

# PRACTICAL INFORMATION GUIDE

LAPLAND UNIVERSITY  
OF APPLIED SCIENCES

*#STUDYINLAPLAND*

**LAPIN AMK**<sup>7</sup>  
Lapland University of Applied Sciences



# PRACTICAL INFORMATION GUIDE

LAPLAND UNIVERSITY  
OF APPLIED SCIENCES

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

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# **GENERAL INFORMATION**

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# WELCOME

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**AS THE RECTOR** of the Lapland University of Applied Sciences, I warmly welcome you to join our university here in the Arctic Finland! Lapland UAS provides professionally oriented bachelor's and master's programmes, which are based on student-centered learning and a strong connection to working life and applied research.

Our studies are connected to practical projects, and the study teams are guided by our lecturers, research staff and partners. Our students acquire life-long learning skills, which are highly appreciated in the labour market. According to student feedback, our teaching is of high quality

and professionally supported by our staff. Inspiring study environments are connected to real life and digital learning. We have students of all ages and representing different nationalities, and we provide good student support systems for both studies and free time.

Welcome to study in Lapland, which is well known for its beautiful and unique nature and safety. Lapland is very popular among foreign students. It is a good place to live, learn and get new international contacts. Every year, Lapland is visited by more than 2 million tourists. In the Lapland University of Applied Sciences, we have approximately 400 international

degree and exchange students from over 50 countries annually.

Today, Lapland attracts many economic interests and global investments. This gives our students good opportunities to forge their future careers – also internationally.

I warmly welcome you to join the community of Arctic expertise in Lapland UAS and promise that your experience in Lapland will be rich and stimulating.”

*Riitta Rissanen*

RECTOR OF LAPLAND UAS

# 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 5800 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. Lapland UAS has two schools which provides the study programs, the school of Arctic

Natural Resources and Economy and the school of Northern Well-being and Services. There are ten fields of studies in Lapland UAS:

The School of Arctic Natural Resources and Economy

- Culture
- Natural Resources and the environment
- Natural Sciences
- Technology, communication and transport
- Social sciences, business and administration

The School of Northern Well-being and Services

- Social services, health and sports
- Tourism, catering and domestic services
- Social sciences, business and administration

Lapland University of Applied Sciences has three campuses, the Rovaniemi, Kemi and Tornio campuses. Our premises in Rovaniemi are located in Rantavitikka and Ounasvaara. The premises in Kemi is called Kosmos and in Tornio 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. Please Follow up Lapland UAS Webpages.

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*

**6000**

*Number of employees*

**420**

*Fields*

**10**

*The School of Arctic Natural Resources and Economy  
Culture*

*Natural Resources and the environment*

*Natural Sciences*

*Technology, communication and transport*

*Social sciences, business and administration*

*The School of Northern Well-being and Services*

*Social services, health and sports*

*Tourism, catering and domestic services*

*Social sciences, business and administration*



## 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 to 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](http://www.lapinamk.fi).

## STUDYING AT LAPLAND UNIVERSITY OF APPLIED SCIENCES

Studying at Lapland UAS includes contact studies at the school, online studies, 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. 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

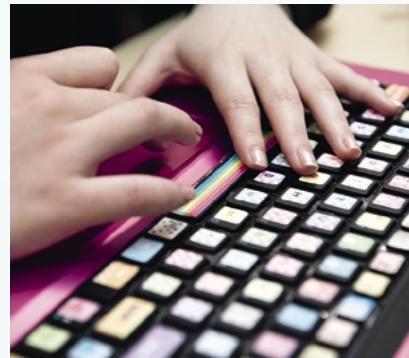
courses with credits and grades. Lapland UAS also provides official transcripts of records to all exchange students. After finishing their semester at Lapland UAS, exchange students can upload their transcript of records from Peppi study information system and deliver it to the coordinator of their home institution.

