

LAPIN AMK⁷

Lapland University of Applied Sciences

A photograph of a classroom or workshop. In the foreground, a woman with long brown hair and a blue jacket is out of focus. In the background, three women are sitting at a table, focused on building with colorful blocks. The room has a purple wall and a window with blinds. A white spherical object is visible on the left side of the frame.

PRACTICAL INFORMATION GUIDE

LAPLAND UNIVERSITY
OF APPLIED SCIENCES

PRACTICAL INFORMATION GUIDE

LAPLAND UNIVERSITY
OF APPLIED SCIENCES

Publisher Lapland University of Applied Sciences

Layout Lapland UAS Communications

Images Jesse Tamski, Lapland UAS Communications,
Labland Above Ordinary, Tornion kaupunki, Rodeo



The Lapland University Consortium is a unique form of strategic alliance in Finland, as it comprises a union between Lapland University of Applied Sciences and University of Lapland.

CONTENT

INFORMATION ON THE INSTITUTION:

LAPLAND UAS 3

Academic year 5

Studying at Lapland University of Applied Sciences 5

Finnish education system 7

Lapland University of Applied Sciences' programmes for international students 8

Contact information 10

ROTKO – student union of Lapland UAS 12

BEFORE COMING TO LAPLAND 13

Visa and residence permit 13

Health insurance 15

Document Check List 16

Accommodation 17

Transport connections 17

Inform about your arrival time 18

Customs 19

Before arrival checklist 20

AFTER ARRIVAL 21

Degree students 21

Exchange students 21

Civil Registries 21

After arrival checklist 22

LIVING IN FINLAND 23

Accommodation 23

Accommodation in Kemi and Tornio 25

Accommodation in Rovaniemi 26

Private accommodation 27

Health Care Services 27

Health Care Services in Kemi and Tornio 28

Health Care Services in Rovaniemi 29

Mental health 31

Emergency Help 31

Sexuality 31

Social security for students 31

Weather and clothing 32

Money and Banking 33

Communication and Media 34

Working in Finland 36

Free-time 37

Free-time activities in Kemi and Tornio 39

Free-time activities in Rovaniemi 41

Finnish Friend Programme 42

ABOUT FINLAND 43

Where are we? 44

What's the time? 44

Who are we? 44

How do we live? 46

What do we do for a living? 47

Finnish holidays 47

SURVIVAL FINNISH 48

LINKS WORTH CHECKING 49

CONTACT INFORMATION 50

MAPS 52

Kemi 52

Rovaniemi 53

Tornio 54

LAPLAND UNIVERSITY OF APPLIED SCIENCES

LAPLAND University of Applied Sciences is the northernmost University of Applied Sciences in Finland and in the European Union. Lapland University of Applied Sciences (Lapland UAS) was formed when Kemi-Tornio University of Applied Sciences and Rovaniemi University of Applied Sciences merged on 1 January 2014. Lapland UAS educational units are located in three towns: Rovaniemi, Tornio and Kemi. The institution offers a modern and international learning environment with good services for students. Lapland UAS has about 5600 students who graduate with versatile language skills and the capacity to meet the challenges of a changing work life and international environment. Annually there are nearly 600 international students, including international degree programme students and exchange students.

Lapland UAS is a multidisciplinary institution of professional education offering many fields of study. There are seven fields of studies in Lapland UAS:

- Culture
- Natural resources and the environment
- Social services, health and sports
- Tourism, catering and domestic services
- Social sciences, business and administration
- Natural sciences
- Technology, communication and transport

Lapland University of Applied Sciences has two campuses, the Rovaniemi and Kemi-Tornio campuses. Our premises in Rovaniemi are located in Ounasvaara, Rantavitikka and Viirinkangas. The premises in Kemi and Tornio are called Kosmos, Terveysala and Minerva.

It is our honor to provide good student services and high quality education leading to excellent learning outcomes. An important part of our services is the tutoring system for international students. Tutors are trained to help international students with every situation that may occur during their stay at Lapland UAS. To get familiar with our student services please visit www.pakkasraja.fi.

All staff members welcome you to study with us here in Lapland UAS! We hope that you enjoy your studies and student life in Lapland!



ARCTIC VITALITY!

We refine expertise and vitality from the strengths and opportunities of a changing operating environment to meet the needs of northern people and organisations.

LAPLAND UAS

Number of students

5600

Number of employees

550

Fields

7

Culture

Social sciences, business and administration

Natural resources and the environment

Technology, communication and transport

Social services, health and sports

Natural Sciences

Tourism, catering and domestic services



ACADEMIC YEAR

The academic year is divided into two semesters: the autumn semester and the spring semester. Lectures are given from August to December in autumn and from January to May in spring. The semesters are divided into two periods. There are 4 periods during the academic year. Public and national holidays are included in the Academic Calendar. On public holidays there are no lectures and shops and banks are usually closed.

Check the Academic Calendar from www.lapinamk.fi.

STUDYING AT LAPLAND UNIVERSITY OF APPLIED SCIENCES

Studying at Lapland UAS includes contact studies at the school, practical training and independent studies. Adult education is mainly implemented as multi-format education which may include evening and weekend studies as well as online or virtual studies. The curriculum presents the study units of the degree programme and their objectives and learning outcome. Based on the curriculum, students compile an individual study plan (ISP) together with their teacher tutor, in which they plan the progress and manner of completing their studies in detail: e.g., they choose their line-specific studies and free-choice electives.

In compiling the individual study plan, credits may be given for prior learning acquired elsewhere. A transfer of credits for prior learning acquired elsewhere must be applied for during the first semester.

The structure of studies

A degree programme is an entity with one or more lines of study. Students are accepted to study in a degree programme or a line of study. A study unit is a basic unit in terms of content and structure. Several study units belonging to the same subject form a study module.

Basic studies develop students' study skills and language skills and provide them with basic knowledge needed in research and development work. Students also become familiar with the core concepts and theoretical and professional principles of their field.

Professional studies familiarize students with the entities and applications of professional work and their scientific principles. Advanced professional studies in a Master's degree programme deepen students' application of theory in practice, as well as their project leading skills, R&D skills and social skills. The

goal of elective courses is to deepen and supplement student's professional know-how.

Supervised practical training that enhances professional skills familiarizes students with the main practical tasks associated with their field and the application of knowledge and skills in working life.

The bachelor's thesis indicates students' readiness to apply their knowledge and skills in specialized tasks or the development of working life related to their professional studies. The goal of the Master's thesis completed in conjunction with a Master's degree programme is to develop and indicate the ability to apply research data and use selected methods to outline and solve problems in working life and readiness to work independently in a demanding, specialized job.

Credits

The European Credit Transfer and Accumulation System (ECTS) is a measure of the scope of studies. Study units are allotted credits according to the amount of work they require. The average of 1600 hours required to complete the studies of one academic year correspond to 60 ECTS credits. Therefore 27 hours of work correspond to one ECTS credit.

Assessment and the grading system

Assessment of students' competence is based on the objectives and learning outcome presented in the curriculum. The performance requirements for study units may include examinations and various written and oral exercises. Students have two opportunities to repeat a failed study unit and one opportunity to raise the grade of a completed study unit. Study unit examinations are arranged in conjunction with the study units and on general examination dates. Students must sign up in writing for examinations held on general examination dates at least two weeks in advance. The study unit performance requirements and principles of assessment are given in the curriculum. Study units are graded on a scale of:

- Excellent (5)
- Good (3–4)
- Satisfactory (1–2)
- Failed (0)

Diploma supplements and Transcripts of Records

Lapland University of Applied Sciences provides a diploma supplement as an appendix to the original degree certificate. The diploma supplement is being issued in a widely spoken European language, given automatically and free of charge to every student upon graduation. It is issued in all bachelor degree programmes and in all master's degree programmes. This is in accordance with the goal of the European Commission at improving international 'transparency' and at facilitating the academic and professional recognition of qualifications (diplomas, degrees, certificates etc.).

Lapland UAS works to provide graduates with more international opportunities either working or studying abroad by issuing an internationally recognized document. The document contains essential information about the professional and academic competence of the individual graduate in question. The transcript of records is an official document in which a student's studies are recorded. In the transcript students will find all completed courses with credits and grades. Lapland UAS also provides

official transcripts of records to all exchange students. An official transcript will be sent to the international office of the exchange student's home institution within 5 weeks from the end of each semester (January/June).

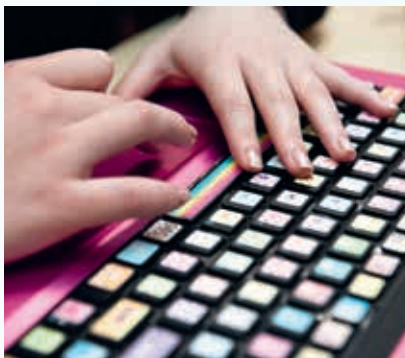
Academic guidance

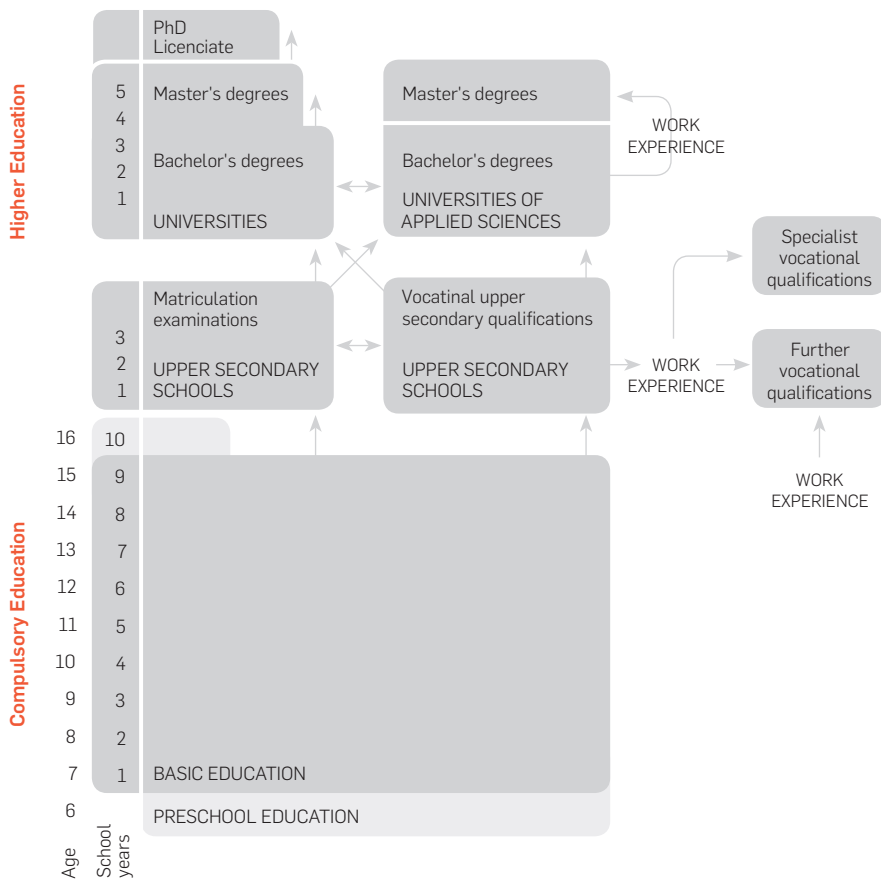
Academic guidance (by tutor teachers) is an ongoing process which aims to improve a students' adjustment to the academic system and to enhance her/his independent learning and to increase their expertise in their fields of study.

The content of the guidance consists of a personal study plan, recognition of

prior learning, practical training, study techniques, physical, mental and social welfare and free time activities. Every study group is assigned a tutor teacher, who is responsible for following the study results and progress of the studies. Student counselors assist students in preparing their individual study plans and in the preparation for international exchange periods.

Students are responsible for participating in education guidance and counseling. They are asked to give feedback of the studies and services.





The Education system in Finland

students are supported by Erasmus+ and travel grants. International coordinators and International office assist students in applying for exchanges.

FINNISH EDUCATION SYSTEM

The Finnish constitution guarantees the basic right for culture and education. The key aims of the Finnish education policy are quality, efficiency, equality and internationalization. Therefore, the Finnish education system offers everybody equal opportunities for education, irrespective of domicile, gender, economic situation or linguistic or cultural background.

The Finnish educational system consists of

- one year of voluntary pre-primary education,
- nine-years of basic compulsory education (“comprehensive school”),
- upper secondary education, comprising vocational and general education,
- higher education at universities and universities of applied sciences.

Peer guidance

The international student tutor (*kv-tuutori*) is usually the first person you meet when you arrive. He/she will help you to settle down and find your way around campus and around town. International student tutors are degree students of Lapland UAS who are interested in the culture, customs, traditions and ways of life of people in other countries.

Internationalization

Internationalization affects all of our operations e.g. student and staff mobility,

internationalization at home, project work and in international degree programs and the development of joint/double degrees with European and international partners. We have cooperation with universities in Europe, Asia, Africa, Australia, Russia, Argentina, Canada and the USA. Both Finnish and international students are encouraged to do their exchange periods in Europe. The length of these exchanges can vary from 3 months to the whole school year. You can find the exchange places from SoleMOVE program (system for International Mobility). Outgoing



Rantavitikka, Rovaniemi



Hiihtomajantie, Rovaniemi



Viirikangas, Rovaniemi

LAPLAND UNIVERSITY OF APPLIED SCIENCES' PROGRAMMES FOR INTERNATIONAL STUDENTS

Bachelor's degrees

Lapland UAS provides four international degree programmes that lead to a Bachelor's Degree. The teaching language is English. Bachelor's studies take 3,5-4 years to complete. They consist of basic, professional and elective studies, practical training and a Bachelor's thesis. For more information about the programs see our web site www.lapinamk.fi.

In Rovaniemi the degree programme in Tourism is located at the Viirinkangas campus (Multidimensional Tourism Institute), and the degree programme in International business is located at Rantavitikka campus. In Kemi the degree programme in Nursing is situated in Healthcare campus and in Tornio Business Information Technology programme is located in Minerva campus.

Studies take place in a modern environment and among dozens of different nationalities. No matter whether students want to stay in Finland or go abroad, they are able to work in various

DEGREE PROGRAMMES	STUDY VENUE
International Business Bachelor of Business Administration	Rovaniemi
Business Information Technology Bachelor of Business Administration	Tornio
Nursing Bachelor of Health Care	Kemi
Tourism Bachelor of Hospitality Management	Rovaniemi

fields after graduating from Lapland UAS. About half of the students come from Finland and the other half from abroad.

In addition, Lapland UAS attracts many exchange students every semester. The internationally oriented and highly motivated staff members are professionals in their fields who make studies even more interesting. The international Bachelor's degree programmes at the Lapland UAS are the mentioned above.

Master's degrees

A Master's degree is a good way to expand professional proficiency of those who already have a Bachelor's degree and have acquired at least 3 years of working

experience. Studies aiming at a Master's degree takes about 1.5 years and the scope of the studies is 90 credits.

Lapland University of Applied Sciences has one international English language degree programme leading to a Master's degree: International Business Management (Master of Business Administration).

The studies consist of on-line-studies with two seminar weeks per year in Tornio.

Exchange studies

Lapland University of Applied Sciences (Lapland UAS) offers a modern, international learning environment and



Kosmos, Kemi



Health Care, Kemi



Minerva, Tornio

multi-cultural community for its students, staff and visitors.

For incoming exchange students Lapland UAS offers each semester an extensive course selection in English. In addition students can participate to courses in Finnish providing they have previous knowledge of Finnish language.

Both Kemi-Tornio area in Southern Lapland, close to the Swedish border, and the city of Rovaniemi, the home of Santa Claus, offer lively, student-friendly and safe environments for studies.

