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Welcome to the University of Oulu!

Congratulations on your study place!

We are very happy that you have selected the University of Oulu as your study place. I would like to warmly welcome you to our science community, to a unique environment for students from different disciplines to enjoy learning. When studying at the University of Oulu, you will not only receive top-level education but also grow together with your fellow students and become experts in your field. Our degree programs are inspiring, student-centered and encourage each student to achieve his/her full academic potential. The time at our university will give you an opportunity to enjoy working together, cross your own boundaries and experience personal growth. Seize the opportunity, travel with an open and curious mind along the path you have chosen.

I wish you pleasant and beneficial time at the University of Oulu!

Rector
Jouko Niinimäki
University of Oulu



Hello, new international student!

I hope your stay in Oulu will be memorable. During your stay, have an open mind, travel around Finland, get to know the culture – and you will have the time of your life. Get also to know Finnish people and you can make new friends. The Student Union of the University of Oulu (OYY) is here for you. The Student Union works hard so that you will get quality education and new experiences. While you are studying in Oulu, I encourage you to be an active part of the student community and get involved with various student activities.

I gladly welcome you to the University of Oulu and the Student Union!

President of the Executive Board
Kati Hannila
Student Union of the University of Oulu



**Make your University
of Oulu experience
memorable!**



**Be active, ask questions
and take part!**

When you begin your university studies, whether it's the first time in a university or you have studies in another university already behind you, your life changes. Perhaps you've moved to a new country, to a new city or perhaps into the first home of your own. You will meet new people, find new friends and maybe start new hobbies. Most of all, you will have new things to think about and you can focus on the topics that interest you – and you get to study and enjoy student life.

This guide is aimed at all new international students arriving to the University of Oulu, whether you are an exchange student, an International Master's degree student (later called IMP students) or an International Teacher Education programme student (later called ITE students). Most of the matters covered in this guide are the same for all three groups but there are some points that differ, make sure you pay close attention so that you follow the right instructions.

This guide includes matters that are important in the early stages of studying: what you should take into account once you have been accepted, when your studies begin and what it is like to study at the University of Oulu. This guide does not include all possible information; the idea is to help you find answers to the most common questions students have when they begin their studies. Make sure you also check the Studying website of the university (www.oulu.fi/english/studying).

Remember also that there are several people assisting you during your studies. For example, your personal tutor teacher, your programme coordinator, your teachers – we encourage you to ask questions! We are here for you!



**Important steps
for accepted students!**

REMEMBER THIS BEFORE THE STUDIES BEGIN

CONFIRM

your study place and
university enrolment/registration

APPLY

for an apartment

ATTEND

the orientation week

PAY

the student union
membership fee

ACTIVATE

your student account
and O365 email

ORDER

your student card

1. Confirming the Study Place and Enrolment

You have been granted a study place at the University of Oulu in the spring 2016 student selection. Before you can begin your studies, you have to confirm the study place and enrol at the university.

IMP and ITE students

All students accepted to a Bachelor or Master's degree programme **need to confirm their study place with the following schedule:**

- by 15 July 2016 by 15.00 (GMT +3)
 - IMP students: return your Confirmation of Study Place form as well as enrolment and registration form according to the instructions given in your acceptance documents
 - ITE students: confirm your study place in Studyinfo.fi
- students accepted later than 3rd of July need to confirm study place within 14 days of the date of the acceptance notification
- students conditionally accepted to a Master's degree programme, deadline to submit a certified copies of your degree certificate and transcript
 - June 15, 2016 by 15.00 (GMT +3): students graduating from a Finnish University of Applied Sciences
 - July 29, 2016 by 15.00 (GMT +3): students graduating from abroad or a Finnish research University

If you don't confirm your study place by the due date, you will lose the study place. You can enroll at the university only after accepting the study place.

Students that have a Finnish bank account can complete enrollment through the OILI online service, which you get access to after you have accepted your study place electronically in Studyinfo.fi service. When registering as a student of the University of Oulu using the OILI service, you will also have to pay the Student Union membership fee at the same time. Please note that with the OILI online service you can only enrol as present to the entire academic year 2016–2017. **New degree students must register with the university either as a present or an absent student by 29 August 2016 by 3 p.m (GMT +3).**

If you are not able to enroll through OILI please complete your university enrollment by returning the enrollment and registration form as instructed in your acceptance documents. Student Union membership fee payment is then made during the orientation week or at the Student union office on Linnanmaa campus.

Exchange students

Confirm your exchange period in SoleMOVE application database and return the Enrolment and registration form at least a month prior to the start of your exchange period to international.office@oulu.fi.

Contact information for degree students

Student services, Student center
PO BOX 8100
90014 University of Oulu
tel. +358 29448 4035
email: student.services@oulu.fi

Contact information for exchange students

email: international.office@oulu.fi



Further information:

- Confirming the study place: studyinfo.fi
- Student enrolment and registration form: www.oulu.fi/external/lomakkeet/enrolment_registration2016-17.pdf

Registering as absent

According to Universities Act / Polytechnics Act, a first year student can register as absent only due to:

- 1) performing service under the Conscription Act (1438/2007), the Non-Military Service Act (1446/2007) or the Act on Women's Voluntary Military Service (194/1995);
- 2) maternity, paternity or parental leave;
- 3) student's personal illness or injury, which prevents the student from beginning the studies.

You cannot register as absent to the University of Oulu using the OILI service. You need to register as absent in the Student Center of the University of Oulu. You can register as absent either by visiting the Student Center or by mailing a signed enrolment and registration form and the other required documents (e.g. documents verifying statutory absence). You must use the enrolment and registration form to register as absent. You can fill in the form, print it and attach it to the letter. The form is also available in the Student Center. The students have to register with the university by 29 August 2016 by 3 p.m., which is when the mailed documents also have to have been delivered. If you do not yet have a certificate confirming the reason for statutory absence, please contact the Student Center.

If you already have another right to pursue a degree (study right) and you have now received a new right to pursue a degree, you can register as absent for the academic year 2016–2017 only due to a statutory reason.

If the statutory reason affects only one semester (e.g. conscription or maternity leave that begins in January), you may still register as absent for the entire academic year, if you choose so. You can also change your registration status for the

spring semester from present to absent within the registration period for the spring semester, by 29 January 2016, if you do not have any study attainment in January.

