

European Credit Transfer System Information Package



UNIVERSITY of OULU
OULUN YLIOPISTO

General Information for Students

2010-2011

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The Costs of Living

Students enrolled in degree studies pay no tuition fees in Finnish universities. There is, however, a yearly Student Union Membership fee to be paid at the beginning of each academic year. Student health services are included in this fee. The fee for the academic year 2010-2011 is EUR 87.00. Membership is compulsory for those who are studying for their Bachelor's or Master's degree, and those who are pursuing their doctoral studies may join the union if they wish. Also exchange students are strongly recommended to join the Student Union because of the substantial benefits they will receive.

Student Union membership fee entitles students, for example, to use the Services of the Finnish Student Health Services, FSHS (*Ylioppilaiden terveydenhuoltosäätiö, YTHS*) and to student priced meals at university restaurants and reductions in domestic travelling. For postgraduate degree students the fee is, as mentioned, optional and their membership does NOT entitle them to student health care, student priced meals or reductions in transportation. The fee for postgraduate degree students is EUR 45.00.

The total monthly living expenses of a single student average approximately EUR 500-700. The cost of living in Finland is about the same as in other EU countries. An international student must be able to pay for his/her food, lodgings, clothes, books and other study material, social life, etc. In addition to benefits mentioned above, the Student Union membership (to be validated with student ID card if requested) entitles students to reductions, for example, in museums and various cultural events and recreational activities.

Please notice that you should not count on getting a job to finance your studies.

For the first couple of weeks the students need about EUR 400 to cover such costs as

	€
Student Union fee	87 per year (or EUR 43,50 per term)
Student ID card	5/14,50
EU citizens registration	EU citizens 40
Rent of the first month	200-
Transportation	40

In addition, remember to also reserve money for any personal expenses such as items for your home (plates, cups etc.), possible course materials and student activities.

An estimate of monthly expenses:

	€
Rent	200-
Food	200
Transportation	40
Leisure, other personal costs	100-

The following list gives you an idea of the general cost of living in Finland (please note that prices vary depending on the store and the season):

FOOD	€
Loaf of bread	1-3
Cheese	6-11/kg
Tomatoes	0.90-5/kg
Zucchini	2-4/kg
Lettuce	1-4
Carrots	1-2/kg
Apples	1-3/kg
Oranges	0.70-2/kg
Milk	0.80-0.90/l
Meat	7-15/kg
Fish	7-15/kg
Soya	12/kg
Pizza	5-8
Meals at restaurants	6-
Meals at the university	about 2,50

Soft drinks (at a restaurant/pub) 2-
Beer (at a restaurant/pub) 3-

ENTERTAINMENT

Movies 7-10
Concerts 5-
(classical music, pop, jazz, rock)

TRANSPORTATION (May 2010)

Local busses, one trip 2.90 (11 pm-4 am 5.80)
20-trip bus pass 38,00
40-trip bus pass 68.00
30-day bus pass (student price) 37.00
Trains (50% reduction with valid student union card):
Oulu-Helsinki 36
Oulu-Helsinki-Oulu 72
Petrol about 1.50/litre

Accommodation: General Information

Accommodation for students is provided by the local student housing organisation PSOAS (Pohjois-Suomen opiskelija-asuntosäätiö, the Student Housing Foundation of Northern Finland).

The student residence halls are situated on Linnanmaa campus. Students can be housed also in other locations. Linnanmaa is about 6 kilometres away from the city centre. The bus connections to the Centre are good. Near the residence halls there is a small shopping centre with two grocery stores, a post office, pharmacy and pizzerias. Most of the flats have either two or four rooms with a shared kitchen and bathroom. It is also possible to rent a studio or a family apartment. Tenants take personal responsibility of the cleanliness of the kitchen, bathroom, and their own room. Buildings usually have common saunas, with separate bathing times for men and women as well as common laundry rooms, however the availability of these facilities depend on the building. The shared premises are kept in order by the tenants themselves.

All students are required to pay a deposit of € 250 (€ 400 for a family department) and the housing fee of €75 (administration fee), (September 2010). The deposit € 250 is refundable. The deposit will be refunded after the tenant has returned the key and the room has been checked. The room has to be clean and in good condition. Also, all the rents for the entire signed rental period must be paid. If the apartment is in good condition and all the duties have been taken care of, the deposit will be refunded to the bank account indicated by the tenant.

Accommodation: Degree Student Housing

All international degree students have to arrange their housing by themselves. This can be done by contacting the local student housing organisation PSOAS (*Pohjois-Suomen opiskelija-asuntosäätiö*, the Student Housing Foundation of Northern Finland) and applying for a room in one of its residences. Information on housing and how to apply can be found at www.psoas.fi/en.

Please note that there is a queue for the apartments of PSOAS, which means that the housing application needs to be submitted as soon as you know of your acceptance. For more information about the different possibilities, please visit www.psoas.fi.

Student apartments in Finland are usually not furnished but PSOAS has the possibility to offer foreign students furnished rooms in a shared apartment. When you rent a furnished room a rent of EUR 8/month will be added to your monthly rent for the room. The furniture which are old but suitable consist of a table, a chair, a bed with mattress and a ceiling lamp. Please, note that there are no curtains, carpets, blankets, pillows or kitchen utensils in the room. Furnished rooms in a shared flat are available in Väikkylä (Raksila), Tirolintie 2 (Alppila) and Yliopistokatu 16 (Linnanmaa). If there are no available furnished rooms in these locations we try to offer you a furnished room from another location.

Accommodation: Exchange Student Housing

University of Oulu has a contract with Student Housing Foundation of Northern Finland (PSOAS) to arrange housing for the international exchange students. Students should send the application for accommodation as an early stage as possible. Accommodation cannot be guaranteed on a short notice. Application form can be found at <http://www.psoas.fi/en/applying/application.php>

Reservations are always made from the beginning of the month of the arrival to the end of the month of the departure. After the arrival, you can still change dates for your rental period. Note that because the tenancy agreement is for fixed term, you cannot change it after you have signed it in Oulu.

The residence building reserved for exchange students have two common saunas and two laundry rooms. All of the rooms are furnished. PSOAS do not provide kitchen utensils, pillows, blankets, bed linen or towels. Please, be prepared to bring or buy these things yourself. However, there might be some extra things in some of the rooms left by the previous tenant.

The rent is 230 eur/month (September 2009). ISEP students and students coming from Washington College and UNCG within the bilateral agreements have paid their rent beforehand in their home country. The rent is paid monthly. The rent is always paid for the whole month regardless of the date of arrival or the date of departure.

On all matters related to exchange student housing, please contact:
exhchange.students@psoas.fi

Meals

The Student ID card entitles students to inexpensive meals at the cafeterias listed below (from Mondays to Saturdays). The cost is around EUR 2,50. Students are entitled to the discount only when they show their student ID card at the counter. Before receiving the student ID card, the student can get the discount by presenting a receipt of paying the membership fee.

