Guide for Exchange Students
2010-2011
International Relations
July 2010

*International Relations takes no responsibility for damage caused by inadequate, outdated or false information.*
Welcome to Oulu! This Guide is intended for exchange students who have been admitted to study at the University of Oulu, Finland. It contains a lot of information that we hope will be useful for you while planning your stay as well as during your exchange in Finland.

Wishing you a pleasant stay in Oulu!

I. Finland in Brief

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

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

Population

Finland has a population of 5.3 million. Over three-fourths of the country’s population live in cities and town centres. Helsinki, the national capital since 1812, has a population of 585,000, while Espoo has a population of 245,000, Tampere 211,000, Vantaa 198,000 and Turku 175,000 people. At the moment Oulu is the sixth largest city with the population of 139,000. Due to the merger of five surrounding municipalities and the city of Oulu, Oulu will become the fifth largest city in Finland with a population of 183,000 from 2013 onwards.

Languages

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

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

Capital City                  Helsinki
Population                   5.3 million
Government                   Parliamentary Democracy
Official Languages           Finnish (90.67%)
                             Swedish (5.43%)
Religion                     Lutheran (80.7%)
                             Orthodox (1.1%)
                             Catholic (0.7%)
Currency                     Euro
Surface area                 338,424 sq km
Number of lakes              187,888 (exactly)
Population density           15.7 inhabitants per sq km
Average temperatures (in Oulu) +15.7 (in July)
                             -11.7 c in January

Has one of the highest educational participation rates in the world.

FINNS...
• are among the biggest coffee drinkers
• claim sports as their favourite leisure time activity
Government
From 1155 to 1809, the country currently called Finland was a part of Sweden. In 1809, Finland was incorporated into the Russian Empire as an autonomous Grand Duchy. On December 6, 1917, Finland declared independence. Since then, the country has steadily developed into one of the highly advanced western democracies. Since 1995, Finland has been a member of the European Union.

For over 90 years now, Finland has been a sovereign, multi-party, parliamentary republic, with power shared by Parliament, the Cabinet and the President. The President is elected every six years by equal and universal suffrage. At the moment the President of Finland is Mrs Tarja Halonen, elected in 2000 and re-elected in 2006. The 200 members of Parliament are elected every four years.

2. City of Oulu

With a population of around 137,000, Oulu is the cultural, commercial and administrative centre for the whole of central and northern Finland. The city was founded in 1605, by Charles IX, King of Sweden and Finland, as a trading post on the Gulf of Bothnia, at the mouth of the Oulu River. The estuary Oulu River has been an important centre of trade since ancient times, and throughout the centuries Oulu has been a city noted for trade and shipping. In the middle of the 19th century, the city became one of the biggest tar producers in the world. Oulu still retains a strong maritime atmosphere, with its picturesque waterfront and market place. Oulu became the capital of the Province of Oulu in 1765.

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

In a short time, Oulu has developed into one of the leading centres of technological expertise in the whole world. In 1982, the City of Oulu started a state financed development project, in co-operation with the University of Oulu, called “The Oulu Centre of Expertise Program”. The first and the biggest technology park in the Nordic countries, Oulu Technopolis Plc, was founded through this programme. In 1992, it was
followed by Medipolis Ltd, which is a centre of companies specialized in technology and biotechnology of medicine. Both centres continue to work closely together, in cooperation with the University of Oulu, initiating and encouraging worldwide connections, giving thus a rewarding example of mutual utilisation of resources.

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

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

The cultural offerings are likewise extensive and varied. Oulu has old traditions in music and theatre: Erik Tulindberg, the first art composer in Finland, wrote his string quartet in Oulu in the 18th century. Leevi Madetoja, the composer of our national opera ‘Pohjalaisia’ was also from Oulu. Today the city hosts many choirs and orchestras, including the northernmost symphony orchestra in the world, Oulu Sinfonia. The Oulu City Theatre, Oulun Kaupunginteatteri, is located next to the City Library. Both the theatre and the library are built partly on the sea and partly on a man-made island, which is connected to the mainland and to a nearby island with bridges. Oulu hosts numerous arts festivals throughout the year that guarantee that there is never a dull moment in the cultural scene.

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

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

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

Once accepted, a Finnish citizen is entitled to a study grant, housing supplement and a government guaranteed study loan. Foreign students are eligible for the support when they have been permanent residents in Finland for at least two years under some other status than that of a student. Students from other EU countries may apply for support if their studies are closely related to their work or if they are involuntarily unemployed. For possible support, please consult the KELA-guide for foreign students, or call: the KELA Centre for Student Financial Aid helpline. tel. 020 692 209
University of Oulu

Founded in 1958, the University of Oulu (Oulun yliopisto) is a young, rapidly developing institution. Today with its 17,000 students the University of Oulu is one of the largest universities in the country.

I. Introduction

Campuses
The main part of the University is located about 6 kilometres (4 miles) north of the city centre, on the Linnanmaa campus, which is a complex of modern classrooms, libraries, laboratories, sports facilities and residence halls. Five of the University’s six faculties are located in Linnanmaa. The Faculty of Medicine occupies a campus of its own next to the hospital in Kontinkangas, close to the city centre. A third University campus is located in Kajaani, about 200 kilometres southeast from Oulu.

Faculties and Institutes
The faculties have a combined staff of about 3,000 and a resident student body of over 16,700. The total enrolment of foreign degree students is around 300 and there were 442 exchange students during 2007.

The University is also home to a number of independent institutes not belonging to any particular faculty. These include, for example, the Research Institute of Northern Finland, the University Library, the Continuing Education Centre, the Computer Centre, and the Language Centre. Additionally, the University has a number of biological research stations and field study centres across the north of Finland.