If the registration has not been conducted as described above by the due date, you will lose your study right. If you wish to begin your studies at a later time, you have to apply for a right to be re-selected as a student from the University of Oulu.

Contact information:

Student services, Student center
PO BOX 8100
90014 University of Oulu
tel. +358 29448 4035
email: student.services@oulu.fi

Further information:

- Student Center: www.oulu.fi/english/studying/student-center

Student Union membership fee 2016–2017

Bachelor and Master's level students registering as present need to pay the Student Union membership fee of EUR 109 per academic year, the fee includes student health care fee of EUR 54.

If the student has already registered at another Finnish university for the same term and has paid the fee of their student union (a receipt must be presented), students can be eligible for a discounted fee. Please contact Student Union for more information.

IMP students and exchange students are advised to make the student union membership fee payment at the Orientation fair on Monday August 22.



Certificate of Registration

IMP and exchange students

Once you have arrived in Oulu and completed your university registration and paid the student union fee you can collect the Certificate of Registration from student affairs at the Student center.

ITE students

After the University of Oulu has registered you as present, a Certificate of Registration will be mailed to you. It will be mailed in July-August to the address you have given in your contact information. Students registering as absent will receive a Certificate of Registration containing information about their study right and absence.

Student account and email

At the beginning of your studies, you are granted a personal student account and a password as well as a permit to use student computers maintained by the

university's IT Administration Services. The student account is your key to all the university's IT services. The student account is valid as long as you are registered as present at the University of Oulu.

The university will use email to send important study-related information to students. Please, make sure that the email address in your personal data in WebOodi is one you use actively. We strongly recommend you to activate also the Office 365 for Education email service provided for the students by the University of Oulu.

Exchange students: Student account information will be delivered close to the start of the exchange period through e-mail and SMS to the contact information you have indicated in your SoleMOVE exchange application.

IMPs: once you have arrived in Oulu and completed your university registration you will receive an e-mail with your login name and instructions on how to activate the account at the Student center.

ITE students: Once you have completed your enrolment in the OILI online service your login name and password will be delivered to you through e-mail and SMS.

Further information:

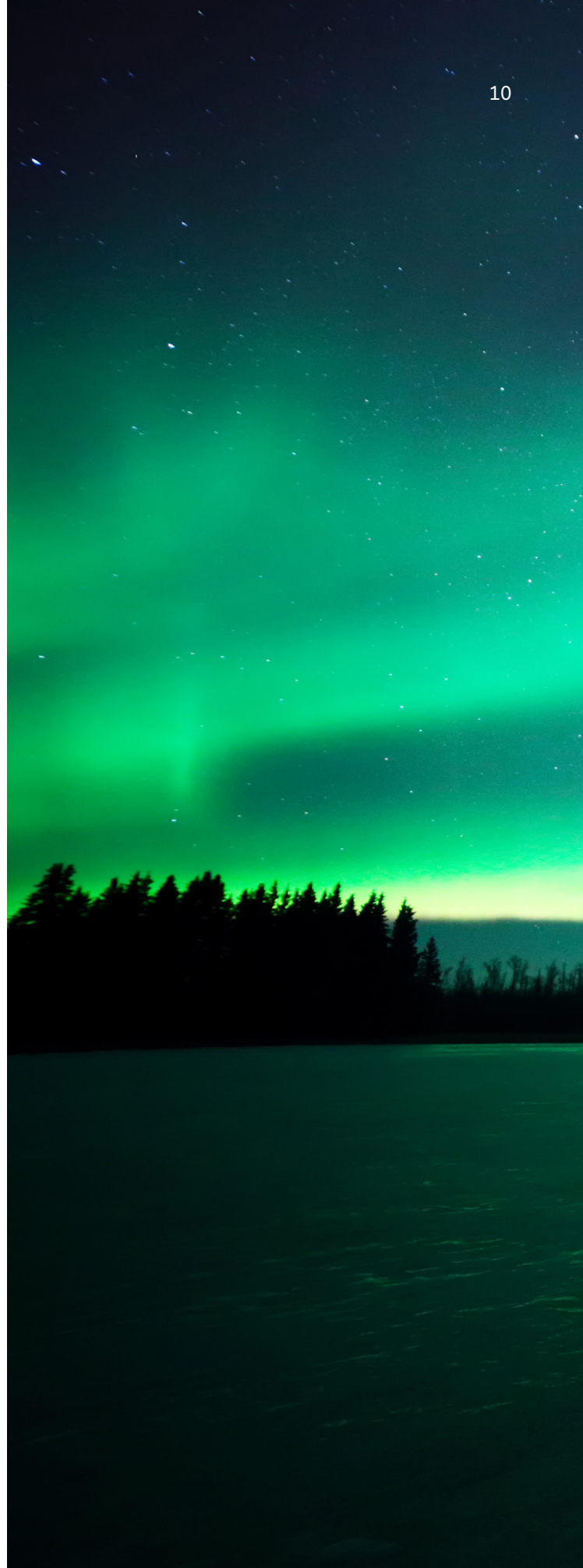
- Student account and e-mail:
www.oulu.fi/ict/activation

Student ID card and student benefits

Bachelor and Master's level students should order the student card right at the beginning of their studies. For the card application you need to have completed your registration to the university and have your student number. With the student card, you will be able to prove that you are a student at the University of Oulu whenever you need. The student card enables you to take advantage of all student discounts (e.g. Finnish Rail, Matkahuolto bus company, student restaurants, FSHS student health care) as well as national and local benefits negotiated by Frank. The student card is valid for the entire duration of your studies. You can find instructions on how to apply for a student card on the website of the Student Union of the University of Oulu.

Further information:

- Ordering a student card:
www.oyy.fi/en/for-students/student-card
- Student Union of the University of Oulu – OYY:
www.oyy.fi/en
- Student discounts: frank.fi/en







2. Planning Your Arrival

Orientation week August 22-26, 2016

All new students will have an Orientation week starting August 22, 2016. Attending the orientation week is highly recommended, it will help you take care of practical matters related to starting your studies in Oulu as well as introduce you to the academic systems of the university. You will also have a great chance to meet other new students on campus.

IMP students and exchange students

Recommended arrival dates are
August 20-21, 2016.