Students usually have lunch at the university and breakfast and dinner at their flats.

Cafeterias:

- Julinia. Linnanmaa campus
- Aularavintola. Linnanmaa campus
- Discus. Linnanmaa campus
- Snellmania. Linnanmaa campus
- Kastari. Linnanmaa campus
- Sodexho. Faculty of Medicine, Kontinkangas campus
- Pruxis. Faculty of Medicine, Kontinkangas campus
- Pomperipossa. Early Childhood Education, Maunonkatu 2
- Apajankahvila, Architecture Department, Aleksanterinkatu 6
- Vanilla, Torikatu 34-40
- Minttu, Culture Centre Valve, Hallituskatu 7

Coffee Shops:

- Yläkahvila. Linnanmaa campus
- Arkkitehti. Department of Architecture (address Aleksanterinkatu 6)
- Datania. Department of Electrical Engineering, Linnanmaa
- Humus-kuppila Snellmania. Linnanmaa 2nd fl
- Pedon Kahvila Snellmania, Linnanmaa 2nd fl

Check the weekly menus and opening hours at the cafeterias and some of the coffee shops at <http://www.uniresta.fi/uniresta.php>

Shopping for Food

Grocery stores are usually open from 9 am to 9 pm Monday through Friday. On Saturdays they close earlier, between 2 and 6 pm. Smaller grocery stores are open on Sundays as well. Supermarkets are usually open from 9am to 9pm Monday through Friday and till 6pm on Saturdays. Most kiosks are open until 9:30pm every day and sell some basic food like bread, butter, cheese, etc. In addition there are grill kiosks, usually open until 11pm Sun-Thu and till 2-4am Fri-Sat.

N.B. Check the expiration date, or best before date (parasta ennen), and note also the packaging date (pakkauspäivämäärä).

Medical Facilities

The members of the Student Union are entitled to inexpensive medical and dental care at any of the 16 Student Health Centres in Finland. The Health Centres are run by the Finnish Student Health Service FSHS (YHTS, Ylioppilaiden terveydenhuoltosäätiö). The membership of the Student Union entitles students to free medical examinations and consultations, vaccinations and general medical treatment. A nominal fee of EUR 4-20 is charged for specialists' appointments, dental care, long term psychiatric consultation and speech therapy. X-ray examinations, laboratory tests and physiotherapy are free of charge with a Student Health Foundation doctor's referral.

The fees do not include possible hospital charges or medications costs: you are yourself responsible for these costs. It should be noted that if you visit a private doctor, the appointment fee may cost up to hundreds of euros, in addition to the cost of possible treatment and medication.

Please note that the Student Union fee including the mandatory health care fee is not a payment for any kind of insurance policy. Because of this, you are strongly advised to take out insurance before your arrival in Finland. The cost of an extensive health and/or accident insurance is often much lower in your home country than in Finland.

Services at any YTHS Health Centre are available during office hours only: there are no services available in the evening or during the weekends. If you become acutely ill and need immediate medical care when the Students Health Centre is not open, you can contact the Oulu Region Emergency Service in the University Hospital.

Emergency Service

University Hospital

Kajaanintie 50, Entrance A1

tel. 08 315 2655

Emergency fee (evenings and weekends) EUR 27,40 (June 2010)

Students with municipality of residence in Oulu

Students who have acquired Oulu as their municipality of residence are entitled to the health care services of the city of Oulu. These include the services of nine local health care centres and local dental care services. Foreign students whose municipality of residence is not Oulu are entitled to public dental care in acute cases. Treatment in public dental clinics will be charged according to health care centre tariffs.

N.B. Primary health care facility for students is always Student Health Centre YTHS!

Student Health Care in Oulu

Linnanmaa Campus area:

Yliopistokatu I A

90570 Oulu

Open:

Health care Mon-Thu 8 am – 3.30 pm Fri 9 am – 3 pm

Dental care Mon-Fri 8 am - 3 pm

To make appointments visit the YTHS Health Centre or call:

General Practitioners, Specialists, Speech Therapy, Physical Therapy

Mon-Fri 9am - 2pm

tel. 046 710 1063

In case of an acute illness, you can go and see a nurse in the mornings without reserving a time in advance. For afternoons you need to make an appointment.

Dental Care

Mon-Fri 8 am - 3 pm

tel. 046 710 1065

Mental Care

Mon-Fri 8am - 1pm

tel. 046 710 1066

To cancel an appointment, call 046 710 1064 (24-hour answering machine) or use www-form at www.fshs.fi. 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 EUR 15 (June 2010) for a missed appointment not cancelled in time, even if the appointment itself was free of charge.

Facilities for Special Needs Students

The facilities at university campuses are designed to give special needs students easy access to study environment. It is easy to move around, the elevators are spacious, there are bathrooms for students using wheelchairs, and lecture rooms have reserved wheelchair places. Cafeterias and restaurants are next to study facilities, and offer a variety of special diets.

Bus connection to the city centre is excellent. There are also a number of taxis equipped to serve disabled customers in Oulu.

For special arrangements and more information, please contact the Faculty or Department in question.

The contact person for special needs students in the University of Oulu is

Student counselling psychologist

Ms. Päivi Rätty

paivi.ratty@oulu.fi

tel. 08 553 3496

Career Services Office

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 *apteekki*. Some addresses:

- Apteekki, Kaijonharju Sammonkatu 14
- Keskus-Apteekki Isokatu 45
- Rotuaarin Apteekki Kirkkokatu 23
- Yliopiston apteekki Isokatu 27

Insurance

All international students are required to have adequate health insurance in order to attend the University, i.e. you need to insure yourself against possible illnesses or accidents before your departure for Finland. It is important to know that outside the YTHS Health Centres (for example, at municipal health centres or at city hospitals) the cost for treatment may total several thousand euros. The insurance must cover **hospitalisation, evacuation and repatriation**. This insurance is to be purchased beforehand in the home country and students are required to bring a document (in Finnish, Swedish or English) indicating the coverage of their insurance.

Students from EU and EEA countries must also bring the European Health Card with them. The card guarantees immediate health care for students that come from these countries entitling to medical treatments at the same price as Finnish citizens. Please consult the health authorities in your home country for more information. Please note, that in addition to the European Health Card students coming from EU and EEA countries also need to have a private insurance as described above.

Students are not insured in case of accidents by the University, except for special cases such as study related laboratory work. You have to have additional insurance, e.g. extended travel insurance or another type of private insurance (accident and liability insurance), in case of accidents outside class. If an accident occurs and you do not have insurance, you or your family could face extensive payments for damage repair, hospitalisation etc. The University is not responsible to cover these expenses.