University Facts

Faculties: 6
Staff: 3,000
Students: 16,000
Foreign degree students: 471
Exchange students: 417 (in 2009)

Faculties and Departments

Humanities (major subjects)
- History
- Information Studies
- Literature
- Finnish Language
- Logopaedics
- German Philology
- English Philology
- Scandinavian Philology
- Cultural Anthropology
- Archaeology
- Saami Language and Saami Culture
- International Business Communication

Education
- Educational Sciences and Teacher Education
- Teacher Training

Science
- Biochemistry
- Biology
- Physical Sciences
- Geosciences
- Chemistry
- Geography
- Mathematical Sciences
- Information Processing Science

Medicine
- Medicine
- Dentistry
- Health Care
- Biomedicine

Economics and Business Administration
- Economics
- Management
- Accounting
- Marketing
- Financing
- International Business

Technology
- Architecture
- Mechanical Engineering
- Electrical and Information Engineering
- Process and Environmental Engineering
- Industrial Engineering and Management

For further information about the University of Oulu, see: www.oulu.fi/english.
2. Studies

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

Teaching methods vary from department to department, but in general the study system is based on lectures. Typically, students have the choice of attending lectures and passing examinations on these or taking examinations on set books, which are considered the equivalent of these lectures. Lectures and book examinations are complemented by seminars and small-group tutorials. Science degrees may also include laboratory and practical work requirements. A significant feature in all teaching and studying at the University of Oulu is the use of modern technology, which is conveniently accessible to all staff and students.

Credits
Together with the new degree system, the credit system has changed as well. As of August 1, 2005 one Finnish credit equals 1 ECTS and it may be awarded for a lecture series, book examination, independent research, or for a combination of these. 60 Finnish credits (60 ECTS) represents the full work load of one academic year. Courses are divided into General Studies (Perusopinnot), Subject Studies (Aineopinnot), i.e. courses in the student's major and minor fields, and Advanced Studies (Syventävät opinnot), which consist of more independent research and the writing of a master's thesis.

In most departments it is not necessary to register for courses before you arrive in Oulu, but it is advised that you contact either the departmental exchange coordinator or International Relations (only for students participating in Scandinavian Studies) prior to your arrival, regarding the course selections. A list of departmental exchange coordinators can be found online at www.oulu.fi/intl/lomakkeet/erasmusinfosheet.pdf.

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

All grades are entered into the computer register. You may get a transcript or an extract of your study record (opintosuorituksenrekisteriote) from your Faculty Office or the Student Affairs Office. Grades may also be consulted through web based system, called WebOodi, and many departments inform students of their exam results/grades by email.
3. Services

Language Center

The Language Centre, located on Linnanmaa Campus, is in charge of the Finnish courses for international students. Those who intend to take part in these courses should attend a general planning meeting, during the orientation. Should you arrive outside an orientation period, there are planning meetings on other dates as well.

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

Computer Services

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

Students receive their e-mail addresses directly from the Computer Centre. The e-mail address functions also as a login name to University’s computer network. The account will be active as soon as you
have registered with the university. Even if you have a separate e-mail address (e.g. Yahoo, Hotmail, etc.) you are required to log in regularly and use your University of Oulu e-mail address. This is to ensure that International Relations and other staff of the university are able to get in contact with you during your stay in Oulu. The e-mail account is free of charge for all students at the University of Oulu. It is also possible to forward the mails from the Oulu account to your other accounts, though a webmail account, such as Hotmail or Yahoo, is not recommended for this due to frequently occurring technical difficulties within the receiving servers.

You need your University of Oulu e-mail login name to be able to use the computers run by the University's Computer Centre. There are numerous e-mail terminals, along the hallways and in special computer laboratories in the university, for everyone to use. Rooms for scanning, CD production, video editing, as well as general computer rooms, are located in the Microcomputer laboratory located by entrance X1.

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

See also: http://www.oulu.fi/it/index.html (Computer Services Centre's home page)

Career Services
Career Services (Ohjaus- ja työelämäpalvelut) provides advice and help with students’ career planning and decision-making. They help students to find comprehensive information about work and training opportunities, provide an opportunity to consult an advisor and encourage students to use the study room for reading and planning. Throughout the academic year, there is a career education programme designed to help students achieve good quality employment and training after graduation. You are welcome to visit the Career Services Centre at any stage of your studies, though one must note that finding temporary employment in Finland is fairly difficult if one does not speak Finnish.

See also: http://www.oulu.fi/careerservices/english/main.html

Copying Services
The University Press (Oulun Yliopistopaino), on the Linnanmaa campus, maintains coin and card operated photocopy machines for students at their premises. Besides this service, there are photocopy machines in various lobbies, libraries and departments of the University. Many of these are run by student organisations and can be used by students. Prices may vary. The person in charge of the copiers (kopiokonevastaava) within each organisation will be able to advise you about copying.
Libraries

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

The collection totals some 1.5 million volumes. About half of these are located in the Main Library.

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

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

International Relations organizes visits to the library as part of the orientation for exchange students. Sign up at the Orientation.
4. Student Union

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

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

See also: http://www.oyy.fi/in-english/

ESN

The Erasmus Student Network, ESN, is an European organization for exchange students, and in Oulu, it is a section of the Student Union. The main task of ESN is to provide international students with all kinds of free-time activities here in the University of Oulu. Some events, like a trip to the famous snow castle in the city of Kemi, are arranged traditionally every year, others are one-time events based on the ideas of the international students each year. These happenings might include visits to museums, exhibitions, parties, trips to local attractions, etc. ESN Oulu also informs international students of other happenings in Oulu. ESN Oulu tries to activate students in various ways, so that they can feel at home in Oulu and get the best out of their stay. Oulu’s ESN chapter has regular get-togethers, and members keep a lively connection to each other. All ESN meetings are open for everybody and take place at the university or at a café close by. There are also many regular sports activities, like a floor ball and volleyball club, every week.

www.oyy.fi/esn
e-mail: esn@oulu.fi
The Student Newspaper
OYY publishes a newspaper called *Ylioppilaslehti* 15 times a year. You can order it, pick it up for free from racks in the corridors or read it through the internet. *Ylioppilaslehti* provides useful information for students, presents topical issues and has interviews, stories and comics. The paper is published mainly in Finnish, but the editorial staff welcomes material in English as well. Please, submit your material to the following address: Oulun Ylioppilaslehti, Mannenkatu 1 A, 90100 Oulu, tel. 311 3176, fax 311 3600.

Student Guilds
Every major subject has its own organisation for students called a student guild. These guilds arrange events, such as sauna evenings, parties, trips and sports hours, and they often own their own rooms in the university where you can have coffee, use computers and meet people. Each student guild also has its own overalls, each with their own colour. Exchange students can also order a pair. Overalls are used in student parties and create a certain feeling of togetherness.

