



UNIVERSITY
OF TURKU

Get inspired by UTU.

Guide for Exchange Students
2024-2025

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Welcome to Turku!

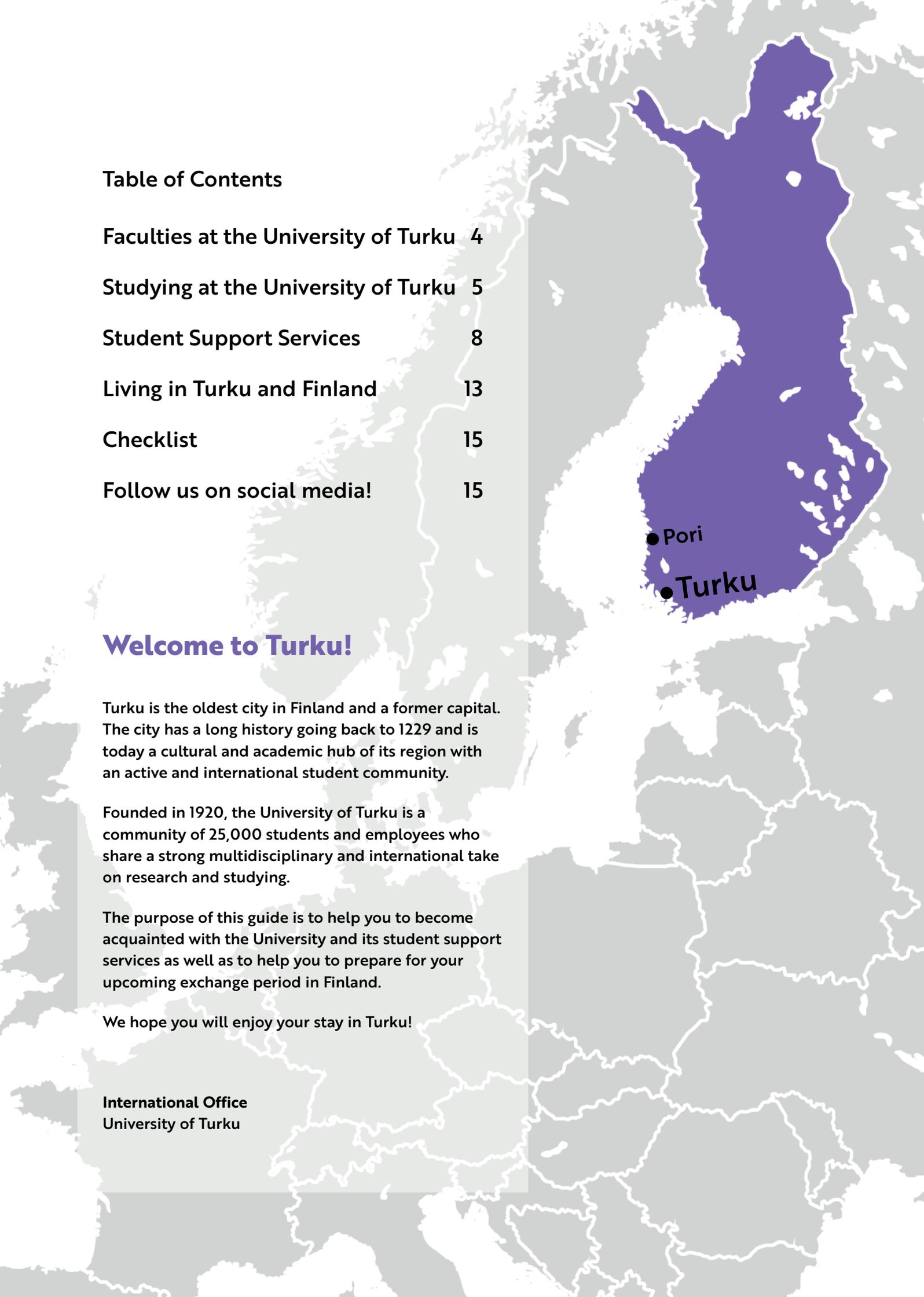
Turku is the oldest city in Finland and a former capital. The city has a long history going back to 1229 and is today a cultural and academic hub of its region with an active and international student community.

Founded in 1920, the University of Turku is a community of 25,000 students and employees who share a strong multidisciplinary and international take on research and studying.

