. Student tutors will help you with the registration process and all the necessary paperwork. You will get information from the student

office and from the international coordinator. All the basic information will be send to you in advance and the rest you'll receive when you arrive.

STUDENT UNION

Membership of the Student Union of the University of Eastern Finland is compulsory for all international students studying for a degree in Finland. Exchange students are also recommended to join a student union. To become a member one must pay the membership fee, which entitles students to the services of Student Health Service, discounts on meal prices in the cafeterias on campus and at a number of shops, stores and restaurants, and to 50% discount on long distance train and bus fares.

The membership fees for the academic year 2010-2011 are €104/full year and €52/semester. After paying the membership fee and registering at Student Services of the University, students can order a Student Identification Card (€12) (at Kuopio 15 €) by going to the Student Union office, filling in a card application form and attaching a passport photo to it. The card can be collected from the Student Union office after a couple of weeks.

Please note that an ISIC card (International Student Card) or other similar cards do not entitle you to most student benefits in Finland.

INSURANCE

All incoming international students must have a valid personal insurance policy from an internationally recognized, reliable and financially sound insurance agency for the duration of their stay. This insurance should cover all costs related to treatment of sudden illness, accidents and accidental death. Students must present proof of valid insurance when registering. The requirement is the same for degree-seeking and exchange students.

Citizens of other EU countries may substitute insurance by a [European Health Insurance Card](#) (issued by their home country), although health/travel insurance is recommended as well.

HEALTH CARE

Finnish Student Health Service (Ylioppilaiden terveydenhuoltosäätiö, YTHS, www.yths.fi) provides all students of the University of Joensuu, including exchange students, with preventive healthcare, medical care, mental health care, and dental care. Almost every type of health service a student might need, with the exception of hospital treatment and maternity clinic, are included. FSHS runs health centres in 16 university towns and you will be eligible to receive treatment at any of these centres. Please note that you can use the FSHS health services only if you have a student card, i.e. if you have paid the Student Union membership fee.

➔ LANGUAGE COURSES

The Language Centre is one of the non-faculty institutes of the university. For international students, the Language Centre offers elementary and intermediate Finnish courses. It is possible for international students to take part in courses in other languages as well. Courses at the Language Centre require pre-registration, and the number of students in groups is limited. For further information, check <http://www.joensuu.fi/kielikeskus/index.html> (Joensuu) and <http://www.uku.fi/kielikeskus/> (Kuopio).

➔ CALENDER OF ACADEMIC YEAR

The academic year is based on a two-semester system. The official academic year starts on 1 August and ends on 31 July. However, in the Autumn Semester lectures are scheduled mainly between September and mid-December, and in the Spring Semester between early January and early May. The Christmas break is about three weeks and during the Spring Semester, there is a week-long Easter break. There is generally no teaching during the summer and on public holidays except for some field courses etc.

Academic year 2010-2011:

- **Autumn Semester 2010:** 1 September - 17 December 2010
Christmas break: 18 December 2010 - 9 January 2011
- **Spring Semester 2011:** 10 January - 13 May 2011
Easter break: 21-27 April 2011
- **Orientation for International Students:**
 - Autumn semester: 1-3 September 2010
 - Spring semester: 11-13 January 2011

It is recommended that students arrive at the beginning of each semester and participate in the Orientation Programme, which is arranged for all international students in the beginning of both autumn and spring semesters.

➔ ACCOMMODATION

In Joensuu

Accommodation for both international and Finnish students is offered by Joensuun Elli, an independent Student Housing Company. Joensuun Elli has several housing units located in different parts of Joensuu and provides housing for more than 3000 students. Most students live in a shared flat where they have a private room and they share kitchen, bathroom and toilet with 1-2 other students. Exchange students are usually accommodated in a furnished room with a bed

and a mattress, a desk, a chair and a wardrobe. There are no curtains, rugs, linen, dishes, cutlery, etc. in the flats. The Student Union rents survival packages for exchange students to cover the basic needs. Rent for a room in a shared flat is about 170-280 euros/month. Rent includes electricity, heating and water. In most flats there is a possibility to have the ElliNet internet connection for 20 euros/month. There is a free laundry room and a public sauna in every housing unit. For further information, please check <http://www.joensuunelli.fi/eng/>.

In Kuopio

Kuopas (Kuopio Student Housing Company) builds and maintains student housing in Kuopio. More than 3000 students and their families live in Kuopas housing - join the community! Kuopas is a charitable company owned by the city of Kuopio. Kuopas is not part of the University of Kuopio.

Most international students live in a shared apartment (communal apartment). Each student has got his/her own room but kitchen and bathroom is shared with 1-4 other students of same gender.