Other Activities for Students
There are several clubs and hobby and interest groups at the university. For more information see the Student Union’s web page at http://www.oyy.fi/in-english/student-activities/
I. Before You Arrive

Once accepted as an exchange student to the University of Oulu, you will receive the official acceptance package that includes the acceptance letter, as well as other useful information regarding your exchange period. Included also is a letter from a Finnish student, your kummi student, who is there to help you with pre-arrival questions, as well as at the beginning of your exchange. You are advised to contact your kummi as soon as you receive his/her contact information. The acceptance package also includes information regarding your arrival in Oulu; you are advised to inform both your kummi and International Relations of your exact arrival date and time.

2. Residence Permit

A) EU citizens
Citizens of EU countries, Iceland, Liechtenstein, Norway and Switzerland must register their residence in Finland if they are staying for more than three months consecutively. The registration is handled by the local police. You will receive a written certificate of registration. Residence Permit is valid until further notice.

B) Non-EU citizens
Students arriving from countries outside the EU must apply for a Residence Permit, before arriving in Finland, at the Finnish diplomatic mission in their county of origin (or another country where the applicant is legally resident). Contact information for your nearest diplomatic mission can be found at www.formin.fi. An application for the Residence Permit (OLE 1) is available from Finnish diplomatic missions abroad, or it can printed out from the Directorate of Immigrations website at www.uvi.fi. Further information on application attachments is given by the Finnish diplomatic missions. The Residence Permit is temporary, and it allows you to work 25 hours per week without a separate work permit.

If your period of study in Finland is more than three months and you come from outside the EU and EEA countries, you have to obtain a residence permit from the Finnish diplomatic representation in your home country before your arrival in Finland. Information on Finnish Diplomatic Representations abroad can be found from www.formin.fi/english, which is the website for Finland’s Ministry of Foreign Affairs. Embassies’ and Consulates’ websites give information about the residence permit process, of its costs and of necessary documents.

C) Nordic citizens
Citizens of Nordic countries, i.e. Norway, Sweden, Iceland and Denmark (including Faroe Islands and Greenland) register their residence at the local Register Office (Maistraatti),
If you are required to have a residence permit you will need the following documents to obtain the permit:

Exchange students:
- a) letter of acceptance from the University of Oulu
- b) letter of enrolment to the University of Oulu (available from the Student Affairs Office)
- c) passport
- d) financial evidence that you will have at least EUR 500 at your disposal for each month you intend to spend in Finland (e.g. certificates of grants given to you by your home institution, evidence of a sufficient deposit in your name, letter from your parent/guardian etc.)
- e) one passport-size photograph.

Students from EU and EEA countries also need the European Health Card proving that they are covered by the health care system of their home country. This card will entitle them to the same health care benefits as Finnish citizens with the same cost. However, we strongly recommend each student to have a private insurance for their exchange period.

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Checklist of Documents to Bring With You

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

Other Things to Remember

- bring some money in the local currency, i.e. euros
- bring your prescriptions if you are on medication
- bring warm clothes
- inform International Relations and your kummi student of the exact date and time of your arrival as well as the means of travel
- ensure your ability to pay the housing deposit EUR 240 and housing fee EUR 10 (cash only)
3. Work Permit

International students, with a valid residence permit, are granted permission to work for 20 hours per week during terms and take full-time employment during the summer break (May 1 to Sept 30) and Christmas holidays (Dec 15 to Jan 15), without having to apply for a work permit. For more detailed information, please, turn to the Alien Affairs Office (ulkomaalaisasiat) at the Oulu Police Station (Oulun poliisilaitos), Rata-aukio 2 (ground floor), tel. 071 876 0211, open Mon - Fri 8 am - 4:15 pm.

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

If you are coming to Oulu to do a traineeship as a part of your studies, your work permit should be applied for in advance.

4. Housing Matters

Housing for exchange students is organised through the local student housing foundation PSOAS. Housing application is available on PSOAS’s web page at http://www.psoas.fi/en/applying/application.php. In all questions concerning housing, please contact PSOAS at exchange.students@psoas.fi.

Location and Facilities

The student residence halls are mainly situated on the Linnanmaa campus. The bus connections to the city centre are good. Near the residence halls, there is a shopping centre with grocery stores, a post office, a pharmacy and some pizzerias and pubs. The flats have either two or four furnished rooms with shared kitchen and bathroom. Tenants take personal responsibility of the cleanliness of the kitchen, bathroom and their own room. The shared premises are kept in order by the tenants themselves. Residence halls have laundry rooms and saunas, with separate bathing times for men and women.
5. Insurance

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

Students from EU countries must also bring their European Health Card with them. For further information on the card, please contact the social insurance office in your home country. Note that the European Health Insurance Card is not valid during your travels to and from Finland or during any excursions to a third country. The University of Oulu does not cover for eventual accidents which might take place during your stay, and without valid insurance, the medical payments may become quite expensive. If you are also going to travel, for example, in Finland’s neighbouring countries, make sure that the insurance is valid in these countries as well.

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

6. Cash

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

From Helsinki to Oulu
When you arrive by air in Helsinki-Vantaa airport, you can take Finnair’s 55-minute connecting flight to Oulunsalo Airport. The fare from Helsinki to Oulu varies between EUR 150 and EUR 225, for a one-way ticket, depending on the time of the day. More info at www.finnair.com

In addition, Finnair has a StandBy-ticket (valid in Finland), which is sold only at the Airport ticket office, and it is a one-way ticket. It entitles you to a seat only if there is room on the plane.

Blue1 is also flying daily between Helsinki and Oulu. Their fares vary between EUR 140 and EUR 179. For timetables and fares, please, visit www.blue1.com. (Blue1 has youngfares for people between 12-25 years, choose young from page www.blue1.com)

You can also travel by train, in which case you first need to take the Finnair bus to downtown Helsinki, leaving every twenty minutes from the Helsinki-Vantaa terminal building. It goes directly to the Helsinki railway station (EUR 5.90; time: 35 minutes). From Helsinki to Oulu, there are seven trains a day (approx. EUR 60; time: 7 hours). For timetables, prices and tickets, please, visit: www.vr.fi.

Oulunsalo Airport to the City Centre and to the Linnanmäa Campus
After arriving in Oulu by air, you should take bus number 19, which goes directly from the airport to Linnanmäa University campus via downtown. During the week, it leaves three times an hour until 4:55 pm, twice an hour until 7:55 pm and once an hour until 10:45 pm. There is also a bus on weeknights at 1:15 am. On weekends, the bus runs once an hour. For timetables, please, visit: www.koskilinjat.fi/in_english. This bus is the only bus route leaving from the airport, thus, finding your way to it is very easy.