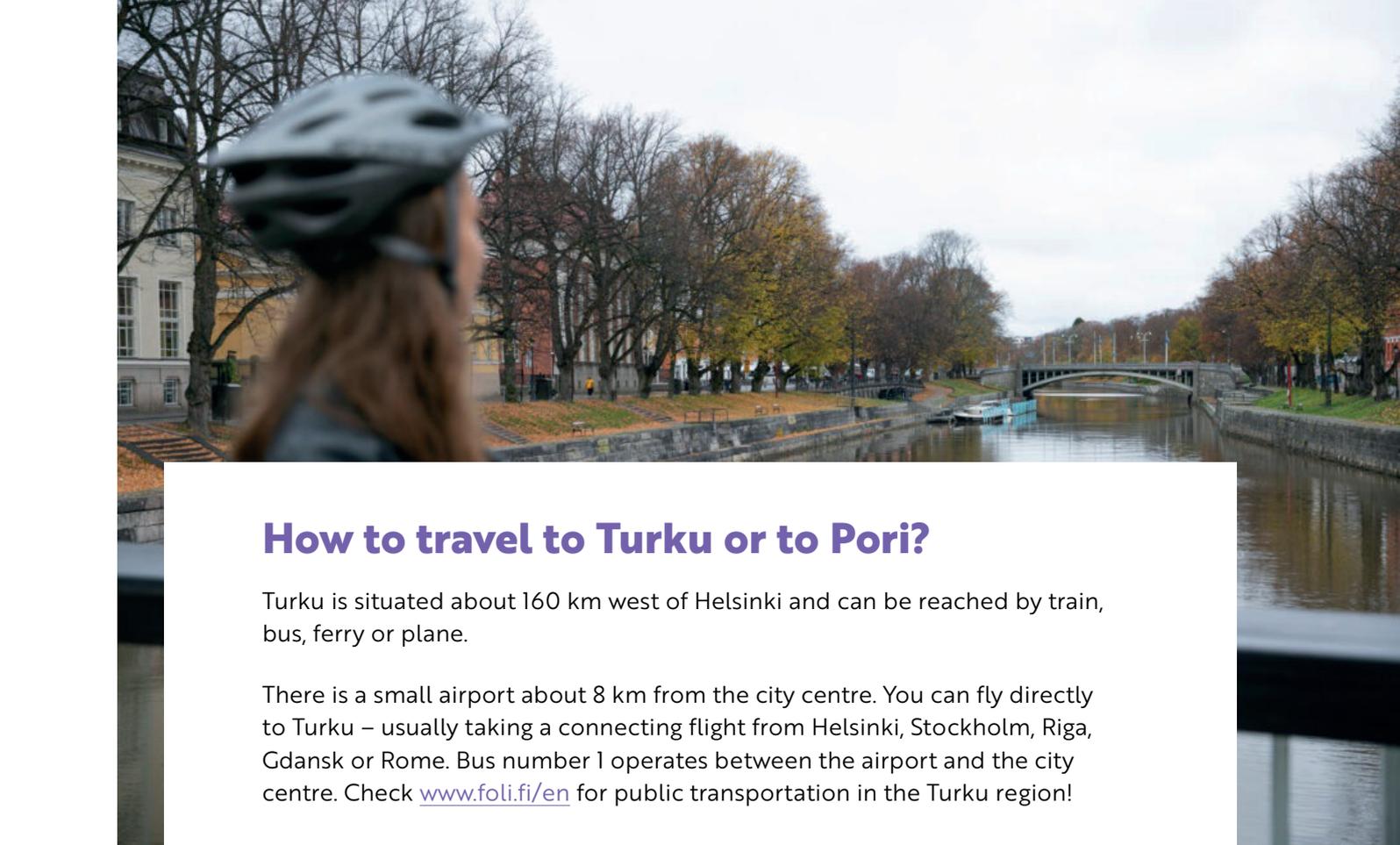
The purpose of this guide is to help you to become acquainted with the University and its student support services as well as to help you to prepare for your upcoming exchange period in Finland.

We hope you will enjoy your stay in Turku!

International Office
University of Turku



● Pori
● Turku



How to travel to Turku or to Pori?

Turku is situated about 160 km west of Helsinki and can be reached by train, bus, ferry or plane.

There is a small airport about 8 km from the city centre. You can fly directly to Turku – usually taking a connecting flight from Helsinki, Stockholm, Riga, Gdansk or Rome. Bus number 1 operates between the airport and the city centre. Check www.foli.fi/en for public transportation in the Turku region!

There is also a direct FlixBus from Warsaw to Turku. This route also usually includes stops in Vilnius, Riga, Tallinn and some other cities.

Buses between Helsinki Airport and Turku operate frequently. Check <https://liput.matkahuolto.fi/en> for more information on long-distance buses. There are also trains from Helsinki Airport and Helsinki city centre to Kupittaa Train station in Turku. Check www.vr.fi/en for further information.

Turku can also be reached by ferry from Stockholm, Sweden. The ferry lines are called Silja Line and Viking Line and the trip takes either one day or one night.

Pori is situated 150 km north from Turku. It can be reached by bus from Helsinki and Turku and by train from Helsinki.

Green travel

If you are travelling from Europe, consider choosing a green travel option. Travelling by train, bus or even by carpooling you have the chance to travel in a climate-friendly fashion and enjoy the changing sceneries during your journey.

Train is by far the most ecological means of transport but by choosing a bus or even by carpooling you will have travelled to your destination in a more sustainable way compared to flying. When choosing a train or a bus as a means of transport, you also do not need to worry about baggage weight restrictions.

Did you know that by choosing the Interrail Global Pass you can ride as many trains as you want for 4 days (in effect for one month) for only 212 €?

Students going on the Erasmus+ exchange can also receive financial support for Erasmus+ green travel, please contact your home university for more info.