ITE students

See the start time of the orientation week from the Faculty's website, links available below.

Familiarise yourself with the orientation schedule, with studies for the first few weeks and other important information. In particular, check the information regarding the exact starting time of the studies, that is, when you must arrive at the university for the first time.

Further information:

- For New Students:
www.oulu.fi/english/studying/for-new-students
- Academic calendar and teaching periods:
www.oulu.fi/english/studying/academic-system#calendar
- Faculty of Education, for New Students:
www.oulu.fi/edu/for-new-student

Housing in Oulu

You should start looking for an apartment as soon as you have received a study place at the University of Oulu. The Student Housing Foundation of Northern Finland (PSOAS) rents apartments for the students of the University of Oulu. The foundation owns a total of 5,500 student apartments in different parts of Oulu, varying in size from family apartments to studios and flat rooms with shared kitchen and bathroom facilities. PSOAS always aims at offering housing at lower prices than the general price level on the rental markets; and water and internet connection are included in the rent in all the apartments provided by the foundation. The majority of PSOAS's apartments are located in the immediate vicinity of the university or the city centre, and there are alternatives both for those looking for the cheapest housing and those with higher requirements.

Rooms reserved by PSOAS for exchange students are furnished and also include a monthly linen service.

Renting an apartment from the private sector is also a good alternative, as the local rents have remained reasonable compared to other university cities in Finland.

Further information:

- PSOAS's locations and application:
www.psoas.fi/en
- Other housing providers in Oulu:
www.oulu.fi/english/studying/new-students/housing



Residence permit for international students

International Master's degree students and exchange students acceptance documents include a letter from Finnish Immigration officials. Please refer to that for more detailed information.

Non-EU citizens

A non-EU citizen needs to apply for their first residence permit before arriving in Finland. You should submit the residence permit application as soon as you have been accepted and it is highly recommended that you leave the application electronically. **Students are strongly encouraged to apply also for a Finnish Personal Identity code at the same time with the residence permit.** Students must be able to prove that they have at their disposal at least EUR 560 per month or EUR 6 720 per year.

International students insurance requirements

Any student who submits a residence permit application must also attach details of their comprehensive health insurance cover to their application. Comprehensive insurance cover means insurance which includes the types of treatment and costs that are covered by municipal health care services and the health insurance system. A student must have insurance cover when applying for a residence permit as without it, a residence permit cannot be granted.

For studies of **less than two years in duration**, a student must have private insurance which must cover both sickness and accident related medical expenses up to at least 100,000 Euros. Where the duration of the studies is **two years or more** the insurance must cover the costs of medical expenses up to at least 30,000 Euros.

EU-citizens

EU citizens and citizens of Liechtenstein and Switzerland do not need to apply for a residence permit while still in their home country. They must, however, register their right to reside in Finland at a police department in Finland, if the stay lasts for longer than three months. EU citizens are therefore required to have the European Health Card proving that they are covered by the health care system of their home country. A private insurance to cover the whole study period in Finland is also highly recommended.

The student must self-finance his or her stay in Finland during the study period. The student may provide proof of funding in any way he or she chooses. Students from Nordic countries do not need to provide proof of funding.

Further information:

- Finnish Immigration Service:
www.migri.fi/frontpage

International degree students: Finnish Identity Number

All international degree students are required to acquire a Finnish Personal Identity Number and inform it to the University of Oulu by visiting student affairs at the student center. The ID number can be applied either at the same time when applying for the residence permit or in person at the local Magistrate's office in Oulu.

Student tutors

All new students of the University of Oulu will have a local student tutor to help when starting studies in Oulu. Student tutor is a student from the same field as you. With the tutor, the new students, in groups of about 10, learn about the practices of their own study field, the faculty and the entire university and, most importantly, get to know their fellow students and Oulu. This way, students who have moved in from elsewhere can make new friends fast and feel at home both at the university and the city. Student tutors for international students are called kummis.

Exchange students

Information of your kummi is sent to you approximately 1-2 months prior to the start of your exchange. Exchange students arriving outside the academic terms during summer can unfortunately not be guaranteed a kummi.

IMP students

Information of your kummi is sent to you together with your acceptance documents. Make sure you get in touch with your kummi as soon as possible.

ITE students

You will meet your student tutor during the orientation week in August.

Further information:

- Student tutoring:
www.oulu.fi/english/studying/supporting-your-studies/student-tutoring

Faculty of Biochemistry and Molecular Medicine (BMTK/FBMM) <ul style="list-style-type: none"> – Degree Programme in Biochemistry – International Master's Programme in Protein Science and Biotechnology 	Faculty of Information Technology and Electrical Engineering (TST / ITEE) <ul style="list-style-type: none"> – Degree Programme in Electrical Engineering – Degree Programme in Computer Science and Engineering – Degree Programme in Information Processing Science – International Master's programme in Biomedical Engineering: Signal and Image Processing – International Master's programme in Computer Science and Engineering – International Master's programme in Software, Systems and Services Development in the Global Environment – International Master's programme in Wireless Communications Engineering
Faculty of Education (KTK) <ul style="list-style-type: none"> – Degree Programme in Special Education – Degree Programme in Intercultural Teacher Education – Degree Programme in Educational Sciences – Degree Programme in Primary Teacher Education – Degree Programme in Music Education – Degree Programme in Early Childhood Education – International Master's Programme in Education and Globalisation – International Master's Programme in Learning, Education and Technology 	Faculty of Medicine (LTK/FMed) <ul style="list-style-type: none"> – Degree Programme in Dentistry – Degree Programme in Medicine – Degree Programme in Nursing Science – Degree Programme in Medical and Wellness Technology – Degree Programme in Health Management Science – Degree Programme in Health Sciences Teacher Education – International Master's Programme in Biomedical Engineering: Biomechanics and Imaging
Faculty of Humanities (HuTK/FHum) <ul style="list-style-type: none"> – Degree Programme in History of Science and Ideas – Degree Programme in Archaeology – Degree Programme in English Philology – Degree Programme in English Language Teacher Education – Degree Programme in German Philology – Degree Programme in History – Degree Programme in Information Studies – Degree Programme in Literature – Degree Programme in Cultural Anthropology – Degree Programme in Logopedics – Degree Programme in Nordic Philology – Degree Programme in Saami Culture – Degree Programme in Saami Language – Degree Programme in Finnish Language – Master's Programme in Science Communication (TIEMA) 	Faculty of Science (LuTK/FSci) <ul style="list-style-type: none"> – Degree Programme in Biology – Degree Programme in Physics – Degree Programme in Chemistry – Degree Programme in Geography – Degree Programme in Mathematical Sciences Teacher Education – Degree Programme in Mathematical Sciences – International Master's Programme in Ecology and Population Genetics