The detailed information about course selection in English is presented in electronic course catalogue called SoleOPS. Course selection is updated for each semester in advance, usually a few months before the semester starts. Exchange students can choose professional studies from one degree programme only. Although some degree programmes below are in Finnish, they provide courses in English for exchange students.

You are also able to do practical training exchanges in certain programmes.

DEGREE PROGRAMMES ARE:

IN ROVANIEMI

Forestry and Rural Industries

- Rural Industries
- Forestry

Tourism and Hospitality Management

- Hotel and Restaurant Management
- Tourism

Social Services, Health Care and Sports

- Physiotherapy*
- Nursing*
- Sports and Leisure Studies

Social Sciences, Business and Administration

- Business Management
- International Business

Technology

- Land Surveying Engineering
- Civil Engineering
- Information Technology

IN TORNIO

Cultural and Media Arts

- Media
- Fine Arts

Natural Sciences, Business and Administration

- Business Information Technology
- International Business Management (Master level)

IN KEMI

Social Services, Health Care and Sports

- Social Services*
- Elderly care
- Nursing*

Technology

- Mechanical and Production Technology
- Electrical Engineering
- Industrial Management

* Practical training available.

CONTACT INFORMATION

Kemi-Tornio



International Relations Office

Ms Kati Kehusmaa
Coordinator, International Relations
Tel. +358 (0)40 573 2026
Fax +358 (0)16 251 120

Email: international@lapinamk.fi or
kati.kehusmaa@lapinamk.fi

Address:
Lapland University of Applied
Sciences International Relations Office
Lumikontie 2
FI-94600 KEMI
FINLAND

Information concerning free time activities and accommodation for international student in Kemi and Tornio



Mr Jukka Ikalainen
Sports instructor
Tel. +358 (0)50 461 2335
Fax +358 (0)16 251 120
Email: jukka.ikalainen@lapinamk.fi

International Coordinators



Technology, Kemi

Ms Martta Ruottu
Senior lecturer, M.A.
Tel. +358 (0)40 522 6343 Email:
martta.ruottu@lapinamk.fi

Rovaniemi



International Relations Office

Ms Katja Kuisma-Sandgren
Coordinator, International Relations
Tel. +358 (0)40 503 7103



Ms Kirsi Pulkka (Ms Sanna Ilvari starting 8/2016)
Coordinator, International Relations
Tel. +358 (0)40 550 7443



Ms Mari Putaansuu
Coordinator, International Relations
Tel. +358 (0)40 503 7103

Email: international@lapinamk.fi or
firstname.lastname@lapinamk.fi

Address:
Lapland University of Applied Sciences
International Relations Office
Jokiväylä 11 C,
FI-96300 Rovaniemi
FINLAND

INFORMATION FOR INCOMING DEGREE PROGRAMME STUDENTS

Admissions office

Jokiväylä 11 C
FI-96300 Rovaniemi, Finland

Tel. 0400 830036

admissions@lapinamk.fi

During the summer please contact
admissions@lapinamk.fi

Kemi-Tornio

International Coordinators



Business and Culture, Tornio and Rovaniemi

Ms Teresa Chen
Senior lecturer, M.A.
Tel. +358 (0)50 310 9213
Email: teresa.chen@lapinamk.fi



Social Services, Health Care and Sports, Kemi

Ms Eliisa Kursula
Senior lecturer, M.A.
Tel. +358 (0)40 564 5607
Email: eliisa.kursula@lapinamk.fi

Student affair's offices



Degree Program in Business Information Technology

Minerva campus
Kauppakatu 58, FI-95400 Tornio

Student Affairs Officer:
Ms Heli Hulkko
Tel. + 358 40 747 9240
heli.hulkko@lapinamk.fi



Degree Program in Nursing

Healthcare campus
Meripuistokatu 26, FI-94100 Kemi

Student Affairs Officer:
Ms Merja Jääskö
Tel. + 358 40 843 0965
merja.jaasko@lapinamk.fi

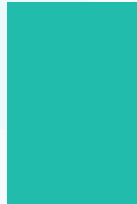
Rovaniemi

International Coordinators



Social Services, Health Care and Sports, Forestry and Rural Industries & Technology, Rovaniemi

Ms Hellevi Leppiaho
Senior Lecturer, MEd, RN
Tel. +358 (0)40 539 9890
Email: hellevi.leppiaho@lapinamk.fi



Tourism and Hospitality Management, Rovaniemi

Ms Paula Heikkilä
Coordinator, International Relations
Tel. +358 (0)40 710 6421
Email: paula.heikkila@lapinamk.fi

Student affair's offices



Degree Program in Tourism

Lapland Institute for Tourism Research
and Education (MTI)
Viirinkankaantie 1, FI-96300 Rovaniemi

Student Affairs Officer:
Ms Seija Enbuske
Tel. +358 400 896 963
seija.enbuske@lapinamk.fi



Degree Program in International Business

Rantavitikka campus
Jokiväylä 11, FI-96300 Rovaniemi

Student Affairs Officer:
Ms Kirsti Mustajärvi
Tel. + 358 40 517 8872
kirsti.mustajarvi@lapinamk.fi



OFFICE LOCATIONS AND OPENING HOURS

Rovaniemi

Jokiväylä 11
Open: Monday - Thursday
10 am - 3 pm
Tel. +358 40 152 8295

Kemi

Kosmos, Tietokatu 1
Open: Monday-Tuesday-
Thursday
9 am - 3 pm
Tel. +358 40 152 8395

Tornio

Minerva, 1st floor
(in the TOKKO office)
Open: Wednesday
9 am - 3pm
Tel. +358 40 152 8395
rotko@lapinamk.fi

ROTKO - STUDENT UNION OF LAPLAND UAS

ROTKO is the Student Union of Lapland University of Applied Sciences. It is here to promote the interests of students at UAS, cities of Kemi, Rovaniemi and Tornio, and also in nationwide decision making.

Every member of the Student Union has a right to vote and run as a candidate in the elections of the Board of Representatives.

The Board of Representatives holds the highest authority in the Student Union. The Board of Executives is responsible of the everyday activities of the Student Union. The Board of Representatives chooses the Board of Executives.

Everyone who is interested in the Student Union and its activities are warmly welcome to join! Contact the office or the board members!

Student union card

As a student you are entitled to many discounts and benefits. The most common discounts for students are on the student lunch at university cafeterias and discounts on train and long-distance bus tickets. Some shops, restaurants and services offer various discounts for students. In most cases discounts require a student card, which can be obtained through the student unions.

Exchange students can apply for the student card from ROTKO by filling in an online form. You'll find the link at our website: www.lapinrotko.fi. *Please do not pay the bill that you receive after order! Payments from abroad won't register to our system.*

The student card will be given to the exchange student during the orientation week after paying the student card fee. Please note that doctoral Students are not entitled to the same benefits and discounts as undergraduate students.



www.lapinrotko.fi/en

BEFORE COMING TO LAPLAND

VISA AND RESIDENCE PERMIT

Citizen of the Nordic countries

As a citizen of one of the Nordic countries you do not need a visa or a residence

permit to study in Finland. If you stay in Finland for longer than six (6) months, you are required to register personally at the local Register Office (*maistraatti*). See Contact Information on pages 51–52.

Confirm your study place in Lapland UAS well before deadline 29 July. More information in the acceptance package.

EU/EEA citizens

As a citizen of one of the EU/EEA countries you do not need a visa entering Finland. You are allowed to study at Finnish educational institutions for three (3) months without visa or residence permit. If your studies/practical training last longer than three (3) months you must register your right to reside in Finland. The registration takes place at the local police station and it costs about 50 Euros.

To do the registration you need to have with you:

- Passport (recommended) or internationally recognized official identity card
- European Health Insurance card
- Letter of Acceptance or study certificate from Lapland UAS
- You must be able to show that your upkeep is secured during your stay in Finland. (e.g bank statement, grant certificate)

Non-EU citizens

You are allowed to study at Finnish educational institutions for three (3)

CHECK LIST FOR STUDENT'S RESIDENCE PERMIT APPLICANTS

months without applying for a residence permit. You can then complete your studies within the period of validity of your visa or while an agreement on the abolition of the visa is in force. If your studies last longer than three (3) months, you need to apply for a residence permit from the Finnish embassy or mission that represents Finland in your home country before your departure.

For further information visit the website of the Ministry for foreign Affairs in Finland formin.finland.fi (> Services > foreign nationals arriving in Finland > Visa requirement and travel documents accepted by Finland).

You have to prove that you have sufficient funds to cover your living expenses in Finland, that is, a minimum of 560 €/month or 6 720 €/year. After the first year you must apply for the continuation of your residence permit for each academic year at the local police station. When applying for a residence permit you must attach to your application details of your comprehensive health insurance cover with a reliable company or institution and when extending your residence permit, also certifications of your success in studies.

- Submit your application to a Finnish mission abroad once you have received confirmation of a student place with the invitation letter. Make sure before submitting your application that you have assembled all the necessary appendices with your application. We recommend that you also apply the Finnish social security number at the same time with your residence permit.
- Your health insurance and passport must be valid during your entire stay in Finland. If your studies take one year or longer, your health insurance and passport must be valid for at least one year from your date of arrival in Finland. If your studies take less than one year, the validity of your insurance and passport must cover your entire stay in Finland.
- Fill in application form OLE_OPI. You can apply for a residence permit online at <https://e-asiointi.migri.fi>. Sign the form and include your contact details. Include all the necessary appendices listed in Section E of the form. Please note that any missing item will delay the processing of your application. Do not add any unnecessary appendices to your application. The Finnish Immigration Service will ask you to provide further clarification, if needed. Mention the planned date of your arrival in Finland on your application form.
- Your livelihood must be secured. For a one-year residence permit you will need to have 6,720 euros available. For studies taking less than a year you will need 560 euros for each month. You must have the required sum deposited in an account under your name or a certificate of a scholarship or bursary granted by an official body. Sponsorship guarantees given by private persons, such as relatives, friends or employers will not be accepted.
- Give your fingerprints at a Finnish embassy. An application submitted via e-service cannot be processed until you have given your fingerprints for the biometric residence permit card. You also need to verify your identity and present the original copies of any supplements needed for the application. If your documents are not in Finnish, Swedish or English, have them translated into one of these languages by an authorized translator. Take the originals of your documents with you to the embassy.
- You cannot expedite the processing of your application, for example because you have already purchased a flight ticket. Applications are processed in the order in which they are received. You cannot expedite the processing of your case by contacting migri by email or telephone. Please note that if you have not applied for a permit via e-service, it takes an average of one month for applications submitted at diplomatic missions to reach the Finnish Immigration Service.

- Follow the progress of student application processing at the Finnish Immigration Service at <http://www.migri.fi/> processing times. If you applied via e-service, you can check the status of your application online by logging in to e-services. Migri's website will give you information and instructions if there are exceptional changes in average processing times and if the decisions cannot be made before the studies begin.
- Wait for the decision abroad. You may not come to Finland while your application is being processed and receive a residence permit card here. A favorable decision on a residence permit cannot be delivered immediately after it is made, because the manufacturing and posting of a residence permit card takes approximately three weeks.
- If you have questions, check the frequently asked questions on the website of the Finnish Immigration Service for possible answers. If you cannot find an answer to your question, you may contact the service numbers of the Finnish Immigration Service.

Source: www.migri.fi



For local police stations see *Contact information on page 51–52*. For further information visit the website of the Finnish immigration Service www.migri.fi (> english > Studying) and the website of the Finnish Police www.poliisi.fi (> Licenses > Licenses and permits for foreigners).

Family members

A person who wishes to come to Finland and live in the same household with a family member residing here must have a residence permit. The permit can be granted on the basis of family ties. If you want your family members to move to Finland to live with you they will need their own residence permit. The demands for the residence permit will be the same as any other applicant. For example the applicant needs to prove that he/ she has the needed financial support to live in Finland. The family member who already is in Finland is so called sponsor. Who are considered as family members is quite narrow compared to other countries. By the Finnish law the family members are:

- registered partner
- cohabiting partner

- guardian of a child under 18 years of age
- child

Note!

If you give birth to a child in Finland the child will not automatically get Finnish citizenship. The citizenship will be determined by the citizenship of the parents. Your child will also need a residence permit to Finland. Residence permit will be given to the child for the same period as parents' residence permit is. Check the demands for the residence permit for the child.

More information: http://www.migri.fi/moving_to_finland_to_be_with_a_family_member

HEALTH INSURANCE

Citizens of the EU/EEA

the Finnish National Health Insurance plan administrated by the Social Insurance Institution (KELA) covers citizens of the EU/EEA. You need to get a European Health Insurance Card from your local social security office in your home country before departure. Find out about the validity period of the card. You will be



offered the same services as Finnish citizens and your health expenses will be covered on the same conditions. It is still good to have a valid travel insurance which covers the possible healthcare costs.

Non EU/EEA citizens

you must have a valid comprehensive insurance cover issued by a reliable and solvent company or institution. If your studies in Finland last less than two years, you must have private insurance which primarily covers the costs of medical treatment up to about 100 000€. If your studies in Finland last two years or more, you will usually have a home municipality in Finland (Kemi, Rovaniemi or Tornio) and are entitled to municipal healthcare services. Therefore your private insurance should primarily cover the cost of medicines up to about 30 000 €.

For further information go to the website of the Finnish immigration Service www.migri.fi (> english > Studying)

DOCUMENT CHECK LIST

Exchange students need:

- Passport (recommended) or internationally recognized official identity card; note that a passport is necessary if you
 - a) come from outside of the Schengen area,
 - b) wish to travel outside the EU/EEA from Finland, for example to Russia
- Letter of acceptance sent to you from Lapland University of Applied Sciences
- European Health Insurance card (EU/EAA citizens)
- Insurance certificate, if you come outside EU see page 16
- Several passport sized photographs
- Credit card(s) or travelers' checks (it is not advisable to carry a lot of cash)
- Certificate concerning your Erasmus grant or other proof of your financial support
- The document, which will be needed when applying for a Finnish social security number from International Relations Office / Register Office

Degree students need:

- Passport (recommended) or internationally recognized official identity card; note that a passport is necessary if you
 - a) come from outside of the Schengen area,
 - b) wish to travel outside the EU/EEA from Finland, for example to Russia
- Letter of acceptance sent to you from Lapland University of Applied Sciences
- European Health Insurance card or Insurance certificate, see page 15
- Several passport sized photographs
- Credit card(s) or travelers' checks (it is not advisable to carry a lot of cash)



pakkaraja.fi –
Lapland UAS student's Info

ACCOMMODATION

Please make sure you have arranged your accommodation before you arrive to Finland. To read more about accommodation possibilities in your town check page 25 for Kemi and Tornio or page 26 for Rovaniemi.

TRANSPORT CONNECTIONS

By Air

If you are going to fly to Finland, you will most likely land at Helsinki-Vantaa airport. If you have spare time, you'll have a great opportunity to tour around Finland's capital, Helsinki. The quickest and easiest way to reach Kemi, Rovaniemi or Tornio is to take a domestic flight from Helsinki-Vantaa to Kemi-Tornio airport or Rovaniemi airport. The flight will take about an hour. Find out more about schedules, prices and available seats:

- www.finnavia.fi/en
- www.finnair.fi
- www.norwegian.com
- www.flybe.com

Another air route goes through Sweden. You can fly via Stockholm to Luleå-Kallax

airport and continue travelling on a bus from the airport to the Haparanda bus station. The bus trip takes about 3 hours. Tornio in Finland is situated right across the border.

By Sea

Travelling to Finland by sea is also possible, regardless of the time of the year. You can find connections from Germany, Sweden and Estonia. The main ports of arrival are Helsinki and Turku. Find out more about schedules and prices for ships:

- www.vikingline.fi
- www.tallinksilja.com/en
- www.finnlines.com

From Helsinki and Turku you can continue your journey by train.