The bus fare is EUR 4.50 to go to Linnanmäa. Please note that after 11 pm the price is double. This also applies to all bus fares in Oulu. If you wish to take a taxi from the airport you can either take a taxi for yourself or you can take an Airport Taxi, which is a taxi-pool with a price of approximately EUR 15-22 for each passenger. The taxi will take everyone in their turn to their destination within Oulu city area.

If you have taken the train from Helsinki, you will be arriving in downtown Oulu and have only a short walk to to nearest bus stop. The fare from downtown to campus is EUR 2.90, unless it is after 11 pm, when the price is doubled.
Orientation
Registration to the university and student ID card will be taken care of during the Orientation for New Incoming Exchange Students. Should you arrive outside the orientation period you will get help from your Kummi student and from the International Relations.

Kummis
All international exchange students will have a Finnish student tutor, a Kummi student, to help upon arrival. Information on this student will be included in the acceptance package. Please, contact this person, prior to your arrival, to inform him or her of your exact time and means of arrival and ask for help on what to bring with you, etc.

CHECKLIST OF THINGS TO DO WHEN ARRIVING IN OULU OUTSIDE ORIENTATION TIMES:

• pay the Student Union fee (EUR 41,5/semester), the ID card fee (EUR 5) save the receipt
• register with the University and the Student Union
• meet with the departmental exchange coordinator to discuss your studies in detail

9. Registering at the University

If you are an undergraduate student, you should enrol at the Student Union (Yliopilaskunta) and register with the University at the same time. The Student Union membership fee, including the student health service fee, is EUR 87 per year or EUR 43,50 per term. The Student Union fee includes the student health service fee. Your student ID card costs EUR 5. Students through ISEP programmes and from Washington College and UNCG do not need to pay the student union fee but they too need to fill in the forms and pay the student ID card fee of EUR 5.

If you arrive outside of the arranged Orientations, your registration with the University will take place at the Student Affairs Office (Opintotoimisto), room KE1020, on the Linnanmaa Campus. Bring your letter of acceptance from the University of Oulu, one passport size photograph (for your student ID card) and the bank receipt for the paid Student Union and ID card fees. The Student Affairs Office is open Mon-Fri 9 am - 3 pm.

Every student must register! Registration is valid for one term/academic year only. Therefore, you will have to register at the beginning of each academic year you spend in Oulu.
Student ID Card
When registering, you also need to apply for the student ID card (opiskelijakortti) at the same time. This card is essential to you as a student in a Finnish university. In addition you will receive a calendar for the academic year. The card costs EUR 5.

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

You have to have the student card with you if you want to eat for the student price at the student cafeterias (see Student Cafeterias) or use the student health services on the Linnanmaa campus (see Student Health Service). It is also useful to show the card whenever you purchase something, eat out, have a haircut, etc. Some stores, pizzerias, hairdresser’s, etc. have a special price for students. For discounts on travel, see Transportation.

Postgraduate, i.e. post master’s students have to register at the University in the beginning of each academic year, even though they do not have to belong to the Student Union. They are allowed to join, but they will not get the discounts. However, if they pay the membership fee they can use the student health services of YTHS.

10. Opening a Bank Account

Students coming thorough ISEP, North-South-South, FIRST and from UNCG or Washington College are required to open a bank account in order to receive the grant. You are advised to open the account during the first week in Oulu. Remember to inform the account number to the International Relations.

You will be given a bankcard, which will work in most cash machines, ATMs (pankkiautomaatti/pankki/Otto.), throughout Finland. The banks also offer on-line banking services in English for their customers.

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

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

Money Exchange
When you exchange currency in a bank, there are two ways in which the bank charges for the service. There could be a fixed service charge of EUR 1.70-3.40, not depending on the amount you exchange, or the charge might be a certain percentage of the exchanged amount. The exchange rates are standardized and, therefore, the same in all Finnish banks. You can also exchange currency at Forex (www.forex.fi)
11. Civil Registration

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

Students from Nordic countries should also submit a Joint Nordic Document of Moving. If you are accommodated by PSOAS you will fill in the notification upon signing your rental contract.

If you wish to be employed, the registration might need to be done in order for you to receive a Finnish Social Security number - check with The Office for Alien Affairs (Ulkomaalaisasiat) at the Police Station, address Rata-aukio 2, tel. 071 876 0211.

The documents needed for Civil Registration are:

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

12. Social Security Number and Health Insurance Card

Normally an exchange student does not need to have a Finnish social security number. It is only needed if one is staying in Finland for a long period or is working for more than six consecutive months.

Once you have been entered in the population register, you will be assigned a Finnish social security number (sosiaaliturvatunnus). You will need this number when using the services provided by, for example, hospitals and health care centres. Your social security number also entitles you to benefits (reduced prices for medicine, lower rates at hospitals and health care centres, subsidised dental care, etc.) under the National Health Insurance Plan. To claim these benefits, you have to apply for a health insurance card (sairausvakuutuskortti) at the Social Insurance Institute (Kansaneläkelaitos/KELA), Sepänkatu 18, tel. 020 635 4302, open 9 am - 4 pm Mon-Wed and Fri and 8 am - 5 pm on Thursdays. For more information, visit http://www.kela.fi/in/internet/english.nsf
13. Taxation

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

or contact

Oulu Tax Office (Oulun Verotoimisto)
Torikatu 34 B, 90100 Oulu
tel. (08) 310 0311
Mon - Fri 9 am - 4:15 pm.
14. When leaving

When your studies in the University of Oulu are over, it is your responsibility to make sure yourself that you have all the necessary documents with you. Transcripts will be issued by the appropriate department and faculty. You can also get a copy from the Student Affairs Office. For the Scandinavian Studies or Northern Cultures and Societies Programmes, which are coordinated by International Relations, transcripts will be sent directly to your home university once the programme has finished. If you contact International Relations after you have returned to your home country and request for a transcript of records to be mailed to you, International Relations will charge you EUR 25 per copy.

If your home university requires you to provide a document indicating the time you studied in Oulu, make sure you have them filled in before leaving. These certificates are filled in by the international coordinator at your department in Oulu.

You do not need to register either in the local police station or at International Relations when leaving.

If you have opened a bank account in a Finnish bank and/or you have a Finnish mobile phone, make sure you terminate them before leaving.