Faculty of Technology (TTK/FTech)

- Degree Programme in Mechanical Engineering
- Degree Programme in Process Engineering
- Degree Programme in Industrial Engineering and Management
- Degree Programme in Environmental Engineering
- International Master's programme in Environmental Engineering
- International Master's Programme in Product Management

Oulu Business School (OyKKK/OBS)

- Bachelor Programme in Economics and Business Administration
- Master's Programme in Accounting
- International Master's Programme in Economics
- International Master's Programme in Finance
- International Master's Programme in Financial and Management Accounting
- International Master's Programme in International Business Management
- International Master's Programme in Marketing

Oulu Mining School (KaTK/OMS)

- Degree Programme in Geosciences
- Degree Programme in Mining Technology and Mineral Processing
- International Master's programme in Economic Geology

Oulu School of Architecture (ArkTK/OSA)

- Degree Programme in Architecture
- International Master's programme in Architectural Design

Further information:

- Degree programmes:
www oulu.fi/education/
- Course information:
www oulu.fi/oodienglish/students



3. University Studies

Structure of the studies and teaching methods

In the university studies the basic degree is divided into two levels. Students will first complete the lower academic degree, i.e. the 3-year Bachelor's degree, then the higher academic degree, i.e. the 2-year Master's or the Licentiate degree. Upon defence of a dissertation the Licentiate holder may be awarded a Doctorate (tohtori). The Doctoral Degree may also be obtained without first having to take the Licentiate. Furthermore, the Faculty of Medicine offers a possibility to specialise in various fields of medicine and dentistry.

Teaching methods vary from degree programme to degree programme, but in general the study system is based on lectures. Typically, students have the choice of attending lectures and passing examinations on these or taking examinations on set books, which are considered the equivalent of these lectures. Lectures and book examinations are complemented by seminars and small-group tutorials. Science degrees may also include laboratory and practical work requirements.

Credits

One Finnish credit (opintopiste, op) equals 1 ECTS and it may be awarded for a lecture series, book examination, independent research, or for a combination of these. 60 Finnish credits (60 ECTS) represents the full work load of one academic year. Courses are divided into General Studies (Perusopinnot), Subject Studies (Aineopinnot), i.e.

courses in the student's major and minor fields, and Advanced Studies (Syventävät opinnot), which consist of more independent research and the writing of a master's thesis.

Planning the studies and a personal study plan

In Finnish universities studying is independent by nature. Depending on the field of your studies, you can choose what, how and when you study. However, with independence comes responsibility: you are in charge of the progress of your studies. University studies are interesting and inspiring, but also demanding and time-consuming. That is why planning is especially important for university studies. You have the primary responsibility for planning your studies.

IMP and ITE students

One of the most important tasks you as a degree student have in the autumn is to draft yourself a personal study plan (PSP) regarding the contents and the schedule of your studies. The PSP helps you to clarify your own goals, stay on schedule and advance in your studies. To get your degree completed within the target time, it means studying 60 credits per academic year.

The degree structure of your degree programme provides the framework and basis for your personal study plan. Familiarise yourself with the course catalogue of your faculty already in the early stages of your studies and use it to plan your studies and the schedule. When drafting the PSP, you should

“One of the most important tasks you have this autumn is to draft yourself a personal study plan (PSP)”

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make a note of your own hopes and goals regarding your studies and skills. With the PSP, you can create your own personal degree by choosing minor subjects and voluntary studies you like in addition to the obligatory studies that are a part of your degree. If your plans change or become more focused during your studies, it is important to update them to the PSP.

When drafting the PSP, you should also discuss integrating your possible prior learning to your degree. You have the opportunity to get recognition of prior learning (RPL) for previously acquired skills and competencies for your degree. The competencies may consist of previous studies or other learning (e.g. work experience), which may be credited to the new degree. The RPL process enables utilising skills and competencies acquired through formal studies or a variety of non-formal and informal means in the university studies.

The staff of your degree programme, especially your personal tutor teacher or other PSP advisors, will help you with drafting the PSP. The University of Oulu uses the electronic OodiPSP tool for drafting the PSP. The system shows you the planned and the completed study modules. This helps both you and your PSP advisor to monitor the outcome of your PSP.

Exchange students

Exchange students are advised to take 30 ECTS each academic term, you have prepared your study plan through the learning agreement in your SoleMOVE exchange application. You are able to make changes to the learning agreement, make sure you have those accepted by both your home institution and the host department at the University of Oulu. Changes can be made even after arrival, consult your exchange coordinator for more information during the Orientation week.

All students

When you know which courses you will take during the first term, it is time to check the calendar. The calendar transfers the courses of the semester to a weekly and daily programme you can easily follow. When planning, please note which performance – such as lectures, exercises, practical work or exams – passing each study module requires and which studies must precede a particular study module. Participating in teaching brings routine to your

everyday life. Please remember to regularly reserve time also for independent studying, which is plentiful in university studies.

Also factor in your family, your hobbies or work, which may affect the progress of your studies. Using the calendar helps you visualise and organise your use of time, but also separate studying from the free time. Relaxation and free time also support your studies. That is why study days should end as workdays do, and you should have full days off in the week.

The electronic student schedule tool Lukkari provided by the University of Oulu to its students helps you schedule your studies. With the tool, you can transfer the schedules and locations of teaching and exams from the study information system WebOodi, for example, by selecting them directly in OodiPSP. You can also add other entries regarding independent studying and free time.

Studying at a university may differ greatly from your previous studies. For example, you may have to think about study techniques and the use of time related to studying for the first time. It is good to discuss these topics already in the early stages of studying. By planning your studies and the use of time and by trying out different study techniques you can find the most suitable ways of studying and the techniques that best support your learning. Sometimes studying does not go as planned, even with proper studying skills, and then the studies should be tailored to your own studying abilities. The university provides various types of guidance for individual planning. These are explained further in section 4, “Support services to students”.