Faculties at the University of Turku

There are eight faculties at the University of Turku. Each faculty offers non-degree programmes and individual courses in English in several disciplines. In total, at least 300 courses are offered in English every academic year by different disciplines.

Faculty of Humanities

- > School of History, Culture and Arts Studies
- > School of Languages and Translation Studies

Faculty of Science

- > Department of Biology
- > Department of Chemistry
- > Department of Geography and Geology
- > Department of Mathematics and Statistics
- > Department of Physics and Astronomy
- > Biodiversity Unit of the University of Turku

Faculty of Technology

- > Department of Computing
- > Department of Life Technologies
- > Department of Mechanical and Materials Engineering

Faculty of Medicine

- > Institute of Biomedicine
- > Institute of Dentistry
- > Department of Nursing Science
- > Department of Clinical Medicine

Faculty of Law

Faculty of Social Sciences

- > Department of Psychology and Speech-Language Pathology
- > Department of Philosophy, Contemporary History and Political Science
- > Department of Social Research

Faculty of Education

- > Department of Education, Turku
- > Department of Teacher Education, Turku
- > Department of Teacher Education, Rauma

Turku School of Economics

- > Department of Management and Entrepreneurship
- > Department of Accounting and Finance
- > Department of Marketing and International Business
- > Department of Economics
- > Finland Futures Research Centre (FFRC)
- > University Consortium of Pori



For the complete selection of courses for exchange students please see the Study Guide or www.utu.fi/exchange-courses

Studying at the University of Turku

University Studies in Finland

The Finnish national higher education degree structure is mainly based on a three-cycle model: Bachelor's degree, Master's degree and Doctoral/ PhD degree.

Students start with Bachelor studies and finish with a Master's degree after 5–6 years of studying. The degrees usually consist of studies in one main subject and one or more minor subjects. Bachelor studies usually comprise basic and intermediate level studies while Master studies comprise advanced studies.

Course Information

Most courses require some previous studies in the field. Exchange students can combine studies from different faculties with some limitations. The **Faculty of Medicine** and **Turku School of Economics** can only accept exchange students who are majoring in these subjects and there is an agreement to these study fields. The Faculties of **Law** and **Education** can only accept exchange students from other faculties in case there are free places on the courses and the students meet the course criteria.

You can find more information on courses at www.utu.fi/exchange-courses and in our Study Guide at studyguide.utu.fi.

Peppi – a Virtual Study Register

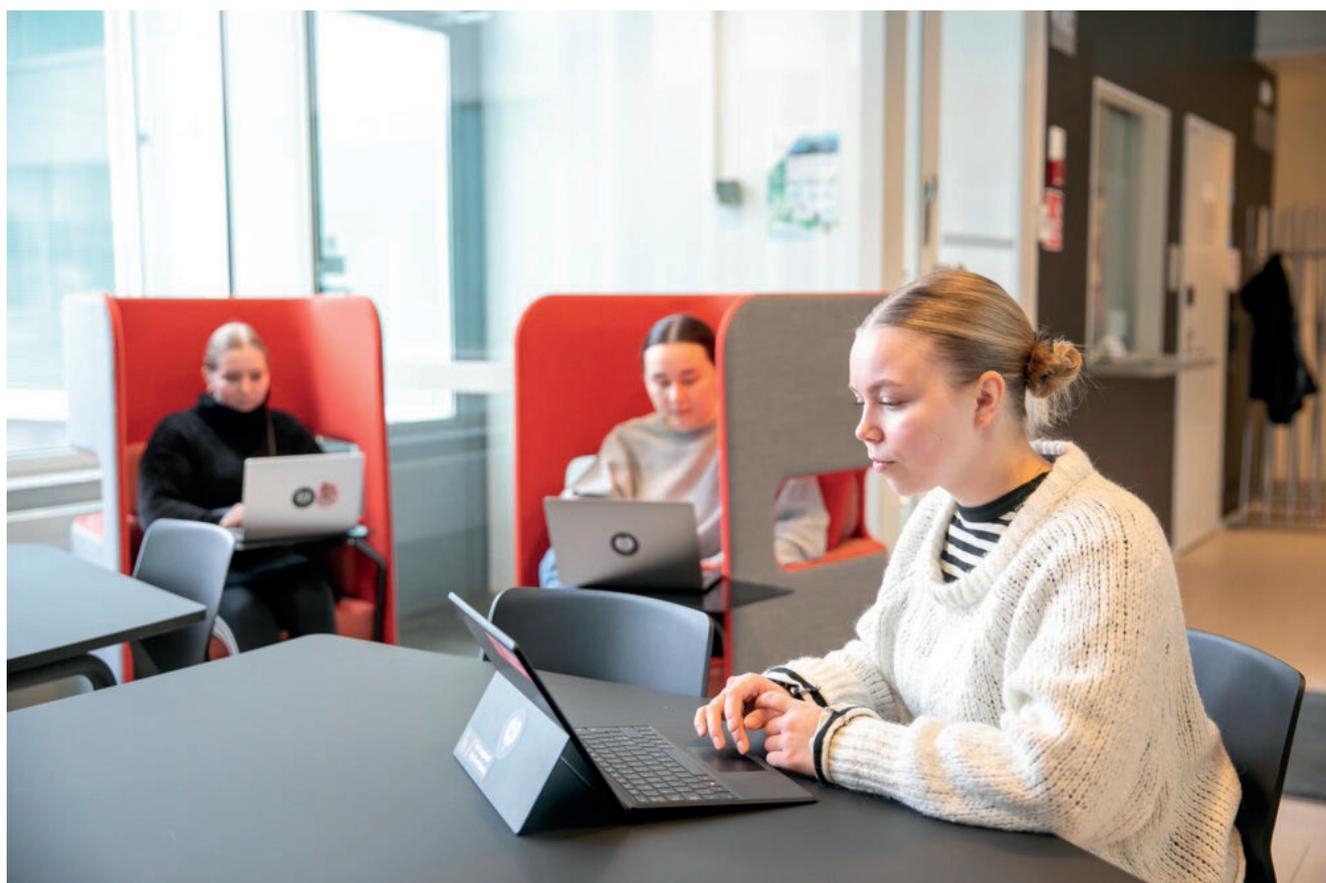
Peppi is the online data system for many study-related functions such as