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

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

Reserving a Time
In the mornings (Mon-Thu 8 - 10:30 am, Fri 9 - 10:30 am), one can go and see a nurse without reserving a time in advance. For afternoons (12 - 15:30 pm), you need to make an appointment.

General Practitioners, Specialists,
Speech Therapists, Physical Therapists
By phone Mon-Fri 9 am - 2 pm,
By visiting Mon-Thu 08 am - 3:30pm, Fri 9 am-3pm
tel. 046 710 1063

Dental Care
Mon-Fri 8 am - 3 pm
tel. 046 710 1065

Mental Care
Mon-Fri 8 am - 1 pm
tel. 046 710 1066

To cancel an appointment, call 046 710 1064 (24-hour answering machine) or fill in a cancellation form, at www.fshs.fi -> health centers -> Oulu. Cancellations need to include your name and time of the appointment and should be made at least 24 hours before the appointment time. N.B. You will be charged for a late cancellation, even if the appointment itself was free of charge.

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

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

**Vaccinations**

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

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

**Medicine**

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

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

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

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

- **Yliopiston apteeikki**
  Isokatu 27
  tel. 03 002 0200
  open every day 8 am - 11 pm

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

Transportation in the Oulu Area

Bus
Within the city of Oulu, the fee for a single trip is EUR 3. From 11 pm to 4 am there is a double charge. You can get 25% student discount off of a 30-day “Oululippu” by showing your student card when purchasing the ticket.

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

Season tickets (Oululippu and sarjalippu) can be obtained from the Stockmann Department Store, Service point. You can also purchase an OuluCard from the city’s customer services office, Neuvokas, Uusikatu 26. The card can be easily reloaded on the bus. Please note that the season tickets are personal, the usage occasionally controlled and misuse is fined.

1) 20-trip sarjalippu (EUR 39.00), valid for 12 months from the day of first usage. Holder usage allowed.

2) 40-trip sarjalippu (EUR 70.00), valid for 12 months from the day of first usage. Holder usage allowed.

3) 30-day Oululippu (EUR 49.00) for an unlimited number of trips within 30 days. Limited to personal usage. No double charge! N.B. Student discount -25% for 17-29 year olds (EUR 37.00)

4) 6-month Oululippu (EUR 269.50). No double charge!

5) 12-month Oululippu (EUR 490) Can be paid in 1, 2 or 4 parts. No double charge!

The buses operating between the city centre and Linnanmaa are numbers 4, 5, 6, 7, 19, 22, 24, 25 and 27.
**Taxi**
Taxi fares are fairly expensive in Finland, but no tip is required. There are several taxi stands in Oulu's city centre, e.g. in front of the Railway Station, next to Otto Karhi Park and near the Oulu City Theatre. However, it is advisable to call a taxi in advance by phone. The number is 06 003 0081 in Oulu area.

**Travelling Outside the Oulu Area**

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

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

**Train**
When travelling by train, students are entitled to a 50% discount on one-way tickets, which are valid for 7 days, and return tickets, which are valid for one month for the time of purchase. Train timetables (juna-aikataulu) can be obtained from the ticket sales office in the Railway Station (Rautatieasema), Rautatienkatu 11. The railway station is open Mon - Fri 6:30 am – 17:45 pm, Sat 9:15 am-5:30 pm and Sun 9:15 am – 20:30 pm. For more information on timetables, routes and reservations:

When buying a ticket, you need to present your student ID card. If you have not yet received your card, you can get the discount by filling in a stamped certificate at the Student Affairs Office, KE1020, and bringing it to the Railway Station with your ID and a passport size photo. You will be given a VR (Finnish Railways) Student Card, which entitles you to the same discounts on train travel that you would get with your student ID card. The card will cost EUR 6. Train tickets can also be bought online. For more information, see: www.vr.fi/eng/junaliput/index.shtml

**Air Travel**

**Driving**
In Finland drivers keep to the right. Driver’s licences issued in Nordic and EU countries are valid in Finland. Licences granted in one of the signatory countries to the Geneva, or Vienna international road traffic convention are valid for a year, beginning from the date of entry into the country. Licences issued elsewhere are not generally valid in Finland. If you are staying in Finland for over a year, you may get a Finnish driver’s licence without taking the Finnish driving test, but you must do so within six months, counting from the day the right to drive in Finland expired (i.e. within the first 18 months of your stay in Finland). Information about applying for a Finnish driver’s licence, for which you are also eligible after six months of residence, can be obtained from the local Police Station.
3. Telephoning and mailing

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

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

To call to Finland, dial:
1) international access code
2) 358 (country code)
3) area code (drop prefix’s first 0)
4) phone number.

Getting your own phone
Probably the easiest alternative is to buy a prepaid GSM phone card for your mobile. These cards contain a certain amount of talking time and you can also load more time onto them easily. Several phone operators offer prepaid cards, e.g. Sonera, DNA, Tele2, Elisa, etc. The price and amount of talking time may vary, so it might be useful to compare offers. Usually, operators have promotion campaigns, and information can easily be found from stores selling mobile phones or advertisements. Pre-paid cards can also be bought from R-Kioskis around the city.

NOTE: you should already have a phone, the starting kit is only a phone card. The phone needs to be a dual band GSM phone.

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

<table>
<thead>
<tr>
<th>Emergency Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency (yleinen hätänumero)</td>
</tr>
<tr>
<td>(fire brigade, ambulance, life-saving service)</td>
</tr>
<tr>
<td>Police (poliisi)</td>
</tr>
</tbody>
</table>

N.B. When calling from a cellular phone to a local phone number, remember to use the area code of Oulu (08)!
Mailing
The main post office of Oulu (Oulun pääposti) is located at Hallituskatu 36, and it is open 8 am - 8 pm Mon-Fri, 10 am – 2 pm Sat. Other post offices can be found in almost every part of Oulu. For addresses, see the telephone directory under the entry posti (see also below). In the directory, “Oulu 57,” for instance, signifies the post office with the post code 90570, which is the post office for all students living in Linnanmaa residence halls:

Oulu 57 Linnanmaa, Kaijonharju
Sammonkatu 4
open: Mon-Fri 9 am - 6 pm

For more information about mailing, you can visit www.posti.fi/english

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

Mailboxes
In Finland the mailboxes are orange with a blue stripe, and one can also be found in the main hall of the University. Mail (other than newspapers) is delivered on weekdays only, not on Saturdays or Sundays. National holidays may also effect delivery.
4. Food