If you intend to travel outside Finland during your exchange period make sure your insurance is valid also in those countries. There might, for instance, be insurance requirements when acquiring for a visa to another country.

Financial Support for Students

International students must be able to finance the studies themselves or have a scholarship from their home country or from other sources. International students cannot apply for student loans or for financial aid for students in Finland, unless they live in Finland in some other capacity than that of a student (for example family ties or return migration) and can be considered permanent residents in Finland. Financial support for students in Finland is administered by the Finnish Social Insurance Institute KELA. You can check your right to social security benefits in Finland from KELA, and, should you be entitled to it, apply for a health insurance card (*sairausvakuutuskortti*) at the Social Insurance Institute (*Kansaneläkelaitos/KELA*), Sepänkatu 18, tel. 020 435 4300, open 9 am - 4 pm Mon-Wed and Fri; 8 am - 5 pm on Thursdays. For more information, visit www.kela.fi/english

Oulun ylioppilaseura (Oulu Student Help), a sister organisation of the Student Union of the University of Oulu offers scholarships to 20 students each year. The scholarship is a single payment of EUR 500 (spring 2010) and the yearly application period is in the early spring.

University of Oulu Scholarship Foundation grants scholarships to international master's degree students. The scholarship will be awarded on the basis of a student's academic success at the University of Oulu. Therefore, the applicant should have studied at the University of Oulu for a minimum of one academic year. The scholarship is a single payment of EUR 1 000 (spring 2010) and the yearly application period is at the end of the spring semester.

Student Affairs Office

The Student Affairs Office (*opintoasiainvastaaja*) registers students and gives out transcripts of records. The office is located on Linnanmaa campus, room KE1020. It is open Mon-Fri 9 am – 3 pm. The office issues official documents, such as Proof of Enrolment at the University of Oulu and Transcript of Records to the students. You can also obtain University of Oulu application materials, study guides and information on scholarships in the office. The office handles all university registration procedures.

Contact information:

Student Affairs Office

University of Oulu

Student Services

P.O. Box 8100

FI-90014 University of Oulu

Tel +358 8 553 3967, +358 8 553 3968, +358 8 553 4036

(switch 08-553 1011)

Fax +358 8 553 4051

E-mail opintoasiat@oulu.fi

Study Facilities

The University of Oulu is located on two campuses, Linnanmaa campus and Kontinkangas campus (Faculty of Medicine). On both campuses, you will enjoy excellent teaching facilities and resources, with modern, well-equipped lecture rooms and laboratories as well as clinics with specialised equipment. The University has excellent ICT resources for e-mail and internet access as well as for studying purposes, especially for studies including online components. Wireless Local Area Network offers the students the possibility to connect to the internet with their laptop computer anywhere on campus. Several academic libraries spread over a number of sites offer a wide collection of books and periodicals. The University Language Centre provides a high quality learning environment offering a range of ICT resources.

Libraries

University Libraries are public libraries, i.e. open to all customers. To use the library services, a library card can be obtained from all Oulu University Library units by presenting a form of ID.

The collections of Oulu University Library amount to ca. 1.7 million items (40 shelf kilometres). The library subscribes to 4500 printed journals and receives depository copies of 6500 journal titles. In addition, the library also has licenses to numerous of electronic journals, reference databases and electronic books, as well as numerous reference works and dictionaries.

The books in the libraries have been catalogued on an integrated on-line system, which you may consult on terminals throughout the libraries. 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 Finland and worldwide. This service is liable to a charge.

You can search the publications in the library collections in the online library catalogue OULA, which includes the textbooks included in the course requirements at the University of Oulu, theses written at the university, foreign journals, most of the Finnish journals, Finnish books published since 1977, foreign books published since 1982 and part of the older foreign literature. You can also search OULA for journal titles included in some electronic full-text journal databases.

The libraries also have a lot of publications recorded in old card catalogues, which are not included in the online library catalogue OULA. Older literature is continuously being added to the catalogue, however.

The Pegasus Library acquires foreign literature in several different disciplines. The literature in economics, information research and sociology alongside books and journals in the disciplines taught and researched at the Faculty of Humanities and the Faculty of Education (behavioural sciences, linguistics, logopedics, literature, history, art history, film and television studies, languages and culture of classical antiquity) are kept in the Pegasus Library.

The Pegasus also contains the fiction for loan and the literature included in the course requirements, with the exception of the course books of the Faculty of Medicine. The depository copies - almost all literature published in Finland, ranging from dissertations to primers and from Hemingway to romantic pulp fiction 16 - are in the Pegasus Library's collections. In addition to this the library has numerous special collections, such as literature from old public libraries in Oulu and from the personal library of the former president of Finland, Urho Kekkonen.

The basic literature in the disciplines taught and researched at the University of Oulu is kept in the faculty libraries, which collect literature for their respective departments' teaching, studying and research purposes. The Science and Technology Library Tellus supports research, teaching and studying at the Faculty of Science and the Faculty of Technology. The library consists of two separate units, Tellus and Luna. The collections include material in the following disciplines: biophysics, biochemistry, physics, geosciences, chemistry, mechanical engineering, mathematics, process engineering, electrical engineering, information engineering, telecommunications engineering, industrial engineering and management, astronomy and environmental engineering.

The Faculty of Medicine library acquires literature in medicine, dentistry, health sciences and nursing. Part of the literature is kept in the faculty library and part in the departmental and clinic libraries.

Libraries have reading room space for about 1.000 users at a time, with 41 reading chambers available for private use.

Library Unit	Location	Tel
Pegasus Library and Textbook Library Cursus	Linnanmaa	+358 8 553 3501
Architecture Library	Aleksanterinkatu 6, city centre	+358 8 553 4921
Biology Library	Linnanmaa	+358 8 553 1084
Science and Technology Library Tellus	Linnanmaa	+358 8 553 1090
Science and Technology Library Luna	Linnanmaa	+358 8 553 1092
Medical Library	Aapistie 7	+358 8 537 5144
Dentistry Library	Aapistie 3	+358 8 537 5484
Kajaani University Consortium Library	Seminaarinkatu 2, Kajaani	+358 8 632 4662

For any of the University's libraries, call: 553 1011 (central).

More information on libraries and their opening hours, please, visit: www.kirjasto.oulu.fi/english/kirjastoyksikot

ICT Facilities

University of Oulu's Linnanmaa campus provides students with access to some 260 computers in various labs and classrooms. Campus computers require a valid Paju or Koivu account. This account gives you e-mail, computer workstation, and personal home directory access. New students must be registered to the University at the Student Services before applying for a Paju or Koivu account. Even if you have a separate e-mail address (e.g. Yahoo, Hotmail, etc.) you are advised to use our University of Oulu e-mail address to ensure that faculties are able to contact you. The account is free of charge to all students.