By Rail

The train is an easy way to continue travelling in Finland. You can find a direct bus connection from Helsinki-Vantaa airport to the railway station. If you travel from Helsinki to Rovaniemi, the trip lasts about 12 hours. Travelling to Kemi and Tornio takes a few hours less, 8-10 hours. You can take a day or night train. A connection with no train changes is

recommended, because changing can be quite tricky with lots of luggage. Notice that there are very few train connections from Kemi to Tornio and usually you must take a bus connection from Kemi train station to Tornio.

More information on www.vr.fi

By Road

Another option is to drive a car or travel on a bus.

- **Norway:** Alta, Nordkapp and Tromsø offer connection to Rovaniemi (you can continue your trip to Kemi by train or bus; to Tornio by bus). Find more at www.eskelisen-lapinlinjat.com
- **Russia:** Murmansk offers connection to Rovaniemi (you can continue your trip to Kemi by train or bus; to Tornio by bus). Find more at www.goldline.fi
- **Sweden:** Stockholm offers connection to Haparanda-Tornio (you can continue your trip to Rovaniemi by bus). Find more at www.tapanis.se



Travelling by car, you can arrive to Finland by driving E4 road through Sweden and cross the border in Haparanda. Remember that the Finnish law makes it compulsory to wear winter tires between 1 December and 28 February. Usually the weather and slippery roads in Lapland make people wear winter tires until late spring. Remember to make sure you have a parking spot for your car before you arrive.

Read more about driving a car in Finland

- www.autoliitto.fi/in_english/
- <http://alk.tiehallinto.fi/alk/english>
- www.lvk.fi
- <http://smartmotorist.com>

INFORM ABOUT YOUR ARRIVAL TIME

Degree students

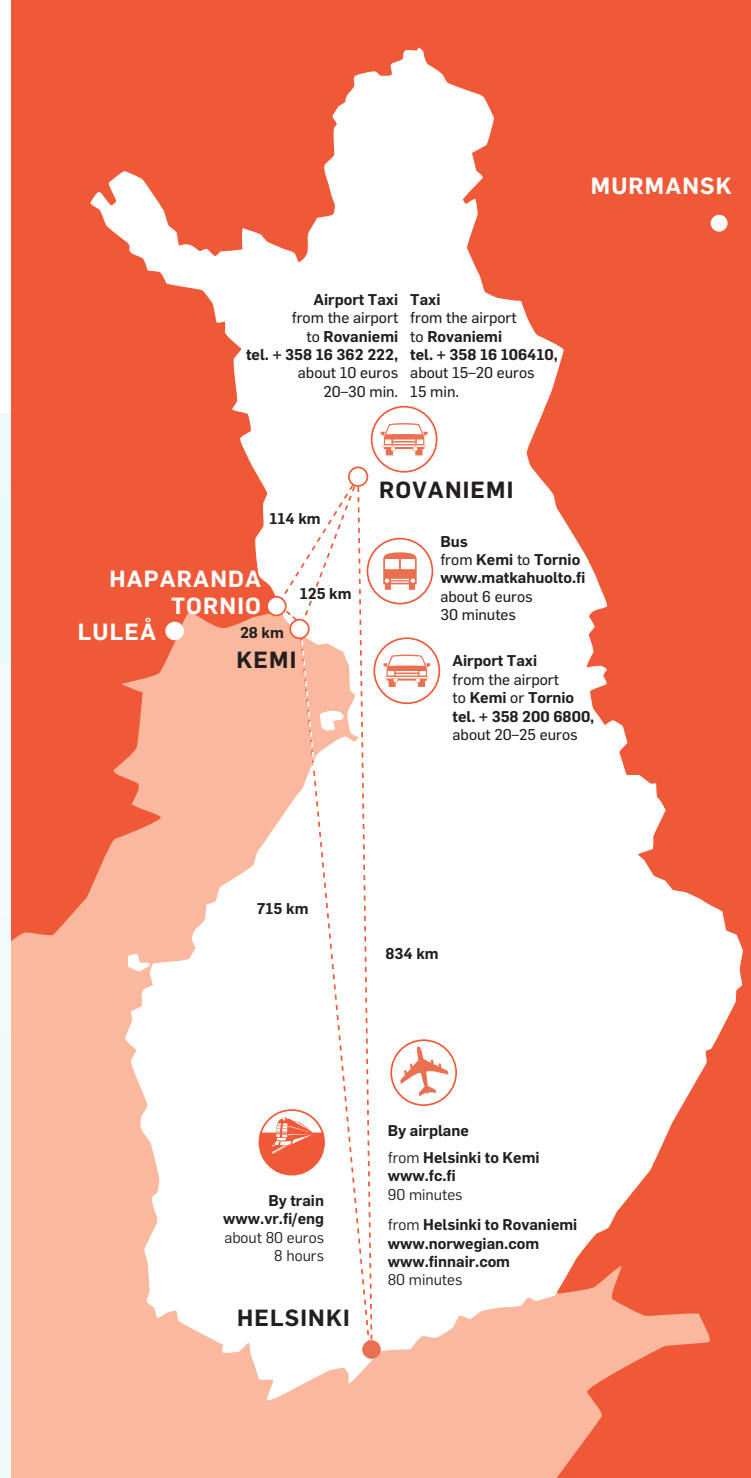
In Kemi and Tornio

Inform your arrival time 2 weeks before

Confirm your date of arrival at least two weeks in advance to ensure that we are prepared to receive you. Send the information (exact date, time and place of your arrival) by e-mail to our accommodation officer: jukka.ikalainen@lapinamk.fi.

In Rovaniemi

Lapland UAS doesn't organize any transportation to your accommodation. If you need any help for arrival, you can ask your student tutor.





Exchange students

In Kemi and Tornio

Lapland UAS organizes free pick up service for a certain date before the orientation week. You will be informed of the pick-up service date beforehand. If you come earlier or later than the official date, you will have to organize your own transportation to your accommodation on your own cost.

Our accommodation officer *jukka.ikalainen@lapinamk.fi* will arrange the pick-up service. He also arranges the accommodation for you according to the arrival date and time you have informed in SoleMOVE.

Please confirm your arrival date in SoleMOVE by the deadline mentioned in the information package!

In Rovaniemi

Lapland UAS organizes free pick up service for a certain date before the orientation week. You will be informed of the pick-up service date beforehand. If you come earlier or later than the official date, you will have to organize your own transportation to your accommodation on your own cost.

Please confirm your arrival date in SoleMOVE by the deadline mentioned in the information package!

CUSTOMS

If you are planning to bring medicinal products, food, money or alcohol beverages with you in Finland, please read the following instructions. You can find more information from Finnish Customs

www.tulli.fi/en/ > [Finnish Customs > Publications > Passengers and removals > Import Restrictions for Passengers or Customs Instructions for Passengers.](#)

Please proceed as follows when declaring passenger imports if there are channels of different colors at the place of arrival:

- Choose the red channel, if you are carrying goods that are subject to customs clearance or declaration or if you are not sure which regulations apply.
- Otherwise choose the green channel or, when arriving from another EU Member State, the blue channel.

Even a passenger who has chosen the green or blue channel may be checked.

Medicine

Imports of medicinal products are controlled by the customs. When necessary, the passenger must prove that the medicinal product is intended for personal treatment. If you intend to import medicinal products to Finland you need to have a doctor's prescription or a medical certificate with you.

You are allowed to bring outside EEA countries a maximum quantity corresponding to three month's use. If you come from EEA country, you have a right to bring medicine a maximum quantity corresponding to one year use. You are allowed to bring medicines that are classified as narcotics outside EEA countries to a maximum corresponding to 14 days' use. For Schengen- countries the limit for medicines that are classified as narcotics is a maximum corresponding to 30 days' use

Please verify beforehand that you are allowed to bring your medicinal products to Finland and what is the maximum amount for them. Make also sure you have all the necessary documents.

Foodstuff

It is prohibited to import meat and meat products, milk and milk products and pet foods from countries outside the EU.

Money

A passenger arriving in or departing from the EU territory has to declare their cash funds to the customs authority when carrying cash to the minimum value of 10 000 euros.

Alcohol

In Finland, persons aged 20 or over are allowed to have strong alcoholic beverages in their possession or transport them, and persons aged 18 or over alcoholic beverages containing less than 22 per cent alcohol by volume.

Please proceed as follows when declaring passenger imports if there are channels of different colors at the place of arrival:

- Choose the red channel, if you are carrying goods that are subject to customs clearance or declaration or if you are not sure which regulations apply. Otherwise choose the green channel or, when arriving from another EU Member State, the blue channel.

Even a passenger who has chosen the green or blue channel may be checked.

For further information go to the website of Finnish Customs www.tulli.fi/en/ (> Publications > Passengers and removals > import Restrictions for Passengers)

BEFORE ARRIVAL CHECKLIST

- Confirm your study place well before deadline
- Residence permit, page 13
- Insurance, page 15
- Accommodation, page 25–26
- All necessary documents, page 16
- Book flights / railway tickets. If you book before you've got your residence permit, try to book flexible tickets.
- Apply for a student card (SAMOK) to get student discounts, page 12
- Check the weather of your arrival date. Please remember that the weather might be very cold (especially in winter) and you should pack warm clothes.
- Inform your student tutors/ accommodation officer/confirm in SoleMOVE about your arrival date and time. Remember to inform the student tutors any changes in the schedule!
- Finances, international credit card, etc. page 33
- Rovaniemi Taxi number is 060 030 030. Taxi from railway station to DAS accommodation costs about 10-15 € during day time and night time 15-20 €
- Taxi from Rovaniemi airport to city center costs about 20€. A little bit cheaper alternative is airport taxi <http://airporttaxirovaniemi.fi/?language=en>
- Kemi-Tornio taxi number is 0200 68000. Taxi from the railway station to Tornio accommodation costs around 50 €. Taxi drive in Kemi city area costs around 10-15 €. The taxi prices are little bit bigger during the evening/night time.
- Airport taxi from the Kemi-Tornio airport to Tornio accommodation costs 25 € and to Kemi accommodation 14-20 € depending on where your apartment is located. Airport taxi must be ordered always in advance! You must mention that you want airport taxi when ordering the taxi.

AFTER ARRIVAL

Meal card

In order to eat in the student cafeteria at student discount prices, you will have to obtain meal card from the Study Affairs Office. If you already have a student union card, it isn't necessary to get a meal card to get the discount.

DEGREE STUDENTS

Register office in your town (maistraatti)

Degree students must get the Finnish social security number from the register office if they have not obtained with the residence permit. They also need to register their permanent home municipality in their town if they want to. The registration office marks automatically the home municipality temporarily in Kemi, Tornio or Rovaniemi. Students who study in Finland two years or more, they have the right to get the permanent home municipality to the study locality. If the student has the permanent home municipality in Kemi, Tornio or Rovaniemi, his/her healthcare costs will be the same as the local citizens in the area. Without the permanent home municipality

the student has to pay the actual healthcare expenses from the treatments, which will be much more expensive than with the permanent home municipality.

In the registration office the students must remember to ASK them to mark the home municipality as permanent to Kemi, Tornio or Rovaniemi. To do this, the student must have with them passport and study certificate. The registration is free of charge.

Bank

Opening the Finnish bank account, ATM card (Visa Electron), how to use the ATM, paying the bill (internet bank).

EXCHANGE STUDENTS

Police station

Exchange students must register in the police station if they are going to stay in Finland more than 3 months. The registration costs 50,00 euro. You need to prepare to have with you: passport, acceptance letter/ study certificate, proof of adequate financial support for your stay and European Health Insurance Card

CIVIL REGISTRIES

You must get a Finnish social security number after arrival. The number is needed for registration purposes in all Finnish higher education institutions. To get the number you need to register at the local Register Office. You need to inform your Finnish social security number to your faculty's student's Register Office (maistraatti). They will add the number to your student information in WinhaWille. The social security number is also needed if you...

- intend to work and receive a salary (even though your stay will last less than a year)
- plan to apply to go on exchange during your studies or apply any grants from the university

On the basis of registration, you will be assigned the same kind of personal social security number as a Finnish citizen has. The personal social security number is used for identification purposes, needed in such places as banks, hospitals, libraries, tax office and the register offices of different authorities. You obtain your personal

social security number from the local Register Office after you register.

The registration is free of charge. You have to have your passport, a valid residence permit and study certificate with you when you register. When you register, we advise that you mention that you want to register as a permanent resident in your town. *Then you will benefit from public health care and get the public health care services at the same price as local residents.*

We advise you to take a certificate of the registration. This certificate costs 4, 5 €. With this certificate you can prove that you are a permanent resident in your town when you use local health care services, for example.

Local Register office in Rovaniemi

Lähteentie 2 (P.O.Box 8183),
96101 Rovaniemi
Tel. 029 553 9661
Fax. 029 553 9229
Open: Monday to Thursday 9.00-15.00,
Friday 9.00-16.15

Local Register office in Kemi

Keskuspuistikatu 20-22, 3rd floor, Kemi
tel. 029 553 9661

Students in Tornio must visit the register office in Kemi!

Bank

You must open the Finnish bank account if you get a grant from Lapland UAS. The grants for students are always paid to a Finnish bank account, never in cash.

AFTER ARRIVAL CHECKLIST

- Participate in the orientation program.
- Sign the tenancy agreement, if not done earlier (check also the need for washing machine token/card)
- Locate student health services, page 27
- In case you have any chronic diseases or medical allergies the school nurse recommends you to contact her as soon as possible after your arrival, page 28 and 29
- Get mobile phone and/or Finnish mobile number (prepaid). It is easier for the tutors and staff in UAS or practical placement people to reach you especially needed in Social and Health Care. Page 34
- Get internet connection (if it's not included to the apartment) page 34
- Obtain a library card
- Obtain a SAMOK student card, page 12
- Obtain the meal card from the study affairs office in order to get lunch at student price, if you don't have appropriate student card
- Familiarize yourself with your flat and its surroundings, the school facilities and the city
- Obtain Sports Pass to enjoy sport services at low cost, see pages 37
- Visit the nearest post office and file a notification of change of address
- Exchange students should register in the police station's office if they are going to stay in Finland more than 3 months. The registration costs 50 euro. You need to prepare to have with you: passport, acceptance letter/ study certificate, and proof of adequate financial support for your stay, European Health Insurance Card.
- Get social security number in local registration office (maistraatti) if you have not obtained it at the same time with your residence permit.
- Inform your Finnish social security number to your student's affairs office. It needs to be added to WinhaWille to your information.
- Degree students: register your permanent municipality in the registration office (maistraatti).

LIVING IN FINLAND

ACCOMMODATION

Rights and responsibilities of tenants

- The rent is payable by the agreed date of each month.
- The tenant is responsible for any damage to the property. This includes damage caused by visitors of the tenant.
- Follow the house rules and regulations, which in blocks of flats are usually placed on the wall in the vicinity of the main entrance.
- Tenancy agreements must be terminated in writing. The property must be vacated within one month

of the termination of the tenancy agreement. Normally one month prior to departure.

Rights and responsibilities of land-lords

- The landlord is responsible for the maintenance of the property but not for the damage caused by the tenant.
- The landlord can terminate the tenancy agreement only in writing and an acceptable reason must be given for it.
- The landlord can evict the tenant if the tenant has not paid the rent for the

property or is continuously acting in a socially irresponsible manner.

Living in a rental apartment

Living together with another student can be an experience. It provides you with many possibilities to learn different cultures. It is also a possibility to make lifelong friendships and it can give you lots of good memories from the time you spend here in Finland. When you take care of each other's wishes and hopes, living together will work out just great! Different manners and different cultures will not

EXAMPLE OF HOUSE RULES

Silence between 22.00-6.00.

