Welcome to Oulu!

Orientation for Exchange Students
Please...

• Switch off your camera – you can use it when talking
• Mute your microphone when you are not talking
• Use the chat for your questions, comments etc.

• We’ll pause for questions during and at the end of the session
• Any polls are anonymous and work best in your computer browser
• Whiteboard works best in your computer browser
• Session will be recorded
• Slides will be shared afterwards on the orientation website: https://www.oulu.fi/en/for-students/new-students-welcome-university-oulu/new-exchange-students/orientation-exchange-students
8.30 Welcome to Oulu!

8.40 Introduction to University of Oulu
- Academic Affairs
- Studying at the University
- University services (Library, Sport services…)
- Health services and insurance
- Registration (Finnish identity code)
- Erasmus Student Network Oulu

10.15 Student Union and ESN

10.45 Finnish Language Courses

11.15 PSOAS Housing Info

12:15 How to Live Like a Finn...

14.00 Faculty Study Infos - check the time for your faculty’s info!
Finland!
Where do you come from?
Mark your home country on the map with the annotation tool.
Tip: How to use the annotation tool

Click "View Options" (on top of your screen) and select "Annotate"

Select a "Stamp" / a star icon and click on the country you come from. Your star shaped stamp will appear to indicate where you come from. If you make a mistake, you can click "Undo" and make a new stamp.
University of Oulu

University of Oulu founded
1958

8 Faculties or Schools

- Science (Fsci)
- Biochemistry and Molecular Medicine (FBMM)
- Medicine (Fmed)
- Business (OBS)
- Technology (FTEch)
- Information Technology and Electrical Engineering (ITEE)
- Education (Fedu)
- Humanities (Fhum)

13 500 Students
3 400 Staff
1 060 Int. Degree Students
352 Exchange Students
City of Oulu

- Oulu has about 200,000 inhabitants
  - The fifth most populous city in Finland
  - Around 30,000 students

- Considered one of Europe's "living labs" (where residents use and explore the new technology)

- Lots of nature attractions nearby (sea, river, lakes)

- Winter sports possibilities (skiing, skating, hiking)

- Exceptionally good biking pathways (more than 600 kilometres!)

- Comprehensive local bus network

- See more info:
  - [www.visitoulu.fi](http://www.visitoulu.fi)
  - [www.ouka.fi/oulu/english](http://www.ouka.fi/oulu/english)
Welcome to Oulu

September 2, 2021
at 13-17
Mannerheim Park

- Event is organised by Multicultural Centre Villa Victor together with 20 partners
- Local services, freetime activities, etc. presented in English
- Opportunity to participate in a city walking tour in English (free of charge). English group will leave at 16:30. The whole walking tour will take about 2 hours. Departure is from the Tourist Information Stand in Mannerheim Park.
  - Walking tour requires registration at https://www.lyyti.in/Guided_walking_tour_in_Oulu_City...
  - 25 places available for the walking tour
Oulu at Your Service
Online event
Wednesday, 6 October
at 14-16

- Event organised by the City of Oulu, University of Oulu and Oulu University of Applied Sciences

- Get useful tips on
  - Attractions in Oulu
  - Leisure Time Activities in Oulu
  - Tickets for Buses and Culture Events
  - Employment advice
  - Studying Finnish at the Multicultural Centre
  - Ask questions on topics that interest you

- More information will follow later.
• All faculties have their own Academic Affairs service teams. See locations and opening hours: https://www.oulu.fi/en/students/contact-information-students/academic-affairs-service-teams
  -> select your faculty from the "For you" drop down menu

• Academic Affairs service team can help you e.g. with certificate of enrolment, university registration, transcript of records etc.

• Contact emails:

study.fbmm@oulu.fi
study.education@oulu.fi
study.humanities@oulu.fi
study.business@oulu.fi
study.science@oulu.fi
study.medicine@oulu.fi
study.itee@oulu.fi
study.technology@oulu.fi
Practically all matters concerning incoming exchange (e.g. signing arrival and departure forms, updating learning agreements, study plans, etc.) are handled at your own faculty with your **faculty international coordinator**.

