



## Fact Sheet of the University of Helsinki Erasmus+ Global Mobility, 2017 – 2018

### Basic information about the University of Helsinki

Name of the university	University of Helsinki, Finland
University website	<a href="http://www.helsinki.fi/university">www.helsinki.fi/university</a> <a href="https://university.helsinki.fi/en/studying/how-to-apply/exchange-studies">https://university.helsinki.fi/en/studying/how-to-apply/exchange-studies</a>
Erasmus code	SF HELSINK01
ECHE	29604
PIC	999994535

The University of Helsinki was established in 1640 and it has the widest range of disciplines in Finland. There are 36,000 degree students and 8,000 staff members. For a general introduction, please see <https://www.helsinki.fi/en/university> and <https://www.helsinki.fi/en/university/the-university-of-helsinki-in-brief>

University of Helsinki has 11 faculties

The faculties, listed here in alphabetical order, are:

- § Faculty of Agriculture and Forestry
- § Faculty of Arts
- § Faculty of Educational Sciences (formerly known as Faculty of Behavioral Sciences)
- § Faculty of Biological and Environmental Sciences
- § Faculty of Law
- § Faculty of Medicine
- § Faculty of Pharmacy
- § Faculty of Science
- § Faculty of Social Sciences
- § Faculty of Theology
- § Faculty of Veterinary Medicine

On January 1st, 2017, Psychology and Logopedics moved from the Faculty of Behavioural Sciences to the Faculty of Medicine. Cognitive Science and Phonetics moved to the Faculty of Arts. Many of the faculties are divided into departments, see <https://www.helsinki.fi/en/university/units-and-faculties>

In 2017-18, there will be changes in the Department structure, with new Study programmes being launched in 2017-18. We will inform partner universities and potential applicants about the changes on our website.

University of Helsinki has 4 campuses, all located within 10 kilometres from each other, <https://www.helsinki.fi/en/university/units-and-faculties>

- § City Centre Campus for Arts and Social Sciences ([location on a map](#))
- § Kumpula Science Campus ([campus map](#))
- § Meilahti Campus for Medicine
- § Viikki Campus for Life Sciences ([location on a map](#))

## Contact information

Coordinating unit for university level student and teacher exchange	<p>International Exchange Services          P.O. Box 3 (street address: Fabianinkatu 33, 00170 Helsinki)          FI-00014 University of Helsinki, Finland          Tel. +358 2941 22401</p> <p>Head of unit: Ms. Minna Koutaniemi, Overall coordination of student and teacher mobility          +358 2941 22939, e-mail: <a href="mailto:minna.koutaniemi@helsinki.fi">minna.koutaniemi@helsinki.fi</a></p>
Contact person for university level student exchange	<p>Ms. Raisa Asikainen and Ms. Janna Koivisto          Student Exchange Specialists          University level student exchange with partner universities in Asia, Africa, Middle East and Europe (excluding Erasmus programme countries)          Contact person for outgoing students from Helsinki, number of mobilities per year, balance issues: Raisa Asikainen          Contact person for incoming students to Helsinki: Janna Koivisto          Tel. +358 2941 22241 / Raisa          Tel. +358 2941 57156 / Janna  <a href="mailto:studentexchange@helsinki.fi">studentexchange@helsinki.fi</a></p> <p>Ms. Tuula Hellstedt          Student Exchange Specialist          University level student exchange with partner universities in Americas, Oceania.          ISEP-, AEN-, MAUI- and North2North programmes          contact person regarding both incoming and outgoing student exchange          Tel. +358 2941 22177  <a href="mailto:studentexchange@helsinki.fi">studentexchange@helsinki.fi</a></p>
Contact person for university level teacher exchange	<p>Ms. Anne Rönkä          Teacher, Researcher and Staff Exchange Specialist          Tel: +358 2941 40806          E-mail <a href="mailto:staffexchange@helsinki.fi">staffexchange@helsinki.fi</a></p>
Service e-mail for students	<p>Questions from students: <a href="mailto:studentexchange@helsinki.fi">studentexchange@helsinki.fi</a></p>
Agreement related issues	<p>Ms. Raisa Asikainen: Asia, Africa, Middle East, Europe excluding Erasmus programme countries          Ms. Tuula Hellstedt: Americas and Oceania</p> <p><a href="mailto:exchange-agreements@helsinki.fi">exchange-agreements@helsinki.fi</a></p>