Smoking in the rooms and in the stairways is forbidden.

Trash and other garbage musts be taken to waste shelter.

The occupant must take care of the cleaning of the apartment him/herself. You can air your bed linen in the balcony on weekdays at 7.00-10.00, and 17.00-18.00. Carpets must be taken outside to the carpet rack.

The occupant must move in the stairway noiselessly.

You cannot keep your flat door open to the stairway.

You cannot keep your things in the stairway.

Cars and bicycles must be parked at the places reserved for them.

Outer doors have to be closed all the time because of the electric locks and safety reasons. Outer doors are usually locked between 21.00-6.00.

Flat must be cleaned before moving out and they will be checked by the Housing Office. Remember to inform the Housing Office one month before you move out.

Any damages or failures must be notified to the caretaker immediately.

create problems if you are willing to be flexible. The regulations for living will guide you and your room mate. Here are also a couple of tips for making living more comfortable.

Get to know your room mate. Talk and make together some basic rules for living, for example visitors, listening music etc. Cleaning the common areas is every tenant's responsibility (kitchen, hall, toilet and bathroom). One good way is make cleaning shifts. After using the kitchen and bathroom always clean it after use. For example, wash the dishes after use. Take care of the garbage also. Because of health reasons the garbage bag has to be taken to the waste shelter immediately when it gets full. Garbage is not allowed to be kept indoors, not in the flat or in the stairway. This also prevents bad smells and makes the flat more cozy! And please, respect your roommate's property.

If you do not pay your rent in time, the housing office can terminate your rental agreement and you'll have to move.

Notice of moving

If you stay in Finland for longer than a month, you have to submit an official

NOTE!

You should submit a notification of moving (*muuttoilmoitus*) every time you change your accommodation in Finland. See civil registration on page 21.

Notice of moving (*muuttoilmoitus*: www.posti.fi/changeaddress/) to local register office (*maistraatti*) within one week after your arrival to Finland. You should make this Notification of moving every time you change your residence in Finland and also when you move out of Finland.

It is important to notify the Post Office (*Posti*) of your moving so that your mail will be delivered to the right place. The forms for notification are available at post offices, register offices and police stations. Posti will forward all mail addressed to the old address of a person who has filed a change of address notification for one month free of charge. Posti will send you automatically a letter where they offer you a service of redirection of all postal items for 12 months. This service is subject to a charge and it is voluntary.

When you move out:

- Give notice to the Housing Office one month before you move out.
- Notify the local register office of your moving by filling in the online form at www.posti.fi/changeaddress. You can also get the form in the register office in your town or local post office. More information: www.vaestorekisterikeskus.fi.
- Return the keys to the Housing Office or caretaker.
- Fill in the form registering changes of address in the post office. Post offices have free post cards which you can send to your friends and family to inform of your new address. More information: www.posti.fi.
- Remember to change the address to the WinhaWille Student Administration System of the school. Also it is a good idea to inform the library and banks of your new address.
- Clean the flat before you move out. If the Housing Office has to clean your flat after you move out, it will bill you for the cleaning costs.

REMEMBER!

- The tenant cannot let anybody else live in his/her flat.
- If you want to move out or change your rental agreement you must yourself inform the Housing office
- Your own property is not included in the real estate insurance of the Housing Office. You can ask for a home insurance in the insurance companies. The companies require the Finnish social security number when obtaining the insurance.
- The tenant has to change the light bulbs his/herself.
- By the Finnish law there has to be a fire alarm in every flat. Check that the alarm is in operation. Tenant's responsibility is to replace the batteries approximately once a year!
- If the occupant has caused damage to the flat, s/he is liable to compensate the damage in full.

Find out...

- how to use the apartment key (how to lock and unlock the doors). And take care of the key. If you lose the key or lock yourself outside the apartment, it costs to call the janitor to open the apartment door!
- how the fridge is working.
- how the oven/stove works.
- how to use the washing machine in the laundry room.
- where are the garbage cans.

And

- Notice silence
(usually between 22.00-7.00)

ACCOMMODATION IN KEMI AND TORNIO

Students are accommodated either in Kemi or Tornio depending on their study program or the location of the practical training placement. When applying please indicate what kind of accommodation you prefer, the housing office try to fulfill your expectations. If you want to move in to the flat together with another person, please name the person in question.

Lapland University of Applied Sciences does not have dormitories. The apartments are rented by housing companies (Kemin opiskelija-asuntosäätiö and Tornion Krunni Oy) and private sector.

Exchange students apply the accommodation in Kemi or Tornio by filling in *the application for accommodation in Kemi-Tornio*. You need to attach the application to your SoleMOVE application.

International degree students fill in *the application for accommodation in Kemi-Tornio* and return it to the to the housing office.

- Fill in the application for accommodation and send it to accommodation
Officer Jukka Ikäläinen,
P.O. Box 505,
FI-94100 Kemi, Finland.

The application form is attached to this guide, page 55.

Accommodation in Kemi

Accommodation in Kemi is located within a 2.5 km radius of the Lapland UAS education units. Students live mainly in two or three bedroom apartments. Every student has his or her own bedroom. If you want, you can also share your bedroom with your friend. You will share a kitchen and a bathroom/shower with one or two other students. The apartments are furnished. The rent is about 250 €/month/student. You will have to pay a deposit rent of one month's rent, which will be returned to you when leaving if there are no claims. Deposit rent covers possible accidental damage to the property, unpaid rent and replacement of keys/locks when keys are lost or not returned. Remember to give your bank account information to the housing company before your departure. Exchange students don't have to pay deposit rent in Kemi. Internet is not included in the all rental apartments. If you want to have an internet connection in your apartment, you should turn to local internet service providers. The rent includes water, heating and electricity.

Exchange students must pay the rents for one semester at once (autumn semester rents in September and spring rents in January). In Kemi the rents must be paid when student arrive to pick up the apartment key.

Degree students can pay the rent monthly. Degree students pay the first month rent and the rent deposit within a week of student's arrival to the apartment.

After arriving you need to make a rental agreement with the house lord as soon as possible.

Contact information for Student housing foundation of Kemi (*Kemin opiskelija-asuntosäätiö*) Service Providers

Student Housing Foundation of Kemi
(*Kemin opiskelija-asuntosäätiö*)
Keskusuistokatu 6-8
FI-94100 Kemi

Accommodation in Tornio

The accommodation is located within a 0.5 km radius of the Lapland UAS education units. You will have your own room and share kitchen and a bathroom/shower with two other students. If you want, you can also share your bedroom with your friend. The apartments are furnished. Free laundry facilities are available. The rent is about 250 €/ month. Electricity, heating, water and internet connection are included in the rent. You will have to pay a deposit of 200 € which will be returned to you when leaving if there are no claims. Deposit covers possible accidental damage to the property, unpaid rent and replacement of keys/locks when keys are lost or not returned. Remember to give your bank account information to the housing company before your departure. Exchange students must pay the rents for one semester and the deposit at once (autumn semester rents in September and spring rents in January). In Tornio the rents must be paid within a week of student's arrival to the apartment. Degree students can pay the rent monthly. Degree students pay the first

month rent and the deposit within a week of student's arrival to the apartment.

See contact information for Tornion Krunni Oy Service Providers

*Tornion Krunni Oy
Lukiokatu 10
FI-95400 Tornio*

ACCOMMODATION IN ROVANIEMI

It is highly recommended to arrange accommodation before arriving to Finland. The student housing fills up quickly at the beginning of each semester. Therefore it is very important to be on time with your accommodation application. Keep in mind that staying at a hotel is expensive in Finland. Please read chapters below to learn more about accommodation options in Rovaniemi.

DAS

Domus Arctica-säätiö (DAS) is a Student Housing Foundation that offers accommodation in the city of Rovaniemi for Finnish and foreign students. DAS apartment buildings are situated in four different parts of the city, at approximately of 3,5 kilometer radius from premises of Lapland UAS. The areas are called Kuntotie, Rovala, Asemarinne and Rantavitikka. You can find more information about DAS accommodation and the housing areas at www.das.fi

All foreign and Finnish students can apply for accommodation in DAS apartments continuously. Majority of these apartments are not furnished. *The applications are handled in "first come, first served" basis so it is highly important to apply as soon as possible.* First-year students always have priority in August and September. Please remember that

in autumn DAS receives many more applications than there are apartments available.

Apartments

There are three types of apartments to choose from: studio, family apartments and shared apartments.

DAS has furnished apartments which are reserved for exchange students in the Kuntotie area.

In shared apartments you either have a single bedroom or share a double bedroom with another person. You share the kitchen, bathroom and toilet with apartment's other residents that are the same gender as you.

The prices vary depending on the area and the type of flat. For example, in Kuntotie rent varies from 87 €-320€/month/ person. Keep in mind that you will have to pay also utility fee (water and electricity) of 20 € and possibly monthly furniture payment which varies.

In the furnished apartments the rooms contain basic furniture: a bed, mattress, desk, ceiling lamp, wardrobe and chair. The kitchen contains a kitchen table, chairs, an oven/stove and fridge/freezer. Please note that there are no dishes, cleaning equipment, cutlery, cooking utensils, curtains, pillows, blankets, sheets or towels in the rooms.

Information about application process

Exchange students

Application for housing has to be in the DAS office at the latest on 25 June for the autumn semester, submitted directly to DAS office by using their online application form. The spring semester deadline is at

the latest of November. Please keep in mind that sometimes it is impossible to get housing option you wanted and you might be offered a different kind of option.

Degree students

The applications are stored in the order of arrival. Only the date matters, the time of day is not relevant. The apartments are assigned according to the waiting list. There is shorter waiting list for the shared apartments; you might have to wait a one year to get a studio. Be prepared to answer within deadline when you get an offer of an apartment.



Domus Arctica -säätiö

Ylikorvantie 28 A

FI-96300 Rovaniemi, Finland

Open on weekdays 9.30-16.00 (Thursdays 12.00-16.00) And the first and last working day of every month 8.00-16.00

Email: dasaspa@das.fi

Internet: www.das.fi (online application)

Please note that these 0207-starting phone numbers are chargeable:

Tel. +358 20 7699 180

Fax +358 20 7699 188

phone 8,21 snt/call + 6,9 snt/min

mobile 8,21 snt/call + 14,9 snt/min

For all issues related to DAS accommodation, please contact DAS customer service directly: dasaspa@das.fi

Other options

It is also possible to look for an apartment from the city of Rovaniemi, estate agencies or the private sector. Usually the apartments are unfurnished. It is possible to get low price furniture from second-hand shops.

Private apartments rent vary depending on the condition of the apartment and the area nearby. Apartments are usually more expensive in the city centre and in the Viirinkangas-Rantavitikka area than, e.g in Ounasrinne or Korkalovaara. It is also possible to rent an apartment together with friend or friends.

For more information, please check www.vuokraovi.com and www.kas.fi.

PRIVATE ACCOMMODATION

You can also rent an apartment from a private owner. The rent for a single room (studio) apartment is approximately 300–400 €/ month and for two rooms + kitchen 350–500 €/month. Usually you are requested to pay a deposit of 1–3 months' rent.

Important

Please notew that every tenant must sign a tenancy agreement with the landlord. *Only one person can live in an apartment per tenancy agreement.* The tenant has no right to let people who are not mentioned in the tenancy agreement live in the flat without the landlord's (for example DAS) permission. Your friends are not allowed to live in your apartment. You will lose your tenancy agreement and the right to live in your apartment if you do not follow the tenancy agreement.

In case of questions, always contact the housing office.

For more information about multicultural student housing in Finland, see: www.opiskelija-asunnot.fi/en/studenthousing

If you have not agreed with your student-tutor about your arrival at the dormitory, it is important to make arrangements to get the keys to your accommodation! Be sure to contact your

landlord well in advance so he/she knows when you will come to pick up keys. If you are going to DAS accommodation, see the opening hours of the DAS housing office to get your keys. Also remember to have all the necessary documents with you!

Depending on the furniture and other furnishings in the dormitories, it may be a good idea to take a sleeping bag with you. The first days can be quite busy, and it may take a day or two before you have time to go shopping. There are some second-hand shops in Rovaniemi where you can buy dishes, curtains, etc. at a lower price. Your student-tutor will help you locate all the necessary shops.

HEALTH CARE SERVICES

In Finland the public health care services are organized by the municipalities. As a student you are able to use the public health care services in Finland if you have a municipality of residence in Finland. Public health care services are financed through tax revenue and are quit cheap for customers. Source: infopankki.fi

As a student of Lapland UAS, you are entitled to use the services of the student health care nurse. The nurse counsels students on health issues and gives advice in case of illness. The school nurse can write certificates of illness for a short time. Also she will give the first aid in sudden emergencies. School nurses services are available during the academic year and on weekdays. Check your own school nurses appointment times from pages 28- 29. Student nurse's services are free of charge, but you are charged Health Centre fee from medical doctor appointments.

In case you have any chronic deceases or medical allergies the school nurse

recommends you to contact her as soon as possible after your arrival. You may make an appointment via phone or email. The school nurse has recommended that all students would have the following vaccinations before arriving to Finland: polio, tetanus-diphtheria and MMR (measles, mumps, rubella) vaccinations. You are not able to have the vaccinations in Finland except tetanus and influenza vaccinations.

Take with you your recipe and English descriptions if you have any regular medication. This helps you to continue your care in Finland.

EU/EAA- citizens

If you are an EU-citizen, remember to obtain your European Health Insurance card and show it when you are using health care services. Show the card even if you are not asked.

Citizen of Nordic Countries

As a citizen of the Nordic countries, you can prove your entitlement for medical treatment with identity card. You can also obtain European Health Insurance card.

Non-EU- citizen

Non-EU citizen has to have a valid health insurance that covers for medical treatment in Finland. Remember that you have to register at the local Register Office in order to get the public health care services at the same price as the locals!

To read more about the insurance, go to www.migri.fi and www.kela.fi.

Health care centers

Health care centers are usually open from Monday to Friday from 8 am to 4 pm. To make an appointment you should call the health center in the morning as soon as it opens. When you call to the appointment desk, the nurse will make an evaluation of medical treatment. The nurse will ask you questions concerning your case and make the decision whether you need to see a doctor, a nurse or the nurse can give you care instructions by phone and ask you to contact them later if the situation has not improved in couple of days. Source: infopankki.fi

Doctor

A doctor's order is usually required if you are in need of tests or treatment in hospitals, except in cases of an emergency. If you need the services of a specialist, you need to book an appointment first with a general practitioner. The general practitioner will write you an order for a specialist. Hospital patients must pay a share of the costs of the treatment. Note

that Health care centers are closed in the evenings and weekends.

Medicines

medicines are sold in *pharmacies*. Please note that a doctor's prescription is required for certain medicines. Some medicines are sold without a prescription.

HEALTH CARE SERVICES IN KEMI AND TORNIO

In Kemi and Tornio there is a school nurse in every campus.

In Kemi

Health Care

School nurse Ms Kati Ypyä

Tel. 050 314 6497,

e-mail: kati.ypya@kemi.fi

Lapland UAS, Healthcare Campus

Meripuistokatu 26, A-stairs

Reception without appointment

Mon–Fri at 8.00–9.45.

At other times only by appointment.

Technology, Business Management & Social Services:

School nurse Ms Laura Pernu

Tel. 050 461 7224,

e-mail: laura.pernu@lapinamk.fi

Kosmos Campus

Tietokatu 1, First floor, room 1045

Reception without appointment on weekdays

8.00–10.00. Other times only by

appointment.

In Tornio

Business and Culture

School Nurse Ms Sini Peteri,

Tel. 050 314 6505,

e-mail: sini.peteri@lapinamk.fi

Asuntola (Dormitory)

Kauppakatu 35 A Stairs

Reception without appointment and calling time Mon–Fri from 8–8.45 and 10.15–11.15 and Wed 8.00–11.15.