Further information:

- PSP and OodiPSP:
www oulu.fi/english/studying/supporting-your-studies/personal-study-plan-psp
- Lukkari: www oulu.fi/english/studying/lukkari
- Recognition of Prior Learning, PRL:
www oulu.fi/english/studying/supporting-your-studies/recognition-prior-learning-rpl
- Degree programmes:
www oulu.fi/education/
- Course information:
www oulu.fi/oodienglish/students

Working life aspect to studies

Academic education opens up various career paths and provides know-how for all types of expert positions. Think what you are interested in and what kind of a future you want. During your studies, you will face different choices, such as choosing minor subjects, which you should consider in relation to your own future goals. Also, during your studies, your expert identity will grow, which also includes pondering what the degree leads to and what kinds of abilities it provides you with for the needs of the working life. Moreover, you should look into and find out about the job opportunities there are in your educational field. On the other hand, it is good to realise that several different study paths may lead to a specific position.

The majority of the degree programmes include an obligatory, voluntary or alternative internship. It provides an opportunity to get to familiarise yourself with work of your interest either in Finland or abroad. With an internship, you get to network with professionals and gain work experience in your own field. While you learn about working life, you also gain new perspectives to choosing minor subjects and career planning. Internship may also provide you with a future job.

During training, you also learn many skills needed in working life. These skills, along with your education, provide a solid foundation for building your career.

Further information:

- Internship in Finland:
www oulu.fi/english/internship/finland
- Internship abroad:
www oulu.fi/english/internship/abroad
- Pesti Career Day:
http://www.pestipaivat.fi/pesti_career_day.php

Internationalisation during studies

The years spent as a student are an excellent time to develop your international competence. The University of Oulu offers for degree programme

students various opportunities for student exchange and internships abroad. It is useful to start thinking about exchange programmes or international internships already at the beginning of your studies, and take that into account when drafting your PSP and discuss it with your personal tutor teacher or your programme coordinator.

The exchange period can last for 3–12 months, and you can participate after completing one year of studies at the University of Oulu. The students can choose from various programmes and hundreds of universities. You can also use an exchange programme more than once, however, the principle is that you will only be granted study exchange grant once for each programme. The Erasmus programme is an exception, as you can use it for exchange both on the Bachelor's and the Master's degree levels, for a total of 12 months / degree (including Erasmus exchange studies and internship). Outgoing exchange students receive an exchange grant from the University of Oulu, the amount of which depends on the target country and the exchange programme.

In an international internship, the student works abroad for a period of time during the studies. The university may support the internship with a grant, the internship can also be paid, i.e. employer paying a wage. An international internship provides you with valuable work experience, and it is naturally the best way to learn a foreign language and culture!

Every year, about 1,300 international degree programme students and postgraduate students study at the University of Oulu, in addition to the numerous foreign teachers and researchers who work at the university. The students and the staff create an international feel to the auditoriums, corridors and cafeterias. As an international student you should utilise this opportunity to get to know both Finnish and other international students and other cultures.

Further information:

- Student Exchange:
www oulu.fi/english/studying/outgoing-student-exchange
- Internship abroad:
www oulu.fi/english/internship/abroad

“Every year, about 1,300 international degree programme students and postgraduate students study at the University of Oulu”





4. Support Services to Students

Counselling and advising

The University of Oulu supports its students with several services in the degree programmes, faculties and at university level. You can obtain guidance and support in the different stages and situations of your study path, for example, for planning the studies, the progress of the studies and time management, writing the thesis, internship, and when transferring to the working life.

In the degree programmes, the counselling and advising is provided by the personal tutor teachers and PSP advisors and, for an individual course, by the teacher. If you need counselling regarding, for example, the degree structure, completing the degree, the recognition of prior learning, or international student exchange, please contact the faculty study affairs.

All the Bachelor's degree students and also students in some Master's degree programmes have a designated personal tutor teacher who will guide and direct the student, in particular, in the early stages of studying, monitor the progress of the studies. Together with your personal tutor teacher, you can plan and evaluate the progress of your studies. The personal tutor will introduce to you your field of studies, occupational issues and important questions in working life. You will meet your personal tutor teacher either individually or in small groups. In the questions related to your field of study you can get guidance also from your programme coordinator. Also student tutors, kummis will help you.

On the university level, the Student Center provides all the central services to students. The

Student Center also offers the services of student counselling psychologist and student and career counselling. You can seek counselling if you need further assistance, for example, in planning your studies, speeding up your studies, time management, or finding suitable study techniques. The services and opening hours are listed on the site of the Student Center.

Further information:

- Faculty study affairs:
www.oulu.fi/english/studying/faculty-study-affairs
- Student Center:
www.oulu.fi/english/studying/student-center
- Study and career counselling:
www.oulu.fi/english/studying/counselling
- Study counselling psychologist:
www.oulu.fi/english/studying/supporting-your-studies/student-counselling-psychologist
- Tutor teaching:
www.oulu.fi/english/studying/supporting-your-studies/tutor-teaching

Accessibility in studies

In the university environment, accessibility refers to the ways in which physical, psychological and social environments are designed to ensure that everyone can interact with others on an equal basis regardless of their individual characteristics. Accessibility is of relevance to every member of the student body and the university staff. It is of particular importance for those members of the University community who

have an impairment of some kind or who are elderly or belong to a cultural or language minority. The desire to improve accessibility is based on the Non-Discrimination Act.

Efforts to improve accessibility support the removal of various obstacles to studying. In addition to the accessibility of the facilities, we pay attention to removing the so called invisible obstacles. Such obstacles include various special challenges in learning and barriers related to mental health issues. In order to support accessibility in studies, students are offered personal guidance and, in addition, training is provided for university staff members.

Further information:

- Accessibility in studies:
www.oulu.fi/english/studying/well-being/accessibility
- Non-Discrimination Act (in Finnish):
www.fnlex.fi/fi/laki/ajantasa/kumotut/2004/20040021

IT services

As a student of the University of Oulu, you have access to extensive IT services. Your student account is your key to all the university's IT services.