The Helpdesk, Computer labs, and scanning room are located in Linnanmaa Campus near the door marked XI. IT services Help-desk offers advice regarding general computing issues, discount software, color prints, and notebook rental. Lab workstations allow students to use printing, applications, and personal home directory storage. The hallway eTerminals are limited to only email and web browsing; some microlabs cannot be accessed unless you study under that department.

IT Administration Services helpdesk:
Tel 553 3080, e-mail: [helpdesk\(at\)oulu.fi](mailto:helpdesk(at)oulu.fi).
See also: <http://www.oulu.fi/it/>

Career Services

The 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, they provide an opportunity to consult an advisor, and they 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 the Career Services Centre at any stage

of your studies although one must note that finding temporary employment in Finland is fairly difficult if one does not speak Finnish.

Career Services Centre (*Ohjaus- ja työelämäpalvelut*)

Linnanmaa, room KE1143

tel. +358-(0)8-553 3598, or 553 3596

fax. +358-(0)8-553 3597

[tyollistymispalvelut\(at\)oulu.fi](mailto:tyollistymispalvelut(at)oulu.fi)

www.oulu.fi/careerservices

International Programmes

International degree programmes in the University of Oulu are presented in detail in www.degree.oulu.fi/degrees/.

Non-Degree Programmes in English

The following non-degree programmes are open for all international students (exchange and degree) and Finnish students regardless of their own field of study:

- Scandinavian Studies. Scandinavian Studies Programme is an introductory level programme designed to give the participants a broad overview of Scandinavian history, culture and everyday life. <http://www.oulu.fi/intl/scandi/index.html>
- Northern Women Studies. The profile of Women's Studies at the University of Oulu reflects the general mission statement of the University of Oulu and its particular areas of focus: Nordicity and Indigeneity, multiculturalism in the North, equality, information technology and cyberculture (including cyberecofeminism, globalisation) and gender issues in pedagogy. The Women's Studies unit offers courses in areas that are not taught or well-represented in other Finnish universities: Ecofeminism, comparative Indigenous women's issues (Sami and Native Canadian women), women with disabilities and Northern women writers. <http://cc.oulu.fi/%7Ent/english.htm>
- Japanese Studies. Japanese Studies is a multidisciplinary programme which offers the student a varied and comprehensive perspective on the unique character of Japanese culture and language. The programme is intended for all students at the University of Oulu, including foreign exchange students, as most of the teaching can be provided in English, depending on enrolment. <http://cc.oulu.fi/%7Ehistwww/japani/intro.htm>

The following non-degree programmes are open for international students **majoring in respective subjects**. For further information on these programmes, please contact the Office of International Relations. Please see also Courses in English below

- MoNArch - Modern Nordic Architecture. The MoNArch program starts on October 1st and runs till end of February. The program comprises lectures on Finnish and Nordic architecture and the northern way of building, one major architectural design project, a written seminar, workshops and excursions. <http://webcgi.oulu.fi/ark/content.php?page=28&PHPSESSID=a9fd692d573e6d0af201ef9cb5aacc4d>
- Nordic Design. The program includes lectures on Finnish and Nordic art, design and architecture, one major design project in industrial / interior design, art and design workshops lead by visiting teachers and several visits and excursions around Finland. The total number of students is restricted to 8. <http://webcgi.oulu.fi/ark/content.php?page=29>
- Northern Nature and Environment Studies. This programme, arranged by the Faculty of Science, provides a solid introduction to the northern ecosystems and their functioning, and the fauna, flora, vegetation as well as physical and human geography of Finland and Northern Scandinavia. <http://cc.oulu.fi/%7Ebiolwww/nne/>
- Northern Exposure, Summer School in Botany, a subset of the Northern Nature and Environment Studies

Practical Information for Mobile Students

Before You Arrive

Once accepted as an exchange or international degree student to the University of Oulu you will receive an official acceptance package that includes the acceptance letter as well as other useful information regarding studying in Oulu. International degree students will also receive contact information for their student tutor. For exchange students, included is a letter from a Finnish student, a kummi student, who is there to help you with pre-arrival questions as well as at the beginning of your exchange.

Checklist of Documents to Bring With You

- Valid passport;
- Letter of acceptance from the University of Oulu;
- Proof of private insurance that covers hospitalisation, evacuation and repatriation (mandatory for all students, including students from EU countries);
- Proof of financial means to support your stay; (e.g. from Erasmus exchange students for example a certificate of an ERASMUS grant);
- Students from EU and EEA countries: European Health Card;
- 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;
- Degree students: Register to the Orientation Programme organised for international degree students;
- Exchange students: 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 a possible housing deposit fee;
- Visa.

Students from EU countries and many other countries do not need a visa to come to Finland. There are nearly a hundred such countries; please check at the Finnish embassy or consulate in your home country, or website <http://formin.finland.fi/doc/liitteet/schengen.pdf> to see whether your home country is among these. If your home country is not among these countries you need to apply for a visa. For a visit lasting for a maximum of three months, you will be granted a visa (viisumi) at the Finnish diplomatic representation (embassy or consulate) in your home country.

Residence Permit

If you intend to stay in Finland for 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 inform of the residence permit process, of its costs and of necessary documents.

The residence permit of a student is valid for a maximum of one academic year at a time and can be extended annually at the Police Station. A prerequisite for extending your residence permit is that you studies are progressing and that you fulfil the same requirements as for your original residence permit. When you apply for the extension, you should have with you at least:

- a) Certificate of registration
- b) Transcript of records

- c) Health Insurance
- d) Financial evidence that you will have at least EUR 500 at your disposal for each month you intend to spend in Finland or EUR 6000 for a year. (e.g. certificates of grants given to you, bank statements from last 3 months showing a sufficient deposit on your name)
- e) One passport-size photograph
- f) Passport

EU citizens and citizens of Liechtenstein and Switzerland must register their right to reside in Finland at a police department, if their stay lasts for longer than three months.

Citizens of the Nordic countries (Sweden, Norway, Denmark and Iceland) are registered at a Register Office if they stay in Finland longer than six (6) months.

It is recommended that EU and Nordic citizens register their right to reside in Finland soon after they have arrived in Oulu. This is done in the Alien Affairs Office (ulkomaalaisasiat) at the Oulu Police Station (Oulun poliisilaitos), address Rata-aukio 2 (ground floor), tel. 313 7469, open Mon - Fri 8 am - 4.15 pm. The service fee for the registration is EUR 40 (Dec 2009).

Students from EU and EEA countries also need the European Health Card, proving that they are covered by the health care system of their country. This card will entitle them to the same health care benefits in Finland as Finnish citizens.