- > course enrolments and timetables
- > study register with completed courses and their grades
- > your personal information

You can access Peppi after activating your UTU user account by using the Signicat online identification system. You will receive an e-mail for activating your UTU user account before the semester starts.

Course Registration

The enrolment for courses varies between faculties, departments and courses. Having a course on your Learning Agreement/OLA does not guarantee that you have a place on it, so a separate enrolment is often required. You need to find out from the course description in the Study Guide, the departmental contact persons or teachers how to enrol to the courses you have selected.



Types of registration

- > online enrolment in Peppi
- > an e-mail to the teacher (especially independent study options)
- > attending the first lecture

Online enrolment in Peppi is widely used at all faculties. Please note that there are certain enrolment periods, which vary between faculties and courses. Usually, enrolment ends before the teaching starts so make sure you enroll on time.

Modes of Study

In addition to lectures, seminars and group work there are some modes of study, which may be unfamiliar to you. A book exam means that you read a book or several books and take an exam based on them. Independent courses or online courses might entail essays or other assignments but no contact teaching. Some fields of study have a lot of lab courses and exercises completed individually or in small groups.

Examinations

Most courses are assessed by written examination at the end of the course. Essays and assignments written during the course are often a part of the assessment. Most exams are conducted in the e-Exam rooms on campus.

You have always three attempts at an exam. Courses have usually one set exam date after which you have two retake possibilities. Books exams are taken on dates determined by the teacher or the faculty. Many faculties and departments offer a possibility to take electronic exams in e-exam rooms, which you can access with an activated printing tag.

Credit and Grading System

- > 1 credit = 1 opintopiste (op) = 1 ECTS credit = 27 hours of work
- > 60 credits = workload of one academic year
- > 30 credits = workload of one semester
- > Course assessment usually includes lectures, course participation, essays, and/or a written examination.
- > Examinations are usually based on lecture notes as well as the required reading indicated in the reading list for the course.
- > Some courses are graded on a pass/fail basis only.
- > Exams and assignments are assessed according to the following scale:

Finnish Grading Scale	Qualitative Definition	ECTS Grades	US Grades
5	Excellent	A	A+
4	Very Good	B	A
3	Good	C	B
2	Satisfactory	D	C
1	Sufficient	E	D
0	Fail	F/FX	xF



Questions about courses or course enrolment?

Contact teachers or departmental contact persons:

www.utu.fi/en/departmental-contact-persons-at-utu

Learning Agreement/ Online Learning Agreement (OLA)

Learning Agreement/OLA is an important document for the recognition of studies at your home university and you need to keep it up-to-date.

- > A signed Learning Agreement/ OLA approves the courses you wish to take.
- > However, it is not an enrolment and does not guarantee a place on the courses.
- > You have to enrol to the courses separately to secure your place.

When you are in Turku/Pori you can make changes to your Learning Agreement/ OLA. Usually, this is done during the first month of your exchange. The Erasmus+ exchange students should use the OLA platform for changing the learning agreement. If the home university does not use the OLA yet, just fill in the learning agreement of your home university and send it to incoming@utu.fi for approval.

Transcript of Records

Transcript of Records lists your successfully completed study units. Incomplete or failed courses will **not** show on the transcript. You can check and print your official transcript from Peppi Study register.

The official and final Transcript of Records will be sent to your e-mail address after you have left Turku. Official transcripts are sent to the home university only **by request** via e-mail. In order to receive the final Transcript of Records you must fill an online departure form and enclose your departure ticket to the form.

Courses from Åbo Akademi University

Åbo Akademi University (ÅAU) is a university providing higher education mainly in Swedish, but some programmes and individual courses are also offered in English. ÅAU's campus is located next to the University of Turku, within a short walking distance. Cooperation with ÅAU gives exchange students an opportunity to take some of their courses at ÅAU. Exchange students have to fill in the application form for a flexible study right to be able to take the courses in ÅAU. You can find more information at www.utu.fi/en/studies-at-aa-u-for-exchange-students.