If you are coming to Kuopio with your family you can apply for a family apartment. Family apartments' sizes vary from two bedroom apartments to four bed bedroom apartments. Please note that family apartments are intended for families only. You cannot rent one with your friends.

The rent for one room in a shared apartment is about 170-230 euros per month. The rent for family apartment depends on the size and location of the apartment. The rent for family apartments starts from 350 € /month.

Rent includes water and heating but it does not include utility bills such as electricity, sauna and parking. A furniture fee (approx. 10 euro/month) is charged from tenants who wish to use KUOPAS` furniture. If you wish to rent bedding (mattress, quilt, pillow) from Kuopas the fee is approximately 10 euro per month.

All apartments are equipped with fridge and cooking facilities, kitchen table, stools, basic lighting and shower curtains. A furnished apartment also contains a desk, a couple of chairs, a bookcase and a bed. Please be prepared to bring or buy kitchen utensils and bed lothes (sheets, pillow case, quilt cover) because they are not part of basic furnishing.

There is a free broadband Internet connection in every Kuopas apartment. You can use a laundry room free charge. There is also a sauna in every Kuopas dormitory. Common sauna turn is free one a week. If you prefer to go to sauna by yourself you can reserve a sauna term (1 hour / week) for 7 euro per month.

Kuopas has 34 apartment buildings around the town situated within 0,5 – 10 km from the University of Kuopio. Usually our international students live in Puijonlaakso, Särkiniemi or Neulamäki residential areas. These areas are located about 1,5-2 kilometers away from the University campus and they can be easily reached by foot, bike or bus.

Usually international students are automatically offered rooms in shared and furnished apartments close to the University. However, if you have any special wishes about your dormitory's location, you should mention about it in the application.

There are two ways to apply for housing. You fill out an on-line application form at: http://www.kuopas.fi/asuntohakemus/hakemus_eng.asp.

Please do not submit both paper and electronic application! Applications must be sent directly to Kuopas, not to the International Office.

All international exchange and degree students are sent detailed information on how to apply for housing.

Additional information:

- A single student's electricity payment is about 5€/month.
- Please inform Kuopas in your application if you need bedclothes (includes mattress, blanket and pillow); they cost 10 euro/month.
- Please note that you need to bring or buy your own sheets, pillowcase, towels and dishes.
- Survival packages (includes the very basics: sheets, saucepan, frying pan, plate, fork, knife and spoon) are available for international students from the Student Union. Deposit is 35 euro but you will get 25 euro back if you return the package in good condition.
- Please note that a monthly bus ticket costs about 40 euro which you might have to add to the living costs

KUOPAS Office

Address: Torikatu 15

tel. 017 264 0700, fax 017 264 0755

Open: Mon-Fri 10.00 - 15.00

Web site: <http://www.kuopas.fi>

➔ SERVICES AT THE UNIVERSITY

In Joensuu

There is a cafeteria or a restaurant in most of the buildings on campus. With the Student Union Membership Card, you get a discount of €2.25 on warm meals offered at the restaurants (except in the restaurants Aura and Metla). Without a student card, a meal costs €4.60. Student discounts

do not apply to cafeteria products.

In Kuopio

There is a restaurant and cafeteria in most of the buildings as in Joensuu. With the Student Union Membership Card you get a discount of the meals and the reduced price of a warm meal will be 2.00 €. However, there are some restaurants which do not offer the reduced price meals for students and these exist for example in Microtekniikka and Tietotekniikka.

UNIVERSITY LIBRARIES

Course books are available from the university library. A Student Identification Card can be used as a library card in Joensuu. The main library operates in every Campus areas (in Joensuu, Savonlinna and Kuopio). Services offered by the library include reading rooms, PC facilities (word processing, Internet etc.), self-service copying machines and sales of university publications.

⇒ VISA

VISA AND RESIDENCE PERMIT

The study visa is necessary for all students from countries outside the European Union or Schengen area. Please contact your local Finnish consulate for more information. EU citizens and citizens of Schengen countries can enter the country freely, but they must register their right to reside in Finland if staying for more than three months. The registration costs 45 euros. More information can be found on the web page of the Finnish Police (<http://www.poliisi.fi>). Please note that students who are citizens of an EU country can enter Finland with their EU Identity Card, but if they are planning to travel outside the EU (e.g. to Russia) during their stay in Finland, they will need a passport.

OTHER USEFUL INFORMATION

⇒ CURRENCY

Euro (€)

⇒ BANK ACCOUNT

You can open a bank account almost in every bank and there are several branches of many banks all over Kuopio. They are usually open Mon - Fri from 9.00/10.00 to 16.00/16.30. There is no fee for opening an account but other services are usually subject to charge. Be prepared to proof your

identity (e.g. passport).

