Welcome to Oulu!

Orientation to exchange students
Tech Specs

- Switch off your camera – you may use it when talking
- Mute your microphone, but use it when talking
- Use the chat for your comments etc.
- We’ll pause for questions during and at the end of the session
- Polls are anonymous and work best in your computer browser
- Whiteboard works best in your computer browser
- Session will not be recorded
- Slides with results will be shared afterwards at our orientation websites:
  - UniOulu: https://www.oulu.fi/forstudents/new-students/orientation
  - Oamk: http://u.oamk.fi/orientation
Programme

10:00-12:00
Welcome to Oulu!
- University of Oulu
- Oulu University of Applied Sciences
Studying at the University
Equality
University services (Library, Sport services...)
The city of Oulu
Health services and insurance
Registration (Finnish identity code)
Banks, Shops, Farmacies etc.
Erasmus Student Network Oulu
Discussion / Questions
Short break

12:15-13:00
PSOAS, accomodation provider
University of Oulu

#uniulu #arcticattitude

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)

University of Oulu founded

1958

13 000 Students
3 000 Staff
1 015 Int. Degree Students
522 Exchange Students
Oulu University of Applied Sciences

- **9500 Students**
- **280 International degree students**
- **250 Exchange students**
- **500 Staff members**
Studying at university 1/2

- Academic freedom: interpretations
  - freedom to
    - study what you want
    - not to study
    - to attend lectures
    - not to attend lectures

- Voluntary “membership” entails RESPONSIBILITY and ACCOUNTABILITY

- Students, professors, teachers
  - informal
  - polite
  - non-confrontational in Finland means
    - Negotiation
    - Toned-down emotions
    - 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

(Kuortti 2006)
Equality & Non-Discrimination

- Our universities promote 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
  - Oamk
  - Equality.fi, This is Finland
  - InfoFinland.fi (Equality, Discrimination)

Source: Finland’s official emoji ”Gathering together”
Services 1/2

- Student Services and ICT services for each university will be discussed in university specific orientation

- Library
  - [https://www.oulu.fi/library/](https://www.oulu.fi/library/)

- One physical library at Linnanmaa, two online Oulu-Finna systems: one for UniOulu and one for OAMK

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

- Library info for new students: [https://www.oulu.fi/library/libraryabc](https://www.oulu.fi/library/libraryabc)
  - For UniOulu students two possible times via Zoom
    - Wednesday, Jan 13: at 11-12
    - Thursday, Jan 14: at 13-14
  - No need to register, Zoom link is available at the Library ABC page

Source: [Finland's official emoji](https://emojipedia.org/moominmamma/) "Moominmamma"
Services 2/2

- University Sports
  - [https://www.oulunkorkeakoulu.liikunta.fi/en](https://www.oulunkorkeakoulu.liikunta.fi/en)
  - Approx. 90 disciplines offered
  - Sport Pass for spring 31€

- Campus Restaurants
  - [https://www.juvenes.fi/oulu/en](https://www.juvenes.fi/oulu/en) or [https://www.uniresta.fi/](https://www.uniresta.fi/)
  - Student priced meals
  - Getting the student discount requires that you have paid the student union fee (UniOulu students)
  - Menus also in Tuudo

Source: Finland's official emoji "Pesäpallo"
City of Oulu

- Oulu has about 200,000 inhabitants
  - The fifth most populous city in Finland
  - Around 30,000 students
- The city is considered one of Europe's "living labs" (where residents use and explore the new technology)
  - Open & public wireless network, panOULU
- Lots of nature attractions nearby (sea, river, lakes)
- Winter sports possibilities (skiing, skating, hiking)
- Many shops and cafées in "Rotuaari", the pedestrian street in the city centre
- Exceptionally good biking pathways (more than 600 kilometres!)
- Comprehensive local bus network
- See more info:
  - www.visitoulu.fi
  - www.ouka.fi/oulu/english
"Oulu at your service” webinar
Wednesday, 20 January, 14-16

The City of Oulu and our universities invite you to obtain useful tips and information:

- Attractions in Oulu
- Leisure Time Activities in Oulu
- Tickets for Buses and Culture Events
- Employment advice
- Studying Finnish at the Multicultural Centre
- Ask specific questions during the event!
- Win great prizes 😊

Please register as soon as possible:
https://www.lyyti.fi/reg/OuluInfo
You will receive a confirmation email.

