

# Survival Booklet



HELSINGIN YLIOPISTO  
HELSINGFORS UNIVERSITET  
UNIVERSITY OF HELSINKI

KASVATUSTIETEELLINEN TIEDEKUNTA  
PEDAGOGISKA FAKULTETEN  
FACULTY OF EDUCATIONAL SCIENCES

Welcome to  
CE!

Let's discover  
the university  
and the city of  
Helsinki!



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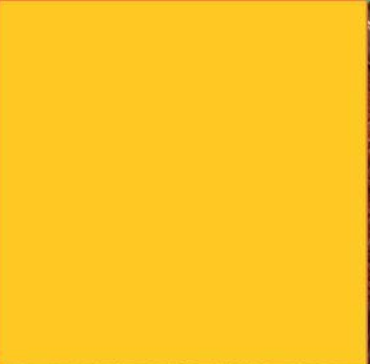
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In this survival booklet, we have gathered some of the key aspects for making the start of your stay in Helsinki and studies smoother! Please note that all the info included is based on our personal opinions and experiences, there are definitely many other options and things to know about! But we also wanted to leave some room for you to discover it. All the images used are downloaded from free material banks. We hope this booklet is useful, and if there is something still not clear, don't hesitate to contact us!

All the best, the CE tutors! :)

# The University of Helsinki



# University of Helsinki Digital Glossary

## Sisu

Sisu is the university system where you can plan your studies and register for courses. Find more information about using Sisu [here](#).

## Weboodi

Weboodi is the university system that was in place before Sisu was introduced. Weboodi is still accessible [here](#), and can be used for things like checking your course registrations and downloading your transcript. However, you can do all these things in Sisu too - better to learn how to do them there, as Weboodi will eventually be discontinued.

## Study plan

All degrees include a personal study plan (PSP), which is drawn up in Sisu. In your study plan, you outline the studies you intend to complete. You will receive more information about preparing this during the course *Orientation to Changing Education*. You do not have to complete the plan all at once, but rather can update it as your studies progress.

## Moodle

Moodle is the learning environment where you will be able to access course materials and pre-recorded lectures, as well as submit your assignments. You will receive a registration key for each of your courses, allowing you to access all the resources and information you need for your studies.

# How do I...

## Register for courses?

Registration for studies happens in Sisu, but for the courses happening in the first period **your teachers will take care of registering you**. This means you will only have to register later on in the semester for courses starting in the second period. There will also be more guidance on how to do this in the Orientation course.



## Get a student card?

All students who have registered for attendance and paid the Student Union's membership fee are entitled to a student card. The easiest way to get one is by downloading **Frank App**, where you can enter your details and be able to access a digital student card that is valid for proving your student status. If you'd like a physical card, you can order that for a fee. More information [here](#).

## Check the University's coronavirus situation

To follow the latest Covid updates and university restrictions, please click [here](#).

## Organise my studies?

You can check the schedule for courses [here](#). By searching each course individually, all the info will pop up. The first three compulsory courses in CE will be: *Orientation to Changing Education*, *Finnish Education System* and *Topical Issues in Educational Research*. Once you've been registered for the courses, you'll also be able to see the schedule in Sisu.

## Get my University user account?

You can receive your IT user account online. Information on how to do so was sent in a newsletter over the summer. You can also find it in the university webpage under "[How can I activate my University of Helsinki IT user account?](#)".



# The University Library

Kaisa Talo, the main university library, is a true architectural gem and the perfect place to study if you need a break from being at home. Many student services are also available at the main desk during customer service hours.

Learn how to pick up your library card [here](#).

Until the 30th of August the library has reduced opening hours for the summer - check them [here](#).

See you between the bookshelves!



# UniCafe

Unicafes offer the cheapest and most filling meal in town for students. Although there are UniCafes all over campus, many of them are currently closed due to the pandemic.

The ones closest to the Faculty of Educational Sciences which are currently open are Kaivopiha and Porthania (in Kaisa Library) - you can check the menu and opening times [here](#).

Remember to set up your student card on Frank App once you've completed your registration, so you can access the student discount, which means lunch will only cost 2.70€ (2.60€ for vegan lunch).

# Student life

- [One Step Ahead \(OSA\)](#) is the student association for Changing Education - they organise events, both academic and informal, they advocate for students of the programme and are responsible for the programme's online platform, [changingeducation.fi](http://changingeducation.fi). There are plenty of opportunities to get involved! Make sure to follow OSA's social media and stay in the loop with upcoming events.
- There are lots of other student organisations at the University of Helsinki, though only a few of them communicate in English. If you're curious, we still recommend you explore them [here](#) and get in touch with those you're most interested in - even if their websites are in Finnish, they might be keen to engage with you and organise events in English.