Work Permit

International students with a valid residence permit are granted permission to work for 25 hours per week during terms and take full-time employment during the summer break (May 1 to Sept 30) and during 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. 313 7469, 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 be granted a work permit for full-time employment during the academic terms only if their work constitutes a part of their studies.

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

Vaccinations

There are usually no vaccination requirements. Temporary regulations may sometimes apply to travellers from specific countries. If you are uncertain, check with the Finnish embassy or consulate in your country.

Cash

You are advised to have cash in Finnish currency, i.e. Euros, available when you arrive to Finland. International credit cards (VISA, Mastercard, Eurocard, Diners Club, American Express) are generally accepted throughout Finland.

Telephones

Most people in Finland use mobile phones, thus public pay phones hardly exist anymore.

Your room/flat does not come equipped with telephones. There are, however, telephone sockets. One choice is to open a stationary connection with the local phone company Oulun Puhelin Oy. For more information, contact Oulun Puhelin Oyj (tel. 08-313 4484). However, probably the easiest alternative is to buy a prepaid GSM phone card to your mobile. These cards contain a certain amount of talking time and you can also load more time to them easily. Several phone operators offer prepaid cards, e.g. **Sonera, DNA, Elisa**, etc. The price and amount of talking time may vary, so it might be useful to compare the offers. Usually many of the operators have promotion campaigns and information can easily be found from stores selling mobile phones or from advertisements. **NOTE:** you should already have a phone, the starting kit is only a phone card.

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 up from EUR 25 and new ones EUR 60-500.

In Finland the ringing tone is long with long pauses. A repeated short beep means that the number is engaged.

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 from abroad, dial:

- 1) International access code.
- 2) 358 (country code for Finland)
- 3) area code 8 (drop prefix's first 0)
- 4) phone number.

For example, to call the International Relations from abroad, call +358 8 553 4041.

If you call within Finland, leave out the country code (358) and either use the whole area code (when using a mobile within the telecommunication area or when calling using a stationary connection to another telecommunication area) or leave it out (when calling within the telecommunication area with a stationary connection). For instance, +358 8 4041 becomes 08 553 4041 when using a mobile and 553 4041 when calling from the Oulu area using a stationary connection.

Emergency Number

Emergency number (*yleinen hätänumero*; fire brigade, ambulance, life-saving service, police) 112

Mailing

The main post office of Oulu (*Oulun pääposti*) is located at Hallituskatu 36, and it is open 9am - 8pm Mon-Fri (until 6pm in the summer), 10am-2pm Sat. Other post offices can be found in almost every part of Oulu.

Stamps (*postimerkki*) can be bought not only in post offices but also in most kiosks. Grocery stores and supermarkets, etc. may also sell stamps. On campus both of the papershops sell stamps. In Finland the **mailboxes** are orange coloured and one can also be found from the main hall of the University. Mail (other than newspapers) is delivered on weekdays only, not on Saturdays or Sundays.

Shopping

Clothes. Since the Finnish weather can be very cold from time to time, the 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 may also be needed, as well as warm, water repellent footwear.

The stores listed below are fairly inexpensive:

- Seppälä. Isokatu 32-34
- Anttila. Isokatu 33
- Prisma. Tehtaankatu 3
- Prisma. Nuottasaarentie 1
- City Market. Tehtaankatu 5
- Kärkkäinen. Alasintie 12

Note also the second hand stores:

- Pelastusarmeijan kirpputori (Salvation Army Flea Market), Ratamotie 22 OR Merikoskenkatu 1 OR Limingantie 5

- Kierrätyskeskus (Recycling Centre), Paakatu 2
- SPR Kontti, Jääsalontie 12

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

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

- Jussin Pyörä-Piste, Valtatie 49
- Pyörä Suvala, Saaristonkatu 30
- Urheilu-Ulappa, Ratamotie 56

N.B. The Lost Property Office (at Oulu Police Station) holds an auction twice a year where unclaimed bicycles can be bid for. These auctions are arranged in late April/ early May and in late September/early October 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. You can also ask the Finnish students, or International Relations.

You should also read your e-mail messages, since some departing students, who wish to sell their bikes, advertise through exchange students' e-mail list. You can also send your message to the other exchange students.

Sales (alennusmyynti/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.

Alcoholic beverages are sold in state owned stores called Alko, which are normally open Mon-Fri 9am - 8pm, Sat 9am - 6pm. 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 available in grocery stores. Visit www.alko.fi.

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 within the 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 Police Station, tel. 313 7111. Ask for their English-language information package.

Public Holidays

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

January 1	New Year's Day (<i>uudenvuodenpäivä</i>)
January 6	Epiphany/Twelth Day (<i>loppiainen</i>)
March/April	Easter
May 1	May Day, The First of May (<i>vappu</i>)
A Thursday in May	Ascension Day (<i>helatorstai</i>)
End of May	Whit Sunday/Pentecost (<i>helluntai</i>)
3rd (Fri and) Sat in June	Midsummer (<i>juhannuspäivä</i>)
A Saturday at the end of Oct or at the beginning of Nov	All Saints Day (<i>pyhäinpäivä</i>)
December 6	Independence Day (<i>itsenäisyyspäivä</i>)
December 24-26	Christmas

Once in Finland - How to Get to Oulu

Helsinki to Oulu. From the Helsinki-Vantaa airport there are several daily connections to Oulu offered by at least Finnair, SAS and Blue1. Prices vary usually between EUR 60-200.

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: 30 minutes). From Helsinki to Oulu, there are several trains a day (approx. EUR 70; time: 7 hours). For timetables, prices and tickets, please, visit: www.vr.fi.

Oulunsalo Airport to the City Centre and to the Linnanmaa Campus. After arriving in Oulu by air, you should take bus number 19, which goes directly from the airport to Linnanmaa University campus via downtown. It leaves three times an hour during the week until 5 pm, twice an hour until 9 pm and once an hour until midnight. There is also a bus on weeknights at 01.15 am. On weekends the bus runs once an hour. For timetables, please, visit: www.koskilynjat.fi/in_english. This bus is practically the only bus route leaving from the airport, thus, finding your way to it is very easy.

The bus fare is EUR 5,40 (Jan 2010) to go to Linnanmaa. 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 for up to 8 people with a price of approximately EUR 10-12 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 the nearest bus stop. The fare from downtown to campus is EUR 2.90, after 11 pm the price is double.

After You Have Arrived

Separate Orientation Programmes for degree students and exchange students are organised in the beginning of September. Another Orientation is also organised for exchange students starting in January. Should you arrive outside these organised orientations, please, contact the Secretary for International Affairs (degree students) or the International Relations (exchange students) for help. International degree students also often have separate guidance organised by their programme.

