

## University of Helsinki, Finland

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### Facts

- **Website:**
  - [University of Helsinki](#)
  - [Exchange and Visiting Students](#)
- **Language of Instruction:** English, Finnish
- **Semester dates:**
  - Semester 1: Late August – Late December
  - Semester 2: Early January – Late May
- **Campus choices:** The University of Helsinki has 11 faculties, and it provides teaching on four campuses in Helsinki: the City Centre, Kumpula, Meilahti and Viikki. For more information on each of them and the faculties please visit [University of Helsinki Campuses page](#).
- **Academic restrictions at a glance:** **Students studying Law or Physics should apply through the subject-specific agreement with the University of Helsinki.** Courses from the following degree programmes are not available through this agreement. Please see the *Academic Restrictions* section for more information.
  - Faculty of Medicine
  - Faculty of Veterinary Medicine
  - Faculty of Law
  - Bachelor's Programme in Languages (study track: English) and Master's Programme in English Studies
  - Politics, Media and Communication, Global Political Communication
  - Geography (Faculty of Science)
  - *\*Please note: These are guidelines. It is your responsibility to research whether the partner provides appropriate courses for your degree programme.*
- **General costs:** Estimated cost of living is between €700 and €1000 per month; more details can be found below.

### About the University

Founded in 1640, the University of Helsinki is the oldest and largest institution of academic education in Finland. The University of Helsinki has 11 faculties, and it provides teaching on four campuses in Helsinki: the City Centre, Kumpula, Meilahti and Viikki. In international university rankings, the University of Helsinki is the only Finnish university to consistently rank in the top 100 of international university rankings

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## What to expect

### Application process

You apply for study exchanges through SWAY. You can find out more about our [study exchange routes here](#), and more about the [application process here](#).

After applying, if you are allocated an exchange place at the University of Helsinki, you will be officially nominated by the European Programmes Team. We will then provide you with your detailed application instructions. **You can ONLY apply to any exchange destination if you have been allocated a place there, and if you are officially nominated by us.**

### Academics

For support with the academic side of your exchange, your best point of contact is your Exchange Coordinator, [found here](#). The Exchange Coordinator is a member of academic staff who will be a key contact throughout your exchange.

<b>Course/ credit load</b>	<p>One full year of study should equate to 60 ECTS. One semester of study should equate to 30 ECTS.</p> <p>For further information on credit and course requirements during your exchange please visit our page: <a href="#">Academic matters   The University of Edinburgh</a></p>
<b>Courses available and enrolment</b>	<p>Information on courses available to exchange students can be found <a href="#">here</a>. Please pay particular attention to the section <a href="#">Restrictions in attending courses</a>.</p> <p>Course lists for the next academic year are published in the end of March/beginning of April.</p> <p><i>**Please be aware, there may not be an up-to-date course catalogue available at this exchange destination. Please use the information available to get an idea about what you can study while on exchange**</i></p>
<b>Academic restrictions</b>	<p>Students studying Law or Physics should apply through the subject-specific agreement with the University of Helsinki.</p> <p>There is a wide range of courses taught in English but the number of places available for exchange students may be restricted. Therefore, it is very important for students to be flexible about the course choices.</p> <p>You will be required to choose the majority of your courses from one faculty, and you can be only accepted by the Faculty closest to your educational background in order for you to do well during your exchange studies. Also, note that you need to have sufficient prior academic background in the disciplines taught.</p>

	<p>Courses from the following degree programmes <b>are not</b> available through this agreement:</p> <ul style="list-style-type: none"><li>• Faculty of Medicine</li><li>• Faculty of Veterinary Medicine</li><li>• Faculty of Law</li><li>• Bachelor's Programme in Languages (study track: English) and Master's Programme in English Studies</li><li>• Politics, Media and Communication, Global Political Communication</li><li>• Geography (Faculty of Science)</li></ul> <p>For details, please refer to <a href="#">Restrictions in attending courses</a> page.</p> <p>It may be difficult to gain access to high-pressure courses in the Faculty of Educational Sciences and at the Faculty of Social Sciences.</p> <p>Priority is usually given to those exchange students who are enrolled at the University of Helsinki in the degree programme offering the course.</p> <p>Detailed information concerning the rights of exchange students and other non-degree students to participate in courses is best obtained from the degree programme's staff. Restrictions which are marked above are non-negotiable.</p> <p><b>Please note:</b> These are guidelines. It is <b>your</b> responsibility to research whether the partner provides appropriate courses for your degree programme. <b>Even if there are not restrictions on your degree subject, it does not mean that there are appropriate courses for you. Please check.</b></p>
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## Accommodation

Finding accommodation that you are happy with on your year abroad is very important and there are often many aspects to consider when looking for somewhere to live.

Many host institutions do offer university accommodation but please do note, **this is not always guaranteed**. You may also need to pay for things like agent or administrative fees that is not always the case here in Edinburgh. It is a good idea to do your research so you do not have any surprises!