**Other associations you could check out**

[ConduS](#) - Faculty of Educational Sciences

[Qaareva](#) - Queer Student Association

[SOCO](#) - Students of Colour

**Explore and share what you find!**

# Tips for studying remotely

Studying remotely can sometimes be challenging - here are our best tips from a year of remote CE studies:

1. **Make your "study corner" as comfortable as you can.** This will look a little different for everyone, but it might include investing in a comfortable chair and an extra monitor. You can also prioritise making your home cosy in small ways like adding cute photos to your desk, so you'll be happier to spend time there.
2. **Take breaks, exercise, spend time outdoors.** This is really important! See the wellbeing page for suggestions on places to explore.
3. **Connect with your classmates** during and after classes. Even if you're not meeting face to face for lectures, don't be afraid to reach out about studying together, following lectures from the same place, or just going for a coffee (being mindful of any restrictions in place).
4. And lastly, if you need a change of scenery, that's okay too! Cafés can be an exciting but expensive choice, but **university libraries and premises** (such as the study centre [Minerva](#)) are now open. Wear your favourite mask and enjoy the novelty of studying outside of home!



# Living in Helsinki



All images are downloaded from the City of Helsinki [free material bank](#)



# Registering with the Authorities: Key Terms!

Yes-we are sorry we are starting with the most boring part right at the beginning. But registering with the authorities is a very important step. We know that the process can be very confusing, long and overwhelming... but don't worry! We have all been there and can tell you that there is an end! :)

## Finnish-ID Number / Personal Identity Code/Social security number

The personal identity code (or Finnish ID number, or social security number-all refer to the same) is a way of identification used in Finland. IT is used everywhere, so it is very important to get one. It has 10 digits: 9 numbers (first 6 correspond to your birth date) and one letter. You will get one after registering with the authorities as well as your residence.

## Digital and Population Data Services Agency (DVV)

In DVV, you can register your permanent residence in Finland and then get the Finnish ID number. This office is also responsible for other population matters such as change of names, marriage certificates, children's certificate...

<https://dvv.fi/henkiloasiakkaat>

In Finnish: Digi-ja väestötieto-virasto

## Migri-Finnish Immigration Office

At Migri, EU students can register their right of residence. They are also responsible for residence permits for non-EU students or those who need one.

In Finnish: Maahanmuuttovirasto

<https://migri.fi/en/home>

[Click here](#) to book appointments.

**Now that you know the  
key terms, read the steps  
recommended to  
register:**



# EU-Students

Eu students do not need a residence permit, but you need to register your EU-right of residence at Migri within the first 3 months and get a permanent address at DVV.

- Fill the online form for EU-registration at migri webpage and make an appointment to visit a service point. The EU registration costs 49€. Please note: there can be very long queues to get an appointment in migri, so just keep looking and refreshing the webpage! Until you don't visit a service point, your registration will not be completed.
- Then, register your permanent address at DVV by email. [Click here](#) for more instructions.
- You need a permanent address for the HSL travel card discount and for opening a bank account.
- The permanent address cannot be given before the EU registration.
- Once you have it, send the last four digits of your Finnish ID personal number to the student services by email: studentinfo@helsinki.fi.s (note the s at the end for secure email, never send your full name and full identity code together in normal email)

# Citizens of Nordic Countries

- It is necessary to apply for a Finnish ID number and register the permanent address at DVV.
- Make an appointment (choosing international registrations) and visit the DVV office).
- You need a permanent address for the HSL travel card discount and for opening a bank account.
- Once you have it, send the last four digits of your Finnish ID personal number to the student services by email: studentinfo@helsinki.fi.s (note the s at the end for secure email, never send your full name and full identity code together in normal email)

# Non-EU/EEA students

(including UK citizens)

- You will need a residence permit to come to Finland. Apply for it before coming to Finland.
- Once in Finland, you need to register the permanent address in DVV and apply for the Finnish personal number (unless you already received one in your residence permit)
- Make an appointment (choosing international registrations) and visit the DVV office).
- You need a permanent address for the HSL travel card discount and for opening a bank account.
- Once you have it, send the last four digits of your Finnish ID personal number to the student services by email: studentinfo@helsinki.fi.s (note the s at the end for secure email, never send your full name and full identity code together in normal email)

# Important:

On Monday, 20th September from 13-14:00 we have an appointment for our group to DVV. In this appointment, you can register yourself to get the Finnish ID personal number and permanent resident. You will need :

- Registration form printed and filled out
- Passport or EU ID card
- Residence permit (if applicable)
- EU citizen's registration document (if applicable)
- Certificate of student status
- Complete address (including number of apartment/ room).