Names and contact info for the faculty international coordinators available online at [https://www.oulu.fi/university/studentexchange/infosheet](https://www.oulu.fi/university/studentexchange/infosheet)

In course specific matters (e.g. requirements, assessment, etc.) contact the teacher of the course in question. Names should be available in Peppi and/or WebOodi.

Make sure you attend all the infos during the orientation and know who is the person to contact, if you have questions.

Faculty study info times: [https://www.oulu.fi/en/for-students/new-students-welcome-university-oulu/new-exchange-students/orientation-exchange-students](https://www.oulu.fi/en/for-students/new-students-welcome-university-oulu/new-exchange-students/orientation-exchange-students)
University Services 3/10

International Mobility Services

- Help in general exchange-related questions
- Grants for ISEP students
- No physical office, contact by email at international.office@oulu.fi
- Weekly virtual office hour Wednesdays at 14-15 in Zoom https://oulu.zoom.us/j/66254903475?from=addo
- International Mobility Services after hours number:

Source: Finland’s official emoji “Moominmamma”
Study Psychologists help University of Oulu and UniOGS students in cases when:

- you need help with study related problems such as learning or time or stress management
- Other student advising services (Academic Service team staff, tutor teachers) have not been helpful

In other than study related issues, please contact City of Oulu health care services

Study psychologists’ webpage contains a lot of useful self-study material, e.g.:

- Moodle courses on study skills
- Webinars on stress control and time management
- Study tips

See also: Information on accessibility in studies

Source: Finland’s official emoji “Moominmamma”
University Services 5/10

ICT Services 1

- ICT Services for students: [https://www.oulu.fi/ict/students](https://www.oulu.fi/ict/students)
- ICT Helpdesk email: helpdesk@oulu.fi
tel. 0294 483 080
- Service hours: **Mon-Fri 8-11 and 12-15:45**
- Location: room 7D103 (in Oamk premises)
- UniOulu O365 account and email (firstname.lastname@student.oulu.fi)
- User-ID and password
- You should have received your user ID via e-mail and password by SMS in early August. If you have not received these, or are unable to access your UniOulu account, contact ICT-services at [helpdesk@oulu.fi](mailto:helpdesk@oulu.fi)

Source: Finland’s official emoji "Unbreakable"
University Services 6/10

ICT Services 2

- PanOulu Wireless Network (open network, not secure)
- EduRoam Wireless Network on campus (UniOulu login required)
- Laptop Vendors
  - University students can borrow a laptop for four (4) hours at a time.
  - Laptop Vendors are available on both campuses (Linnanmaa and Kontinkangas).
  - More info (locations, directions for use, etc.): [https://www.oulu.fi/ict/vendor](https://www.oulu.fi/ict/vendor)
- Printing, scanning, copying
  - [https://www.oulu.fi/ict/printing](https://www.oulu.fi/ict/printing)
  - Your printing quota per term is 4 €. You can purchase more quota at [https://prints.oulu.fi](https://prints.oulu.fi) if necessary.
  - Get a printing sticker from ICT services or a reception servicepoint on campus.
  - Activate your printing sticker according to instructions, sticker is directly connected to your UniOulu account
  - Canon devices around campus can be used for printing, copying and scanning.

Source: Finland's official emoji "Unbreakable"
Students can purchase a **personal campus access card** (cost 20 €) that gives access 24/7 to parts of the campus premises (Linnanmaa or Kontinkangas)

- Purchase the card at [https://shop.oulu.fi](https://shop.oulu.fi)

- More info about 24/7 Campus and instructions on card purchase at [https://www.oulu.fi/ict/24/7](https://www.oulu.fi/ict/24/7)
University
Services 8/10

Library

- Oulu University Library is a scientific library that provides library and information services for the researchers, teachers and students of UniOulu and Oamk
  - [https://www.oulu.fi/library/](https://www.oulu.fi/library/)