## Application information for student exchange

Level of studies open for exchange students	As indicated in the Erasmus+ agreement	
Duration of exchange	One semester (autumn: late August -December or spring: January-May)	
Application deadline	<p>For autumn semester</p> <p>April 15: citizens of non-EU/EEA-member states</p> <p>May 15: citizens of EU/EEA-member states, Iceland, Liechtenstein, Norway and Switzerland</p>	<p>For spring semester</p> <p>September 30: citizens of non-EU/EEA-member states</p> <p>October 15: citizens of EU/EEA-member states, Iceland, Liechtenstein, Norway and Switzerland</p>
Arrival and orientation	<p>Autumn semester: last week of August / Spring semester: second week of January          For exact dates, see  <a href="https://university.helsinki.fi/en/studying/new-students/orientation-and-welcome-fair">https://university.helsinki.fi/en/studying/new-students/orientation-and-welcome-fair</a></p>	

Academic calendar	<a href="https://www.helsinki.fi/en/academic-year-and-teaching-periods">https://www.helsinki.fi/en/academic-year-and-teaching-periods</a> Exchange students do not take part in the intensive period in the beginning of the semester
Application process	Partners are asked to send nominations to <a href="mailto:studentexchange@helsinki.fi">studentexchange@helsinki.fi</a> before the application deadline listed above.  The nominated students submit their applications online by using the online application system of the University of Helsinki, and include the listed enclosures in their application. If all the enclosures are submitted online or as e-mail attachments, there is no need to send paper copies of the application.  Decisions regarding acceptance are made by faculties of the University of Helsinki. Acceptance information is available about 6 weeks after the application deadline. Students receive an automatic acceptance e-mail from their host Faculty, if accepted. In addition to that, the International Exchange Services sends the student and the coordinator a more formal acceptance letter as an e-mail attachment. Starting from autumn 2014, paper copies of the formal acceptance letters are no longer sent. Finnish immigration authorities can check the validity of the scanned, formal acceptance letter directly from the Univ. of Helsinki, if necessary.
Online application system	<a href="https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies">https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies</a>
Enclosures, uploaded as attachments to the Online application system	<ul style="list-style-type: none"> <li>- Printed, signed and scanned copy of the online application form</li> <li>- Approved learning agreement (study plan listing the names of the courses the student intends to participate in at the University of Helsinki, please see Workload for the amount of credits to complete; the agreement is based on the previous year's teaching, e.g. it is a preliminary plan)</li> <li>- scanned, official transcript of records from the student's home university</li> <li>- Language certificate, see Language requirement</li> </ul>
About the application form	In the online application form, Erasmus+ global mobility exchange students choose "International Exchange Services (Administration)" as the Faculty they apply to study at, and "University Bilateral Agreement" as the field of study in the agreement. Choosing "International Exchange Services (administration)" means that the student's application is first received by the International Exchange Services of the University. It is then forwarded by International Exchange Services to the appropriate Faculty. The applicant does not need to choose the name of his/her Faculty. The Faculty name is updated to the application form of each bilateral exchange student by International Exchange Services during the application process.
Language requirement	TOEFL score of 79 (IBT) or IELTS score of 6 or the Language Certificate available on <a href="https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies">https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies</a> proving that the language level is CEFR B2 at minimum
Medical report	Not required

### Application information for teacher exchange

Teacher exchange, if any	As indicated in the Erasmus+ agreement
Quota for teacher exchange	As indicated in the Erasmus+ agreement
Application deadline	Nominations for teacher exchange should be sent to <a href="mailto:staffexchange@helsinki.fi">staffexchange@helsinki.fi</a> at least eight weeks before the estimated arrival date. Please note that visits are only possible during the academic year. Applications can not be processed during the holiday seasons (end of December and beginning of January, July). Incoming teachers should have prior contact with the receiving unit. Documents needed: CV, work plan, pre-acceptance letter from the receiving unit at the University of Helsinki
Accommodation	International Exchange Services will help with accommodation arrangements. More information from <a href="mailto:staffexchange@helsinki.fi">staffexchange@helsinki.fi</a>
Academic calendar	<a href="https://www.helsinki.fi/en/academic-year-and-teaching-periods">https://www.helsinki.fi/en/academic-year-and-teaching-periods</a>