You can also book an appointment other day by yourself at <https://isl.ajanvaraus.fi/frontend/> selecting "international registrations".

If you still don't have your EU registration from Migri confirmed this day, then you will only be able to register your residence as temporary and not permanent . You can still come to this appointment, and then change the residence from temporary-permanente by email when you get the Migri confirmation.

This is the form you need to fill in.  
The file is named "DVV\_The registration information of a foreigner"

**DIGITAL AND POPULATION DATA SERVICES AGENCY**

**THE REGISTRATION INFORMATION OF A FOREIGNER**  
Please fill in the form in Finnish, Swedish or English.  
N.B. Please use only Latin letters.

This form must be returned in person to the Digital and Population Data Services Agency. If you live in Åland Islands, the form should be returned to the State Department of Åland. The form can not be returned by post or by e-mail.

**THE AUTHORITY'S NOTES**

Työjono  
 Työntekijä  Opiskelija  Perheenjäsen  Arkistointitunnus  
 KV-suojelua saanut  Vakinaistaminen  Muu

**PERSONAL DATA TO BE ENTERED**

Viranomaisen merkintöjä

1. Surname	2. Forenames	
3. Date of birth	4. Finnish personal identity code, if you have one	
5. Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	6. Have you lived in Finland before? <input type="checkbox"/> No <input type="checkbox"/> Yes, when?	
7. Surname before your first marriage/registered partnership		
8. Other former surnames	9. Former forenames	
10. Profession		
11. Marital status <input type="checkbox"/> Unmarried <input type="checkbox"/> Married <input type="checkbox"/> In a registered partnership <input type="checkbox"/> Widowed from marriage <input type="checkbox"/> Widowed from registered partnership <input type="checkbox"/> Divorced from marriage <input type="checkbox"/> Divorced from registered partnership		
12. Country of birth	13. Place of birth	

This is the file with all the detailed info and documents you will need to bring. The file is named "DVV\_inforeignstudents\_2021. Please check it to have everything ready before the appointment.

## WHY REGISTER?

- ✓ **IN ORDER TO GET A FINNISH PERSONAL IDENTITY CODE**  
(HENKILÖTUNNUS in Finnish, PERSONBETECKNING in Swedish, earlier called SOCIAL SECURITY NUMBER)  
if you have not yet received it from the Finnish Immigration Service or the Tax Office
  - o The university needs the personal identity codes of all students!
- ✓ **IN ORDER TO MARK A TEMPORARY OR PERMANENT ADDRESS IN THE FINNISH POPULATION INFORMATION SYSTEM**
  - o That can be required for example in order to use the public transport or to open a **bank account**

## TO REGISTER YOU NEED TO:

1. **FILL OUT THE FORM** "Registration information of a foreigner" on our website, print it out and sign it! <https://dvv.fi/en/forms>  
**AND**
2. **CHECK WITH YOUR TUTOR IF YOU HAVE A GROUP APPOINTMENT or IF YOU NEED TO BOOK AN INDIVIDUAL APPOINTMENT to the service "International registrations"** on <https://dvv.fi/reservation>  
**AND**
3. **VISIT OUR OFFICE and PROVIDE US THE FOLLOWING DOCUMENTS:**

### IF YOU ARE AN EU-CITIZEN:

- o The filled registration form <http://www.dvv.fi/forms>
- o Passport or official identity card
- o Attendance letter / study certificate from the school where you are studying (Admission letter is NOT accepted!)
- o If you want to be registered permanently, you also need to have a proof of EU-citizen's right of residence from the Finnish Immigration Service [http://www.migri.fi/eu\\_registration](http://www.migri.fi/eu_registration)

### IF YOU ARE A NON EU-CITIZEN:

- o The filled registration form <http://www.dvv.fi/en/Forms/>
- o Passport
- o Residence permit if you have one
- o Attendance letter / study certificate from the school where you are studying (Admission letter is NOT accepted!)
- o In order to register permanently, your residence permit must be valid for at least 12 months and your study certificate for at least 2 years. The permanent address is important if you want to get the student discount for your travel card.