The university offers the 'Office 365 for Education' email service to the students. Activate the O365 service and you will be authorised to install the Office package software on your own terminals. Printers are available at the self-studying workstations at the university. As a O365 user, you can also print wirelessly from your own terminals. Student workstations are located around the Linnanmaa campus. On campus, you can use the wireless network connections panOulu and eduroam.

If you have any questions regarding IT services, please contact the IT helpdesk. The internet site of the IT Administration Services also contains plenty of information and instructions regarding the services.

Further information:

- Student account and password:
www.oulu.fi/ict/account
- Office 365 for Education: www.oulu.fi/ict/students
- Printing guidelines: www.oulu.fi/ict/printguide
- Wireless network: www.oulu.fi/ict/wlan
- Workstations and network connections:
www.oulu.fi/ict/facilities
- IT helpdesk: www.oulu.fi/ict/helpdesk
- IT Administration Services: www.oulu.fi/ict/

Information Systems for Education

The University of Oulu uses several systems for studying, which make it easier for you to plan your studies and monitor your study progress. These systems are designed to be compatible with each other. You can log in using your student account. If you are using several systems at the same time, it is enough to log in once. By using these tools, you receive prompt information on study related notices and news.

Use **WEBOODI** or Aapo to register for courses and exams. WebOodi is also where you make your Personal Study Plan (PSP). In WebOodi, you see grades for your completed courses and of course the duration of your study right.

LUKKARI is the student schedule tool. You can use it to draft yourself a timetable by selecting courses to your calendar, for example, using PSP.

Add your own tasks and appointments, or reserve time for studying in Lukkari to easily manage your use of time.

AAPO is a mobile app to a number of browser-based applications and it includes e.g. list and notifications of completed studies, schedule, personal study plan and registration for courses and exams. Aapo's purpose is to facilitate the students' everyday lives.

NOPPA Study Portal has web pages for every course offered at the University of Oulu. Your teacher can upload course materials, news or other information on course pages.



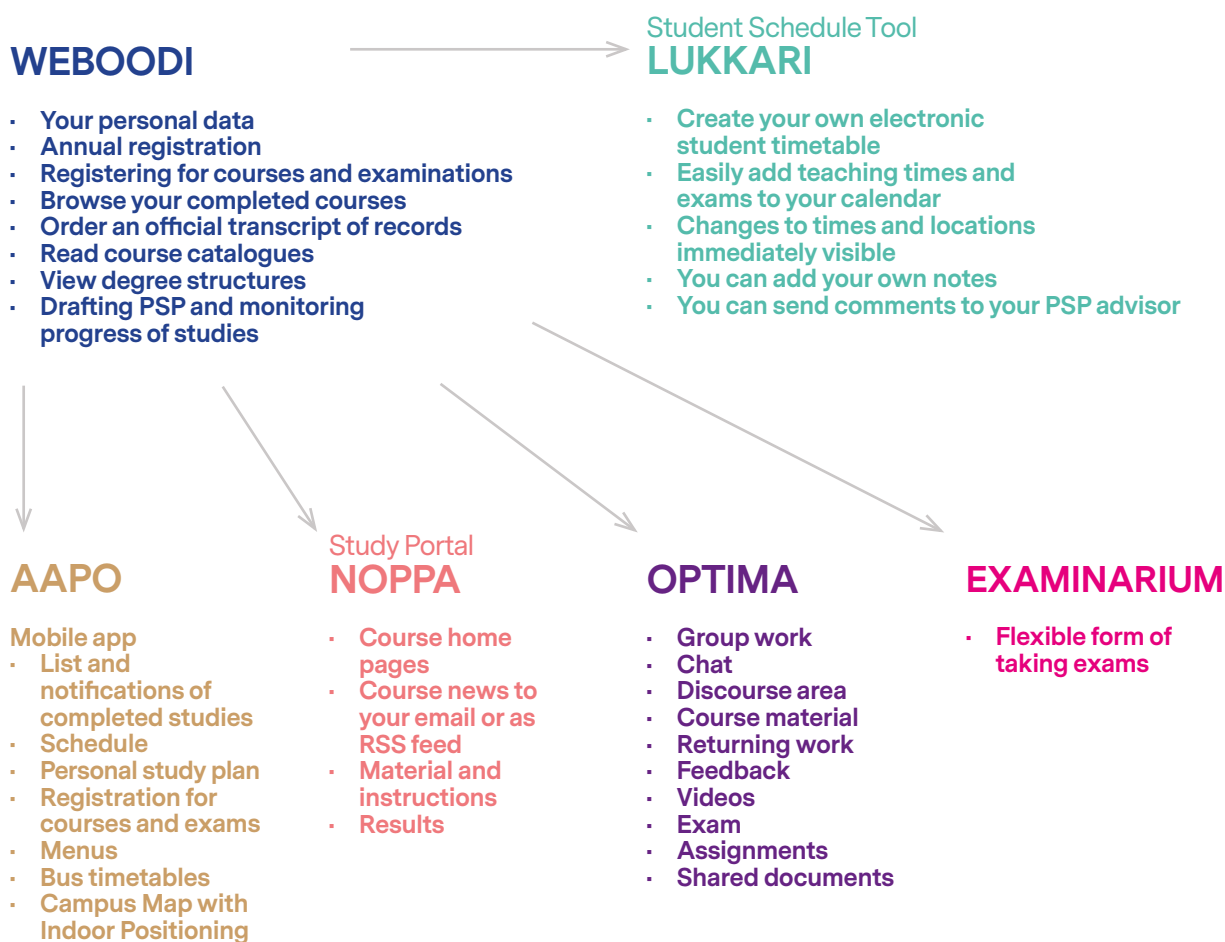
OPTIMA is the learning environment of the University of Oulu, which is used extensively and in various ways in teaching. The university also uses a wiki environment, where your teacher can save material needed for the course or use it some other way to accompany the teaching.

The university also offers **EXAMINARIUM**. During the academic year 2016–2017, the university will introduce an Exam system that enables you to take exams using a computer.