### Studies

Workload	<p>Students should aim to complete 30 ECTS credits in semester</p> <p>One ECTS credit equals 27 hours of work, including both lectures and homework. A full year of 60 ECTS credits corresponds to a workload of 1600 hours</p> <p>Course descriptions may use terms "cr" or "ECTS cr" or "op". They all mean the same thing, ECTS credits</p>
Language of instruction	<p>University of Helsinki is a bilingual institution. The languages of instruction are Finnish and Swedish.</p> <p>In addition to courses taught in Finnish and Swedish, the University offers a lot of courses taught in English. Courses taught in English are offered by each Faculty of the University.</p> <p>Exchange students can participate in courses taught in English. No knowledge of Finnish or Swedish is required.</p>
Courses taught in English	<p>See <a href="https://www.helsinki.fi/en/studying/new-students/courses-in-english">https://www.helsinki.fi/en/studying/new-students/courses-in-english</a></p> <p>During spring 2017, courses taught in English will be gathered to a new database. We will publish the link and instructions on this website: <a href="https://www.helsinki.fi/en/studying/new-students/courses-in-english">https://www.helsinki.fi/en/studying/new-students/courses-in-english</a></p> <p>Courses are classified according to the Faculty, then the department, start month, teaching language and type of teaching.</p> <p>Please see the website for instructions on whether to use the ongoing year's course information or whether the course information for 2017-18 has already been published.</p>
Terminology related to the courses	<p>Courses in English website includes courses of various levels. Some courses require previous studies in the discipline in question. The following terminology will help the students to find out if the courses are suitable for them:</p> <ul style="list-style-type: none"> <li>- Basic studies (or "perusopinnot" in Finnish): Bachelor's level courses, do not usually require previous studies from the student</li> <li>- Subject studies or Intermediate studies (or "aineopinnot" in Finnish): Bachelor's level courses, intermediate level, require some previous studies from the student, mainly for 2<sup>nd</sup> or 3<sup>rd</sup> year students of the subject</li> <li>- Advanced studies (or "syventävät opinnot" in Finnish): Master's level courses, for students who have completed a Bachelor's degree or have the same level</li> </ul>
Restrictions	<p>Changes to the following are possible:</p> <ul style="list-style-type: none"> <li>- Economics, Psychology, Communication, Political Science, Veterinary Medicine and Law have restrictions regarding acceptance (both for local and exchange students). They only accept students who are majoring in the subject in question and have completed enough courses in the discipline in their home university prior to arrival.</li> </ul> <p>Psychology majors should check which of the following is more suitable considering their study background: Social Psychology courses (Faculty of Social Sciences) or Psychology courses (Faculty of Medicine)</p> <ul style="list-style-type: none"> <li>- English Philology only accepts students majoring in English. Other foreign languages: student should be a major or minor in the language at the home university. These studies are considered case by case.</li> <li>- English courses offered by the Language Centre are not open for exchange students.</li> <li>- Economics and Fac. of Agriculture and Forestry: courses in English offered on Master's level only</li> <li>- Highly restricted: Medicine, Dentistry. Please contact student exchange coordinator before nominating students for Medicine or Dentistry.</li> <li>- Fields not offered at the University of Helsinki: business and engineering</li> </ul>
Finnish courses for exchange students	<p>There are Finnish courses available for those exchange students wanting to learn Finnish. The course includes 4 hours of teaching each week. For more, please see <a href="http://www.helsinki.fi/fus/studying/finnishforinternationalstudents.html">http://www.helsinki.fi/fus/studying/finnishforinternationalstudents.html</a></p> <p>Students are not required to participate in Finnish courses, but may do so, if they wish.</p>
Language courses for exchange students	<p>In addition to the Finnish courses described above, University of Helsinki offers the following language courses for exchange students: <a href="http://www.helsinki.fi/kksc/english/languagecourses.html">http://www.helsinki.fi/kksc/english/languagecourses.html</a></p>
Course selection	<p>University level bilateral exchange students are required to choose the majority of their courses from one faculty</p> <p>Within one faculty, they can choose courses from several disciplines. For example, a student applying to be an exchange student at the Faculty of Arts, can choose courses in several disciplines taught at the Faculty of Arts. One of the disciplines will be chosen as the host discipline for the student, so it is recommended to choose the majority of one's courses from one discipline.</p>