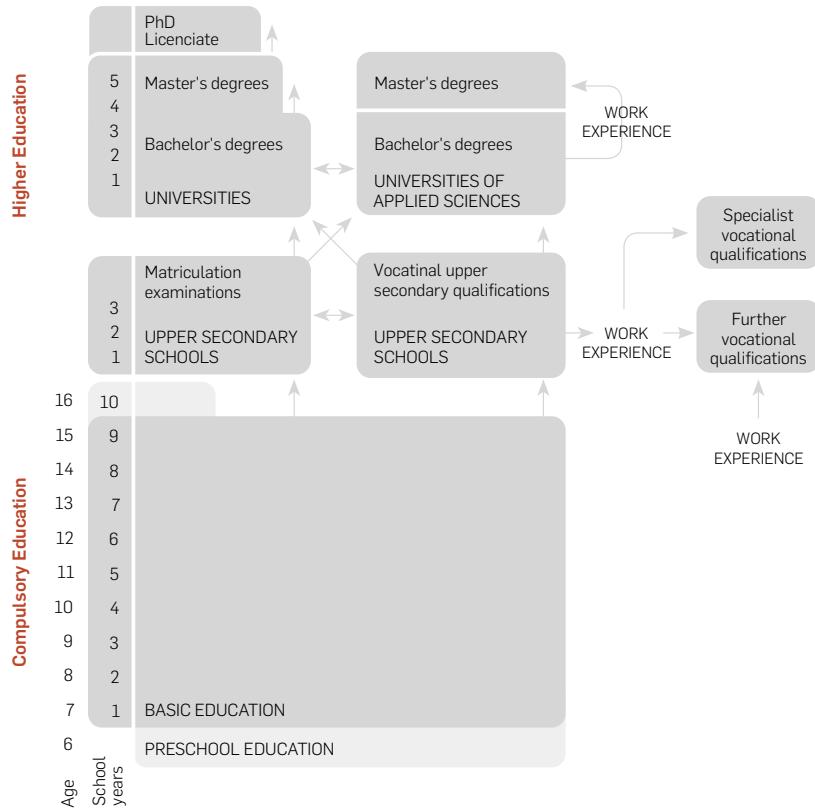
## Academic guidance

Academic guidance is an ongoing process which aims to improve a student's adjustment to the academic system and to enhance her/his independent learning and to increase their expertise in their fields of study.

## 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.





## The Education system in Finland

### 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.

### 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 go for an exchange at some point during their studies. The length of the

exchanges can vary from 2 months up to the whole school year and students can choose to do a study exchange, practical training abroad or even both. The partner universities and tips for possible placements can be found from SoleMOVE programme (system for International Mobility). Outgoing students are supported by Erasmus+ and/or Lapland UAS grants. International services assist students in applying for exchanges.



Rantavitikka, Rovaniemi



Hiihtomajantie, 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](http://www.lapinamk.fi).

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 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

#### International Business

Bachelor of Business Administration

#### Nursing

Bachelor of Health Care

#### Machine Learning and Data Engineering

Bachelor of Engineering

#### Tourism

Bachelor of Hospitality Management

### STUDY VENUE

Rovaniemi

Kemi

Rovaniemi

Rovaniemi

degree programmes at the Lapland UAS are 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 2 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 degree programme leading to a Master's degree, where the language of tuition is English: Digital 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 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.



Kosmos, Kemi



Minerva, Tornio

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 Lapland UAS study guide. 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 are in Finnish, they provide courses in English for exchange students.

Students are also able to do practical training exchanges in the Social Services, Nursing, Physiotherapy and Sports and leisure programs. The Engineering faculty offers trainings in their laboratories.

#### DEGREE PROGRAMMES ARE:

##### IN ROVANIEMI

###### Forestry and Rural Industries

- Rural Industries
- Forestry

###### Tourism and Hospitality Management

- Tourism

###### Social Services,

###### Health Care and Sports

- Physiotherapy\*
- Nursing\*
- Sports and Leisure Studies\*

###### Social Sciences, Business and Administration

- International Business

###### Technology

- Land Surveying Engineering
- Civil Engineering
- Information and Communications Technology

##### IN TORNIO

###### Business and Administration

- Business Management
- Information Processing
- Digital Business Management (Master level)

##### IN KEMI

###### Social Services, Health Care and Sports

- Social Services\*
- Nursing\*

###### Technology

- Mechanical and Production Technology
- Electrical Engineering

\* Practical training available.

## CONTACT INFORMATION

### Kemi-Tornio



#### International Services

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

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



Ms Sanna Moisanen  
International Services  
Tel. +358 (0)40 544 8458  
Email: incoming@lapinamk.fi or  
sanna.moisanen@ulapland.fi



#### Accommodation for international students

Ms Marja-Leena Jyrkas  
Accommodation officer  
Tel. +358 (0)40 867 0459  
Email: marja-leena.jyrkas@ulapland.fi

#### Visiting address:

Lapland University of Applied Sciences  
International Services  
Tietokatu 1, FI-94600 KEMI  
FINLAND



#### Information concerning free time activities for international student in Rovaniemi, Kemi and Tornio

Mr Mika Vettainen  
Sports instructor  
Tel. +358 (0)40 182 6341  
Email: mika.vettainen@ulapland.fi

### Rovaniemi



#### International Services

Ms Sanna Juotasniemi  
International Services  
Tel. +358 (0)40 550 7443  
Email: outgoing@lapinamk.fi or  
sanna.juotasniemi@ulapland.fi



Ms Anne Hakkarainen (On a leave of absence)  
International Services  
Tel. +358 (0)40 526 0556  
Email: international@lapinamk.fi or  
anne.hakkarainen@ulapland.fi



Ms Maria Palokari  
International Services  
Tel. +358 (0)44 478 0226  
Email: incoming@lapinamk.fi or  
maria.palokari@ulapland.fi

Ms. Anne Jokelainen  
International Services  
Tel. +358 (0)40 482 6970  
Email: outgoing@lapinamk.fi or  
anne.jokelainen@ulapland.fi