Further information:

- WebOodi: www.oulu.fi/oodienglish/students
- Lukkari: www.oulu.fi/english/studying/lukkari
- Aapo: aapo.oulu.fi
- Noppa: noppa.oulu.fi
- Optima: optima.oulu.fi
- Examinarium: www.oulu.fi/english/studying/examinarium

Information systems for education





Library

The Oulu University Library is a scientific library that offers students and other customers printed and electronic collections as well as information retrieval and lending services. You can find course literature and other literature needed for your studies at the library. The library provides training for information retrieval and personal guidance for the use of the data.

The library operates in two locations: Science library Pegasus at the Linnanmaa campus and medical library at the Kontinkangas campus. Libraries offer versatile premises and equipment for different studying needs and also a wireless network.

Libraries organize visits for new students to familiarize with Finnish library system, to get a library card etc. These Library ABC sessions are started at the beginning of terms.

Further information:

- Library services to students:
www.oulu.fi/library/
- Information skills training:
www.oulu.fi/library/node/10687



5. Student Wellbeing and Everyday Life

Student Financial Aid

Student financial aid is targeted for Finnish students and for foreign nationals that have resided in Finland at least two years prior to starting studies. If you are not a Finnish citizen, you can get financial aid for studies in Finland if you live in Finland on a permanent basis for a purpose other than studying. This requires that you are registered as a permanent resident in the Finnish population register system. More detailed information about the rules and the exceptions is available on the Internet (www.kela.fi).

In order to qualify for student financial aid, you must be a full-time student, make satisfactory study progress, and be in need of financial assistance. Financial aid is available in the form of study grants, housing supplements and government guarantees for student loans. Study grant and housing supplement are government-financed monthly benefits. The study grant is subject to tax. If you are granted a government loan guarantee, you can apply for a student loan with a bank of your choice.

New students should apply for the student financial aid immediately after receiving notification of their acceptance as a student. You can fill in the student financial aid application at Kela's e-services or bring the printed form to the student financial aid service point in the Student Center or any Kela office. The study grant can be granted at the earliest from the beginning of the month the application is received.

Further information:

- Kela's website for students:
www.kela.fi/web/en/students
- Kela's e-services (in Finnish):
www.kela.fi/web/en
- University of Oulu's website
regarding student financial aid:
www oulu.fi/english/studying/supporting-your-studies/financial-aid

Student sports services

Physical exercise is a good balance for studying and it supports your wellbeing. University Sports of Oulu offers versatile sports and wellness services to the students and staff of the universities in Oulu (University of Oulu, Oulu University of Applied Sciences and Diaconia University of Applied Sciences). The activities consist of more than 50 different sports or exercise services.

Additionally, for example, the sports club of the University of Oulu (OYUS) and the sports services of the city of Oulu offer opportunities for physical exercise.

Further information:

- University Sports of Oulu:
www.oulunkorkeakoululiikunta.fi/?page=general
- Sports service of the city of Oulu:
www.ouka.fi/oulu/english/sports-and-exercise

Student health service – FSHS

Finnish Student Health Service (Ylioppilaiden terveydenhoitosäätiö/ YTHS) is an organisation for student health care that offers students (Bachelor and Masters level) at all the Finnish universities services for general, mental and oral health. Your Finnish student ID card entitles you to use FSHS's services. FSHS is also active in promoting student health and wellbeing. FSHS operates nationwide at ten different administrative health service units, which may consist of one or more service points. The foundation's field of operation includes more than 130,000 students.

Further information:

- The Finnish Student Health Service - FSHS:
www.yths.fi/en

Student restaurants

As a Bachelor or Master's level degree programme student at a university, you are entitled to a student discount at student restaurants, subsidised by Kela. You need to present a valid Finnish student ID card or Kela's meal subsidy card at the restaurant. The student restaurants of the University of Oulu are run by Fazer Amica and Uniresta. In Oulu, affordable student meals are available on Linnanmaa and Kontinkangas campuses.

Further information:

- Fazer Amica: www.amica.fi/en/restaurants/ravintolat-kaupungeittain/oulu-yo/university-of-oulu/
- Uniresta (in Finnish): www.uniresta.fi

Churches

University chaplain

The university chaplain serves the students and the staff. He will discuss in private any problem you may have, for example, if you need support regarding problems with a relationship. In addition to professional secrecy, he is also bound by the seal of

the confessional. He specialises in questions related to the philosophy of life, religions and the view of the world.

The university chaplain arranges the ecumenical services at the opening of the academic year and the conferment of academic degrees as well as the Christmas and Easter devotional services. In possible crisis, the university chaplain will provide mental assistance. He can be asked to perform services, such as baptism, marriage, funeral, etc. The university chaplain coordinates the collective operations of religious student organisations. The services are free of charge, provided by the Evangelical-Lutheran congregations of Oulu.

Contact information:

- University Chaplain Ari Savuoja
- University of Oulu, office TF101
- email: yliopistopastori@oulu.fi

Other religions

Orthodox Cathedral of the Holy Trinity

(Oulun ortodoksisen seurakunnan
Pyhän Kolminaisuuden katedraali)
Torikatu 74,
tel. (08) 311 5741, oulu@ort.fi
open: Mon-Fri 9am - 12 noon

The Adventist Church

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

Catholic Church (Katolinen kirkko)

La Santa Famiglia di Nazaret

(The Holy Family of Nazareth)
Liisantie 2,
tel. (08) 347 834,
perhe@katolinen.fi
perhe.katolinen.fi/Index.english.html

The Church of Jesus Christ of Latter-day Saints

Nokelantie 38,
tel. 335 714
Sunday Church service at 11 am

The Islamic Society of Northern Finland

Linnankatu 23-25,
tel. 0500-582 371
www.psiy.org/home/home.html

Pentecostal Church

Uusikatu 78,

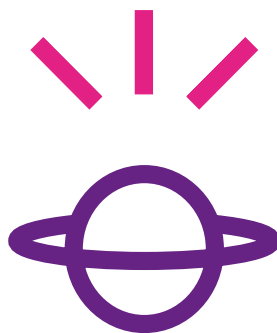
www.ohsrk.fi/fi3

Other Practical Information

- This is Finland: finland.fi
- Study in Finland: www.studyinfinland.fi
- Social security: www.kela.fi/web/en/residence
- Taxation in Finland: www.tax.fi

Change of address notification

Remember to make a change of address notification when you move. According to law, you have to make a change of address notification whenever you move permanently from one apartment to another or when temporary residence at a different address lasts for more than three months. You can make the notification one month before the moving day, at the earliest. However, the notification has to reach the magistrate within a month of the move. The easiest way to do the change of address notification is to use the online service at www.posti.fi/changeaddress/ using your online bank codes, the Posti username or an ID card containing a chip.