➔ MOBILE PHONE

When buying a prepaid sim card no deposit is required, but the rates are a bit more expensive than normally. You can purchase prepaid SIM cards at e.g. R-kiosks.

You can open a post-paid mobile phone connection with a Finnish mobile phone operator (e.g. www.sonera.fi, www.elisa.fi, www.dnainland.fi, www.saunalahti.fi). However, you might be required to pay a substantial deposit in order to get a post-paid mobile phone connection (usually about 300 euro).

The easiest way to get a mobile phone account is to buy a pre-paid phone card for your mobile phone in a local R-Kioski. With a Pre-Paid you buy and recharge cards that contain a certain value of airtime. You will have a phone number like usual, you just don't have to go through the trouble of signing up a normal account and paying monthly bills. Calling and receiving phone calls to a Pre-Paid connection is a bit more expensive than to a standard connection, though.

Prepaid cards are offered by: www.dnainland.fi, www.kolumbus.com, www.saunalahti.fi, www.sonera.fi and www.tele2.fi

➔ SHOPPING

The shops are usually open at least from 9 to 17 on weekdays and from 9 to 13 (or 15) on Saturdays. Department stores and shopping centres keep their doors open from 9 to 21 Monday through Friday and from 9 to 18 on Saturdays. During the summer months and before Christmas, several stores are open also on Sundays. Some small grocery stores are open on Sundays throughout the year and there are also 24-hour-shops in both Joensuu and Kuopio. Shopping stores such as Sokos, Anttila, Citymarket and Prisma sell all kinds of domestic products. Good shops for ecological/Third World products are e.g. Maailmankauppa Päiväntasaaja ("World Shop") and SinunKaupat (bio-products). There's also several flea markets and/or second-hand-stores where you can find basically everything from cheap furniture and domestic products to clothes. In addition, in Joensuu there is a traditional, two-day open-air market (markkinat in Finnish) four times a year with the market place full of stands and people.

➔ EMERGENCY NUMBERS

General Emergency Number **112**

- In urgent, genuine cases of emergency where someone's life, health, property or the environment is in danger, or if there is any reason to assume this to be the case
- No area code is necessary for this number, even when using a mobile phone. Calls to the

general emergency number are always automatically routed to the nearest emergency response centre.

Students may also use the general health services, especially for serious illness and emergencies or when the student health services are closed (evenings and weekends).

In Joensuu:

Hospital (North Karelia Central Hospital): Tikkamäentie 16

First Aid in the North Karelia Central Hospital: (013) 171 3300.

If you need urgent help from the police, dial the general emergency number 112.

Joensuu Police office +358 71 875 0281 (Mon-Fri 08:00-16:15)

In Kuopio:

Hospital (Kuopio University Hospital): Puijonlaaksontie 2

First Aid in the Kuopio University Hospital: (017) 173 311 and (017) 173 060

If you need urgent help from the police, dial the general emergency number 112.

Kuopio Police office +358 71 875 031 (Mon-Fri 08:00-16:15 Thu 08:00-17:00)

CONTACTS

In Joensuu

CE Institutional coordinator

Outi Savonlahti (outi.savonlahti@uef.fi)

Incoming CE students

Päivi Haltilahti (paivi.haltilahti@uef.fi)

Outgoing CE students

Mia Laurila (mia.laurila@uef.fi), Merja Kuokkanen (merja.kuokkanen@uef.fi)

CE Students Representative at Joensuu

Ms. Sini Makkonen (sini.t.makkonen@joensuu.fi or sini.t.makkonen@uef.fi)

In Kuopio

Incoming CE student

Pauliina Tamminen (pauliina.tamminen@uef.fi), Sarita Niemi (sarita.niemi@uef.fi)

Outgoing CE student

Pirjo Niskanen (pirjo.niskanen@uef.fi)

CE Students Representative at Kuopio

Ms. Eeva Asikainen (elasikai@hytti.uku.fi or elasikai@uef.fi)

Useful links about Finland

virtual.finland.fi - general information on Finland

<http://www.infopankki.fi> - general information on Finland

finland.cimo.fi - information on education, training and youth issues in Finland

www.stat.fi/index_en.html – statistical data on Finland

www.fmi.fi/en/index.html – weather in Finland

www.kulttuuri.net/english – Finnish culture

www.helsinki-hs.net – news in English, international edition of Helsingin Sanomat newspaper

<http://www.lonelyplanet.com/destinations/europe/finland/> - destination Finland

<http://www.genealogia.fi/finnlinks/> - Finland links

<http://www.aka.fi/eracareers> - information to researchers