- One physical library at Linnanmaa, separate medical library at Kontinkangas

- Two online Oulu-Finna systems: one for UniOulu and one for Oamk

- Library card for students available through Tuudo app: [https://www.oulu.fi/library/node/40540#Librarycard](https://www.oulu.fi/library/node/40540#Librarycard)

- **Library info** for new students in two parts:

  1) Online LibraryABC session
     - No registration, you can join any group

  2) Pegasus Library visit organised by your Kummi

Source: [Finland's official emoji “Pusa Hispida Saimensis”](https://www.emoji.com/v1.0.0/finland/pusa-hispida-saimensis)
University Sports offers wellbeing services for the students and staff of University of Oulu, Oamk and other institutions in Oulu.

• Selection of about 90 different disciplines and services.

• In order to access the services, you need a **Sports Pass**.

• Two options to purchase the Sports Pass
  - **Electronic Card** card for your smartphone at University’s webstore: [https://shop.oulu.fi/](https://shop.oulu.fi/). (Log in with Oulu University credentials).
  - **Sports Pass sticker** for your Student Card or personal ID card from Student Union Office, University of Oulu in Linnanmaa. (Payment in cash / credit card)

• Many disciplines are available simply with the Sports Pass, some services require an additional fee.

• More info and contact information for the sports coordinators available at [https://www.oulunkorkeakoululiikunta.fi/en](https://www.oulunkorkeakoululiikunta.fi/en)
There are several restaurants and cafes of Juvenes at Linnanmaa campus, as well as Uniresta's restaurant Kastari. At Kontinkangas campus there are Uniresta's restaurant and café Medisiina.

- Restaurants operated by Juvenes
- Restaurant Kastari
- Restaurant Medisiina

- Student priced meals (standard meal 2,70 EUR)
- Getting the student discount requires that you have paid the student union fee
- Menus also on Tuudo

Source: Finland's official emoji "Four seasons of bbq"
• Peppi for course catalogues and course information
  o https://opas.peppi.oulu.fi/en/home/19381

• WebOodi for:
  o Course registrations
    (can also be done in Tuudo)
  o Credits and grades
  o Transcripts
    (a copy ordered through WebOodi is an official, electronically signed transcript)
  o Personal Contact info
    (remember to check and update your information)

• During the autumn term **Peppi will replace WebOodi** and become the only system to use. More information will be provided as the transition becomes timely.
Tuudo Mobile App

- We recommend you start using the app immediately
- Tuudo has information on:
  - Your timetable (courses you have registered for)
  - Possibility to register for courses
  - Received credits and grades
  - Information on upcoming and ongoing courses and exams
  - Location of lecture rooms
  - Information on changed/cancelled lectures
  - Student card
  - Library card
  - Campus restaurant menus
  - Bus timetables


Source: Finland's official emoji "Four seasons of bbq"
Student Union Fee and University registration

- Student Union fee for autumn term 2021 is 28,50€

- Payment through kide.app at https://kide.app/

- If you cannot use kide.app, payment can also be made at the OYY office or by online banking. For more info, see https://www.oyy.fi/for-students/membership/?lang=en#1541964911278-a86c1c8a-ecca

- Remember to send the receipt to your faculty's Academic Affairs service address

- Academic Affairs service team will mark the payment to our student database and this will complete your registration to the university

- More information about the Student Union and student benefits later during the orientation

Source: Finland’s official emoji "Headbanger"
Studying at university 1/2

• Academic freedom: interpretations
  – freedom
  o to study what you want
  o not to study
  o to attend lectures
  o not to attend lectures

• Voluntary “membership” entails RESPONSIBILITY and ACCOUNTABILITY

• Students, professors, teachers
  – informal
  – polite
  – non-confrontational in Finland means

  o Negotiation
  o Toned-down emotions
  o Willingness to co-operate

Source: Finland’s official emoji “Education” (Kuortti 2006)
Studying at university 2/2