#### Visiting address:

Lapland University of Applied Sciences  
International Services  
Jokiväylä 11 C, FI-96300 ROVANIEMI  
FINLAND

## Kemi-Tornio

### Student affair's offices



#### TORNIO

Coordinator  
Heli Hulkko  
Kauppakatu 58, FI-95400 TORNIO  
Tel. +358 (0)40 747 9240  
Email: heli.hulkko@ulapland.fi



#### KEMI

Coordinator  
Ms Miia Pohjola  
Tietokatu 1, FI-94600 KEMI  
Tel. +358 (0)50 314 6467  
Email: miia.pohjola@ulapland.fi



Coordinator  
Ms Mari Isonikkilä  
Tietokatu 1, FI-94600 KEMI  
Tel. +358 (0)40 843 0965  
Email: mari.isonikkila@ulapland.fi

## Rovaniemi

### Student affair's offices



Machine Learning and Data Engineering  
Coordinator  
Hanna Peltomaa  
Jokiväylä 11, FI-96300 ROVANIEMI  
Tel. +358 (0)40 659 8054  
Email: hanna.peltomaa@ulapland.fi

Degree Programme in Tourism  
Coordinator  
Laura Leinonen  
Jokiväylä 11, FI-96300 ROVANIEMI  
Tel. +358 (0)44 712 9299  
Email: laura.leinonen@ulapland.fi



Coordinator  
Degree Program in International Business  
Ms Elisa Niva  
Jokiväylä 11, FI-96300 ROVANIEMI  
Tel. +358 (0)40 642 7828  
Email: elisa.niva@ulapland.fi

#### INFORMATION FOR INCOMING DEGREE PROGRAMME STUDENTS

##### Admissions Services

Jokiväylä 11, FI-96300 Rovaniemi, Finland

Tel. 0400 830 036  
admissions@lapinamk.fi

During the summer please contact  
admissions@lapinamk.fi



## ROTKO OFFICES

**Rovaniemi**  
Jokiväylä 11 C

**Kemi**  
Kosmos, Tietokatu 1

**Tornio**  
Minerva, Kauppakatu 58

Check the opening hours from our website [Lapinrotko.fi/en](http://Lapinrotko.fi/en)

You can also contact us via email [rotko@lapinamk.fi](mailto:rotko@lapinamk.fi) or call us at +358 40 702 2292

## ROTKO – STUDENT UNION OF LAPLAND UAS

ROTKO is the Student Union of Lapland University of Applied Sciences. Its main task is to promote the interests of students at the UAS, cities of Kemi, Tornio and Rovaniemi, and on a national level.

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

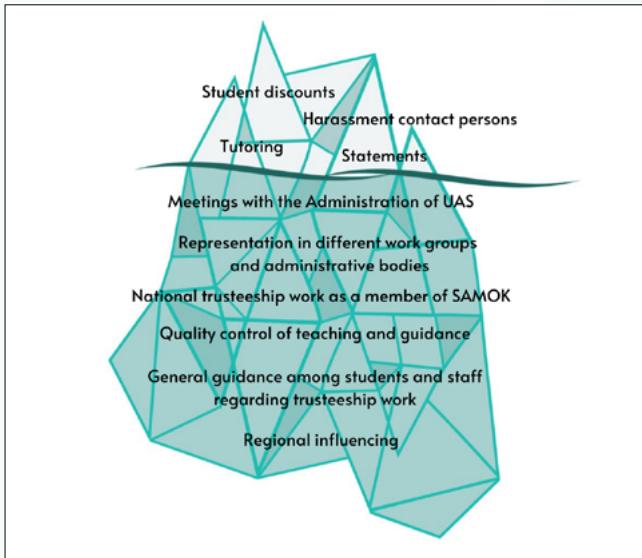
The Representatives holds the highest authority in the Student Union and chooses the board that is responsible of the everyday actions of the Student Union.

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

## Student card

As a student you are entitled to discounts and benefits around Finland. You can get for example student priced lunch at university cafeterias and discounts on train and bus tickets. Some shops, restaurants and services offer various discounts for students.

Discounts require a student card which you can order from the student unions website. Options include mobile and physical student cards. Read more and order from [lapinrotko.fi/en](http://lapinrotko.fi/en).



ROTKO –  
student union of Lapland UAS  
[WWW.LAPINROTKO.FI/EN](http://WWW.LAPINROTKO.FI/EN)



# ABOUT FINLAND

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## 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 average 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 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*).



Population	5.5 million people
Population growth	4.1 ‰
Population density	18 people per sq km
Main languages	88,3 % Finnish (suomi), 5,3 % Swedish (ruotsi), *0,04 % Lappish (saame)
Main religions	71 % Lutheran, 1 % Orthodox

To learn more visit the website of  
the Finnish Sauna Society  
[WWW.SAUNA.FI](http://WWW.SAUNA.FI)



## 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 kilometers. Way to Tornio takes a little bit more time, because the distance is 125 kilometers. 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, 5 million people. Families with one child are the most common. The average life-expectancy of Finnish women is 83 years and of men 76.