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

- Signing the lease and paying the housing fees;
- Paying the Student Union fee (save the receipt for discounts);
- Registering to the University and to the Student Union;
- Meeting with the departmental study advisor (usually *amanuensis*) or international coordinator (*kv-koordinaattori*) to discuss your studies in detail;

Opening a Bank Account

You are advised to open a bank account as soon as you arrive. Please note the possible changes in opening hours before and during holidays and in the summer. In all of the banks you are able to get service in English. Here's a list of some of the most prominent banks:

Nordea, Kirkkokatu 4

Oulun Osuuspankki, Isokatu 14

Sampo, Kirkkokatu 13

You will be given a bankcard which will work in most cash machines, ATMs (*pankkiautomaatti/ pikapankki /Otto*) throughout Finland. All banks also have special banking terminals (*maksuautomaatti*) for paying bills. You will find a cash machine, Otto, in the main lobby of the Linnanmaa campus. The banks also offer on-line banking services in English for their customers, but these are usually reserved for students who have stayed in Finland for a longer period already.

Be prepared to have a passport with you when opening the account (most banks only accept passports or official Finnish ID cards). Ask for a service package for students. There is no fee for opening an account, but other services are usually liable to a charge. For example, receiving money to your account from abroad (outside EU) will

cost approximately EUR 4-10, and sending an international money order (outside EU) costs EUR 7-16, depending on the bank. If you lose your bankcard, call 020 333, 24 h/day.

Currency. The Finnish monetary unit is Euro (EUR), divided into 100 cents (100 senttiä). Bank notes are for EUR 5, 10, 20, 50, 100, 200 and 500. Coins are for 5, 10, 20 and 50 cents and EUR 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 is a fixed service charge of EUR 1,70-3,40, not depending on the amount you exchange or the charge is a certain percentage of the exchanged amount. The exchange rates are the same in all Finnish banks.

Civil Registration

It is important not to confuse civil registration with residence permit or registering your right to reside in Finland. All foreigners are required to submit civil registration in addition to residence procedures, if they stay in Finland for one year or longer. In civil registration, a foreigner is required to register the same information as Finnish citizens. The registration takes place at the local register office. The registered information is used, amongst other things, in the organisation of elections, and for taxation, health care, juridical administration and statistical purposes.

If you are planning to stay in Finland longer, it is recommended to apply for a municipality of residence also when registering. With it, you are entitled to municipal health care services and can vote in local elections. Municipality of residence is granted for students with a residence permit (EU/EEA students with a registered right to reside) whose degree programme lasts for at least two years and who are planning to stay in Finland after their studies. When registering, you must present your passport or valid residence permit, if applicable. Citizens of EU member states can also present an official photo ID instead of a passport. EU citizens may mainly be required to present a certificate proving their registration if their stay in Finland has exceeded three months. To register with a local register office, you need to complete and sign the Registration of Foreigners form.

Local Registrar Office

(Oulun maistraatti)
Isokatu 4 (1st floor)
tel. 020-517 181
Open 9 am - 4 pm Mon-Fri.

Change of Address Notice

All those moving into a new address in Finland must always submit an official notification of move, which is also a prerequisite for civil registration. You need to submit the notification of moving within seven days of your arrival in Oulu. In case you change your residence, you should also notify the Registrar Office within seven days. The change of address notice for the Registrar Office can be found and submitted in any Post Office or done at the same time with civil registration.

Social Security Number and Health Insurance Card

Once you have been entered in the population register through the process of civil registration you can have your Finnish personal identity number (henkilötunnus). Identity number is needed for receiving salary and paying taxes, receiving social security benefits and often for opening a bank account.

For exchange students, this is usually not necessary. It is only needed if one will stay in Finland for a long period or is working for more than six consecutive months.

Your right to social security benefits in Finland is decided by reference to the length of your residence in Finland. If you intend to move to Finland permanently, you will normally be covered by the Finnish social security system and will qualify for Kela benefits as soon as you move to Finland. However, students moving to Finland for the sole purpose of studying are considered to be resident in Finland temporarily and do not receive benefits. The exception to this are students moving from another Nordic country, who can gain social security coverage in Finland if they are recorded in the Finnish population register as being resident in Finland.

You can check your right to social security benefits in Finland from KELA, and, should you be entitled to it, apply for a health insurance card (sairausvakuutuskortti) at the Social Insurance Institute (Kansaneläkelaitos/KELA), Sepänkatu 18, tel. 020 435 4300, open 9 am - 4 pm Mon-Wed and Fri; 8 am - 5 pm on Thursdays. For more information, visit www.kela.fi/english

Taxation

If you stay in Finland for a maximum of six months you will need to pay tax only on the income you earn in Finland. In this case your employer is to withhold from your wages a tax-at-source of 35%. Usually, if a student comes to Finland to do a traineeship as part of his/her studies the first EUR 510 of each month is tax-free and the tax-at-source is paid from the remaining amount. For this form of taxation, you must ask the Oulu Tax Office (*Oulun verovirasto*), Torikatu 21, tel. 310 0311, to give you a tax-at-source card (*lähdeverokortti*). The Oulu Tax Office is open from 8 am - 4.15 pm Mon-Fri. If your tax is withheld at source you need to declare your income only in your home country, not in Finland. For more information visit: www.vero.fi/english. After residing in Finland for more than six months you will be liable to pay tax in the same manner as Finnish citizens do. Most of the tax is collected as income tax, the amount of which depends on your wages and property, both in Finland and abroad.

Tax Card. If you reside in Finland for more than six months you have to ask for a tax card (*verokortti*) at the tax office before you begin to work. The tax card includes your tax percentage and is given to your employer. You need to make an estimate of how much you will earn during the calendar year (January to December) before a tax percentage can be assigned to you.

Income Tax Return. By January 31 of each year, if you stay in Finland for longer than six months, you should declare the previous year's income and all the property you owned at the end of the year in an income tax return (*veroilmotus*), which can be obtained from the tax office. In your income tax return you need to attach your tax card and the tax withholding certificates (*ennakonpidätystodistus*) you receive from your employer. If you originally intended to stay in Finland for no more than six months, but stayed longer, and thus have a tax-at-source-card, you must attach certificates of your taxation-at-source to your income tax return as well. In October, you will be informed about your final taxation for the previous year. You may receive a tax refund or may have to pay additional tax.

For more detailed information, please contact:

Oulu Tax Office/Oulun Verotoimisto
Torikatu 21, 90100 Oulu
tel. 310 0311
fax. 310 0421
Mon - Fri 8 am - 4.15 pm

When Leaving

When your studies in the University of Oulu are over, you are required to make sure yourself that you have all the necessary documents with you. Transcripts will be issued by the appropriate department and faculty both for international degree and exchange students. You can also get a copy from the Student Affairs Office. For the non-degree Scandinavian Studies, which is 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, but you need to make an official change of address. If you have opened a bank account in a Finnish bank or you have a Finnish mobile phone, make sure you terminate them before leaving. Make sure you have paid all your bills and have notified all necessary parties of your changing address.