<b>University accommodation</b>	Exchange students coming through an official exchange programme apply for housing in the Mobility Online application system, however, submitting a housing application does not guarantee a housing offer.
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	Nominated students should apply for University accommodation through the online system. To check the the housing application deadline please visit this <a href="#">page</a> . Further information on how to apply for housing as an exchange student can be accessed <a href="#">here</a> .
<b>Private accommodation</b>	Guidance on alternative housing options can be found on this <a href="#">page</a> .

## Costs

It is important to budget for different expenses while on exchange. Your exchange destination may be more expensive than Edinburgh, and different expenses may be required. For example, rent may be higher; you might need to take public transport more; essentials may be more expensive or different, like sun cream in warmer climates or woolly socks in colder climates! These costs will add up so it is good to have an estimate of how much money you might need.

<b>Estimated cost of living</b>	<p>The monthly living costs for a student in Helsinki for basics such as food, rent and transportation are on average €700-1000 or even more, depending on your spending habits. For further information please visit <a href="#">Cost of Living and Financial Matters page</a>.</p> <p><i>Please note that you may also be required to pay for administrative fees at your host institution. This can include paying for your transcript to be sent to us at the end of your exchange.</i></p>
<b>Insurance</b>	<p>The Finnish Student Health Service (FSHS) provides preventive health care, medical care, mental health care, and oral health care for Bachelor and Master's students at the university. In order for you to have access to the FSHS services, you must be a member of the Student Union (HYY). For more information on the FSHS services, opening hours and possible fees please see the <a href="#">FSHS website</a> as well as the <a href="#">Health Insurance</a> page.</p> <p>Furthermore, eligible students studying at one of our European partner institutions should apply for a European Health Insurance Card (EHIC).</p> <p>For up-to-date information on healthcare in Finland and using UK issued EHIC cards after Brexit please see <a href="#">UK Government's website</a>.</p>
<b>Student Loans and Grants</b>	<p>Consult our <a href="#">funding webpages</a> for more information about the Funding available to you through SWAY while on your year abroad.</p> <p>If you receive a student loan or grant, you may still be eligible to receive them during your exchange. Contact your</p>

	<p>funding providers for more information on the availability and eligibility of funding during your exchange, as well as any additional support they may offer. For example: some loan providers offer travel grants to students.</p>
<b>Tuition Fees</b>	<p>While on exchange, you will continue to pay fees to the University of Edinburgh, as appropriate, and your fee status will determine how much you pay.</p> <p>Consult our webpage <a href="#">here</a> and follow the link to consult the university's information on tuition fees for students studying abroad.</p>


## Living

<b>Employment</b>	<p>Those with EU passports should not face any barriers to employment. Non-EU/EEA students face restrictions on the hours they can work and will need to apply for a work permit.</p> <p>You can visit the <a href="#">Working while studying page</a> for further guidance from the University of Helsinki.</p> <p>For up-to-date information on working in Finland after Brexit please see <a href="#">UK Government's Guidance on Living in Finland</a>.</p>
<b>Orientation</b>	<p>Each faculty organises their own orientation programme.</p> <p>Exact dates and times are available on the <a href="#">Orientation and Tutoring website</a>.</p>
<b>Passports</b>	<p><b>Make sure that your passport will be in date for the entirety of your stay, and for any additional required time after the end of your exchange for entry requirements and visa purposes.</b></p> <p>If you need to apply for a new passport during the application process to your host institution, this may delay the application and visa processes.</p>
<b>Visas</b>	<p>The visa process will vary from country to country, and your own citizenship will influence the visa process you need to undertake. You must make sure to enter your host country on the appropriate visa.</p> <p>You can find more information on visas and residence permits on <a href="#">University of Helsinki's Residence Permits</a> page as well as <a href="#">Register with the Authorities</a> page.</p> <p>Here in SWAY we cannot give specific visa advice. <b>Please research using the relevant embassy and government websites for more information.</b> There is more information</p>


	<p>on our webpage about things to consider regarding visas <a href="#">here</a>.</p> <p>Once you have received an offer from a host institution, you will be given more advice from them about the visa processes.</p>
<b>Disability</b>	<p>Some destinations may be more accessible than others for disabled students. If you require any adjustments due to disability or specific learning difficulties or disabilities and you wish to study abroad please contact The European Programmes Team via email: <a href="mailto:europe.outgoing@ed.ac.uk">europe.outgoing@ed.ac.uk</a>.</p> <p>We will work together with you to explore the help available at your host institution. It may also be helpful if you discuss this with your Personal Tutor and the Disability Office as well.</p>

## What other students had to say about the University


### The best part

 *The University of Helsinki had great student unity and culture, and more relaxed attitudes towards things such as due dates.*

### Advice for future exchange students

 *Going on an exchange is worth it no matter where you go. I loved the experience, and I really don't think it would have mattered where I went.*

### Accommodation

 *Although it is riskier to look for a flat on your own, it is worth it. There are plenty of good high quality cheap flats in the city center.*

### General advice

 *Just be social and try to make friends.*