The link to the webinar will be emailed to you on 19 January - check also your spam mail!
• Make sure that you have a valid health and accident insurance

• Get to know the Finnish health care system and services in Oulu:
  • Emergency & Out of hour services
  • Covid-19
  • Public and private health care

• Further information:
  • University of Oulu (Insurance, Health Care)
  • Oamk (Insurance, Health Care)

Source: Finland's official emoji "Stuck"
Emergency & Out of Hours Services

- **Emergency services, for immediate help:**
  - Police, ambulance, or fire rescue (**call 112**)
  - Free from all telephone subscriptions!

- **Out of hours services:**
  - Emergency Unit of the Oulu University Hospital (**Oulun seudun yhteispäivystys**)
  - Address: Kajaanintie 50, entrance A1
  - Call beforehand, tel. +358 116117 (24 h)
  - Ask some of your fellow students to accompany you.
  - Take along:
    - ID document or passport
    - Private insurance document
    - [European Health Insurance Card](https://europa.eu/region/eastern-erm/health-care/european-health-insurance-card) (EHIC)
    - Enrolment or Study Certificate
    - Cash/bank/credit card
  - Register upon arrival
  - An emergency fee of 41.70 EUR / visit will be charged
Covid-19 (Slide #1)

• Study and follow the safety guidelines:
  • Finnish Institute for Health and Welfare (THL)
  • Oulu Region Covid-19 Coordination Team
  • University of Oulu, https://www.oulu.fi/university/coronavirus

• A 10-day quarantine is required for all students arriving for an exchange in spring 2021

• In case of questions and respiratory symptoms (flu, influenza, Covid-19), turn to the health care of the City of Oulu and get tested, if need be.

• Don’t attend on-site teaching sessions or any public or private gathering, if you are ill or in quarantine.
Covid-19 (Slide #2)

- Keep a distance (2 m) from each other
- **Use a face mask**, as recommended, see [information by THL](#)
- **Avoid bigger crowds & physical contact** (shaking hands, hugging etc.)
- **Avoid touching** your face, nose & mouth
- **Use good hand hygiene**
- **Use good coughing and sneezing hygiene**, cover your mouth and nose with a disposable tissue, if possible
- **Use the Koronavilkku app**
Covid-19 (Slide #3)

Remember to keep a safe distance
Cough in your sleeve
Wash your hands well
Use a mask
Go get tested if you have symptoms
Follow the news about restrictions and get the Koronavilkkku app

Source: Siilo-kanava media, Oulu, [https://youtu.be/SFlb9CzYtEU](https://youtu.be/SFlb9CzYtEU)
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. A health care centre fee of 20.90 EUR will be charged for the first three visits to a doctor within a calendar year. Take your EHIC and private insurance document and enrolment or study certificate with you:
  - **Tuira Health Centre,** Kangastie 16
    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 first +358 8 558 44477!
  
  See separate information for mental and dental care on the websites of Oamk, and for non-acute illnesses from the City of Oulu. Consult the EHIC documentation.

- **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. Check your insurance coverage, and the fees before making an appointment. You must pay the full fee (approx. 80 - 120 EUR). However, you can claim reimbursement of medically necessary care later from your own health insurance institution or private insurance company.
  Private health care providers also offer services out of hours in the evenings and weekends. Take your private insurance document and enrolment or study certificate with you:
  - Mehiläinen
  - Terveystalo
  - Pihlajalinna
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 are more affordable for you**, see more below.
  Public health care fee for a visit to a doctor 187,27 EUR, visit to a nurse 62.32 EUR, dental health care 90,41 EUR, acute dental health care during weekends 135,62 EUR

• **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. Check your insurance coverage, and the fees before making an appointment. You must pay the full fee (approx. 80 - 120 EUR). However, you can claim reimbursement of care received later from your own private insurance company.
  Private health care providers offer services during the week, and during out of hours in the evenings and weekends. Take your private insurance document and enrolment or study certificate with you:
    • Mehiläinen
    • Terveystalo
    • Pihlajalinna
How to stay healthy and promote wellbeing?

In the poll (starts soon), pick five (5) of your most favourite activities:

1) Taking care of myself and each other
2) Prioritising and balancing my activities (studies and free time)
3) Focusing on my strengths
4) Keeping myself informed
5) Staying tuned to others (friends and family)
6) Exercising in- or outdoors
7) Pursuing hobbies
8) Eating healthy
9) Getting sufficient breaks and sleep
10) Seeking help and counselling, if need be

Further information:
https://www.oulu.fi/forstudents/studentwellbeing
http://u.oamk.fi/healthcare > Mental health care
1. Finnish Personal Identity Code & 2. Registration

1. Obtain your Finnish personal identity code (PIC)

- The PIC is required for all exchange students staying at least or longer than 3 months.
- The PIC is a means of identification (e.g. at service providers), see https://dvv.fi/en/personal-identity-code
- Your PIC is confidential and sensitive data!
- Examples of artificial PICs:
  - 241299-9733 (first part: birth date, hyphen: 19 century, second part: individual number and possibly letter)
  - 151200A906K (first part birth date, A= 20th century, second part: individual number and possibly letter)

2. Register yourself as required for EU, EEA, Swiss, Nordic or Third Country citizens
1. Finnish Personal Identity Code (EU, EEA, Swiss & Nordic Citizens)

1. **Make an appointment**
   to the Digital and Population Data Services Agency in Oulu.
   N.B.! Due to Covid-19 appointments online for three (3) students at a time.
   Oamk students, follow these instructions in detail.