Language Courses

The Language Centre of the University of Oulu (*Kielikeskus*) organises language courses which are required for students to complete their degree programmes at the University of Oulu. In addition, the centre provides teaching in other language as well. The Language Centre is also in charge of the Finnish courses for international students. The course timetables are available at the website of the Language Centre: <http://webcgi oulu.fi/kielikeskus/>. Also, the Language Centre's office staff will help you with any questions concerning your language studies. The office is located in room KK241 (take the green stairs up to Yläväylä, the 2nd floor), open Mon-Fri 8am - 3:45pm, tel. 553 3200.

International (both degree and exchange) students can also participate in the Tandem Language Learning Program. In the program you will teach a Finnish student about your language and culture and the Finnish student

teaches in return you about his/her language and culture. The program is coordinated by the teachers of the Language Centre but the meetings are arranged by the students themselves and the program has no fixed timetable.

Internships

For international degree students, an internship may be a compulsory part of the degree programme. If so, the department will offer guidance in finding a proper placement. The University offers annually some scholarships for study-related internships. For more information, please contact your study advisor at the department.

Several exchange students come to the University of Oulu every year to complete an internship. In these cases, the internship placement can be at the department or in a company. If an exchange student applicant is interested in completing an internship while on exchange in Oulu, s/he should be contact with the international coordinator at the host department. An internship can be paid or unpaid work.

In Oulu area most of the internship opportunities are in the fields of ICT, computer science and telecommunications. Networking with your fellow students, teachers, professors and friends is often the best way to map out your possibilities for finding a job in Oulu. Even for Finns networking is the best and the quickest way to find work. University of Oulu Career Services may also offer help in finding internships placements, please see <http://www.oulu.fi/careerservices/english/index.html>.

The Internet offers a valuable channel for finding information on companies, their operations and open vacancies. Below are some links which may be useful when looking for company information:

www.aarresaari.net

Homepage for Finnish academic career services units; links to recruiting pages of various companies throughout Finland. Useful tips on how to look for work in Finland and information about the Finnish job market.

www.technopolis.fi

Links to companies located in the technology park near Linnanmaa campus and Oulu area.

Sport Facilities

The University has a Sports Hall on Linnanmaa campus. Sports offering is extensive ranging from ballet to rugby and anything in between. Many of the activities are arranged at the Sports Hall. Participation is nearly free, most of the sports only require the university sports card, which costs €30 per academic year (2010-2011). The sports programme in English for each academic year is available in <http://www.oulunkorkeakoululiikunta.fi>. For further information concerning any aspect of sport and recreation at the University, please contact

Mr. Markku Saarela, Sports Manager (*Liikuntasuunnittelija*) room KE1009 on Linnanmaa campus, tel. 553 4029, e-mail: markku.saarela@oulu.fi

Also outside the university, possibilities for sports in Oulu area are extensive. Most of the private and sports clubs and halls around the city offer discounts to students. The Office for Sport and Recreation gives information about sports facilities available in the city. The tourist information office in the city centre distributes brochures on recreation facilities, as well as maps on bicycle and hiking routes.

Extra-Mural and Leisure Activities

Movies and Videos

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 are around EUR 8-11. Cinemas also have special prices for students (with the student ID card). The movie theatres (*elokuvateatteri*) listed below concentrate mainly on box-office repertoire.

Plaza (www.finnkino.fi)
Torikatu 32

Star (www.elokuvateatteristar.fi)
Kalliotie 6

Alternative films can be found from the Cultural Centre Valve: www.kulttuurivalve.fi/

Video films are not dubbed, either. To rent one overnight costs EUR 1,70-5,90, depending on the film.

Theatre

The Oulu City Theatre produces approximately eight to ten premiers each year, including operas and musicals. Information on current theatre productions is available from the Ticket Office, and from the Tourist Information Centre in the city centre. Special student prices are available.

Oulu City Theatre (Oulun Kaupunginteatteri)
Kaarlenväylä 2,
www.ouka.fi/teatteri

Music

The City Oulu has many choirs and orchestras. For example, the Oulu Symphony Orchestra performs often in The Madetoja Hall at The Oulu Music Centre (Musiikkikeskus), Lintulammentie 1-3. The Oulu Music Centre also hosts performing visitors 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 as well as recitals, which are usually arranged in The Tulindberg Hall in the same building. More information:
www.ouka.fi/musiikki/english/index.html

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, and you will know what is going on and where.

Libraries

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 in every library in town (except in the university libraries). N.B. The reading room and reference library in the City Library are open also on Sundays.

For libraries at the University, please see Study Facilities/Libraries.

The City Library (Kaupunginkirjasto)
Kaarlenväylä 3
Open: Mon-Fri 10am - 8pm, Sat 10am - 5pm
www.ouka.fi/kirjasto
city.library@ouka.fi

Museums and Art Galleries

One of the most extensive collections of the local cultural history can be found from the Museum of Northern Ostrobothnia (Pohjois-Pohjanmaan museo) Ainola Park. This museum offers an insight into the history of the city and its province. Open: Tue - Sun 10 am – 5 pm, Mondays closed. Entrance fee for students EUR 1, others EUR 3. Fridays free entrance!

City Art Gallery (Oulun taidemuseo)
Kasarmintie 7

- Finnish and international fine arts.

Open: Tue-Sun 10 am - 5 pm, Fri 10 am - 6 pm, Mondays closed.

Entrance fee for students EUR 1, others EUR 3. Free entrance for everyone on Fridays. See also:

www.ouka.fi/taidemuseo/

For information about Oulu's other museums and galleries, contact the Tourist Information Centre.

Pubs

There is a wide range of pubs, bars, restaurants and night clubs in Oulu. Bar 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.

GLBT

SETA ry is the Finnish National Human Rights Organisation working for legal equality and social justice for lesbians, gay men, bisexuals and transpeople. It is the central organisation for sexual minorities, with chapters all over Finland. SETA is a member of ILGA (International Lesbian and Gay Association) and IGLYO (International Gay and Lesbian Youth). Oulun SETA ry has groups for women, youth (under 25 years) and rainbow families and it also organizes other kinds of activities such as parties.

The Oulu Section of SETA:

info@oulunseta.fi

www.oulunseta.fi

Other Services

Police. The police are a civilian force and generally carry no firearms.

Oulu Police Station

Rata-aukio 2

tel. 313 7111 (central)

Open: Mon – Fri 8am - 4.15pm

Feedback: palaute@oulu.poliisi.fi

Lost and Found

The Lost Property Office (Löytötavaratoimisto) is located at the Oulu Police Station

tel. 313 7304

Open: Mon-Fri 8am - 4.15pm

Barbers and Hairdressers. A haircut costs around EUR 18-35. Note that a barber (parturi) and a hairdresser (kampaaja) is often the same person working in a shop called parturi-kampaamo.