- Forms of work
  - lecture attendance: ask the teacher
  - group projects: active engagement required
  - labs, seminar work: usually mandatory attendance
  - individual essays or other written work
  - exams

- Always consult the teacher first about the requirements

- In written works language and content assessed

- Cheating and plagiarism are not accepted!
  - Loss of face and credibility
  - Failing the course
  - Termination of exchange
  - Your home university will be informed

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Code of conduct for the prevention and processing of misconduct in studies at University of Oulu

(Kuortti 2006)
Equality & Non-Discrimination

- Our university promotes equality and non-discrimination on all levels

- In Finland, everyone is entitled to be treated equally regardless of their background or gender. Discrimination is a crime.

- Bullying and harassment is not tolerated

- Inappropriate behaviour will be punished

- Further information:
  - University of Oulu
  - Equality.fi, This is Finland
  - InfoFinland.fi (Equality, Discrimination)

Source: Finland’s official emoji “Gathering together”
Health Care

- Make sure that you have a valid health and accident insurance
  - [https://www.oulu.fi/university/studentexchange/insurances](https://www.oulu.fi/university/studentexchange/insurances)

- Get to know the Finnish health care system and services in Oulu:
  - Emergency services
  - Covid-19
  - Public and private health care

Source: Finland's official emoji "Woolly socks"
In Case of Emergency

- Emergency services, for immediate help:
  - Police, ambulance, or fire rescue: call 112
  - Free of charge from any phone with no need for an area code.
  - https://112.fi/en/erc-number

- Conditions requiring urgent care / outside office hours:
  - Oulu University Hospital Emergency Department is open 24/7
  - Address: Kajaanintie 50, entrance A1
  - Always call beforehand, tel. +358 116117 (24 h)
  - Take along:
    - ID document or passport
    - Private insurance document
    - European Health Insurance Card (EHIC)
    - Enrolment or Study Certificate
    - Cash/bank/credit card

Source: Finland's official emoji "Stuck"
• Study and follow the safety guidelines:
  o Finnish Institute for Health and Welfare (THL)
  o Oulu Region Covid-19 Coordination Team
  o City of Oulu Covid-19 info
  o University of Oulu corona instructions

• Follow the safety recommendations on campuses concerning face masks, safe distances, hygiene etc. A face mask is recommended on the university premises at least in situations where it is difficult to avoid close contact, and always in contact teaching.

• It is not allowed to enter the campuses if you are ill or suspect coronavirus infection.

• If you have symptoms, turn to the health care of the City of Oulu and get tested. The coronavirus test is free of charge. Call Mon-Thu 8-16, Fri 8-15: City of Oulu coronavirus helpline +358 8 558 41414. Evenings/weekends: Oulu Region Emergency Helpline, tel. +358 116 117.

• Use the Koronavilkku app.
Covid-19 Vaccinations

- Exchange students **staying longer than 3 months** can get a suitable vaccination or follow-up vaccination for free, depending on the schedule and order of priority for different vaccination groups.
- Oulu is currently vaccinating people who are 12 years or older.
- Advice and appointment booking on the phone:
  - tel. +358 8 558 41415
  - Mon-Thu 8:00-16:00, Fri 8:00-15:00
- For more information, see: [https://www.ouka.fi/oulu/english/vaccinations-against-coronavirus](https://www.ouka.fi/oulu/english/vaccinations-against-coronavirus)

Source: Finland's official emoji "Sisu"
Health Care
(EU, EEA, Swiss & Nordic Citizens)

• Public health care in cases of acute illness other than Covid-19 or respiratory symptoms:
  • Use the acute reception of the public health care in Oulu during office hours.
    • E.g. Tuira Health Clinic at Kangastie 16. Opening hours: Mon-Thu 8:00-16:00 and Fri 8:00-15:00. The centre offers walk-in hours and appointments are normally not necessary. Call +358 8 558 44477.
    • Health clinic is determined based on your address.
    • Take your EHIC and private insurance document and enrolment or study certificate with you.
  • See phone numbers of acute Dental care and Mental health services