Further information:

- Change of address notification: www.posti.fi/changeaddress





6. Professional and Social Networking

Student Union OYY

The Student Union of the University of Oulu (OYY) monitors the students' interests at the university, offers various services and arranges events. All the Bachelor and Master's degree programme students at the University of Oulu are members of OYY. You can turn to the Student Union with any questions related to studying and the everyday life of a student. Also, OYY provides information about student benefits, different events and other topical matters. The operations of the Student Union are based on securing a good life for students.

When you begin your studies, you will automatically become a member of the Student Union. At the beginning of the academic year, you pay the Student Union membership fee, with which you receive all membership benefits and the student card. The membership guarantees you affordable health services at the Finnish student health service (FSHS), and by showing your student card, you are entitled to discounts on the train and the buses as well as at several stores and service providers. Also, you will receive a student calendar from the Student Union. And above all, the Student Union will support you in matters related to the student's interests in education and social policy and they arrange free time activities.

The OYY supports the activity of many clubs, hobby, subject and interest groups. These societies organise various activities that support studying and they also arrange free time activity and parties. Societies offer you possibilities to meet new people and find like-minded students, start a new hobby and help you to get the sense of belonging in the university community.

Further information:

- Student Union of the University of Oulu: www.oyy.fi/en
- OYY's International Section: www.oyy.fi/en/oyy/organisation/committees-and-sections-teams-of-students/
- Interest societies: www.oyy.fi/en/for-students/student-societies/interest-societies/
- Subject societies: www.oyy.fi/en/for-students/student-societies/subject-societies/

Student Guilds and International student organisations

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

In the University of Oulu there are also several student organizations focusing on international students wellbeing and networking. Erasmus Student Network (ESN) and Network of International Students in Oulu are both student lead guilds that offer weekly free time activities, events and projects for all students of the university. AIESEC works actively on campus promoting internationalisation and offering internship positions abroad to students.

Further information:

- AIESEC Oulu:
www.facebook.com/aiesecoulu
- ESN Oulu:
www.facebook.com/ouluesn
- NISO:
www.facebook.com/niso.oulu

Alumni Relations

All University of Oulu graduates with a Bachelor's, Master's or a Doctoral degree are University of Oulu alumni. Many of the 55,000 alumni that have graduated since the University was founded in 1958, live in the Oulu region or Northern Finland. Quite a few live and work in Southern Finland and about 1,500 are located overseas, mostly in Europe.

One of the first alumni is President Martti Ahtisaari, Nobel Peace Prize laureate, who was nominated the first University of Oulu Alumnus of the Year in 1999.

Alumni network

To stay in touch with you after graduation, the University warmly invites you to join the Alumni Network at alumni.oulu.fi. The Alumni Network is a free-of-charge service open to all University of Oulu graduates. Network members receive a regular alumni newsletter and invitations to events. Currently, there are about 6,000 network members. For more information about Alumni Relations please contact alumni@oulu.fi. To show your University of Oulu connection in your LinkedIn profile, please join the Alumni of Oulu University group.

Alumni Ambassador Programme

To get involved in Alumni Relations already while studying, you can join the University of Oulu Alumni Ambassador Programme that offers marketing and communications related training and volunteering possibilities. Any Master's degree student can participate in the programme. For more information and to see current ambassadors, please visit www.oulu.fi/degree/alumni_ambassadors.

Mentoring

Some degree programmes offer mentoring for degree seeking students; if you are interested in personal and career development and wish to share your thoughts, hopes and even fears with an alumni expert, please inquire your programme coordinator about the possibility. Please note that not all International Master's programmes offer mentoring. Career days and alumni events are in place in many programmes and faculties to link students and alumni.

Building networks while studying

During studies you build and become part of networks as you meet new people in new environments: other students, professors and teachers as well as alumni.

To expose yourself to new people and ideas, there are some places to worth visiting: Business Kitchen in the city centre houses organisations and start-up companies. In Business Kitchen, you can meet and greet Oulu Student Entrepreneurship Society representatives and even consider becoming a member.

There you can also find Demola Oulu for interdisciplinary student projects. University students are welcome to stop by in the Business Kitchen to work or to see what opportunities they might find to enrich the studies or student life.

Sozialising Friday is a concept that brings together experts, entrepreneurs, students as well as University of Oulu and Oulu University of Applied Sciences staff to open, free-of-charge Socializing Friday events.

Further information:

- Business Kitchen:
www.businesskitchen.fi
- Demola Oulu: oulu.demola.net
- Socializing Friday:
www.socfri.com





7. Student City Oulu

The City of Oulu is home to 196,000 people, and it is the fifth largest city in Finland. The city offers everything from restaurants to hobbies – be it fashion, food, concerts, gyms, skating rinks, movies, or even skydiving. The cultural life and recreational opportunities of Oulu are versatile, and the musical events fit to every taste, varying from classical music to rock. With the student card, you will receive discounts in several places, such as stores, pharmacies, restaurants, hairdressers and barbers, and theatres.

In the city centre, you can both party at a nightclub or go fishing on the river. Skiing and jogging tracks are never far away. The bicycle network is also excellent. The buses also provide a frequent service to the main campuses Linnanmaa and Kontinkangas.

Multicultural activity center Villa Victor is run by the City of Oulu and provides a valuable meeting point for both international and Finnish people living in Oulu. It offers premises for different clubs, free Finnish courses, personal native advisors in many foreign languages such as Arabic and Chinese and much more

Further information:

- City of Oulu: www.ouka.fi/oulu/english
- Visit Oulu: www.visitoulu.fi/en/home
- Villa Victor: www.ouka.fi/oulu/villavictor-english
- Public transport: www.oulunjoukkoliikenne.fi/english
- Cycling maps: www.ouka.fi/oulu/english/cycling1

www.oulu.fi

A warm welcome to the University of Oulu!

If you have any questions, please email us:

- **IMP students:** student.service@oulu.fi
- **Exchange students:** international.office@oulu.fi
- **ITE students:** study.education@oulu.fi