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 speaks 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 way 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](http://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)

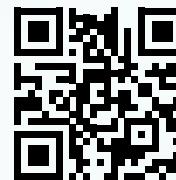
Finns usually spend midsummer at the countryside. They go to their cottages or either rent one. Typical traditions are going to sauna and lighting a bonfire. Some might even try to do midsummer magic, which can e.g. help you to see your future spouse in your dreams. Enjoying good food, company and drinks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

For further information on  
Finland's history visit  
[VIRTUAL.FINLAND.FI](https://VIRTUAL.FINLAND.FI)



## Finland's History at a Glance

<b>About 8000 B.C</b>	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.
<b>1155</b>	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.
<b>1543</b>	The first book in Finnish Mikael Agricola's ABC Book, the first book written in the Finnish language, was published.
<b>1640</b>	The oldest institution of higher education The Royal Academy of Turku was founded. Nowadays it is known as the University of Helsinki.
<b>1808–1809</b>	The Finnish War between Sweden and Russia. Sweden surrendered Finland to Russia. The new border in the North was drawn along the Tornio River.
<b>1809</b>	The Autonomous Grand Duchy Czar Alexander declared Finland an autonomous Grand Duchy with himself as the constitutional monarch represented by a Governor General.
<b>1835</b>	Kalevala The Finnish National Epic was published.
<b>1862</b>	The Finnish Markka was introduced replacing the Russian rouble as the currency of Finland
<b>1906</b>	Equal and Universal Suffrage Finnish women were the first in Europe to gain the right to vote in parliamentary elections
<b>1917</b>	Declaration of Independence Finland declared its independence of Russia on 6 December and became a republic.
<b>1918</b>	Civil War between the Reds (leftwing) and the Whites (rightwing) ended with victory for the latter (government troops)
<b>1939–1940</b>	The Winter War against the Soviet Union. In a peace treaty Finland had to surrender southeastern Finland to the Soviet Union.
<b>1941–1944</b>	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.
<b>1944–1945</b>	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.
<b>1948–1992</b>	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.
<b>1952</b>	The Olympic Games in Helsinki
<b>1955</b>	Member of the United Nations
<b>1995</b>	Member of the European Union
<b>2000–2012</b>	Tarja Halonen was the first female President of Finland
<b>2002</b>	Arrival of the Euro Finnish Markka was replaced by the Euro

# LIVING IN FINLAND

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## WEATHER AND CLOTHING

Finland goes through four seasons each year. When temperatures easily vary from  $-30^{\circ}\text{C}$  to  $+30^{\circ}\text{C}$  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  $-20^{\circ}\text{C}$  and  $-30^{\circ}\text{C}$  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 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  $+10^{\circ}\text{C}$  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  $+20$ – $25^{\circ}\text{C}$  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 and/or

NOSTO) 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 2022 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.

## LIVING EXPENSES

Student apartment in Kemi . . . . .	300 €/month (includes water and electricity)
Student apartment in Rovaniemi . . . . .	.215-320 € / month / person (not included furniture payment and utility fee)
Student apartment in Tornio . . . . .	300 € / 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)
Wellness Pass . . . . .	.30 €/semester (40 €/academic year)
Prepaid phone card . . . . .	from 10 € and up
ROTKO student card, first year . . . . .	35 €/semester (45 € / academic year)
Lunch in student dining room . . . . .	2,70 €
Refreshments . . . . .	2-3 €
Pizza in a pizzeria (lunch time) . . . . .	.8-15 €
Bowling, student price . . . . .	20 €
Swimming, student price . . . . .	.5 €
Ticket to see a band . . . . .	.5-25 €
Bus ticket from Kemi to Tornio . . . . .	6,90 €
Airport-Taxi from the airport to the centre of Kemi . . . . .	12 €/person
Airport-Taxi from the airport to the centre of Tornio . . . . .	18 €/person



## 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` or `firstname.familyname@ulapland.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](http://www.lapinamk.fi/en)  
The official website of Lapland University of Applied Sciences – APPLICANTS (especially for applicants)
- [www.lapinamk.fi/en](http://www.lapinamk.fi/en)  
STUDENTS 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
- Tuudo  
mobile application which brings together all of the most common electronic student services used in Lapland UAS

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 no public phones available in Finland, as almost everybody has a mobile phone.

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. Telia, Elisa and DNA. It is always worthwhile to check the services and fees, as they may vary a lot between different operators. There might be certain limitations for obtaining monthly subscription. These can be checked directly from the service providers.

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

If you call from outside Finland you should dial the international access code + or 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.