	<p>Students are welcome to choose some courses from other faculties, too, if they meet the requirements for the courses.</p> <p>Please note that depending on the course level, disciplines have the right to decide whether the student has enough previous studies to participate.</p>
Course enrollment	<p>Students need to have their University of Helsinki computer user ID to register for courses in WebOodi, <a href="http://www.helsinki.fi/weboodi">http://www.helsinki.fi/weboodi</a>. Students receive the computer user ID when they arrive in Finland. Course registration happens after arrival.</p> <p>After course information for the following academic year is published, there may be some changes, e.g. the Learning agreement is only a preliminary plan. Students are advised to check the list of courses during their exchange year again before they arrive.</p>
Grading system	<p>The University of Helsinki uses a six-level grading scale from 0 to 5.</p> <p>5 = excellent or A  4 = very good or B  3 = good or C  2 = satisfactory or D  1 = passable or E  0 = fail or F or FX</p> <p>In addition to applying this grading scale, pass/fail grade may be used when grading practical training and practical skills courses.</p>
Transcripts of records	<p>Students can get one official transcript per semester free of charge from the Student Services, see <a href="http://www.helsinki.fi/neuvonta/english/transcript.htm">http://www.helsinki.fi/neuvonta/english/transcript.htm</a></p> <p>Students are responsible for ordering their official transcript, e.g. it is not automatically sent to the partner university. Students should follow the instructions in the link above to order their official transcript.</p>

## Support services and housing for exchange students

Housing	<p>For the students wanting live in a student dormitory, University of Helsinki has agreed with housing providers, including Unihome and HOAS (Foundation for Student Housing in the Helsinki Region), on a number of rooms for incoming exchange students. Apartments are located around Helsinki. Students should choose their housing option based on their budget and their wishes.</p> <p>Starting from autumn 2015, exchange students submit their housing application as a part of their exchange application. Their information will be forwarded to housing providers. Each exchange student will receive one housing offer.</p> <p>Mandatory fees prior to arrival: room deposit: €500 (subject to change) to be paid to the housing provider according to their instructions. Students should be prepared to pay the deposit when they receive instructions from the housing provider. This can be several months prior to arrival.</p> <p>Information about various other housing options is available at <a href="https://www.helsinki.fi/en/studying/new-students/housing">https://www.helsinki.fi/en/studying/new-students/housing</a></p>
International Exchange Services	<p>With any questions during their stay at the University of Helsinki, exchange students are welcome to visit the International Exchange Services, represented on each campus in conjunction with the local Student Services. Please look here for the address and office hours of each campus' Student Services: <a href="https://www.helsinki.fi/en/studying/contact-us/international-exchange-services">https://www.helsinki.fi/en/studying/contact-us/international-exchange-services</a></p> <p>With any questions before or during their stay, students can e-mail <a href="mailto:studentexchange@helsinki.fi">studentexchange@helsinki.fi</a> or call to +358 2941 22401.</p>
Tutoring	<p>During orientation, incoming exchange students receive help from students tutors, who introduce Finnish university life to the new exchange students, and help them with practical issues such as mobile phones, getting a monthly ticket for public transportation etc.</p>
Hobbies and friendship activities	<p>University of Helsinki has hundreds of student organisations, and exchange students are welcome to join. Please see the Orientation Handbook for more.</p> <p>Students' ESN network organises a lot of activities for exchange students: <a href="https://esnuni helsinki.com/">https://esnuni helsinki.com/</a></p>