**Please note that we need your COMPLETE address, also the apartment number, so please check it before you visit us!**

The approximate processing time for the registration is 8-10 weeks. You will get an e-mail as a confirmation when your registration is ready. It will be a secure e-mail that can be opened only on one device for 30 days. You can download and save the attachment for later use.

# Helsinki Public Transport (HSL)



HSL manages the public transport in the Helsinki region (including Espoo, Vantaa...). That is why there are different zones (A-B-C-D) and the fares change depending on these areas. Helsinki city centre corresponds to zone A. There are several options for public transport: tram, metro, buses and city bikes\* And yes, there is a student discount! You can check the student fares in each zone in the [following link](#).

Please note that in order to get the student discount, you would need to have your permanent residence in Helsinki region confirmed (i.e., first register at DVV): <https://www.hsl.fi/en/tickets-and-fares/discounted-travel/student-discount>. While registering at DVV; ask for a form to get the municipality prices. After you have received the Finnish personal ID and registration confirmed, you will be eligible for the student discount and get the form needed at the filled at the [Student Services points](#).

**Don't forget to download the HSL App!**

City Bikes operate from 1st April to 31st October. The whole season pass costs 35€. You can take a bike from the bike stations, and use it for a max of 30 min each time. There are unlimited number of rides with the season pass, but always up to 30 min. [More info](#).

*From 17th August-15th September, 30 days season tickets will be at half price! (Student discount is usually 45%). [More info](#).*

## HOAS

HOAS is the main student housing provider in Helsinki region, with apartments in Helsinki, Espoo and Vantaa. There are several options: room in a shared apartments, studios or family apartments. For applying, it is recommended to select as many areas as possible and be flexible with the apartment options (the waiting time for studios can be up to 9 months in average). Please note, that most of the apartments are unfurnished. Also, don't forget to update your application every month!



## Other Options

There are many other options apart from HOAS and Unihome such as the private market or Facebook groups: (please be aware of scams): <https://studies.helsinki.fi/instructions/article/housing> Also, please note that in the private market the rents are higher and you might be required to have a Finnish ID personal number

# Housing fever

Finding accommodation in Helsinki can be tricky. But no worries, there are many options so we are sure you'll find something!

The most important thing is to apply as soon as possible and through many different channels. Here we have just summarized the main housing companies, but feel free to check other options and more information in the following links!

- [Click here](#) for housing options for students not liable to pay tuition fees.
- [Click here](#) for housing options for students liable to pay tuition fees (each year, there are some apartments reserved for these students, so the application process might be different)

## Unihome

Unihome offers furnished apartments for students, in 5 different locations in Helsinki and Espoo. [Click here](#) for more information.



## Taking Care of your well-being around Helsinki!

It is very important to take care of your well-being, especially when moving to a new city. Fortunately, there are many beautiful spots around the city that are great to go for a walk and unwind after studying indoors or remotely! These are just some examples of them:



Finland is well-known for the lakes and all the nature! There are many national parks around the country and in Helsinki too! It is a great idea for camping or just for a day trip! The two closest to Helsinki are: Nuuksio (the picture on the left) or Sipoonkorpi and they are both accessible by public transport!



Helsinki is surrounded by many beaches and parks all around the city! Such as Herttoniemi beach (picture on the left), Hietaniemi beach (beautiful sunsets), Töölö Bay, Kaivopuisto (picture above, in the city centre), Esplanade, Sibelius Park, Kaisaniemi Park & Botanic Garden...

And there are many islands around the city, which are great to go for walks or picnics! Like Suomenlinna (picture below), Vallisaari, Seurasaari (by public transport), Pihlajasaari (by ferry), Uunisaari (picture on the right), Mustikkamaa (close to the city centre), Lonna, Lammassaari...

(and yes, saari means island in Finnish :P)





## Which mobile company to choose?

Choosing a mobile company might feel a bit overwhelming once you first arrive in a new country. Here we listed the main network providers who offer plenty of options from prepaid SIM card to contracts



## Three main networks:

Elisa, Telia and DNA are the main network providers in Finland.

Overall, we can say that all network operators cover the area of Finland providing 2G, 3G, 4G while 5G and 6g are developing.



## Getting a SIM card

There are three different options available when thinking of getting a new SIM card:  
Prepaid/Contract /Contract with device

All the above mentioned network operators have shops all around Finland. Please keep in mind that if you want to get a contract type of a plan different network operators have different requirements. You can even buy prepaid SIM-cards from kiosks, supermarkets, Make your own research since at times there might be several students discounts as well through your Frank App.