If the school nurse is not available, students can contact the nearest healthcare centre. The school nurse can advise you which is the nearest centre to you.

Contact information for the health care centers are:

In Kemi

Open weekdays from 8.00–15.30:

- Sauvosaari Healthcare centre (= *Sauvosaaren terveysasema*)
Kirkkokuistokatu 1, tel. 016 259 705
open on weekdays mon- thu 8.00–15.00
fridays 8.00–14.00, tel. 016-259705
calling time between 8.00–14.30

In Tornio

Reception by appointment from 8 am –3pm:

- Tornio Health care center (= Tornion terveyskeskus)
Sairaalakatu 1, tel. 016 431 835

All non-urgent matters such as time reservation and lab results Weekdays 8.00–15.00 hrs, tel. 016 432 835. If the answering machine goes on, leave your name and telephone number of on answering machine after the tone. You are called back the same day.

Emergency Duty

In urgent cases of sickness and accidents you will be treated in the emergency duty. Contact information to emergency policlinics:

In Kemi

For urgent matters (infections or accidents) the doctor is on call

- Emergency Health Centre,
Kauppakatu 25, 8.00-16.00 hours
tel. 016-259750
- Joint on-call duty, Kauppakatu 25
16.00-8.00 hours including weekends
and public holidays tel. 040-1491340

In Tornio

For urgent matters (infections or accidents) the doctor is on call

- Tornio health care center, Emergency polyclinic Weekdays 8.00-16.00 hrs
tel. 016 432 814

Emergency duty for both towns on workdays after 4 pm, on midweek holidays and during weekends is in the (Only life threatening situations).

- Länsi-Pohja central Hospital,
Kauppakatu 25, Kemi tel. 040 149 1340

When you call to these numbers, you will first be connected for the evaluation of medical treatment. The nurse will ask you questions concerning your case and make the decision whether you need to see a doctor.

Dental care

Dental care is arranged by the city of Rovaniemi and it is subject to charge. You can make an appointment to the dentist by calling, the number is 016 322 4630. Please keep in mind that you may have to wait a certain amount of time before getting to the dentist, which is defined in the statutory care guarantee.

Dental care is available in the health care centers and in private dental care clinics. Lapland University of Applied Sciences students belong to the municipal student health care system. EU-citizens must have their European Health Insurance cards with them when coming

to dental clinics. Dental clinics charge a fee for their services and the fee is determined by the Finnish government. Private dental clinics are available for everyone. Contact information for the public dental care services:

Kemi

Reservations at Kemi municipal dental clinics

tel. 016 259 769 Mon - Fri at 8 - 15.30 hrs
at other times tel. 040 149 1340 (joint duty)

- Karihaara dental clinic, Purolankatu 3
- Syväkangas dental clinic, Kivalontie 19
- Sauvosaari dental clinic,
Kirkkopuistikatu 1 A 2

Tornio

Tornio city offers all students an opportunity to visit an oral hygienist once at school nurse premises. The oral hygienist counsels students on health issues and in case you need dental care, you will be offered an appointment for either inspection or treatment in municipal dental care. Please consult first the school nurse about your district.

- Reservations at municipal dental clinics:
tel. 016 432 955
Weekdays at 8am-3pm

School social worker

The school social worker (*kuraattori*) encourages students in their studies and helps them cope with big and small problems in life (stress, frustration, loneliness, homesickness or related hardships) private discussions with the social worker are strictly confidential. There are also group meetings where students can meet their peers and exchange experiences. If you find yourself in any distressing situation, do not hesitate to contact the school social worker for assistance and support. You may arrange an appointment with the school social worker by e-mail or phone.

*School Social Worker Ms Maria Sipilä
Student Affairs Office*

*Lumikontie 2, Kemi
mobile +358 (0)40 847 4219
e-mail: maria.sipila@lapinamk.fi*

*Ms Paula Perttunen
Jokiväylä 11, Rovaniemi
mobile +358 404844243
email paula.perttunen@ulapland.fi*

HEALTH CARE SERVICES IN ROVANIEMI

The city of Rovaniemi arranges the health care services for students.

School public health nurse

*Minna Lohela,
Lapland University of Applied Sciences
Ounasvaara campus
Rantavitikka campus
Study Programs in English
minna.lohela@rovaniemi.fi*

NOTE!

Do not forget to cancel the dentist appointment in case you can't go! Otherwise you'll have to pay a fine of 33 euros.

Phone service

Monday-Thursday 8.00-16.00

Friday 8.00-14.00

Tel. 016-322 4280

Address

Pohjolankatu 2

96100 Rovaniemi

1. floor, B-door

Opening hours

Monday-Thursday: 8.00-16.00

Friday: 8.00-14.00

Doctor

In case you need to see a doctor, public health nurse can help you to get an appointment. There is also a possibility to use services of public health care center (terveyskeskus), hospital (sairaala) with first aid, and private clinics. Please keep in mind that EU-citizens have to show their European Health card and non-EU citizens have to have registered in the Register Office.

Hospital

In case of medical emergency or sudden illness that needs to be treated or assessed immediately, you can go to Hospital Emergency Unit. If your illness doesn't require immediate medical treatment or assessment you may make an appointment to a doctor. *Hospital Emergency Unit is only meant for patients who require immediate medical assessment and treatment and whose treatment cannot be prolonged without any significant health damage.*

- Central Hospital of Lapland, General Emergency, Ounasrinteentie 22
Emergency & accident 8.00 am – 10.00 pm, tel. +358 (0)16 328 2140
Night emergency duty 10.00 pm – 8.00 am, tel. +358 (0)16 328 2100

General Practitioners (GP's)

Each resident of Rovaniemi has his/her own GP and treatment team based on his/her street address. Please check which team you belong to from <http://rovaniemi.fi/International/English> > Services > Health Care Services

Sairaalakatu Health Centre

- Sairaalakatu 1
Team Ounas, tel.+358 (0)16 322 4453
Team Uitto, tel.+358 (0)16 322 4454
Team Kaira, tel. +358 (0)16 322 4455
Team Rova, tel. +358 (0)16 322 4456
- Pulkamontie Health Centre
Pulkamontie 4
Team Saaren, tel.+358 (0)16 322 4575
Team Koski, tel.+358 (0)16 322 4585

Health Centres are open:

Mon – Fri 8.00-16.00

Healthcare fees from person over 18 years:

- Yearly fee 41,70€
- Visit fee 20,90€

Duty fee 22,10 € on working days between 8 am- 10pm and also on Saturdays, Sundays and Public Holidays between 8 am – 10 pm Night duty fee between 10 pm – 8 am, 27,40 € per visit. Not cancelled appointment 51,40 €

GENERAL EMERGENCY NUMBER

112

LAPLAND POLICE SWITCHBOARD

+358 71 876 0321

MENTAL HEALTH

For example difficult life situations can provide psychological and physical symptoms; friendships are neglected, personal welfare and hygiene are overlooked, hobbies are abandoned and a person does not show interest towards the things they have been interested in before. Help for mental health care problems are available from the health care services. Ask for more information from school nurse or school social worker.

EMERGENCY HELP

In case of emergency for example life-threatening situation, accident, fire or urgent police assistance call the emergency number of the emergency response centre: 112. You do not need an area code when calling the emergency number, not even from a mobile phone. Emergency calls are free of charge from all phones. Do not call the emergency number in the case of common illnesses. When calling 112, be sure to mention the following things:

1. Your name.
2. What has happened?
3. Where has it happened?
4. Are there people in danger?

Answer all questions calmly and hang up only after the emergency centre has given you a permission to do so.

SEXUALITY

Family planning

Help with family planning and contraception can be obtained at the health care center. Contraceptives (condoms) are sold in pharmacies, shops and newsagents, birth control pills only by prescription from pharmacies. Ask more advice from the school nurse.

Gynecology services

Gynecological check-ups you can ask from your local health care center or contact a private medical center. Women can request to have a female doctor. Pregnancy tests can be taken at health care centers or from pharmacy you can buy a home test.

If you are pregnant

Maternity Clinic

The task of the maternity clinic is to foster the health and well-being of the pregnant woman, unborn and new-born child, as well as other family members awaiting the new arrival. Women should visit a maternity clinic as soon as they become pregnant or at least before the end of the

4th month of pregnancy. The clinic monitors the health of the mother and the child. They also organize classes for mothers and fathers where you can prepare yourself for the coming of the baby and learn how to take care of the new arrival. The services are free of charge for the customers of the clinic.

Children's Clinic

Once the child has born, the doctors and nurses of the children 's clinic take care of the health and vaccinations of the child.

Local health care center will provide you with more information on maternity and infant healthcare clinics.

Sexually transmitted diseases

If you suspect you have contracted a sexually transmitted disease, contact local health care center or the school nurse.

SOCIAL SECURITY FOR STUDENTS

The Finnish social security system is built to ensure adequate basic security for people in all situations in life. However the students moving to Finland only for the purpose of studying will not be entitled to Finnish social security because your



residence permit requires the adequate financial support. Also your family members or your children are not entitled to Finnish social security for the same reasons.

WEATHER AND CLOTHING

Finland goes through four seasons each year. When temperatures easily vary from -30C to +30C during the year, you have to be prepared for each season with certain clothing. The prices of clothes are relatively

high in Finland, so it is recommended to pack with you suitable clothing. If you're missing some of the essentials, you can purchase them from clothing shops and second-hand shops at your town. Check from the following chapters, what are the essential pieces of clothing during your stay at Finland.

Winter

Wintertime (November- April) can be very cold time of the year in Finland- especially

in Lapland. Temperatures are most of the time below zero and temperatures such as -20C and -30C are quite normal from December to March. Sometimes it can get even colder! That is why you should really prepare yourself with warm clothing. You should at least have quilted jacket or windproof coat with warm lining, insulated shoes, a warm hat and gloves.

One good tip is to wear clothes in layers. The air between the layers will help you to keep warm. For example you can wear

EXAMPLE OF DRESSING IN WINTER

First layer

- Underwear with long sleeves and legs
- Socks

Second layer

- Trousers
- Woolen Jumper/Fleece

Third layer

- Winter Trousers and Jacket (quilted)
- Scarf

Head

- Hat (wool, quilted material or fur cap)

Head without cover will give off 80% of your bodyheat.

Hands

- Gloves or mittens (wool, quilted material, leather with lining)

Footwear

- (Wool)socks and wintershoes (thick bottom and lining)

Remember that the shoes should be big enough to move your toes. Always use dry socks and shoes!

underwear with long sleeves and legs and put regular clothing on top of it. Don't forget your winter coat, gloves, hat and scarf. When it is really cold, you might want to add insulated trousers to the list. It is always good to have wool sweater and warm socks, just in case the temperature drops down.

Autumn and spring

During autumn and spring temperatures are usually below + 10 C but above zero. It can be warmer during May and August and then you can sometimes wear trousers and t-shirt or a long-sleeved shirt. Windproof jacket is a good piece of clothing for both seasons. Prepare yourself for rain and puddles of water with umbrella/raincoat and a pair of rain boots.

Summer

Summertime gives you a chance to wear t-shirt and shorts, because the weather is usually sunny and quite warm. Naturally occasional rain showers and thunderstorms may occur. Daytime temperature can often be around +20-25 C and usually temperatures drop down during night. The warmest month is July. Please keep in

mind that summer nights in Lapland can be full of light, because at the time of the midnight sun the sun stays above the horizon.

MONEY AND BANKING

The Finnish monetary unit is the Euro (€). One euro is divided into 100 cents. There are bank notes of EUR 5, 10, 20, 50, 100, 200 and 500. The coins are 5, 10, 20 and 50 cents and EUR 1 and 2. Credit cards like Visa and MasterCard or travelers' checks are the most convenient to use. With Eurocheque cards and Visa cards you can get money from cash machines. You can exchange currency in all Finnish banks at the same rate but there may be differences in commission fees.

Bank account

Banks are usually open Mon-Fri 10-16.30 hrs but many times the cash services in banks are open Mon-Fri only 10.00-13.00 hrs. Students are advised to open a Finnish bank account as soon as they arrive. To do that you will have to show proof of your identity (e.g. passport). There is no fee for opening an account but other services are

usually subject to a fee. Please ask the bank for a price of a service package and list of other fees (e.g. international money transfers). Fees are usually charged for receiving money to your account from abroad and sending an international money order. Fees depend on the bank and the form of transfer.

You will be given an ATM card with which you can withdraw money from cash machines (called OTTO) throughout Finland. If you lose your ATM card, call 020 333, 24 h/day.

All banks have special banking terminals (*maksuautomaatti*) for paying bills. You can also make your payments via the internet with specific personal banking codes. Self-service is much cheaper than paying bills at a bank desk or on the banking terminals. You can get banking assistance from student tutors and bank officials.

Living expenses

These are approximate prices in February 2012 just to give you an idea of the price level in Finland. There are school restaurants in every unit where students can buy their lunch at the student price.

COMMUNICATION AND MEDIA

Every student at Lapland UAS will be provided with an e-mail account by the school: `firstname.familyname@edu.lapinamk.fi`. The personnel's e-mail is in form `firstname.familyname@lapinamk.fi`. E-mail is an important tool for communication among students, lecturers and other staff. So make sure to check your e-mail on a regular basis.

The principal channels for disseminating information are:

- www.lapinamk.fi/en
The official website of Lapland University of Applied Sciences – APPLICANTS (especially for applicants)

- www.lapinamk.fi/en STUDENTS “Student’s Info Agency”, the most important source of updated information on studies, student life and educational news. Under STUDENTS you will also find the curricula for degree programs as well as course descriptions
- *Avack*
An electronic bulletin board used in the education units to announce possible changes and the latest information on class schedules and upcoming events
- Traditional noticeboards in the hallways of the education units
- Virtual learning environments like Moodle

It is your responsibility to be active and to keep yourself updated, so as not to miss important info. Though we utilize digital communication channels at Lapland UAS, there is always the good old alternative to walk up and ask anyone for advice and info.