Lawyer for Students. Student Union offers law consultation services to its members, please contact the Student Union staff for more information.

Churches

About 85% of the Finnish population are Lutheran and 1% belong to the Orthodox Church. These are the two official religions in Finland, which means that they maintain local population registers of their members. There are also Catholic, Jewish and Islamic congregations as well as numerous smaller religious communities.

Catholic Parish.

La Santa Familia di Nazaret,

Liisantie 2, Tel. 347 834.

Mass every Sunday at 11

The Church of Jesus Christ of Latterday Saints,

Nokelantie 38, Tel. 335 714,

representatives of the Church, Tel. 040 779 2499.

The Islamic Community of Northern Finland

Kajaaninkatu 36 H, tel. 311 5514

Jehovah's Witnesses.

Kello Assembly Hall, Tel.564 0000, 510 100.

Center Congregation, Tel. 370 208.

Oulu Adventist Church.

Tuulimylynkatu 18, Tel. 530 3953.

Oulu Bahai Community for English speakers

Information, Tel. 311 3942.

Oulu Evangelical-Lutheran Parishes

Register Office, Isokatu 17,

Tel. 316 1300

Oulu Orthodox Bishopric.

Nummikatu 30 B, Tel. 370 882.

Diocese secretary Tel. 370 881.

Oulu Orthodox Church,

Torikatu 74, Tel. 311 5741.

Office open Monday to Friday 9-12.

Pentecostal Parish,

Uusikatu 78,

Tel. 561 8900.

Student Associations

Student Union of the University of Oulu, OYY

All undergraduate students need to enrol at the Student Union of the University of Oulu (*Oulun yliopiston ylioppilaskunta, OYY*) when registering to the university. The Student Union membership fee, including the student health service fee is EUR 87,00 for the Academic year 2010/2011, or EUR 43,50 per term (the including the student health service fee). At the same time students also need to apply for the student ID card (*opiskelijakortti*). There are two types of cards, costing EUR 5-14,50. The student ID card is essential to you as a student in a Finnish university. In addition you will receive a calendar for the academic year.

Having enrolled at the Student Union you are automatically a member of the National Union of Students in Finland (*Suomen Ylioppilaskuntien Liitto SYL*). The personal student ID card entitles you to discounts on many services. You may also use the card as a (non-official) identification document. Upon registration you get a temporary receipt which you can use to prove your registration and when claiming discounts at the University Restaurants. OYY promotes the social and educational interests of all students.

You have to have the student card with you if you want to eat at a student price at the student cafeterias use the student health services at the Linnanmaa campus. 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.

Postgraduate, i.e. post master's, students have to register at the University in the beginning of each academic year, although they do not have to belong to the Student Union. They are allowed to join, but they will not get the discounts. The fee for postgraduate degree students is EUR 45,00.

Contact information:

Secretary for International Affairs
kvsihteer(at)oyy.fi
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ESN Oulu

The Erasmus Student Network, ESN, is a European organisation for exchange students and in Oulu it is a part of the Student Union of the University of Oulu. The main task of ESN Oulu is to provide international students with all kinds of free-time activities at 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. ESN Oulu also informs international students of other happenings in Oulu. ESN Oulu tries to activate students in various ways so that they would feel like home in Oulu and get the best out of their stay in Oulu. The section in Oulu has regular get-togethers and members keep a lively connection to each other. All ESN meetings are open for all students 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-leader\(at\)oyy.fi](mailto:esn-leader(at)oyy.fi)

I-section

The meetings of the I-section are open to all members of the Student Union. The section is a place for all international students to take part in the activities of Student Union and have an effect on the issues important to them at the University. The section is also open to Finnish students and matters related to making their study period more international are also handled in the section. I-section aims to bring together Finnish and foreign students and improve their position at the University. The activities of the section vary from meetings to gettogethers and from info events to fun excursions. Best way to stay informed is to follow student mailing lists and attend the meetings of the I-section.

Student Guilds

Every major subject has its own organisation for students called a student guild or student organisation. These guilds arrange sauna evenings, parties, trips, sports hours and often own their own room 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. International students can also order a pair of overalls from their guild. Overalls are used in student parties and they create a certain feeling of togetherness.

List of Guilds

Atlas (Applied Geography and Regional Planning)
Blanco (Information Processing Science)
Communica (Logopedics)
Epimeleia (Nursing)
Finanssi (Economics)
Hisoni (Biochemistry)
Index (Information Studies)
Kultu (Arts and Cultural Studies)
Lastarit (Early Education)
Motiva (Education)
Mukava (Music Education)
Nikoli (Geosciences)
Opela (Teacher Training, Kajaani branch)

Optiem (Industrial Engineering and Management)
Oulun Arkkitehtikilta (Architecture)
Oulun Hammaslääketieteellinen Kilta (Dentistry)
OLuT ry. (Science Students)
Oulun Lääketieteellinen Kilta (Medicine)
Ohari (Teacher Training)
Oulun teekkariyhdistys – OTY (Technology)
Oulun Tietoteekkarit – OTiT (Technology)
Oulun yliopiston Biofysikot (Biophysics)
Oulun yliopiston Humanistinen Kilta (Humanities)
Oulun yliopiston Koneinsinöörilikilta (Engineering)
Oulun yliopiston Pedagogian ylioppilaat (Teacher Training)
Oulun yliopiston Prosessikilta (Process Engineering)
Oulun yliopiston Sähköinsinöörilikilta (Electrical Engineering)
Sigma (Mathematics, Physics, Theoretical Physics, Geophysics, Astronomy)
Suma (Finnish and Sami Languages)
Syntaksis (Biology and Geography)
Tiima (Hsistory)
Valenssi (Chemistry)
Varianssi (Statistics)
Verba (Languages)
Ympäristörakentajakilta (Environmental Studies)

Clubs

There are many clubs focusing on a hobby, for example music, photography, or international activities.

List of Clubs

AIESEC – OULU (International Activities)
Cassiopeia (Choral Ensemble)
CRYO (Boardgames)
Oulun Akateminen Mölökky- ja Kyykkäseura (Sports)
Oulun yliopiston bridgekerho (Bridge)
Oulun yliopiston kamariorkesteri (Chamber Orchestra)
Oulun yliopiston reserviupseerit (Military)
Oulun yliopiston urheiluseura (Sports)
Oulun ylioppilaskamerat (Photography)
Oulun ylioppilasteatteri (Theater)
SOOPA (Scout Troop)
Suohpan (Saami)
Teekkaritorvet (Brass Band)
Teekkarien radiokerho (Radio Club)
TeeKu (Choral Ensemble)
Yliopiston kalataitajat (Fishing)