• Private health care in cases of acute and non-acute illness other than Covid-19 or respiratory symptoms:
  • Use any private health care provider in Oulu, e.g. Mehiläinen Terveystalo Pihlajalinna
  • Check your insurance coverage, and the fees before making an appointment. You may claim reimbursement of care received later from your own health insurance institution or private insurance company.
  • Take your private insurance document and enrolment or study certificate with you.
  • Private health care providers offer services also outside office hours in the evenings and weekends.
Health Care
(Third Country Citizens, incl. UK Citizens)

• Public health care in cases of acute illness other than Covid-19 or respiratory symptoms:
  • You can use the public health care services but services in private health care may be more affordable for you.

• Private Health Care in cases of acute and non-acute illness other than Covid-19 or respiratory symptoms:
  • Use any private health care provider in Oulu, e.g. Mehiläinen Terveystalo Pihlajalinna
  • Check your insurance coverage, and the fees before making an appointment. You may claim reimbursement of care received later from your own private insurance company.
  • Take your private insurance document and enrolment or study certificate with you.
  • Private health care providers offer services also outside office hours in the evenings and weekends.
Finnish Personal Identity Code & Registering Your Stay

• The process includes two phases:
  1. Getting your Finnish Personal Identity Code
  2. Registering you stay in Finland

• The process differs a bit depending if you are an EU, Nordic or third country citizen

• Finnish personal identity code (PIC)
  o The PIC is required for all exchange students staying at least, or longer than, 3 months.
  o The PIC is a means of identification (e.g. at service providers)
  o Your PIC is confidential and sensitive data!
  o For more info at https://dvv.fi/en/personal-identity-code

• Example of an artificial PIC:
  o 151200A906K
    (first part = your birth date, A= 21st century, second part = individual number and possibly a letter)
1. Finnish Personal Identity Code
   (EU, Liechtenstein and Swiss citizens)

1. Make an appointment to the Digital and Population Data Services Agency (DVV) in Oulu.
   - Book the appointment online
     > "EN" > “Selected service: Personal law services > International registrations” > “Service location in Oulu”.
   - Ideally, one (1) student should make a reservation for three (3) students at a time. The student making the reservation should enter the names of all three (3) students in the additional information field. You can also book an individual appointment.

2. Visit the DVV office on Isokatu 4, 90100 Oulu, 2nd floor
   - Service hours: Mon - Fri 9.00 - 16.15
   - Visits by appointment only! No walk-ins!

3. Take with you:
   - Form "Registration of personal data" (printed out and filled in. It is also available at the agency!)
   - Your ID or Passport
   - Enrolment or Study Certificate

4. After you have received your PIC
   Email your PIC to the Academic Affairs Service Team of your faculty. They will add it to student database.
2. Registering Your Stay
(EU, EEA & Swiss Citizens)

1. **Submit your application for EU registration online at** [https://enterfinland.fi/eServices](https://enterfinland.fi/eServices)
   - Handling fee 49€ - can be paid online with a credit card
   - Application should be submitted within 2 weeks of your arrival

2. **Make an appointment online to the Migri service point in Oulu**

3. **Visit the Migri service point in Oulu in person**
   - Address: [Tutkijankuja 9](https://goo.gl/maps/8ZsZsZoDrP9nUwCz8), 90590 Oulu (in Google Maps as Tutkijantie 5, 90590 Oulu)
   - Open by appointment: Monday–Wednesday and Friday 8–16.15. Closed on Thursdays.

4. **Take with you:**
   - National proof of identity or a passport
   - Enrolment certificate from UniOulu
   - Means of support or funds for yourself (e.g. certificate of Erasmus+ or mobility grant. Migri does not require you to have a specific amount of money, but you must have enough funds to support yourself during the exchange. If needed, Migri will ask you to supplement your application.)
   - Certificate of health insurance (e.g. EHIC card or private health insurance policy/certificate)
2. Registering Your Stay
(EU, EEA & Swiss Citizens)

You should register your EU right of residence, if you are staying in Finland without a break for over 3 months (90 days). You must take care of the EU registration before your stay has lasted over 3 months. If you are planning to leave the country, so that your stay will not be continuous, registration is not required. In this case, maintain the receipt or tickets of your journey, in case you later need to prove that you travelled abroad during your stay in Finland.