Mobile phone

There are not public phones available in the Lapland region, as almost everybody has a mobile phone. If you are planning to bring along a mobile phone from your home country, note that there might be some difficulties to use it in Finland due to the incompatibility with Finnish SIM cards (especially prepaid cards). To avoid these difficulties you might consider buying a second hand mobile phone in Finland. The

LIVING EXPENSES

Student apartment in Kemi	250 €/month (includes water and electricity)
Student apartment in Rovaniemi.	87 -320€/ month/ person (not included furniture payment and utility fee)
Student apartment in Tornio	270,00 € / month (including water, electricity and free use of laundry room)
Internet, normal broadband connection	15–30 € / month (depending on the speed of the connection)
Internet, mobile broadband connection	10–30 € / month (depending on the speed of the connection)
Sports Pass	25.00 € / semester (35,00 € the academic year)
Prepaid phone card	from 10 € and up
Samok student card, first year	22 €
Lunch in student dining room	2–3 €
Freshments	2–3 €
Pizza in a pizzeria (lunch time)	6–7 €
Bowling, student price	9,50–12 €
Swimming, student price.	3,60 €
Ticket to see a band	5–25 €
Bus ticket from Kemi to Tornio	5,90 €
Airport-Taxi from the airport to the centre of Kemi	12 €/person
Airport-Taxi from the airport to the centre of Tornio	18 €/person

GROCERIES (FEBRUARY 2012)

Apple (omena)	1,99 €/kg	Macaroni (makaroni)	0,65 € /kg
Banana (banaani)	1,25 €/kg	Margarine (margariini)	2,45 € / 400 g
Black bread slices (hapanleipä)	1,50 € / 500 g	Microwave oven pizza (mikropitsa)	2,99 € / 700 g
Candies (karamelli)	1,70 € / 125 g	Milk (maito)	1,39 €/l
Canned tuna (tonnikalapurkki)	1,29 € / 140 g	Olive oil (oliiviöljy)	5,32 €/l
Carrot (porkkana)	0,79 €/kg	Onion (sipuli)	0,89 €/kg
Cheese (juusto)	8,99 €/kg	Orange (appelsiini)	1,99 € / kg
Chicken legs (kanankoipi)	1,99 €/kg	Pork chops (porsaanlihasuikale)	5,50 € / 400 g
Chocolate cookies (suklaakeksi)	2,36 € / 350g	Potato (peruna)	1,19 €/kg
Coca-Cola	2,15 € / 1,5 l	Rice crispies (riisimurot)	2,39 € / 500 g
Cocoa (kaakao)	5,61 €/kg	Sausage (makkara)	2,19 € / 400g
Coffee, good quality (kahvi)	4,19 € / 500 g	Shampoo (shampoo)	1,59 € / l
Cucumber (kurkku)	2,49 €/kg	Salt (suola)	0,69 €/kg
Curry	0,99 € / 45 g	Sugar (sokeri)	1,00 €/kg
Eggs (kananmunat)	1,59 € / 10 pcs	Tea (tee), 100 teabags	3,70 € / 100 tea bags
Garlic (valkosipuli)	7,45 €/kg	Toast (paahtoleipä)	1,19 € / 400 g
Grapes (viinirypäle)	2,69 € / 500 g	Toilet paper (wc-paperi)	2,99 € /10 rolls
Honey (hunaja)	2,99 € / 450 g	Tomato (tomaatti)	4,49 € / kg
Jasmine rice (jasminiiriisi)	2,15 €/kg	Toothpaste (hammastahna)	2,99 € / 75 g
Juice (mehu)	0,92 €/l	Washing-up liquid (astianpesuaine)	1,29 € / 500 ml
Laundry detergent (pyykinpesuaine)	4,29 € / 1,36 kg	Yogurt (jogurtti)	0,25 € / 200 g
Lemon (sitruuna)	1,38 €/kg	Ketchup (ketsuppi)	2 € / kg

prices for used mobile phones start from 5 € and new ones from 40 €.

The easiest way to get a mobile phone connection is to buy a prepaid subscription. You can purchase prepaid SIM cards at e.g. R-kioski and shops selling mobile phones. However, the rates for phone calls are a bit more expensive than if you have a monthly mobile subscription. Alternatively, you can open a mobile phone connection (monthly subscription) through several GSM service providers in Finland: e.g. Sonera, Elisa, DNA, Saunalahti, TeleFinland. It is always worthwhile to check the services and fees, as they may vary a lot between different operators. As a foreigner you are

required to have a Finnish Id number and credit information or to pay a deposit of 300–600 € to obtain your own SIM card.

If you have an internet connection, it may be cheaper to make international calls via VOIP providers like Skype or VoipDiscount.

You can get help with these matters from your student tutors.

If you call from outside Finland you should dial the international access code (often 00), the Finnish country code 358 and then leave out the first zero (in parenthesis). When you call within Finland, leave out the country code 358 and add the zero given in parenthesis. When you make a telephone call to a

destination that is outside of the country, first dial the international prefix. There are several international prefixes depending on the phone company you choose

- Sonera: 990 or 99590
- Elisa: 999
- DNA: 99555
- Globetel: 992
- Kolumbus: 99559
- Saunalahti: 991
- Pan-European code: 00

After the international prefix, dial the country code, area code (the first number – 0 – is usually omitted) and the subscriber's number.



Internet connections

You might not have Internet connection in your dormitory or apartment in Kemi, Rovaniemi and Tornio. Prepaid internet connections are very easy way to purchase your own internet connection. You can get help with these matters from your student tutors.

International press

You can find international newspapers and magazines in the libraries (the town libraries of Kemi and Tornio and the Lapland UAS libraries). Foreign language papers are sold in well-stocked R-kioski's and local stores.

TV and Radio

The operations of the Finnish Broadcasting Company are financed by public service broadcasting tax collected by the Tax Administration. The Finnish Tax Administration's website provides further information on the public service broadcasting tax.

For information on broadcasting tax see: www.vero.fi/en-US > *Individuals* > *Public broadcasting tax*

Listening to a radio is free of charge. The national broadcasting company YLE

provides news and information in several languages at www.yle.fi/international.

Postal services

You can buy stamps at post offices, kiosks and some stores. A standard letter or postcard can be mailed at post offices or dropped into orange or blue-colored mailboxes (if available) in the town. If you use the orange-colored mailbox your letter will be send as 1st class letter and if you use blue-colored mailbox your letter will be send as 2nd class letter. The 2nd class letter is cheaper to post but it will take two weekdays for the letter to arrive to the recipient. In 1st class, it will take only one weekday for the letter to reach the recipient. You can ask for more details at your nearest post office or from the internet. Incoming mail is delivered to your address Monday through Friday. There are no deliveries on Saturdays, Sundays or on public holidays.

For further information go to the website of the Finnish Post: www.itella.fi

WORKING IN FINLAND

Finding a job alongside your studies can be really challenging in Finland. Often workers are expected to speak at least the very basics of Finnish language. Naturally,

you have right to work in Finland without any restrictions, if the work is related to your studies. In this case, the work is part of your practical training or making diploma. Lapland University of Applied Sciences does not offer jobs and is not obligated to find students any jobs. All students have responsibility for themselves to find a job. Please see more information below regarding working in Finland.

Citizens of the Nordic Countries

A citizen of a Nordic country doesn't need a residence permit to work, live and study in Finland. However, it is necessary to register your new address at register office (*Maistraatti*), if your stay lasts longer than six (6) months.

EU/EEA citizens

As an EU/EEA citizen you have unrestricted right to work and study in Finland for less than three (3) months. If the stay lasts longer period of time, EU/EEA citizen has to register for the right to reside in Finland at the local police station.

Non-eu citizens

As a non-EU citizen, you have right to work 25 hours a week during the academic



www.outdoors.fi

term. When there is no teaching at the institution during holidays, it is possible to work full-time. You will need to get a residence permit before arriving to Finland in order to work.

For more information about working in Finland:

- www.mol.fi
- www.infopankki.fi
- www.migri.fi

Taxation

Remember to take care of your taxation, if you work during your stay in Finland. You can get your tax deduction card from your local tax office. You will need it for each time you work and receive salary.

In order to learn more about taxation in Finland, visit www.vero.fi

FREE-TIME

How to get around

Although in small towns like Kemi, Rovaniemi and Tornio all the services are in the center, within walking distance, a bicycle is a nice way to familiarize with the surroundings of the towns. There is also a possibility to buy a buss card and use the public transportation for moving around towns.

Travelling by bus from Kemi to Tornio or vice versa costs you 6,90 €. If you need to take a bus daily, it is worth buying a monthly card. It is valid for 30 days from the date you buy the ticket within the Kemi-Tornio transport area and costs 69 euros + a renewable card 6,50 euros (deposit). The card can be purchased at bus stations and it can be renewed on buses. Local buses depart from the bus stations in Kemi and Tornio. Timetables are available at the bus stations, the Matkahuolto office and on buses. In Rovaniemi the bus card at student price is 31€/month and you can buy it from Osviitta (located in the city hall of Rovaniemi) or Matkahuolto (Lapinkävijäntie 2). Don't forget to take Lapland UAS attendance certificate and pass-port with you.

If you take a bus ride to a destination of a distance of 80 km or more, you are entitled to a special student rate. The discount is 50 % for a one-way or return ticket. You need to present your Student Union membership card (SAMOK student card) or a special Matkahuolto/VR discount card when purchasing the ticket.

Travelling by train you are entitled to a special student rate. Beginning on June 3rd

2013 the student discount percentage for Basic and Extra class tickets has started to vary between 45 to 55 per cent. What this means is that students receive the highest discount for tickets with low demand, while more popular tickets entitle to a lower discount. VR has convinced the student organisations that the reform will, on average, make travelling by train more affordable for students – even despite the slight increase in the prices of the most popular departures.

You need to present your Student Union membership card (SAMOK student card) or a special Matkahuolto/VR discount card when purchasing the ticket

Train connections in Finland:
www.vr.fi/eng

Bicycles

With some good luck you may find and buy a decent bicycle for a reasonable price from a bicycle repair shop, recycling center (*kierrätyskeskus*), flea market (*kirpputori*) or your fellow student.

When you park your bicycle always remember to lock it and preferably fasten it to a bicycle rack or some other solid structure to avoid anyone stealing your



bike. You can buy bicycle locks from well-stocked stores.

Please remember to also purchase a light for your bike, because the Finnish law demands you to have one. Light helps other traffic users to see you better and makes it easier to drive your bike when it's dark. It is also good to have a bicycle helmet.

These shops sell used bikes and are located in the city centre of Rovaniemi:

- Mountain Bike Center, Ruokasenkatu 10
- Tuhattori, Harrikatu 2

With good luck you can find used bikes in Kemi and Tornio from:

- Viikkotori, Keskuspuistokatu 17, Kemi
- Monitarmo Kierrätys, Asemakatu 4, Kemi
- Tositori, Länsiranta 13, Tornio

Shopping

Rovaniemi offers variety of shopping possibilities. There are many supermarkets, grocery stores, home-furnishing and clothing shops. In downtown you can shop in three shopping malls: Sampokeskus, Revontulikeskus and Rinteenkulma, which are only a short walking distance away

from each other. Another great place to shop and visit is Santa Claus Village at the Arctic Circle. There are many specialty shops and souvenir shop in the center of Kemi and Tornio, as well as a mall in Tornio. You can also enjoy a mall and lots of other shops in Haparanda, Sweden. In Sweden the currency is Swedish krona, but in Finland the currency is Euro.

Shopping hours are generally 9 a.m. to 6 or 7 p.m. Monday through Friday and 9 a.m. to 2 or 3 p.m. Saturday. Stores are typically closed on Sundays, but grocery stores are usually open every day.

Second hand shops

Second-hand stores are ideal for low-budget shopping. You can find many second-hand shops in Rovaniemi:

- *Tuhattori*, Harrikatu 2
- *Varastotien kirppis*, Varastotie 8
- *Rovaniemen Kontti, Kierrätystavaratalo*, Teollisuustie 13
- *Vintikki*, Varastotie 2
- *Toivon Tori*, Lapinkävijäntie 23

There are many second-hand shops also in Kemi and Tornio:

- *Viikkotori*, Keskuspuistokatu 17, Kemi
- *Aseman tori*, Rautatiekatu 9, Kemi
- *Monitarmo Kierrätys*, Asemakatu 4, Kemi
- *Vaarin Vintti*, Länsiranta 13, Tornio
- *Tositori*, Länsiranta 13, Tornio
- *IHA Lähetyspuoti*, Kauppakatu 11, Tornio

Sports Pass

With Sports Pass you can enjoy of culture or sports. The provided benefits vary depending on the town, please check details below. You can use the same Sports Pass in Rovaniemi, Kemi and Tornio.

Sports Pass in Kemi-Tornio area

In Kemi-Tornio area Sports Pass gives you the opportunity to participate in different kinds of cultural or sport activities with no cost at all or with a discount. With the Sports Pass you can enjoy of multiple exercise locations in the school premises and on private sector. Different group exercises e.g. zumba and ball games such as volleyball, basketball and football have been popular options. There are also many opportunities to exercise for free without the Sports Pass. You can get the card

against the payment receipt from the Students Affairs' Offices.

Further information on the Pass and the payment will be given by the Instructor of Leisure Activities Mr Jukka Ikäläinen jukka.ikalainen@lapinamk.fi and from student union ROTKO palvelukoordinaattori@lapinrotko.fi.

Sports Pass in Rovaniemi

In Rovaniemi you can enjoy of the sport services intended for students with Sports Pass. You can get some of the services free of charge or against a small fee. You can choose from variety of outdoor and indoor activities. From page 42 you can check some of the places that offer benefits from Sports Pass in Rovaniemi.

Learn more about Sports Pass and the services in Rovaniemi at:

- www.ulapland.fi/sportservices
- www.lyy.fi

For more information contact the Sports coordinator Mika Vettainen. mika.vettainen@lapinamk.fi

FREE-TIME ACTIVITIES IN KEMI AND TORNIO

Local Area

The following places are worth checking out in the Kemi-Tornio area:

In Sweden, Kalix and Luleå are so close that you can make a day trip there. On the Finnish side of the Torniojoki river, as you go northward you find the town of Ylitornio, which is home to the Aavasaksa hill, from which you can see far into Sweden, and the town of Pello, which is located within the arctic circle.

If you go 100 km northeast from Keminmaa, you get to the city of Rovaniemi, where Santa Claus has built his own tourist trap. From Rovaniemi you should continue on toward Ranua and stop by the Ranua zoo to say hello to Jaska, a talking raven.

Also not too far is Oulu, which is a little over 100 km from Kemi. Before you get to Oulu there is a stone age village in the town of Ii.

There are some natural sights we recommend that you check out:

Between Simo and Keminmaa is the nature preserve of Martimoaava –

EVENTS FOR EVERY TASTE

Sea Lapland area has several events throughout the year.

Annual events in Kemi

- In January Pakkasukko Blues & Jazz
- In March Sea Lapland Ski (Lapin meren hiihto) In May Cartoon festival (Sarjakuvapäivät)
- In August Satama Open Air, music festival
- In August Venetsialaiset

Annual events in Tornio-Haaparanta area

- In March Ice Fishing event (Suurpilkit) Several times a summer Peräpohjola Fair
- In July Twin City Festivals
- In July Tradional Whitefish Festival in Kukkolankoski
- In November Artbazaar on the Aine Museum

Tutor's tips

Here are a few tips on how you can spend your free time in Kemi- Tornio area:

- From pastel painting to hunting courses and everything in between provided by: Kemin Työväenopisto Marina Takalon katu 3, Kemi tel. 016 258 240 www.kemi.fi/kto/
"Good selection of different kind of hobbies"
- Tornion Kansalaisopisto Opistotalo Seminaarinkatu 14, Tornio tel. 040 770 5972 www.tornio.fi/Kansalaisopisto
"Lots of different courses for everybody"

Lumiaava – Penikat. It provides visitors with hiking trails, night lodging in wilderness huts, bird watching, and eating in lean-to shelters.

The coastal region is home to the Perämeri National Park, where visitors can become familiar with the marine habitat of Bothnian Bay (Perämeri) as well as the fishing outposts and traditional landscapes produced by the traditional fishing industry.

In the bird watching tower of Alkunkari in Puuluoto of Tornio, visitors can watch the lives of birds and enjoy campfire coffee at the campfire area, which is large enough for twenty visitors at a time.

Another place worth visiting near Tornio is Kukkolankoski rapids, where you can watch and admire living traditional fishing culture of the Tornionlaakso Valley.

On the Swedish side, the island of Seskarö is famous for its great beaches.

People in the Arctic like winter swimming and ice fishing in the winter time. The coastal region of Kemi and the Torniojoki river provide excellent opportunities for both of these activities.