### 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.

### Postal services

Stamps can be bought from post service points, post offices, kiosks and grocery stores. A standard letter or postcard can be mailed at at post service points/post office or dropped into orange mailboxes in the town. You can ask for more details at your

nearest post service point/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.posti.fi](http://www.posti.fi)*

### Groceries (May 2022)

Apple (omena) . . . . .	1 €/kg
Banana (banaani) . . . . .	1,59 €/kg
Dark bread (hapanleipä) . . . . .	1,85 € / 660g
Butter (voi) . . . . .	3,65 € / 400g
Candies (karamelli) . . . . .	1,70 € / 125 g
Canned tuna (tonnikalapurkki) . . . . .	1,19 € / 140 g
Carrot (porkkana) . . . . .	1,19 € / kg
Cheese (juusto) . . . . .	10 €/kg
Chicken breast fillet (broilerin rintafile) . . . . .	13,02 €/kg
Chocolate cookies (suklaakeksi) . . . . .	0,79 € / 150 g
Coca-Cola . . . . .	3,85 € / 3 l
Cocoa (kaakao) . . . . .	5,61 €/kg
Coffee, packaged (kahvi) . . . . .	4,99 € / 500 g
Cucumber (kurkku) . . . . .	2,59 € / kg
Curry . . . . .	0,99 € / 45 g
Eggs (kananmunat) . . . . .	3,95 €/kg
Garlic (valkosipuli) . . . . .	9,95 €/kg
Grapes (viinirypäle) . . . . .	2,69 € / 500 g
Honey (hunaja) . . . . .	2,99 € / 450 g
Jasmine rice (jasmiiniriisi) . . . . .	2,15 €/kg
Juice (mehu) . . . . .	0,92 €/l
Laundry detergent (pyykinpesuaine) . . . . .	4,29 € / 1,36 kg
Lemon (sitruuna) . . . . .	2,89 €/kg

Macaroni (makaroni) . . . . .	0,38 € / 400 g
Microwave oven pizza (mikropitsa) . . . . .	2,99 € / 700 g
Milk, low fat (maito) . . . . .	0,92 €/l
Minced beef (naudan jauheliha) . . . . .	9,95 €/kg
Olive oil (oliiviöljy) . . . . .	5,32 €/l
Onion (sipuli) . . . . .	1,49 €/kg
Orange (appelsiini) . . . . .	1,39 €/kg
Pork chops (porsaanlihasuikale) . . . . .	3,40 € / 400 g
Potato (peruna) . . . . .	0,97 €/kg
Rainbow trout, whole (kirjolohi) . . . . .	9,70 €/kg
Rice crispies (riisimurot) . . . . .	2,39 € / 500 g
Sausage (makkara) . . . . .	2,19 € / 400g
Shampoo (shampoo) . . . . .	1,59 € / l
Salt (suola) . . . . .	0,69 €/kg
Sugar (sokeri) . . . . .	0,89 €/kg
Tea (tee), 100 teabags . . . . .	3,70 € / 100 tea bags
Toast (paahtoleipä) . . . . .	1,19 € / 400 g
Toilet paper (wc-paperi) . . . . .	4,45 € / 12 rolls
Tomato (tomaatti) . . . . .	2,49 €/kg
Toothpaste (hammastahna) . . . . .	2,99 € / 75 g
Washing-up liquid (astianpesuaine) . . . . .	1,29 € / 500 ml
Wheat flour (vehnäjäuhot) . . . . .	1,32 € / 2 kg
Yogurt (jogurtti) . . . . .	0,25 € / 200 g
Ketchup (ketsuppi) . . . . .	2 € / kg



## 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. 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 Digital and Population Data Services Agency, 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. The registration takes place at the nearest Finnish Immigration Service's service point.

### Non-eu citizens

As a non-EU citizen, you have right to work 25 hours a week during the academic 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.te-palvelut.fi](http://www.te-palvelut.fi)
- [www.infopankki.fi](http://www.infopankki.fi)
- [www.migri.fi](http://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](http://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 73€ + renewable card 6,50. 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 34-43 € / month and you can buy it from Osviitta (located in Rinteenkulma Shopping Center, Koskikatu 25) or Matkahuolto (Lapinkävijäntie 2). Don't forget to take Lapland UAS attendance certificate and pass-port with you. More information on the tickets and the timetables can be found at [www.linkkari.fi](http://www.linkkari.fi).

If you take a bus ride to a destination of a distance of 60 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 (ROTKO student card) or special Matkahuolto student card.

Travelling by train you are entitled to a special student rate. The student discount varies between 30 to 50 per cent.

You need to present your Student Union membership card (ROTKO student card) or a temporary certificate of student status for discount on VR trains (valid for 3 months).

Train connections in Finland:  
[www.vr.fi/en](http://www.vr.fi/en)

## 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
- Monitarma Kierrätys, Asemakatu 4, Kemi
- Tositori, Keskikatu 14, 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. Most shops are open on Sundays as well.