**Student Cafeterias**

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

**Cafeterias:**

Julinia (Linnanmaa)
Mon-Thu 7:45 am - 4:00 pm, Fri 8:30 am - 2:30 pm

Aularavintola (Linnanmaa)
Mon-Thu 10 am - 8 pm, Fri 10 am - 7 pm,
Sat 8:30 am - 3 pm

Discus (Linnanmaa)
Mon-Thu 8 am - 3:30 pm, Fri 8:30 am - 3 pm

Snellmania (Linnanmaa)
Mon-Thu 10 am - 3:30 pm,
Fri 10 am - 2:30 pm

Kastari (Linnanmaa)
Mon-Fri 10:30 am - 2 pm

Sodexho (Faculty of Medicine, Aapistie 5A)
Mon-Thu 8:00 am - 3:30 pm,
Fri 8 am - 2:30 pm

Pruxis (Faculty of Medicine, Aapistie 5A)
Mon-Thu 8 am - 3 pm, Fri 8 am - 2.30 pm

Vanilla (City center, Torikatu 34-40)
Mon-Thu 8 am - 2:30 pm
Fri 8 am - 2 pm

**Coffee Shops:**

Yläkahvila (Linnanmaa)
Mon-Thu 7:45 am – 2:30 pm
Fri 7:45 am – 3 pm

Apaja (Architecture Department, Aleksanterinkatu 6)
Mon-Thu 9 am - 3:30 pm, Fri 9 am - 2:30 pm

Datania (Department of Electrical Engineering, Linnanmaa)
Mon-Thu 9 am - 3 pm, Fri 9 am - 2:30 pm

Humus kuppila (Snellmania, 2nd fl.)
Mon-Thu 8 am - 6 pm, Fri 8 am - 4:30 pm

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

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

- Yliopiston Paperikauppa
  Linnanmaa, main lobby
  Tel. 556 7796

- Suomalainen Kirjakauppa
  Kirkkokatu 29
  Mon-Fri 9.30am -6 pm , Sat 9:30 am-4 pm

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

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

The stores listed here are fairly inexpensive:
- **Anttila**, Isokatu 33
- **Citymarket**, Tehtaankatu 5
- **Kärkkäinen**, Alasintie 12
- **Prisma**, Nuottasaarentie 1
- **Prisma**, Tehtaankatu 3
- **Prisma**, Kauppalinnankatu 1-3
- **Seppälä**, Shopping Center Pekuri
- **Seppälä**, Tala-Lyötynkatu 4
- **H&M**, Kirkkokatu 27
Second Hand Stores
There are several second hand stores available in the city.

Pelastusarmeijan kirpputori
(Salvation Army Flea Market)
Ratamotie 22
Merikoskenkatu 1
Limingantie 5
Ratakatu 6
Linnankatu 13

Alppis Storie
Kaarnatie 15

Paljekirppis
Paljekatu 12

Second Hand Store
Isokatu 8

Kierrätyskeskus (Recycling Centre)
Paakakatu 2, Toppila

Oulun Urheiluväline Divari
(Sports equipment)
Valtatie 57

SPR-Kontti
Jääsalontie 12

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

Jussin Pyöräpiste
Valtatie 49
Jukolankuja 1-3

Pyörä Suvala
Saaristonkatu 27
Lekatie 2

Urheilu-Ulappa
Ratamotie 56

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

You should also sign-up for the exchange e-mail list since some departing students, who wish to sell their bikes, advertise through the list. You can also send your message to the other exchange students.
Sales
Sales (alemmusmyynti / ale) are usually held at the end of June and after Christmas. All Finnish stores, even those with sales, have fixed prices. However, bargaining is not totally out of the question, especially with bigger purchases.

Alcohol
Alcoholic beverages are sold in state owned stores called Alko, (www.alko.fi) which are normally open Mon-Fri 9 am – 8 pm, Sat 9am – 6 pm. Note that on the eves of public holidays the stores may close earlier.

Medium strength beer (4.7 per cent by volume), mild ciders and very mild wines are sold also in grocery stores.

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

6. Recreation

Movies
Foreign films are subtitled, not dubbed. A weekly programme for the cinemas can be found in Friday’s local newspaper, Kaleva, and Thursday’s Oululehti, as well as the lobby of cinemas. Usually the information is also forwarded weekly to the exchange e-mail list. Ticket prices vary from EUR 7.50 to EUR 10.50 (July 2010). Finnkino has students price from Monday to Thursday EUR 8,60. Star has students price EUR 6. The movie theatres (elokuvateatteri) listed below concentrate mainly on box-office repertoire.

Plaza (www.finnkino.fi)
Torikatu 32
Star (www.elokuvateatteristar.fi)
Kalliotie 6

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

To rent a movie overnight typically costs EUR 2-5, depending on the film.
Libraries
For libraries at the University, please, see page 15.

The City Library (*Kaupunginkirjasto*)
Kaarlenväylä 3
tel. 5584 7389
www.ouka.fi/kirjasto/english/index.html
Open: Mon-Fri 10 am - 8 pm, Sat 10 am - 5 pm
N.B. The reading room in the City Library is also open on Sundays 12 noon - 4 pm.

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

Museums and Art Galleries
One of the most extensive collections of local cultural history can be found at the Museum of Northern Ostrobothnia (*Pohjois-Pohjanmaan museo*) Ainola Park, (www.ouka.fi/ppm/English/index.html). This museum offers an insight into the history of the city and its province.
Open: Tue - Sun 10 am – 5 pm, Closed Mondays. The entrance fee for students is EUR 1, others still only cost EUR 3. Free entrance on Fridays!

City Art Gallery (*Oulun taidemuseo*)
Hallituskatu 7 (Valve), tel. 558 474 63
Finnish and international fine arts.
Open: Mon - Sun 10 a.m. - 5 p.m.
Free entrance (during the year 2008).
See also: www.oulu.ouka.fi/taidemuseo_eng/index.html.

See also: http://www.oulutourism.fi/eng/
The Theatre
The Oulu City Theatre premieres approximately eight to ten productions each year, including operas and musicals.