Please note: In the current situation we strongly advise you to consider if travelling during your exchange is responsible and/or necessary. If the Covid-19 situation gets worse in the coming months, it may also prevent traffic across borders and cause unexpected problems. Therefore, we would strongly recommend you take care of the EU registration with Migri.
1. Finnish Personal Identity Code
2. Registering Your Stay
   (Third Country Citizens, including UK Citizens)

You should have applied and received your residence permit before arriving to Finland. Check to back of your residence permit card, as you may already have a Finnish PIC. Regardless, follow the steps below to complete the registration process.

1. Make an appointment to the Digital and Population Data Services Agency (DVV) in Oulu.
   - Book the appointment online
     > “EN” > “Selected service: Personal law services > International registrations” > “Service location in Oulu”.
   - Ideally, one (1) student should make a reservation for three (3) students at a time. The student making the reservation should enter the names of all three (3) students in the additional information field. You can also book an individual appointment.

2. Visit the DVV office on Isokatu 4, 90100 Oulu, 2nd floor
   - Service hours: Mon - Fri 9.00 - 16.15
   - Visits by appointment only! No walk-ins!

3. Take with you:
   - Form “Registration of personal data” (printed out and filled in. It is also available at the agency!)
   - Your ID or Passport
   - Your Residence Permit Card
   - Enrolment or Study Certificate

4. After you have received your PIC
   Email your PIC to the Academic Affairs Service Team of your faculty. They will add it to student database.
1. Finnish Personal Identity Code
2. Registering Your Stay
   *(Nordic Citizens)*

When moving from one Nordic country to another, you must inform the local registration authority in the destination country of your arrival and present identification (e.g. passport, ID card issued by the police) to the authority. When moving to Finland, this means that you need to personally visit the DVV. Please follow the steps below.

1. Make an appointment to the Digital and Population Data Services Agency (DVV) in Oulu.
   - Book the appointment online
     > "EN" > “Selected service: Personal law services > International registrations” > “Service location in Oulu”.
   - Ideally, one (1) student should make a reservation for three (3) students at a time. The student making the reservation should enter the names of all three (3) students in the additional information field. You can also book an individual appointment.

2. Visit the DVV office on Isokatu 4, 90100 Oulu, 2nd floor
   - Service hours: Mon - Fri 9.00 - 16.15
   - Visits by appointment only! No walk-ins!

3. Take with you:
   - Form "Registration of personal data" (printed out and filled in. It is also available at the agency!)
   - Your ID or Passport
   - Your Residence Permit Card
   - Enrolment or Study Certificate

4. After you have received your PIC
   Email your PIC to the Academic Affairs Service Team of your faculty. They will add it to student database.
Banking

- A Finnish bank account is usually not necessary for a short-term stay especially if you have an online banking service from home and a credit/debit card.

- If you need to open a Finnish bank account, please contact the bank of your choice (e.g. Nordea). The banks may have different policies for opening a bank account for a short-term stay.

Source: Finland's official emoji “The Handshake”
Groceries, pharmacy

- Most **grocery stores** are open 7 days a week and at least until 9 pm
  - Two well stocked supermarkets close to Linnanmaa campus: **K-Supermarket Kaijonharju** and **Prisma Linnanmaa**
  - Closet supermarket to Kontinkangas campus: **S-market Kastelli**

- Delivery services:
    - mobile app available for both

- Closest **pharmacy** to Linnanmaa campus is at **Prisma Linnanmaa** and closest to Kontinkangas campus in **Kastelli**

Source: Finland's official emoji "Superfood"
Current confidence level -
Do you feel like you will make it in Oulu?
KIITOS!

Do you have questions about your exchange?