Academic Year 2024-2025

Autumn Semester 2024:
September – December 2024

Orientation 26 – 28 August 2024

Spring Semester 2025:
January – May 2025

**Orientation 8 – 10 January 2025
(preliminary dates)**

Teaching periods (used by most of the faculties):

I 2.9.2024 – 27.10.2024

II 28.10.2024 – 22.12.2024

III 13.1.2025 – 16.3.2025

IV 17.3.2025 – 25.5.2025

Student Support Services

The Student Union

At the University of Turku, there is a Student Union (TYY). The role of TYY is to represent its members, advance the position of students, and provide them with services. Membership of TYY is voluntary (but highly recommended) for Bachelor and Master level exchange students who are studying physically in Turku/Pori.

As a member of the Student Union, you are entitled to a variety of benefits such as:

- > Right to get the [Starting package](#)
- > Student-discounted lunch
- > 45%-55% discount on long-distance bus and train tickets
- > Consultation services from the TYY specialists
- > Services of the student lawyer
- > Turku Student Newspaper
- > Many other benefits and discounts

NB! Doctoral level exchange students can also join the Student Union but their benefits are limited. Please see www.tyy.fi/en/members/membership for detailed information.

The Student Union functions as an umbrella organisation for many student clubs: faculty or subject-specific organisations, political and religious organisations, student nations and cultural organisations. Please check <https://www.tyy.fi/en/get-involved/tyys-organisations> for more information

For more information about the Student Union visit www.tyy.fi/en.

If you have any questions regarding your membership or the student card, e-mail tyy-internationalspecialist@utu.fi.

Joining TYY and Getting a Student Card

In order to join TYY and get the student benefits you need to pay the Student Union membership fee. You will receive the payment details from the International Office after you register to the university. You will not receive any confirmation e-mail after paying the Student Union membership fee.

After paying the fee, you can either download a student card application or order a plastic student card. Both options entitle you to receive the Student Union membership benefits. Frank App and Tuudo App can be downloaded for iOS and Android phones. Please note it can take several days after paying before the App starts working. The plastic card can be ordered and paid online at www.frank.fi/en. You need to have your Finnish study right number, a digital photo and a valid credit card (Mastercard or VISA) for ordering the card. Processing the order takes some time. The plastic card will be sent to your address here in Turku/Pori.

Tuudo App

Tuudo is a free and easy-to-use mobile application designed to make studies and everyday life easier. You can check more information about Tuudo at <https://www.tuudo.fi/en/for-students/>. Tuudo offers many services and information useful for students, including:

- > Your study information (credits, grades, enrolments). In Tuudo, you can also enrol for courses and check course information.
- > Timetable of your courses
- > Electronic student card
- > Electronic library card
- > University news
- > Campus maps (Turku, Rauma, Pori)
- > Menus of student restaurants located on campus (Turku, Rauma, Pori)

Student Health Care

Exchange students can use the healthcare centres in Turku and Pori if they need medical care during the exchange. We recommend all students getting personal health insurance to cover the exchange period. For more information regarding the student health care, please visit <https://www.utu.fi/en/study-at-utu/accepted-students/residence-permit>

In urgent, genuine cases of emergency, the official emergency number is 112.

EU/EEA citizens are advised to apply for the European Health Insurance Card before arriving in Finland.

Student Tutors

The International Office will assign a personal student tutor to you before your arrival in Turku. You will get each other's contact information by email so that you can keep in touch and get to know each other before your exchange begins. The tutor will also meet you upon your arrival at the airport, bus station or train station in Turku (if possible). Therefore, it is important that you let them know about your arrival details.

A student tutor is a Finnish student interested in foreign cultures and languages. The tutor has volunteered to help you with the practical matters and guide you through student life in Turku. Your tutor will show you the campus and help you get