2. **Visit the agency**
   Isokatu 4, 90100 Oulu (opposite to the yellow cathedral), 2nd floor
   Service hours: Mon - Fri 9.00 - 16.15 by appointment only!

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

4. **Submit your PIC:**
   4.1 **University of Oulu:** Email your PIC to the Academic Affairs Service Team of your faculty
   4.2 **Oamk:** Submit your “Arrival Form” to Oamk via MoveON. For the form, log in with your MoveON credentials, provide PIC and other relevant information. Start filling in the form a.s.a.p., and submit it once you have the PIC. See also http://u.oamk.fi/checkin and http://u.oamk.fi/personalidentitycode.
2. Registration (EU, EEA & Swiss Citizens)

1. Register and pay online (54 EUR) for your right of residence, [https://migri.fi/en/eu-citizen](https://migri.fi/en/eu-citizen) to the Finnish Immigration Service (Migri)

2. Make an appointment online to the Migri Service Point in Oulu, [https://migri.fi/en/book-an-appointment](https://migri.fi/en/book-an-appointment) Congestions possible! Please make the appointment only as of February, as the service point in Oulu will move to a new location in January!

3. Visit the Migri service point in Oulu to identify yourself:
   Open by appointment only: Monday–Wednesday and Friday 8–16.15.

4. Take along:
   - ID/Passport
   - Enrolment or Study Certificate
   - Possible other documentation required

• Further information:
  • University of Oulu ([https://www.oulu.fi/university/studentexchange/residence-permit](https://www.oulu.fi/university/studentexchange/residence-permit))
  • Oamk ([http://u.oamk.fi/registration](http://u.oamk.fi/registration))
1. Finnish Personal Identity Code & 2. Registration
(Third Country Citizens, including UK Citizens)

1. **Make an appointment** to the Digital and Population Data Services Agency in Oulu.
   N.B.! Due to Covid-19 [appointments online](#) for three (3) students at a time.
   Oamk students, follow [these instructions in detail](#).
   If you have a residence permit card, check whether the PIC is on the back of the card. In any case (!), make an appointment and proceed as outlined hereafter.

2. **Visit the agency**
   Isokatu 4, 90100 Oulu (opposite to the yellow cathedral), 2nd floor
   Service hours: Mon - Fri 9.00 - 16.15 by appointment only!

3. **Take along:**
   Form "[Registration of personal data](#)" (printed out and filled in. It is also available at the agency! If you already have the PIC, add it there. If you do not have it, request it during your visit!)
   ID/Passport
   Residence permit card, if you have it, or mobility notification email!
   Enrolment or Study Certificate

4. **Submit your PIC:**
   5.1 **University of Oulu**: Email your PIC to the Academic Affairs Service Team of your faculty
   5.2 **Oamk**: Submit your “Arrival Form” to Oamk via MoveON. For the form, log in with your MoveON credentials, provide PIC and other relevant information. Start filling in the form a.s.a.p., and submit it once you have the PIC. See also [http://u.oamk.fi/checkin](http://u.oamk.fi/checkin) and [http://u.oamk.fi/personalidentitycode](http://u.oamk.fi/personalidentitycode).
Groceries, banking, pharmacy

- Most **grocery stores** open 7 days a week and at least until 9 pm.
- Two well stocked supermarkets close to campus (K-Supermarket Kaijonharju and Prisma)
- Online groceries:
  - k-ruoka.fi (closest K-Supermarket Kaijonharju, online shop only in Finnish and Swedish)
- Delivery services:
  - mobile app available for both

- If you need to open a **bank account**, please contact the bank of your choice directly
- Bank accounts are not usually necessary for short term stay especially if you have an online banking service from home and credit/debit card

- Closest **pharmacy** at Prisma supermarket in Linnanmaa, open weekdays 8am-8pm

Source: [Finland’s official emoji](https://emojione.com/8002) "Superfood"
KIITOS!

Do you have questions about your exchange?

*Please note that study- and university-related questions (coursework, documents, university-specific services etc.) will be answered in the later sessions.*