Oulu City Theatre
(Oulun Kaupunginteatteri)
Kaarlenväylä 2
http://www.ouka.fi/teatteri/english.html

Ticket Office (Oulun Lippupiste)
Kaarlenväylä 2
Open: Mon-Fri 10 am - 5 pm,

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

Ticket Service Finland (Lippupalvelu)
Stockmann, Kirkkokatu 14.
Open: Mon-Fri 9 am - 9 pm, Sat 9 am - 6 pm
Tickets to various shows, concerts, sports events, etc., throughout Finland. For further information, see www.ticketservicefinland.fi

Music
Oulu Music Center (Musiikkikeskus)
Lintulammentie 1-3
The Oulu Music Centre also hosts Oulu Symphony and also visiting performances from all over the country and around the world. The performance repertoire at The Oulu Music Centre consists of concerts, operas, light music and programmes for children. Visit www.oulusymphony.net/english. A student-price ticket for Oulu Symphony Orchestra concerts or other normal-priced concerts, are approximately EUR 6 each, and between EUR 7-17 for non-students.

If you prefer rock, there are plenty of possibilities to enjoy concerts in Oulu. Keep an eye on the advertisements in Kaleva, Oululehti, or Ylioppilaslehti, the student paper, for such rock clubs/restaurants as 45Special, Tähti or Club Teatria. That way you will know what is going on and where. Another good forum to find information on concerts elsewhere in Finland is the Ticket Service webpage mentioned above.

Sports
Facilities for sports in Oulu are extensive. The University alone provides a very wide range of activities. A sports programme in English, for each academic year, can be obtained from International Relations (room KE1151) or from www.hallinto.oulu.fi/opts-to/liikunta/english.html. For further information concerning any aspect of sport and recreation at the University, please contact: Mr. Markku Saarela, Sports Manager (Liikuntasuunnittelia) room KE1009 on Linnanmaa campus, tel. 553 4029, e-mail: markku.saarela@oulu.fi

The Office for Sport and Recreation in Oulu (Oulun kaupungin liikuntavirasto) address: Kiviharjunlenkki 4, tel. 5584 8000
The Office for Sport and Recreation gives information about sports facilities available in the city. The tourist information office distributes brochures on recreation facilities, as well as maps on bicycle and hiking routes.

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

Gays and Lesbians
SETA (www.seta.fi) is the Finnish National Human Rights Organization, working for legal equality and social justice for lesbians, gay men, bisexuals and transpeople. It is the central organisation for sexual minorities, with
7. Other Services

Police
Oulu Police Station, Rata-aukio 2
Open: Mon - Fri 8 am - 4.15 pm
tel. 071 876 0211
Feedback: palaute@oulu.poliisi.fi

Lost and Found
The Lost Property Office (Löytötavara- toimisto) is located at the Oulu Police Station. tel. 07187 65778 or 07187 65779
Mon-Fri 8 am - 4.15 pm.

Barbers and Hairdressers
There are several barbers and hairdressers around the city, and prices can vary considerably. Note that a barber (parturi) and a hairdresser (kampaaja) is often the same person working in a shop called parturi-kampaamo.

Lawyer for Students
The lawyer assigned for students, Eero Olilila, advertises his consultation hours in the student paper, Ylioppilaslehti. Consultation is free of charge for those with a valid student card. It is not possible to make appointments, or consult the lawyer by telephone. Consultation is available twice a month from September until end of May.

Embassies and Consulates
Most countries have either their embassy or a consulate in Finland or in a neighboring country. If you need to contact the embassy or consulate of your home country please see: www.formin.fi -> in English -> diplomatic missions -> representation of foreign states in Finland or the nearest country to Finland.
From there, you can find contact information for all the embassies and consulates.
Churches
There is a Sunday Service, in English, in the Oulu Cathedral, every Sunday at 6 pm.

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

Oulu Cathedral (Oulun tuomiokirkko)
Kirkkokatu, tel. 040 585 6113
open: 12 noon - 1 pm daily.

St. Luke’s Chapel
(Pyhän Luukkaan Kappeli)
Yliopistokatu 7, on Linnanmaa campus
tel. 044 316 1569

Orthodox Cathedral of the Holy Trinity
(Oulun ortodoksisen seurakunnan Pyhän Kolminaisuuden katedraali)
Torikatu 74, tel. 311 5741, oulu@ort.fi
open: Mon-Fri 9am - 12 noon

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

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

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

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

Pentecostal Church
Uusikatu 78, tel. 561 8900
A word of warning: whenever the temperature is below zero, do not touch metal door handles (or any other metal objects) if your hands are damp. Your skin will freeze against the metal and your hand will get stuck to the handle.

1. Bits and Pieces

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

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

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

Doors open outward.

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

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

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

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

January 1 New Year’s Day
(uudenvuodenpäivä)
January 6 Twelfth Day
(loppiainen)
Good Friday (pitkäperjantai)
Easter Sunday (pääsiäispäivä)
Easter Monday (toinen pääsiäispäivä)
May 1, May Day, The First of May (vappu)
Ascension Day (helatorstai)
White Sunday (helluntai), end of May
Midsummer (juhannuspäivä, 3rd Saturday in June)
All Saints Day (pyhäinpäivä), a Saturday at the end of October or at the beginning of November
December 6 Independence Day
(itseenäisyyuspäivä)
December 24 Christmas Eve (jouluaatto)
December 25 Christmas Day (joulupäivä)
December 26 Boxing Day (tapaninpäivä)

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

3. For Further Information

Finnish Tourist Board (Matkailunedistämiskeskus (MEK))
P.O. Box 625 (street address: Tööönkatu 11)
FIN-00101 HELSINKI
tel. +358-(0)10-60 58 000
fax. +358-(0)10-60 58 333
www.mek.fi, mek@mek.fi

Oulu Tourist Information Centre (Oulun matkailupalvelut)
Torikatu 10, PL 1
FIN-90015 OULUN KAUPUNKI
tel. +358-(0)8-5584 1330 or 5584 1331
fax. +358-(0)8-5584 42 099
e-mail: touristinfo@ouka.fi
www.oulutourism.fi
open: Mo-Fri 9 am -4 pm

The Tourist Information Centre publishes a brochure called Look at Oulu, giving detailed information on Oulu and its region. The brochure is published in English, German, Swedish, French, Norwegian, Russian and Finnish. Up-to-date maps of Oulu, as well as information on various locations in Finland, are also available at the Tourist Information Centre.
Finnish Immigration Service
(Maahanmuuttopiste)
PO BOX 18
00581 HELSINKI
tel. +358-(0)71-873 0431
www.migri.fi
maahanmuuttopiste@migri.fi
Finnish Immigration Service handles all visa, residence permit, work permit, etc. applications of foreigners in Finland. However, most renewals are possible at the Office of Alien Affairs, in the local Police Station.