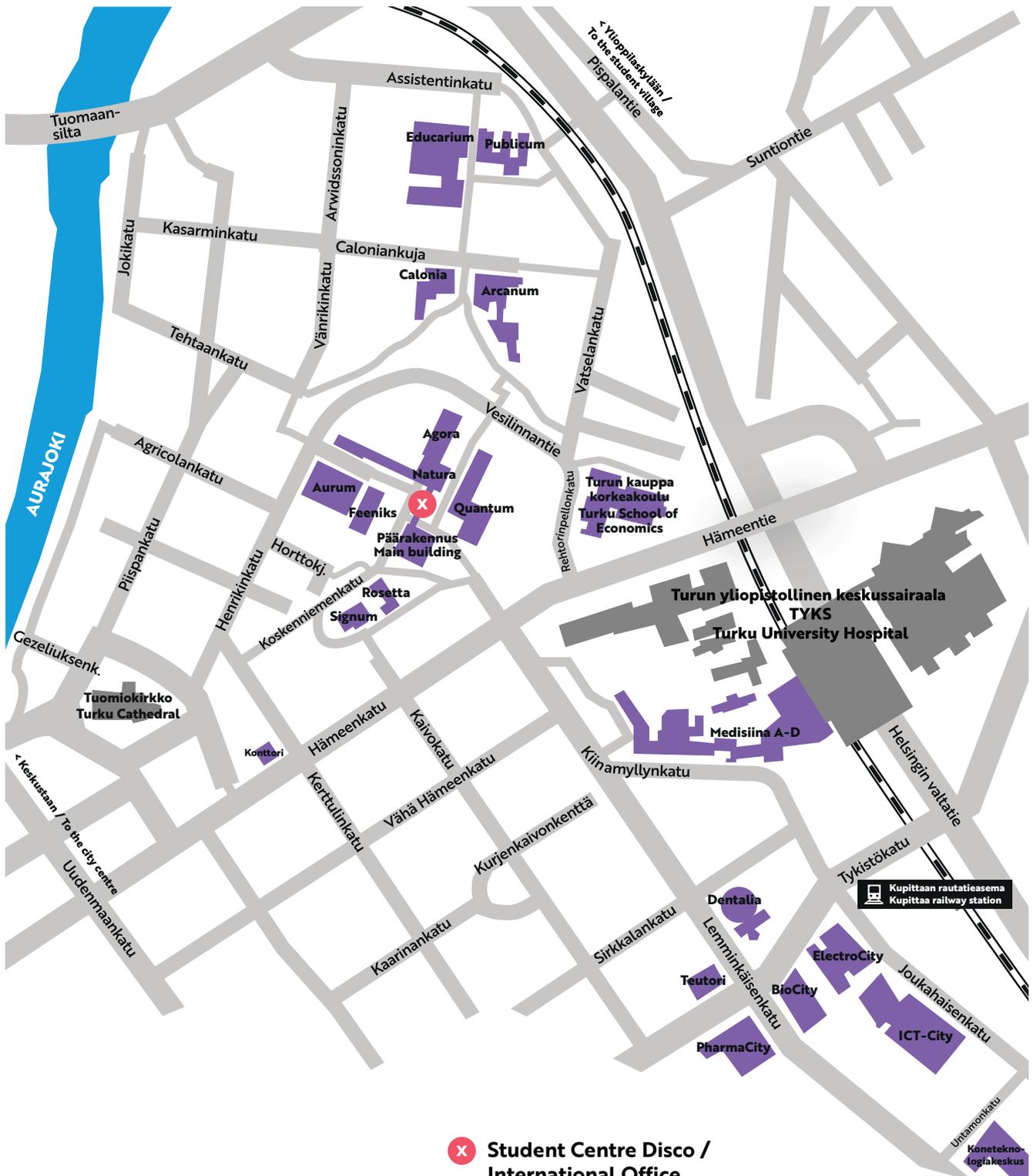


Want to meet Finns?

Join your own subject-specific organisation and their activities!
Find out more at



Campus map



Orientation

An orientation is held at the end of August and at the beginning of January and all exchange students are required to take part in it. You can find the programme of the orientation at www.utu.fi/en/study-at-utu/accepted-students/orientation before the semester starts.

The orientation gives you information on

- > course and university registration and studies in general
- > student support services at the University
- > academic culture and practicalities
- > student life and free-time activities
- > Finnish society and language

IT Services

You need an UTU user account in order to have access to the IT resources of the university. You will receive an e-mail about how to activate your UTU user account before the semester starts. With the UTU user account, you have access to

- > your UTU email account
- > wireless networks
- > university's intranet
- > Peppi study register
- > Moodle

Wireless networks enable access to the Internet around campus. The university offers computer labs for study-related matters. Computer labs are open 24/7 and a activated printing tag is required for access.

For more information, please visit www.utu.fi/en/university/wireless-networks-utu-accounts-and-it-support.

Library Services

As a part of the orientation activities, Turku University Libraries are usually offering you library tours. The schedule of the tours will be sent by e-mail.

Turku University Library consists of six discipline-specific libraries and library services in Pori and Rauma. Most of the university library services are free of charge. However, if books are not returned

by the due date, a fine will be charged. You can get a library card in any of the university's libraries by showing your ID and giving your address in Finland.

Libraries offer you

- > course books and other materials for borrowing and reading in libraries
- > papers and journals for reading
- > electronic resources, online dictionaries and online search engines
- > reading rooms and facilities for group work
- > support in information retrieval

For more information, please visit www.utu.fi/en/university/library.

Language Courses

The Centre for Language and Communication Studies offers all students a variety of language courses and other activities. Please note that some of the courses are available only to degree students. Language courses of the Turku School of Economics are primarily intended for degree and exchange students of TSE, but if there is enough room, exchange students from all faculties are welcome to attend.

The Centre for Language and Communication Studies offers

- > Finnish courses
- > Courses in other languages
- > Language Circles (for native and non-native speakers to meet up – no credits can be earned)
- > Language and Culture Tandem (practice your Finnish with a native speaker)
- > Language Partner (learn a language with others in your free time)
- > Language Tutors (work as a tutor in courses or the self-study room)

For more information please visit www.utu.fi/en/university/centre-for-language-and-communication-studies.