## 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, Kauppakatu 9-11, Kemi
- Aseman tori, Rautatiekatu 9, Kemi
- Meriva, Valtakatu 27-29, Kemi
- Vaarin Vintti, Länsiranta 13, Tornio
- Tositori, Keskikatu 14, Tornio

## Wellness Pass and Sport activities

Sports services in Kemi-Tornio area

Kemi has a wide range of opportunities for exercising and an amazing, marine, proximity!

We have sheds, fishing spots, parks and beaches. Indoor exercise facilities for ball games, gym and group exercise.

The range of services ranges from a network of trails and hiking trails to a comprehensive range of sports facilities. We offer a diverse selection of different ball sports, archery and much more. There is sure to be something for everyone!

Tornio offers a diverse setting for activities, there are plenty of hobby opportunities for students with student prices.

*More information on the sports and well-being services in Kemi-Tornio area will be given by*  
*Mika Vettainen*  
*mika.vettainen@ulapland.fi*

## Wellness Pass in Rovaniemi

The Wellness Pass is coordinated by the Student Union of the University of Lapland. The Wellness Pass includes standard training shifts, gym services, dance classes, culture and other services that support holistic well-being. The price

of the Wellness Pass is only 30€ / semester and 40 € / academic year.

Check [lyy.fi/en/wellness-pass/](http://lyy.fi/en/wellness-pass/) for more information on the pass itself and how to purchase it.

## 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 the polar bears.

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 – 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

## EVENTS FOR EVERY TAST

Sea Lapland area has several events throughout the year.

### ANNUAL EVENTS IN KEMI

- In January - April Snowcastle Kemi
- In February Pakkasukko Blues & Jazz
- In August Satama Open Air (Music festival)
- In August Venetsialaiset

### ANNUAL EVENTS IN TORNIO-HAAPARANTA AREA

- In March Ice Fishing event (Suurpilkit)
- In June Peräpohjola Fair
- In June Kalottjazz & Blues festival
- In July Traditional Whitefish Festival in Kukkolankoski
- In August - September International Grand Market in Shopping Centre Rajalla
- 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:

- Kemi Kivalo-opisto, Marina Takalon katu 3, Kemi. tel 040 630 5292  
"Good selection of different kind of hobbies"
- Tornion Kansalaisopisto Opistotalo Seminaarinkatu 14, Tornio tel. 040 770 5972  
[www.tornio.fi/Kansalaisopisto](http://www.tornio.fi/Kansalaisopisto)  
"Lots of different courses for everybody"
- Kemi Kinopirtti cinema, Valtakatu 12, Kemi
- Tornio Bio Rex cinema, Länsiranta 10, Tornio

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.



[WWW.NATIONALPARKS.FI](http://WWW.NATIONALPARKS.FI)

## TIPS OF PLACES

### SPORT ACTIVITIES

#### IN KEMI

- Kemin keila- ja tennishalli (bowling and tennis hall)  
Tervaharjankatu 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. 010-3968003  
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."

- Kemin Naisvoimistelijat (Female gymnastics)  
Tervaharjankatu 14,  
tel. 0400 543 215

"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
- Disc golf tracks: Kemi Ruutinranta, Hahtisaarenkatu and Kemi Ajos, Jatulintie 45

"Starter friendly track and a bit more challenging one, bring your own discs!"

#### IN TORNIO

- Tornio swimming hall  
Viidankatu 22  
tel. 050 597 2058  
www.tornio.fi

"Nice, relaxing. Swimhall also has a gym."

- Tornion naisvoimistelijat (Female gymnastics)  
Arvontie 10  
tel. 040 686 9515  
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."

- Tornio Kamppailu- ja kiipeilykeskus (Martial arts and climbing center)  
Teollisuuskatu 10 J7

"Center has climbing cave and opportunities to learn martial arts."

- Bodycenter  
Kauppakatu 12  
tel. 010 396 8001  
www.bodycenter.fi

"Good and professional instructors. Nice gymnastic exercises."

- Disc golf tracks: Tornio city, Seminaarinkatu 16 and Kokkokangas, Holmantie 21

"Starter friendly track and a bit more challenging one, bring your own discs!"

- Experience Factory Lappari  
Vesaisenkatu 1, 95400 Tornio  
www.lappari.fi/lappari-en/about-lappari

"Experience Factory Lappari is about 12 000 m<sup>2</sup>:n sporty living room. We have something for the whole family. We are situated about 1 km from the border.

In Lappari we have Duudson Activity Park, Megazone, Gym, Solve & Exit games, laser games, golf, and tennis hall and also a restaurant with 200 seats"

### CHECK FOR MORE INFORMATION!

- [blogi.eoppimispalvelut.fi/universitysports](http://blogi.eoppimispalvelut.fi/universitysports)

## 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 activities check [international.rovaniemi.fi/en/Services/Activities](http://international.rovaniemi.fi/en/Services/Activities).