The Ombudsman for Minorities (vähemmistövaltuutettu) may always be consulted if you feel your rights have been violated, encounter any other administration or have any government related problems:

Ministry of Labour
Vähemmistövaltuutetun toimisto
Mikonkatu 25, PO BOX 26, 00023 GOVERNMENT
tel. 09 160 43 444 Mon-Fri 9 am - 3 pm
fax. 09 160 43 464

Finnair
Airport Ticket Office, Oulunsalo, tel. +358 (0)8 834 500
Reservations and information in Finland (charge EUR 3.04 per call plus local charge):
tel: 0600 140 140 (24h)
See also: www.finnair.com and www.ilmailulaitos.com

SAS, Scandinavian Airlines
Airport ticket Office, Oulunsalo, tel. 08- 880 7920
SAS reservations and information in Finland, 020 386 000 (local call rates)
See also: www.scandinavian.net

Blue1
Blue1 Sales Center, tel. 06000-25831 (price per call EUR 1.75/min)
FINNISH, A SURVIVAL KIT

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

TRANSPORTATION AND SIGNS
taksi taxi
puhelin telephone
VR=Valtion Rautatiet Finnish Railways
puhelinkortti telephone card
N = naiset ladies(' room)
M = miehet men('s room)
juna train
kastusta centre
vaunu coach, car
kassa cash desk
raide track
asiakaspalvelu customer service
lipunmyynti ticket sales
toinisto office
avoinnauki open(ing hours)
suljettu/kiinni closed
aikataulu timetable
ulos exit
sisään entrance
vedä pull
hyönteä push
makuuvaunu sleeping car
ravintolavaunu dining car
tupakoimaton non-smoking
tupakoiva smoking
epäkunnossa/rikki out of order
menolippu one-way ticket
meno-paluulippu return ticket
matkatavarat luggage
linja-autoasema bus station
linja-auto/bussi bus
lentokenttä airport

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

BASIC FOOD ITEMS AND MEALS
voi butter
juusto cheese
hedelmät fruit
liha meat
kala fish
vihannet vegetables
marja berry
kana chicken
kahvi coffee
tee tea
peruna potato
riisi rice
suola salt
pippuri pepper
sokeri sugar
sipuli onion
kananmuna egg
pähkinä  nut
olut/kalja  beer
viini  wine
kasvisruoka  vegetarian food
laktoositon  lactose free

BANKING AND MAILING
palvelumaksu  service charge
valuuttakurssi  exchange rate
valuuntanvaihto  currency exchange
henkilöllisyystodistus  identification
posti  post office
postimerkki  stamp
kirje  letter
paketti  parcel
maits  by surface mail
lentopostitse  by air mail
sähköposti  e-mail
lasku  bill

GENERAL UNIVERSITY TERMINOLOGY
lukuvuosi  academic year
syyslukukausi  autumn term
kevätlukukausi  spring term
valinnainen  optional
perusopinnot  basic studies
aineopinnot  subject studies
syventävät opinnot  advanced studies
pakollinen  compulsory
valinnainen  optional
kurssi  course
opintopiste  credit, credit point
laitos  department
tiedekunta  faculty
arvosana  grade
harjoitukset  examination
lento  lecture
seminaari seminar
opintorekisteriote  transcript of records
opiskelijakortti  student ID card
koe, tentti  examination

NUMBERS
yksi  one
kaksi  two
kolme  three
neljä  four
viisi  five
kuusi  six
seitsemän  seven
kahdeksan  eight
yhdeksän  nine
kymmenen  ten
sata  a hundred
tuhat  a thousand

CONVERSIONS
Fahrenheit / Celsius
212 / 100  41 / 5
122 / 50  32 / 0
86 / 30  23 / -5
77 / 25  14 / -10
68 / 20  5 / -15
59 / 15  -4 / -20
50 / 10  -22 / -30

Miles / Kilometers
100 / 161
50 / 80
30 / 48
20 / 32
10 / 16
5 / 8
4 / 6.5
3 / 5
2 / 3
1 / 1.609

Pounds / Kilograms
10 / 4.54
5 / 2.27
4 / 1.81
3 / 1.36
2 / 0.91
1 / 0.45
0.5 / 0.23
1. Bus Stop: City Center - Linnanmaa Campus
2. Bus Stop: Linnanmaa Campus - City Center
3. Department of Architecture
4. Department of Early Childhood Education
5. City Theatre
6. City Library
7. City Hall
8. Oulu Cathedral
9. Main Post Office
10. Railway Station
11. Student Union Office
12. Northern Ostrobothnia Museum
13. Ainola Park (Hupisaaret)
14. City Art Gallery
15. Raatti Sports Center
Linnanmaa Campus

University of Oulu, Linnanmaa Campus Area

updated 25.4.2006
I. International Relations

International Center

**Mailing Address**
P.O. Box 8100
90014 University of Oulu, Finland
tel. +358-(0)8-553 4042
fax. +358-(0)8-553 4041
e-mail: international.office@oulu.fi
www.oulu.fi/intl

**Street Address**
Linnanmaa Campus
Room KE 1151
90570 Oulu

**Staff**
Ms Anja Mäläskä
*Deputy Director of International Relations*
tel. +358-(0)8-553 4043
e-mail: anja.malaska@oulu.fi

Ms Ulla Alanko
*Student Adviser*
tel: +358-(0)8-553 4042
e-mail: ulla.alanko@oulu.fi

Ms Sanna Heikkinen
*Coordinator of International Relations*
tel. +358-(0)8-553 4047
e-mail: sanna.pusula@oulu.fi

Administration

**Mailing Address**
P.O. Box 8000
FIN-90014 University of Oulu, Finland
fax: +358-(0)8-553 4040
e-mail: international.office@oulu.fi

**Street Address**
Pentti Kaiterankatu 1
90570 Oulu

**Staff**
Mr Kimmo Kuortti
*Director of International Relations*
tel. +358-(0)8 553 4022
e-mail: kimmo.kuortti@oulu.fi

Ms Sanna Waris
*Coordinator of International Programmes*
tel. +358-(0)8-553 4023
e-mail: sanna.heikkinen@oulu.fi