Sport Facilities

CampusSport provides the university community with versatile sports services focusing on fitness and health. By paying a small fee you can use most sports services. CampusSport offers:

CampusSport offers:

- > instructed workout and body maintenance classes and courses
- > gyms
- > open training times
- > personal training and sports tutors
- > possibility to join teams and tournaments

For more information, please visit

www.campusport.fi/en.



Practical and Academic Counselling

Practical counselling for exchange students is available from incoming@utu.fi. See our other contact information at www.utu.fi/exchange > Contact Information

You can also visit the student service desk Disco. See the opening hours and visiting address at www.utu.fi/en/study-at-utu/disco

Academic counselling is available at the departments. See your department's departmental contact person at www.utu.fi/en/departmental-contact-persons-at-utu

Living in Turku and Finland

Residence Permit

Non-EU/EEA citizens

If you are **not** an EU/EEA citizen you must obtain a residence permit from the nearest Finnish embassy or consulate. You can apply online but a visit to the embassy/consulate is needed for the biometrical identification. For obtaining the residence permit you are required to have valid health insurance and to be able to prove that you have at least 560 € a month at your disposal.

NB! You should **apply for the Finnish ID** Code at the same time you are applying for a residence permit. The Finnish ID code is required e.g. for opening a bank account in Finland.

Please start the residence permit application process **within 7 days after** you have received the acceptance letter for the exchange studies from UTU.

For further information, please contact your nearest Finnish embassy or consulate or the Finnish Immigration Service at migri.fi/en/instructions-for-exchange-students.

When in Finland, you have to register as a foreigner. Please see further information at www.utu.fi/en/study-at-utu/accepted-students/residence-permit

EU/EEA Citizens

If you are a citizen of the EU, Iceland, Liechtenstein, Norway or Switzerland you do not need a residence permit but you have to register to Finland as a foreigner and obtain a Finnish ID Code.

Registering to Finland as a foreigner and the Finnish Identity Code

All exchange students need to register themselves as foreigners in Finland and obtain a Finnish ID Code (*henkilötunnus* in Finnish). The ID code will make your life easier in Finland and it is required for health care and opening a bank account and for statistical purposes.

Digital and Population Data Services Agency (The Finnish Digital Agency) will register you as a foreigner, when you apply for the Finnish ID Code. Please find more information here: dv.fi/en/foreigner-registration.

There are two ways to obtain the Finnish ID Code:

- > Apply for the code during a pop-up event at the Finnish Digital Agency (specific days at the start of every semester, no appointment needed).

Make an appointment at the Finnish Digital Agency in advance [online](#) (recommended option for those who are in a hurry to get the code e.g. for a bank account).

The student's information (including the ID Code and the Finnish address) will be entered into the Finnish Population Information System.

NB! You will receive the ID code via e-mail after your visit to the Finnish Digital Agency. When you receive the code, please send it to our staff in the Student Centre Disco at disco@utu.fi from your UTU email. Our staff will enter the code into your personal information in Peppi.

NB2! If you have obtained a Finnish ID Code when obtaining a residence permit, you will still need to register yourself as a foreigner in Finland. In addition, please send your Finnish ID code to disco@utu.fi.



Questions about the residence permit or insurance requirements? Please visit migri.fi/en/instructions-for-exchange-students for more information!

Health Insurance

It is always advisable to take personal health insurance.

EU/EEA citizens who have a European Health Insurance Card are entitled to municipal health care at the same prices as Finnish citizens. However, healthcare is not completely free of charge and the fees depend on the treatments.

For the residence permit, non-EU/EEA citizens are required to have valid health insurance which covers the costs of medical care (up to € 100,000). Health insurance is required when the student exchange lasts for more than three months but less than two years. For more information please visit the Finnish Immigration Service at migri.fi/en/insurance.

Student Housing

You must find a place to stay during your exchange yourself. The University of Turku cannot guarantee or arrange housing for exchange students. However, we have negotiated with some companies in order to provide housing options for you. Our housing page can be found at www.utu.fi/housing.

Turku Student Village Foundation (TYS)

TYS has apartments and shared apartments reserved for exchange students coming to study in Turku. All the apartments are furnished and the rent starts from approximately 330 - 405 € month (including water, electricity and internet). In addition, TYS requires a 60 € contract fee. Please see more information about the apartments and application process at www.tys.fi/en/exchange-students.

In Pori and Rauma

Your contact person in Pori or Rauma will give you more information about housing.

For Pori see ucpori.fi/en-gb/article/etusivu/accommodation/1909/.

Money and banks

In Finland most of the invoices (e.g. your rent) can be only paid as a bank transfer. Opening a bank account in Finland is usually free but sometimes a bit complicated.

- > For students coming from EU/EAA countries, we recommend arranging online banking possibility, so that you are able to make money transfers using your account in your home country.
- > If you get a scholarship from UTU, the scholarship is paid to your bank account in your home country. Be prepared to the bank costs the money transfer from your bank account to a Finnish bank account. Therefore UTU highly recommends you to open an online bank account – no money transfer costs.
- > You can open the bank account at the online bank too free of cost e.g. www.revolut.com or wise.com

Costs of Living

You will need at least about 600 € a month for living in Finland. This amount covers only the most necessary costs and does not include leisure activities. **NB!** Paying in cash is not common in Finland anymore.