Rovaniemi is a tourist destination and therefore it provides many exotic things to experience. You can pay a visit to the 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](http://www.visitrovaniemi.fi) and [www.nationalparks.fi](http://www.nationalparks.fi)

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 ROVANIEMI

#### SPORTS

- Vesihiiisi Swimming hall (some benefits with Wellness Pass)  
Nuortenkatu 11,  
96100 Rovaniemi
- Nautilus Gym  
[www.nautilusgym.fi](http://www.nautilusgym.fi)
- Santasport Lapin Urheiluoipisto (some benefits with Wellness Pass)  
Bowling alley, swimming hall/spa, gym etc.  
Hiihtomajantie 2,  
96400 Rovaniemi  
[santasport.fi](http://santasport.fi)
- Lapin Lukko (some benefits with Wellness Pass)  
Fitness boxing classes  
Postikatu 1 C,  
96100 Rovaniemi  
[www.lapinlukko.fi](http://www.lapinlukko.fi)
- Ounasvaara Skiresort (some benefits with the Wellness Pass)  
Cross-country skiing, slalom, snowboarding, sliding  
Taunontie 14,  
96600 Rovaniemi  
[www.ounasvaara.fi](http://www.ounasvaara.fi)
- Revontulitanssijat ry "Northern light dancers", Dancing (some benefits with Wellness Pass)  
Ounasvaarantie, 15,  
Rovaniemi

- Väki (some benefits with Wellness Pass)  
Offers a chance to practice climbing and yoga  
Suosiolantie 5, 96100 Rovaniemi  
[www.vaki.fi](http://www.vaki.fi)

#### CULTURE

- Korundi House of Culture  
Concerts, exhibitions and lectures  
Lapinkävijäntie 4, 96100 Rovaniemi  
[www.korundi.fi](http://www.korundi.fi)
- Arktikum  
Museum and arctic science center  
Pohjoisranta 4, 96200 Rovaniemi  
[www.arktikum.fi](http://www.arktikum.fi)
- Pilke  
Science Centre,  
focus on the northern forests  
Ounasjoentie 6, 96200 Rovaniemi  
[www.sciencecentre-pilke.fi](http://www.sciencecentre-pilke.fi)
- Bio Rex Rovaniemi cinema,  
Pekankatu 12, Rovaniemi  
[www.biorex.fi/](http://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/](http://www.rovala.fi/)

### EVENTS FOR EVERY TASTE

The biggest city in Lapland has several events throughout the year.

#### ANNUAL EVENTS IN ROVANIEMI

- In February: Arctic Design week
- In March: Rovaniemi Reindeer Sprint Race – reindeer competition, at town centre
- In June, March and September: Rovaniemi Market (traditional market at Kauppatori)
- In August Old Market Square Carnival of Rovaniemi Elonkorjuu Market, at town centre
- In August Rovakatu Simerock (Music festival)

- In September: Rovaniemi week (A chance to get to know city's services, history and architecture)

- In September: International Grand Market, at town centre

- In November: Kelekkamessut – Snowmobile trade fair

- In December: Christmas Street Opening, at town centre

Good link: <http://www.visitrovaniemi.fi/see-do/events/>

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

## FINNISH FRIEND PROGRAMME

Lapland UAS and University of Lapland 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. More information is available on the Universities' web pages.

# 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!	<i>Anteeksi</i>
Thank you!	<i>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/](http://www.yle.fi/opinportti/)
- ▶ [supisuomea/01/](http://supisuomea/01/)
- ▶ [www.uuno.tamk.fi](http://www.uuno.tamk.fi)

# LINKS WORTH CHECKING

## Main website

Lapland University of Applied Sciences  
[www.lapinamk.fi](http://www.lapinamk.fi)

## Education in Finland

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

## Kemi and Tornio towns

- [www.kemi.fi](http://www.kemi.fi)
- [www.visitkemi.fi](http://www.visitkemi.fi)
- [www.tornio.fi](http://www.tornio.fi)

## Rovaniemi

- [www.rovaniemi.fi](http://www.rovaniemi.fi)
- [www.visitrovaniemi.fi](http://www.visitrovaniemi.fi)

## Working in Finland

- Federation of Finnish Enterprises: [www.yrittajat.fi/en](http://www.yrittajat.fi/en)
- Infopankki: [www.infopankki.fi](http://www.infopankki.fi)

## Finland

- Information on politics, society, media, history etc.: [www.finland.fi](http://www.finland.fi)
- Gateway to public services: [www.suomi.fi](http://www.suomi.fi)
- Basic information about the functioning of society and opportunities in Finland: [www.infopankki.fi](http://www.infopankki.fi)
- Information for tourists: [www.visitfinland.com](http://www.visitfinland.com)
- Statistics on Finland: [www.tilastokeskus.fi/index\\_en](http://www.tilastokeskus.fi/index_en)
- Weather in Finland: [en.ilmatieteenlaitos.fi](http://en.ilmatieteenlaitos.fi)
- News in English by YLE, Finland's national public service broadcasting company: [yle.fi/uutiset/osasto/news](http://yle.fi/uutiset/osasto/news)