Practical Information	City of Helsinki Student benefits	<a href="http://www.hel.fi/www/helsinki/en">http://www.hel.fi/www/helsinki/en</a> <a href="https://www.helsinki.fi/en/studying/new-students/costs-and-finance">https://www.helsinki.fi/en/studying/new-students/costs-and-finance</a>
Facilities and Services	Helsinki University Library Language Centre Learning Centre Aleksandria Student Cafeterias Student Health Care Student Union Unisport	<a href="http://www.helsinki.fi/kirjasto/en/home/">http://www.helsinki.fi/kirjasto/en/home/</a> <a href="http://www.helsinki.fi/kksc/english/intstud.html">http://www.helsinki.fi/kksc/english/intstud.html</a> <a href="http://www.helsinki.fi/kirjasto/en/library-locations/aleksandria/">http://www.helsinki.fi/kirjasto/en/library-locations/aleksandria/</a> <a href="https://university.helsinki.fi/en/studying/new-students/costs-and-finance#meal-discounts">https://university.helsinki.fi/en/studying/new-students/costs-and-finance#meal-discounts</a> <a href="https://university.helsinki.fi/en/studying/new-students/costs-and-finance#student-health-care">https://university.helsinki.fi/en/studying/new-students/costs-and-finance#student-health-care</a> <a href="http://hyy.helsinki.fi/en">http://hyy.helsinki.fi/en</a> <a href="https://unisport.fi/">https://unisport.fi/</a>
<b>Information for accepted students</b>		
Residence permit	<p>§ Students who are non-EU nationals need to apply for a Residence permit according to the instructions provided by Finnish Immigration Service <a href="http://www.migri.fi/studying_in_finland">http://www.migri.fi/studying_in_finland</a>. Information regarding applying for a Residence permit is also available at the closest Consulate of Finland</p> <p>§ University of Helsinki recommends that students submit their application electronically, because it makes the application process a bit faster. Students are advised to apply immediately after receiving their Acceptance Letter from the University of Helsinki.</p> <p>§ Even if the student has submitted the Residence permit application electronically, he/she needs to visit the Finnish consulate in person to verify his/her identity and to present the original copies of any supplements needed for the application. Because of the above, students should apply for a Residence permit immediately after receiving acceptance information from the Univ. of Helsinki.</p>	
Health insurance	Students who are non-EU nationals need to seek comprehensive health insurance prior to applying for a Residence permit. For more, please see <a href="https://www.helsinki.fi/en/health-insurance-and-students">https://www.helsinki.fi/en/health-insurance-and-students</a> and <a href="http://www.migri.fi">www.migri.fi</a>	
Student union membership	Exchange students are strongly recommended to pay the Student Union Membership Fee for Exchange Students (€101 for academic year and ca €50 for semester, subject to change). Student Union membership includes benefits for students, for example basic health care, etc.). Please see: <a href="http://hyy.helsinki.fi/en/students/membership-fee-benefits/member-benefits-and-services">http://hyy.helsinki.fi/en/students/membership-fee-benefits/member-benefits-and-services</a>	
Student health care	Exchange students who join the Student Union can use the services of Finnish Student Health Service, <a href="http://www.yths.fi/en/internationalstudents">http://www.yths.fi/en/internationalstudents</a> , which is open Mon-Fri.	
Cost of living	<a href="https://www.helsinki.fi/en/studying/new-students/costs-and-finance">https://www.helsinki.fi/en/studying/new-students/costs-and-finance</a>	
Websites for accepted students	<p>Orientation, Welcome Fair, Tutoring <a href="https://www.helsinki.fi/en/studying/new-students/orientation-and-welcome-fair">https://www.helsinki.fi/en/studying/new-students/orientation-and-welcome-fair</a></p> <p>New Students Website <a href="https://www.helsinki.fi/en/studying/new-students">https://www.helsinki.fi/en/studying/new-students</a></p> <p>Welcome to UH Blog <a href="http://blogs.helsinki.fi/welcometouh/">http://blogs.helsinki.fi/welcometouh/</a></p> <p>Join us in Facebook <a href="https://www.facebook.com/newstudentsuh">https://www.facebook.com/newstudentsuh</a></p> <p>Welcome Guide <a href="https://www.helsinki.fi/en/studying/new-students/before-arrival#section-345">https://www.helsinki.fi/en/studying/new-students/before-arrival#section-345</a></p> <p>The Uni Arrival Advisor is an electronic service that will guide you through the steps you need to take on your path to the University of Helsinki. Through the service you will get a checklist that guides you through the process of arriving in Finland and settling in: <a href="https://uniarrival.helsinki.fi/app/index.html#/">https://uniarrival.helsinki.fi/app/index.html#/</a></p>	
Information provided on	6 February 2017	