## HSL

If you are planning to explore Helsinki the HSL Mobile app is for you! It works like a ticket machine in your pocket. The app is easy to use and you can use it for buying tickets, finding routes and navigating yourself around.



## ResQ

The ResQ app is a Finnish based app that offer you the possibility to resque food from the gastronomy business that otherwise would end up to food waste. Through ResQ app you can have good quality foos from restaurants around the city for a reduced price.



## MobilePay.

MobilePay is a mobile payment application that makes our lives easier as it is a digital wallet covering different payment needs. Payments to friends, smaller physical shops and payments online are way easier.

# Top 5 Apps to move around Helsinki

## Posti

Posti is the Finnish National postal service. Posti App combines online shopping, invoices and letter all in one. This app can be reall handy as it allows you to track items and send parcels for a cheaper price.



## WOLT

if you are a foodie and sometimes a bit too busy or lazy to cook yourself, fear not! Wolt is in the city to help you explore many restaurants around your hoods in your home convenience.



# How to open a bank account in Finland

Since you will be studying in Finland for a longer time it is highly recommended to open a Finnish bank account. In order to ease this procedure we have put together a list with the documents you will need. Take a deep breath and let's get started! Please keep in mind that several banks might have slightly different requirements. You are advised to make your own research as well regarding the several banking options you have!

Passport/ Resident permit card (if applicable)/Certificate of student status

While each bank has its own requirements you will most likely need a combination of the above mentioned documents in order to open a bank account in Finland. Please, before you walk in make sure you call ahead to clarify the exact paperwork you will need and to book an appointment for your visit.

Side note: Please keep in mind that in most banks you can get your bank account immediately but getting a Visa Electron card and access to online banking might take longer.

Some of the banks you might come across:

Nordea Bank  
Danske Bank  
OP Financial Group  
Aktia Bank  
S- Bank  
Bank of Åland

Please notice that there are more banks than the above mentioned. The practice of opening a bank account defers according to the bank and branch in Finland.

# 10 Survival words in Finnish

Learning Finnish can be so much fun! Here are some words to get you started with:

**Moi! -Hi!**

**Hyvää huomenta! - Good morning!**

**Tervetuloa! - Welcome!**

**Kiitos!- Thank you!**

**Ole Hyvä !- You are welcome!**

**Mitä kuuluu? - How are you?**

**I'm fine, thanks! - Kiitos hyvin!**

**Anteeksi! - I am sorry!**

**En ymmärä. - I don't understand.**

**Hauska tavata! - Nice to meet you!**



# Main Super Markets in Finland

Finding the essential products someone might need can be frustrating if you are not familiar with the names of the basic Market names in Helsinki. Fear not. Here we have a small list for you that might help you find your way around during your first days in Helsinki....

K City Market - there you can find a big selection of food, clothing, leisure, sports and household products

Clas ohslon - There you can find hardware, home, leisure, electrical and multimedia products

Ikea - sells ready to assemble furniture, kitchen appliances, among other goods and home services

Tokmanni - It's a discount store chain. You can find basically a little bit of everything there (cleaning, clothes, snacks...)

Saiturinpörssi: similar to Tokmanni, a store where you can find basically everything.

S-.Market - Finnish grocery store chain

Lidl - Has large variety of fresh and international product offers on a weekly basis.

# What to pack for Helsinki

What should I pack with me? Am I going to survive the cold weather? Do I have the right clothes? What should I pack? All of the above were the questions popping in our heads during the time we had to pack for Helsinki. Here we have put together a winter packing list based on our own experience. As Finnish say: It's not about the bad weather! It's all about the bad Gear ;)

- Winter coat - One of the most important things you might need once you move here.
- Warm mid-layer tops - Layer up as locals would suggest!
- Warm socks, pants and thermal baselayers - If you are planning to be spending a lot of time outdoors you need to make sure you keep yourself warm.

Plans FOR FREE  
around Helsinki:



## HELSINKI CITY MUSEUM

The Helsinki City Museum describes the life in this city in the past. If you're curious to learn about it, you can find the opening hours [here](#).



## SOMPASAUNA

If you want to try the Finnish Sauna, try Sompasauna! It is a self-service public sauna in Sompasaari, maintained by a group of volunteers. More info [here](#).

## OODI + HELMET CARD

Oodi is a new concept of library. It is not just a place for studying, there you can also book group rooms to work with your peers, play board games, create things with the available 3d printers, sewing machines, play some music, have a coffee in the terrace... or even go there to play videogames! You can also get the helmet card for free, which is valid in all libraries in the Helsinki Metropolitan Area