TIPS OF PLACES

SPORT ACTIVITIES

In Kemi

- Kemin keila- ja tennishalli (bowling and tennis hall)
Tervaharjunkatu 16
tel. 045 279 3119
www.keminkeilajatennishalli.com
"Room for lots of people. Good opening hours. Little expensive." "Disco-Fever bowling."
- Bodycenter
Valtakatu 3, tel. 010 396 8000 and Asemakatu 9, tel. 010 396 8003
www.bodycenter.fi
"Good and professional instructors. Nice gymnastic exercises."
- Swimming hall
Meripuistokatu 28, tel. 016 259 455
"Nice swimming hall but small. Has music. Quite expensive prices. Water gymnastics are effective and has good instructors."
- Naisvoimistelijat (Female gymnastics)
Lukkarilankatu 2,
tel.040 026 2400
"Affordable. Student friendly."
- Kiikeli, in ruutinranta
"Nice and big dogpark.
Empty during morning and evenings.
Lot's of people during afternoon"
- Hiking path and lean-to."
- Jogging paths: Takajärvi path and Mansikkanokka path

In Tornio

- Tornio swimming hall
Viidankatu 22
tel. 050 597 1256
www.tornio.fi
"Nice, relaxing. Swimhall also has a gym."
- Tornion naisvoimistelijat (Female gymnastics)
Arvontie 10
http://tornionnv.sporttisaitti.com/
"Cheap and it's easy for newcomers to hop in."
- Tornio-Haaparanta "Jogging route"
"Route has signposts. Goes nicely around the river, nice scenery."
- Tornio bowling hall
Teollisuuskatu 8–10,
tel. 016 445 722
tornio.kemi-torniokeilailu.com.
"Cheapish if you reserve a lane with a group. Has music, cafeteria and disco-fever during evenings."
- Vocational College Gym
Downstairs of the dormitory at Kauppakatu 35
"Gym is in good shape and is free for student."
- Hall hours for students Lappiahalli, Etappitie 4 www.lappiahalli.fi
"Nice place for soccer."
- Climbing wall at Kiviranta Tapiolantie 8
- Bodycenter
Kauppakatu 12
tel. 010 396 8001
www.bodycenter.fi
"Good and professional instructors. Nice gymnastic exercises."



www.outdoors.fi

FREE-TIME ACTIVITIES IN ROVANIEMI

There are many possibilities to spend your spare time in Rovaniemi. Nature is not far away from the city and it is easy to go enjoy it throughout the year. You can do many outdoor activities: skiing, swimming, ice skating, cycling, snow shoeing, hiking and fishing... If a rainy (or a very cold) day comes by, you can always turn to the services that gyms and sport centers provide. Gather your friends and go for example climbing, bowling or swimming.

A good place for outdoor activities is Ounasvaara, which is not far away from the city. It is a recreational area that has well-maintained trails with signposts which are ideal for hiking and skiing. Ounasvaara is a hill and it gives you a chance to enjoy of amazing views and landscape. Be sure to visit the Ounasvaara's observation tower because the view up there is mesmerizing! During winter it is possible to go snowshoeing or downhill and cross-country skiing. Hiking, playing golf and enjoying the ride on a summer bobsleigh are fun summertime activities. And these mentioned activities are just

few of the possibilities; there are many more activities available.

There is also a possibility to go explore city's cultural life. For example at House of Culture, Korundi, you can see contemporary art, enjoy concerts or attend a lecture of the current art theme. You can also go see the Provincial Museum of Lapland in Arktikum and its exhibitions, or drop by on one of the smaller art galleries downtown. You can also lend a book or read papers at the library, watch a movie at the cinema or see a play on one of the theaters.

To see more information about cultural activities check http://rovaniemi.fi/International/English/Cultural_Services. Rovaniemi is a tourist destination and therefore it provides many exotic things to experience. You can pay a visit to Santa Claus or reindeers. There is also a possibility to enjoy of outdoors with husky sleigh rides or snowmobiling. You can find more information about these and many other services from the local safari companies.

More information www.visitrovaniemi.fi and www.outdoors.fi

EVENTS FOR EVERY TASTE

Sea Lapland area has several events throughout the year.

Annual events in Rovaniemi

- In June: Rovakatu Market, at the town centre
- In June, March and September: Rovaniemi Market (traditional market at Kauppatori)
- In August: Old Market Square
Carnival of Rovaniemi
Elonkorjuu Market at the town centre, Rovakatu
Simerock (Music festival)
- In September: Rovaniemi week (A chance to get to know city's services, history and architecture)
- In December: Christmas Street Opening, at town centre
- In February: Arctic Design week

Please note that these are just a few examples of what interesting events Rovaniemi has to offer.

Since Rovaniemi is a student city, it has an active student life: degree organizations, student unions and student tutors organize all kind of events throughout the year. Other organizations also organize many kinds of events, lectures, shows and theme days that you can participate in.



TIPS OF PLACES

Sports

- Vesihiiisi Swimming hall
(some benefits from Sports Pass)
Nuortenkatu 11
96100 Rovaniemi
- Santasport Lapin Urheiluopisto
(some benefits from Sports Pass)
Bowling alley, swimming hall/spa,
gym etc.
Hiihtomajantie 2, 96400 Rovaniemi
<http://santasport.fi>
- Gym Everybody
(some benefits from Sports Pass)
Gym, exercise classes
Rovakatu 24, 96200 Rovaniemi
www.gymeverybody.com/
- Kunnan Paikka
(some benefits from Sports Pass)
Gym, exercise classes
Lähteentie 20, 96400 Rovaniemi
www.kunnan-paikka.com/
- Rovaniemen Vuoristoklubi
(some benefits from Sports Pass)
Offers a chance to practice climbing
Varastotie 2, 96100 Rovaniemi
rovaniemenvuoristoklubi.blogspot.fi/

- Fitness boxing
(some benefits from Sports Pass)
Lessons held at: Urheilukatu 1, 96100
Rovaniemi (Downstairs of Wiljami)

Culture

- Korundi House of Culture
Concerts, exhibitions and lectures
Lapinkävijäntie 4, 96100 Rovaniemi
www.korundi.fi
- Arktikum
Museum and arctic science center
Pohjoisranta 4, 96200 Rovaniemi
www.arktikum.fi
- Pilke
Science Centre,
focus on the northern forests
Ounasjoentie 6, 96200 Rovaniemi
www.sciencecentre-pilke.fi
- Maxim Rovaniemi, Movie theater
Koskikatu 17, 96100 Rovaniemi
www.biorex.fi/

Courses

- Rovalan Setlementti ry
Rovaniemen kansalaisopisto provides
variety of courses e.g. language,
dance, music...
Rovala 5, 96100 Rovaniemi
www.rovala.fi/

FINNISH FRIEND PROGRAMME

Lapland UAS and ULapland organize international friend activities between international students and local people each semester. Participation in the activities is voluntary and free of charge for both the students and the locals, and there are no limitations or obligations. Generally the idea is to introduce Finland, Lapland and Finnish culture to international students coming to Rovaniemi. The student and his/her local friend(s) meet according to their own schedules and organize activities together.

Finnish Friend activities are a wonderful opportunity for the student to integrate into the Finnish culture and way of life while local people get to know new cultures and enrich their language skills. Students can sign up for this activity during the orientation week. More information is available on the Universities' web pages.

ABOUT FINLAND

WHERE ARE WE?

Finland is located in northern Europe between the 60th and 70th parallels of latitude. One quarter of Finland's total area lies north of the Arctic Circle (Napapiiri in Finnish). The topography of Finland is flat with the exception of the high rounded fells in Lapland, the northern part of the country. Thousands of lakes, rivers and streams as well as forests and woods dominate the Finnish landscape.

The climate is marked by cold winters and warm summers. In winter, the mean temperature remains below 0 °C. In Lapland the winter usually begins in mid-October. In summer, the mean daily temperature is consistently above 10 °C. The summer usually begins in June and lasts until August. In spite of the northern

Total area	338 km ² , Finland is the seventh largest country in Europe
Of the total area	69 % forest, 10 % water, 8 % cultivated land and 13 % other
Maximum distances	1 157 km north to south, 542 km east to west
Land border	with Sweden in the west (614 km), with Norway in the north (736 km) and with Russia in the east (1 340 km)
Highest point	Halti, 1 324 m
Longest river	Kemijoki river, 483 km
Blue and green	188 000 lakes, 180 000 islands and 35 national parks with a total area of 884 600 ha





For further information on
Finland's history visit
virtual.finland.fi

Population	5.4 million people
Population growth	4.1 ‰
Population density	17 people per sq km
Main languages	90 % Finnish (suomi), 5 % Swedish (ruotsi), 0,03 % Lappish (saame)
Main religions	78 % Lutheran, 1 % Orthodox

location, the climate in the region is still mild due to the effects of the Gulf Stream. The average temperature in July is from +15 to +18 °C and in February from -10 to -15 °C. Snow covers the area from early November until the end of April.

Kemi and Tornio

The towns of Kemi, Tornio and Haparanda (Sweden) and three municipalities, Keminmaa, Simo and Tervola comprise the Kemi-Tornio region with about 61 000 inhabitants.

Kemi and Tornio are located about 25 kilometres apart, but they are well connected by regularly running buses. Due to the location on the northern coast of the Gulf of Bothnia, into which the region's three great rivers – the Simo, Kemi and Tornio Rivers – flow, the area is sometimes called Sea Lapland (*Merilappi*).

Rovaniemi

Rovaniemi is a town of 61 000 inhabitants and it is located on the Arctic Circle. Due to the location and the exotic experiences the city offers, Rovaniemi attracts tourists all over the world. Finland's longest river, The Kemi River, flows through Rovaniemi.

The distance from Rovaniemi to Kemi is about 114 kilometres. Way to Tornio takes a little bit more time, because the distance is 125 kilometres. Railroad and bus connections make the distances easier to travel.

WHAT'S THE TIME?

Finland is two hours ahead (+2) of Greenwich mean Time (GMT) and one hour ahead of central European Time (CE T). We set the clocks twice a year: daylight Saving Time (or summer time) is in effect from the last Sunday in March to the last Sunday of October. A 24-hour timetable is commonly used. For example 8.00–16.00 means the same as from 8 am to 4 pm.

WHO ARE WE?

The Finns form a distinct linguistic and ethnic population bearing features from both Eastern and Western Europe. The Finnish language, with Estonian and Hungarian, belongs to the Finno- Ugric group of languages. The population of Finland is 5, 4 million people. Families with one child are the most common. The average life-expectancy of Finnish women is 83 years and of men 76.

Finland's History at a Glance

About 8000 B.C	The end of the ice age Early settlers (hunters, fishermen and food gatherers) arrived in Finland following the retreat of the continental ice-sheet. For a long time they were thought to be the first inhabitants of Finland. However, the latest archaeological findings suggest that there have been settlements in Finland before the ice age, over hundred thousand years ago.
1155	The first crusade to Finland. Led by King Eric IX of Sweden the missionaries arrived in Finland. Finland became part of the Kingdom of Sweden for 600 years.
1543	The first book in Finnish Mikael Agricola's ABC Book, the first book written in the Finnish language, was published.
1640	The oldest institution of higher education The Royal Academy of Turku was founded. Nowadays it is known as the University of Helsinki.
1808–1809	The Finnish War between Sweden and Russia. Sweden surrendered Finland to Russia. The new border in the North was drawn along the Tornio River.
1809	The Autonomous Grand Duchy Czar Alexander declared Finland an autonomous Grand Duchy with himself as the constitutional monarch represented by a Governor General.
1835	Kalevala The Finnish National Epic was published.
1862	The Finnish Markka was introduced replacing the Russian rouble as the currency of Finland
1906	Equal and Universal Suffrage Finnish women were the first in Europe to gain the right to vote in parliamentary elections
1917	Declaration of Independence Finland declared its independence of Russia on 6 December and became a republic.
1918	Civil War between the Reds (leftwing) and the Whites (rightwing) ended with victory for the latter (government troops)
1939–1940	The Winter War against the Soviet Union. In a peace treaty Finland had to surrender southeastern Finland to the Soviet Union.
1941–1944	The Continuation War against the Soviet Union. In addition to the areas already lost to Russia, Finland also ceded Petsamo on the Arctic Ocean and was penalized with severe war reparations in the Paris Treaty in 1947.
1944–1945	The Lapland war against German troops present in North Finland. In the Second World War (comprising the Winter, Continuation and Lapland wars) Finland was never occupied by foreign forces, but the war claimed a heavy toll: over 90 000 Finns got killed.
1948–1992	Treaty of Friendship, Co-operation and Mutual Assistance with the Soviet Union. In 1992 Finland and Russia confirmed that the Treaty was null and void.
1952	The Olympic Games in Helsinki
1955	Member of the United Nations
1995	Member of the European Union
2000–2012	Tarja Halonen was the first female President of Finland
2002	Arrival of the Euro Finnish Markka was replaced by the Euro



To learn more visit the website
of the Finnish Sauna Society
www.sauna.fi



Gross domestic product (GDP)	180 billion euros (2011)
GDP by industry	Agriculture, forestry and fishing 3%, mining and quarrying 0,5%, Manufacturing 17,9%, Electricity, gas, steam and air conditioning supply 2,5 %, Water supply; sewerage, waste management and remediation activities 0,8 %, Construction 6,6%, Wholesale and retail trade; repair of motor vehicles and motorcycles 10%, Transportation and storage 5,3%, Accommodation and food service activities 1,7%, Information and communication 5%, Financial and insurance activities 2,8%, Real estate activities 11,8% Professional, scientific and technical activities 4,4%, Administrative and support service activities 3,4%, Public administration and defence; compulsory social security 6,2%, Education 5,3%, Human health and social work activities 9,7%, Arts, entertainment and recreation 1,3%, Other service activities 1,8%
Exports	Chemical industry products 21,8%, Forest products 19,6%, Metal and metal products 16,2%, Machinery and equipment 13,9%, Electric and electronics industry products 13,4%, Other 15,2%
Monetary unit	The Finnish monetary unit is the euro (€) which is divided into 100 cents

Finns are curiously silent in public places and they rarely enter into conversation with strangers, but will converse after you take the initiative. Most Finns speak English fluently except most of the elderly people.

Finns are better at listening than at talking, and interrupting another speaker is considered impolite. A Finn does not grow nervous if there are breaks in the conversation; silence is regarded as a part of communication. Having once got to know a stranger better, Finns are quite willing to discuss any topic; generally not even religion or politics are taboo ways of life visit: <http://virtual.finland.fi>

HOW DO WE LIVE?

There is a high degree of equality between the sexes in Finland, as can be seen in the relatively high number of women holding advanced positions in politics and other areas of society. Chauvinistic or patronizing attitudes towards women are generally considered unacceptable. Women are usually independent financially and may offer to pay their share of a restaurant bill, for instance. A man may politely refuse such an offer but it is equally polite to accept it.

Although a total of 5.4 million Finns, about 80 % of the population live in urban areas in the southern part of the country, many people have summer cottages in the countryside. Practically every Finnish house has a sauna of its own. There are public saunas in swimming halls with indoor swimming pools, water slides, water massage, Jacuzzi and so on. What do you do in a sauna? To learn more visit the website of the Finnish Sauna Society www.sauna.fi



WHAT DO WE DO FOR A LIVING?

Finland belongs to the 20 wealthiest countries in the world. The GDP has increased in real terms by over 50 percent over the past ten years. The ratio of R&D investments to domestic output in Finland is among the highest in the world.

FINNISH HOLIDAYS

Independence Day (6th of December)

6th of December is the date for celebrating the Finland's independence that started 1917 after the declaration of independence. The day consists of parades and patriotic speeches. At the evening, Presidential Independence Day reception is held and televised. Guests of the reception are members of the parliament and government of Finland, veterans, previous presidents, diplomats, otherwise distinguished individuals and famous Finns. During the day it is a custom to remember and honor veterans and those who we lost at wars. Another tradition is to light two candles on a window sill and turn the lights off at 6 pm.

Easter

(4 day period in March- April)

Easter is church holiday for celebrating the resurrection of the Christ. People usually make Easter cards, decorate Easter Eggs and grow decorative grass. Easter is a time of many goodies, such as chocolate eggs and mämmi (Finnish Easter pudding). On Palm Sunday, children dress as witches and carry decorated willow's sprigs. They go around houses and recite a special verse, give one of the sprigs and get a reward in return which can be chocolate, candy or a few coins.