For more on financial matters, please see www.utu.fi/en/study-at-utu/financial-matters

Please note that finding a part-time job in Turku and in Finland is difficult.

Public Transport in Turku Region: Föli

Turku region public transport Föli provides transport services in six municipalities (Turku, Kaarina, Raisio, Naantali, Lieto and Rusko). Exchange students can also obtain a bus card with a student discount.

When going to Föli office, take with you:

- > your ID/passport student card in TUUDO App/ Certificate of Study proving, that you are a student of UTU.
- > your lease proving your address in the Turku region. You can read more about Föli here: <https://www.foli.fi/en>.



How to live greenly in Finland

Sustainability plays a significant role in Finland. Finnish society has a strong sense of responsibility and deep respect for nature. By adopting a sustainable lifestyle during your stay, you can contribute to the ongoing commitment to preserving the environment for future generations. We have gathered some tips for you below.

Recycle your waste

The waste should be recycled according to the following categories: biowaste, paper, carton, glass, metal, plastic, and mixed waste. There are also collection points for hazardous waste, electronics and electrical equipment. Used batteries can be returned to the collection points in the supermarkets.

Turku local municipal waste company LSJH created a brochure with detailed instructions for sorting household waste. Please check the brochure and sort your waste according to the categories: https://lsjh.fi/wp-content/uploads/2023/09/Lajitteluohjeet-09-2023-en_piktogrammit.pdf

General information on how to sort your waste in Finland: <https://www.infofinland.fi/en/housing/waste-and-recycling>

Try to reduce the amount of your household waste to embrace a more conscious and responsible lifestyle.

Use city bikes

In addition to the local buses, which are also an environmentally friendly mode of transport, Turku region public transport company Föli offers the city bikes. The monthly fee for the city bikes is 9 €. There are a total of 700 fölläri bikes and more than 200 stations in Turku. The cycling season may vary depending on the weather conditions, but it is at least from the beginning of April to the end of October. You can find more information on the Föli website <https://www.foli.fi/en/f%C3%B6li-bikes>

Tip! Check the app called My Mobile Tutor. You will find in one place helpful links to information on studying at UTU, living in Turku, and lots of inspiring things to explore.

Consider green meal options

Student restaurants in Finland take into account different dietary choices and always have vegan and vegetarian options. Unica operates student restaurants on UTU campuses in Turku. You can check the locations of student restaurants and menus <https://www.unica.fi/en/>

Vegetarian and vegan food options are widely available in Finnish supermarkets and restaurants. Consider the impact of your daily dietary choices on the environment. By choosing plant-based meals, you actively support the preservation of land, water resources, and reduce greenhouse gas emissions associated with animal agriculture. An exchange semester in Finland is a good opportunity for exploring new food options.

Buy from second-hand shops

Consider the benefits that second-hand shops, known as "kirpputorit" in Finnish, can bring to your life, the environment, as well as your budget. In "kirpputorit" you can find clothes, utensils, household items etc. The list of the most famous second-hand shops in Turku is available here: <https://www.visitfinland.com/en/articles/best-second-hand-and-vintage-shops-in-turku/>

Affordable second-hand furniture and household items can be found in Ekotori <https://turunekotori.fi/yhteystiedot/in-english>

When you leave, remember to donate/sell through local community marketplaces things that you are not taking with you.



Let your time as an international student in Finland be an inspiring chapter in your sustainable living journey. As an international student, you play a big role in spreading awareness, best practices, and influencing positive change also in your home country after you return from Finland.

Checklist

Before you arrive in Finland:

- > Confirm your exchange in SoleMOVE.
- > Apply for housing from several housing providers. You should apply at least six weeks before your arrival in Turku. TYS housing application period starts on May 1 / October 1.
- > If you are a non-EU/EEA citizen, start your residence permit application within 7 days after you have received the acceptance letter from UTU. You should apply for the Finnish ID code at the same time.
- > Obtain health insurance for your exchange period.
- > Book your travel tickets. You should arrive in time for the orientation.
- > Contact your personal student tutor.
- > Make preparations for money transfers or check that your online bank works in Finland.

When you have arrived in Finland/ right before your arrival:

- > Do the UTU registration online following the instruction sent to you by email.
- > Activate your UTU user account via online identification system (you'll receive instructions via e-mail)
Enrol for your courses in Peppi Study Register (you'll receive instructions at the beginning of August/ at the end of November).
- > Take part in the orientation for new international students.
- > Sign your lease at the housing office.
- > Pay the Student Union fee (voluntary but recommended) and activate/apply for the Finnish student card
- > Open an online bank account, if you have been granted a scholarship by UTU.



Questions about your upcoming exchange period?

Don't hesitate to contact the incoming student mobility team at incoming@utu.fi!

Follow us on social media!

University of Turku – Exchange Students



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