Vappu, May Day

(1st of May)

May Day is for celebrating International Worker's Day and the soon ending spring. This is a holiday for students - even the old students put their graduation hats on. People enjoy the outdoors if the weather permits and usually restaurants and bars are full of people. Goods such as sima (mead), tippaleipä (funnel cake) and doughnuts are usually part of the celebration. Balloons and serpentine are popular decorations and some people might even wear fun costumes.

Juhannus Midsummer

(Friday between 19th & 25th of June)

Finns usually spend midsummer at the countryside. They go to their cottages or either rent one. Typical traditions are going to sauna and lighting a bonfire. Some might even try to do midsummer magic, which can e.g. help you to see your future spouse in your dreams. Enjoying good food, company and drinks are essential parts of Finnish Midsummer.

Christmas

(from 24th to 26th of December)

Christmas is a time of families and homes. People decorate with Christmas decorations, prepare traditional foods, listen to Christmas carols, go to sauna and enjoy the company of their loved ones. At midday of Christmas Eve, Turku (the former capital of Finland) declares the Christmas peace. Naturally Santa Claus can pay a visit and bring presents.

SURVIVAL FINNISH

Useful phrases

Good morning!	<i>Hyvää huomenta!</i>
Good afternoon!	<i>Hyvää iltapäivää!</i>
Good night!	<i>Hyvää yötä!</i>
Hello!	<i>Hei / Terve!</i>
Goodbye!	<i>Näkemiin!</i>
Excuse me / I'm sorry!	
Thank you!	<i>Anteeksi Kiitos!</i>
Here you are	<i>Ole hyvä</i>
My name is...	<i>Minun nimeni on...</i>
What time is it?	<i>Mitä kello on?</i>
It is one o'clock.	<i>Kello on yksi.</i>
I don't understand.	<i>En ymmärrä.</i>
I love you!	<i>Rakastan sinua!</i>
Cheers!	<i>Kippis!</i>

Shopping

Milk	<i>maito</i>	Onion	<i>sipuli</i>
Coffee	<i>kahvi</i>	Vegetables	<i>vihannekset</i>
Tea	<i>tee</i>	Fruit	<i>hedelmä</i>
Yoghurt	<i>jogurtti</i>	Pasta	<i>pasta</i>
Butter	<i>voi</i>	Rice	<i>riisi</i>
Bread	<i>leipä</i>	Sugar	<i>sokeri</i>
Fish	<i>kala</i>	Salt	<i>suola</i>
Beef	<i>naudanliha</i>	Toothpaste	<i>hammastahna</i>
Chicken	<i>kana</i>	Toothbrush	<i>hammasharja</i>
Meat	<i>liha</i>	Shampoo	<i>shampoo</i>

At the university

Academic year	<i>lukuvuosi</i>
Study guide	<i>opinto-opas</i>
Semester	<i>lukukausi</i>
Assessment	<i>arviointi</i>
Lecture	<i>luento</i>
Credit	<i>opintopiste</i>
Library	<i>kirjasto</i>
Student	<i>opiskelija</i>
Degree programme	<i>koulutusohjelma</i>
Lecturer	<i>opettaja</i>
University	<i>yliopisto</i>
University of applied sciences	<i>ammattikorkeakoulu</i>

WANT TO LEARN MORE? CHECK OUT THESE LINKS

- ▶ www.yle.fi/opinportti/
- ▶ supisuomea/01/
- ▶ www.uuno.tamk.fi

LINKS WORTH CHECKING

Main website

Lapland University of Applied Sciences
www.lapinamk.fi

Education in Finland

- Data on Finnish science and technology: www.research.fi/en
- The portal by the ministry of Education provides information about studies taught in English:
www.opintoluotsi.fi/en-GB
- Information about studies, practical training or youth exchange in Finland:
www.studyinfinland.fi
- Centre for International mobility; scholarship and exchange programs EU education, training, culture and youth programs: www.cimo.fi
- National Union of Students in Finnish Universities of Applied Sciences:
<http://samok.fi>

Kemi and Tornio towns

- www.kemi.fi
- www.tornio.fi

Rovaniemi

- www.rovaniemi.fi
- www.visitrovaniemi.fi

Working in Finland

- Federation of Finnish Enterprises:
www.yrittajat.fi/en-GB
- Infopankki: www.infopankki.fi

Finland

- Information on politics, society, media, history etc.: <http://finland.fi>
- Gateway to public services:
www.suomi.fi
- Basic information about the functioning of society and opportunities in Finland:
www.infopankki.fi/en-GB/home
- Information for tourists:
www.visitfinland.com
- Statistics on Finland:
www.tilastokeskus.fi/index_en
- Weather in Finland:
<http://en.ilmatieteenlaitos.fi>
- News in English by YLE, Finland's national public service broadcasting company: www.yle.fi/international

Government and Administration

- Parliament of Finland:
<http://web.eduskunta.fi>
- Finnish government:
<http://valtioneuvosto.fi/hallitus/en.jsp>
- Ministry for Foreign Affairs:
www.formin.finland.fi

Embassies in Finland

- formin.finland.fi
(> diplomatic missions >
Representation of foreign states in Finland)

Finnish National Authorities

- Finnish Immigration Service:
www.migri.fi/frontpage
- National Finnish Employment Office pages: <http://www.te-services.fi/te/en/index.html>
- Finnish police: www.poliisi.fi
- Finnish customs: www.tulli.fi/en
- Finnish tax system: www.vero.fi/en-US
- National register offices:
www.maistraatti.fi/en

CONTACT INFORMATION

Note that for your convenience the telephone numbers here are given in Finnish form. When you are in Finland you can just dial the number as given.

Student Accommodation

In Kemi and Tornio

Accommodation officer Jukka Ikäläinen
mobile +358 (0)50 461 2335
E-mail jukka.ikalainen@lapinamk.fi

Student Housing Foundation of Kemi
(*Kemin opiskelija-asuntosäätiö*)
Keskuspuistokatu 6-8, FI-94100 Kemi

Tornion Krunni Oy
Lukiokatu 10, FI-95400 Tornio

In Rovaniemi
Domus Arctica -säätiö
Ylikorvantie 28 A
FI-96300 Rovaniemi, Finland

Open on weekdays 9.30-16.00. On
Thursdays 12.00-16.00 and the first and
last working day of every month 8.00-16.00
Email dasaspa@das.fi
Internet www.das.fi (online application)

Please note that these 0207-starting phone numbers are chargeable:

Tel. +358 20 7699 180
Fax +358 20 7699 188
phone 8,21 cents/call + 6,9 cents/min
mobile 8,21 cents/call + 14,9 cents/min

Health Services

Check pages 27–31.

Postal Services

Kemi
Main Post Office, Keskuspuistokatu 1,
Kemi
Open Mon-Fri 9.00–18.00

Tornio
Main Post Office, Länsiranta 10
(Rajalla shopping center), Tornio
Open Mon-Fri 9.00-18.00

Rovaniemi
Main Post Office, Koskikatu 27 B
(Revontuli shopping center),
96100 Rovaniemi
Open Mon-Fri 8.00-20.00
Sat 10.00-14.00
www.posti.fi

Mobile Phone and Internet Service Providers

- Sonera, www.sonera.fi/en
Sonera Kauppa, Länsiranta 10
(Rajalla shopping center), Tornio
tel. 0200 20010
Sonera Kauppa, Koskikatu 27 B
(Revontuli shopping center),
Rovaniemi tel. 0200 20010
- Elisa, www.elisa.com/en
Elisa Shopit, Valtakatu 11–13, Kemi
tel. 010 262 0200
Elisa Shopit, Länsiranta 10
(Rajalla shopping centre), Tornio
tel. 010 262 0200
Elisa Shopit, Koskikatu 27
(Revontuli shopping center),
Rovaniemi
- DNA, www.dnaoy.fi/en
DNA Kauppa, Länsiranta 10
(Rajalla shopping centre), Tornio
tel. 0800 550 044 (sales)
DNA Kauppa, Koskikatu 27
(Revontuli shopping center) Rovaniemi
tel. 044 033 8000

FOLLOW US



[instagram.com/lapinamk#](https://www.instagram.com/lapinamk#)



www.facebook.com/lapinamk



youtube.com/lapinamk

Local Register Office /Maistraatti

- Keskuspuistokatu 20-22, 3rd floor, Kemi tel. 029 553 9661
- Lähteentie 2, PO box 8183, 96101 Rovaniemi tel. 029 553 9661

Police Departments

- Peräpohjolan poliisilaitos (police department) Tornio main police station Pitkätatu 1, Tornio tel. 071 876 6139 (foreign resident issues)
- Kemi police station Valtakatu 28, Kemi tel. 071 876 6411 (foreign resident issues)
- Lapland Police Department Rovaniemi police station Hallituskatu 1 A, Rovaniemi tel. 071 87 60321

Tax Offices

- Meripuistokatu 16, Kemi tel. 020 612 000
- Suensaarenkatu 2, Tornio tel. 020 612 000 (open Mon-Tue 9.00-15.00)
- Hallituskatu 3 A, Rovaniemi tel. 020 612 000 (open Mon-Fri 9.00-16.15) www.vero.fi

Transportation

Railway

- Railway Station, Rautatienkatu 3, Kemi
- Railway Station, Ratakatu 3, Rovaniemi

Timetables:

www.vr.fi/en/index/aikataulut.html

Bus

- Kemi Bus Station, Matkahuolto office Asemakatu 13, Kemi
- Tornio Bus Station, Matkahuolto office Torikatu 10, 95400 Tornio
- Rovaniemi Bus Station, Matkahuolto office Lapinkävijäntie 2, Rovaniemi

timetables: www.matkahuolto.fi/en

Taxi

- Kemi- Tornio Airport-taxi (call at least two hours before departure) tel. 0200 68000
- Rovaniemi Airport-taxi tel. +358 16 362 222
- Rovaniemi Taxi tel. 016 106410
- Kemi- Tornio area Taxi tel. 0200 68000

EMERGENCY NUMBER

everywhere in Finland

112

Kosmos, Tietokatu 1
Tekniikka • Technology
Sosiaaliala • Social Services
Kosmoskirjasto • Kosmos Library
Opiskelijajunta • Student Union
Compus, Tietokatu 1

Lumikko, Lumikontie 2
Opiskelijapalvelut • Student Affairs Office
KV-toimisto • International Office

Terveysala, Meripuistokatu 26
Terveysala • Health Care and Nursing
Terveysalan kirjasto • Library
Hyvinvointipysäkki • Health and
Rehabilitation Stations

KEMI



7.8 km

Arctic Power, Innokaari 10
Arktinen olosuhdetutkimus •
Cold Climate Engineering

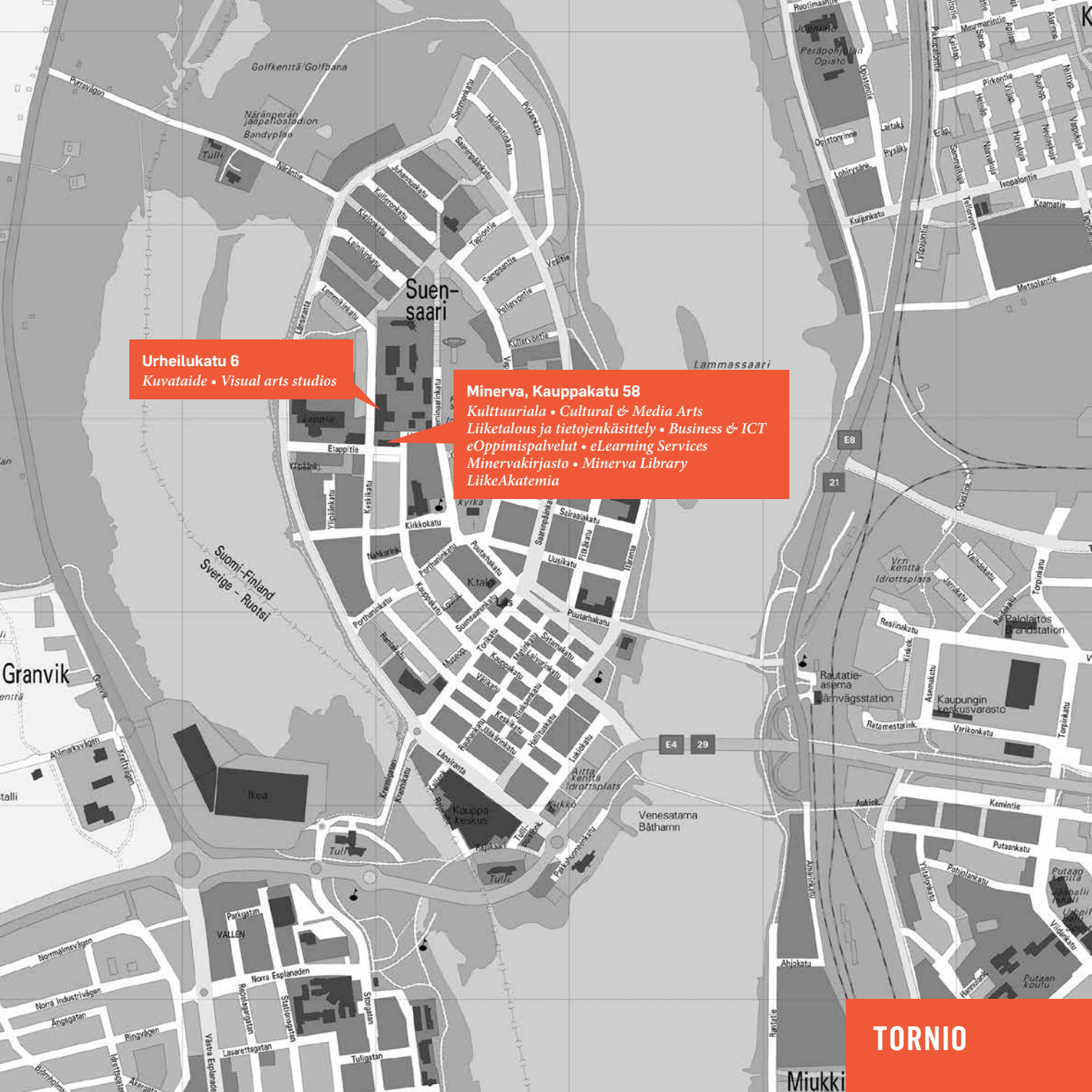
Urheiluopisto, Hiitomajantie 2
Liikunta ja vapaa-aika • Sports

Matkailun tutkimus- ja koulutusinstituutti •
Multidimensional Tourism Institute,
Viirinkankaantie 1
Matkailu-, ravitsemis- ja talousala • Tourism
and Hospitality Management

Rantavitikka, Jokiväylä 13
eOppimispalvelut •
eLearning Services

Rantavitikka, Jokiväylä 11
Tekniikka ja liikenne • Technology and transport
Liiketalous • Business and Administration
Terveysala, fysioterapia • Health Care, physiotherapy
Luonnonvara-ala • Forestry and Rural Industries
Rehtorin toimisto • Rector's Office
Avoin AMK • Open UAS
Hakutoimisto • Admissions Office
KV-toimisto • International Office
Opiskelijakunta • Student Union
Kirjasto • Library

ROVANIEMI



Urheilukatu 6

Kuvataide • Visual arts studios

Minerva, Kauppakatu 58

*Kulttuuriala • Cultural & Media Arts
Liiketalous ja tietojenkäsittely • Business & ICT
eOppimispalvelut • eLearning Services
Minervakirjasto • Minerva Library
LiikeAkatemia*

LAPIN AMK

Lapland University of Applied Sciences

THE NORTHERN FACTOR

Kemi • Rovaniemi • Tornio