## Government and Administration

- Parliament of Finland: [www.web.eduskunta.fi](http://www.web.eduskunta.fi)
- Finnish government: [www.valtionneuvosto.fi/en/frontpage](http://www.valtionneuvosto.fi/en/frontpage)
- Ministry for Foreign Affairs: [www.formin.finland.fi](http://www.formin.finland.fi)

## Embassies in Finland

- [formin.finland.fi](http://formin.finland.fi)  
(> diplomatic missions > Representation of foreign states in Finland)

## Finnish National Authorities

- Finnish Immigration Service: [www.migri.fi/frontpage](http://www.migri.fi/frontpage)
- National Finnish Employment Office pages: <http://www.te-palvelut.fi/te/en/>
- Finnish police: [www.poliisi.fi](http://www.poliisi.fi)
- Finnish customs: [www.tulli.fi/en](http://www.tulli.fi/en)
- Finnish tax system: [www.vero.fi/en-US](http://www.vero.fi/en-US)
- National Digital and Population Data Services Agency: <https://dvv.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

Marja-Leena Jyrkäs

Tel. +358 (0)40 867 0459

E-mail: [marja-leena.jyrkas@lapinamk.fi](mailto:marja-leena.jyrkas@lapinamk.fi)

In Rovaniemi

Domus Arctica -säätio

Yliopistonkatu 21

96300 Rovaniemi, Finland

Email [dasaspa@das.fi](mailto:dasaspa@das.fi)

Internet [www.das.fi](http://www.das.fi) (online application)

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

Tel. +358 20 7699 180

## Postal Services

Kemi

Post service point, Keskuspuistokatu 1,  
(S-market), Kemi

Open Mon- fri 7.00-21.00

Sat 7.00-19.00 Sun 9.00-19.00

Tornio

Post service point, Länsiranta 10,  
(Rajalla shopping center,  
at K-citymarket), Tornio

Open Mon - Sat 8.00-21.00,

Sun 11.00-21.00

Rovaniemi

Post service point, Pohjolankatu 13

(R-Kioski), Rovaniemi

Pickup and sending of all postal items.

Stamps, mailing and packaging supplies  
for sale.

Opening hours: Mon - Fri 7.30-21.30, Sat

8.00-21.00, Sun 9.00-21.00

Posting times Mon-Fri, Letters 16:00,

Parcels 16:00

[www.posti.fi](http://www.posti.fi)

## Mobile Phone and Internet Service Providers

- Telia [www.telia.fi/english](http://www.telia.fi/english)  
Telia Kauppa, Länsiranta 10  
(Rajalla shopping center), Tornio  
tel. 0200 20010

Telia Kauppa, Koskikatu 27 B  
(Revontuli shopping center), Rovaniemi  
tel. 0200 20010

- Elisa, [www.elisa.com/en](http://www.elisa.com/en)  
Elisa Shopit, Karjalahdenkatu 7, Kemi  
Elisa Shopit, Koskikatu 27  
(Revontuli shopping center), Rovaniemi
- DNA, [www.dna.fi](http://www.dna.fi)  
DNA Kauppa, Länsiranta 10  
(Rajalla shopping centre), Tornio  
tel. 044 144 044  
DNA Kauppa, Koskikatu 27  
(Revontuli shopping center) Rovaniemi  
tel. 044 144 044

FOLLOW US  
@LAPINAMK



### Digital and Population Data Services Agency (The Finnish Digital Agency)

- Keskuspuistokatu 20-22, 3rd floor, Kemi  
tel. 029 553 9661
- Lähteentie 2, 96400 Rovaniemi  
tel. 029 553 9661

<https://dvv.fi/en/individuals>

### Police Departments

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

### Finnish Immigration service's point

- Ruokasenkatu 2A, 96200 Rovaniemi  
Open Mon–Thu 8.00–16.15

### Tax Offices

- Meripuistokatu 16, Kemi  
tel. 020 512 000
- Suensaarenkatu 2, Tornio  
tel. 020 512 000  
(open Mon–Tue 9.00–15.00)
- Hallituskatu 3 A, Rovaniemi  
tel. 020 512 000  
(open Mon–Fri 9.00–16.15)  
[www.vero.fi](http://www.vero.fi)

### Transportation

#### Railway

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

*Timetables:*

[www.vr.fi/en/index/aikataulut.html](http://www.vr.fi/en/index/aikataulut.html)

#### Bus

- Kemi Bus Station, Matkahuolto office  
Asemakatu 13, Kemi
- Tornio Bus Station, Matkahuolto office  
Krannikatu 5, 95400 Tornio
- Rovaniemi Bus station, Matkahuolto office  
Lapinkävijäntie 2, Rovaniemi  
*Timetables:*  
[www.matkahuolto.fi/en](http://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. 0200 88000
- Kemi- Tornio area Taxi  
tel. 0200 68000

# TUUDO

Tuudo is a mobile app, made for you, to make your student life simpler. With Tuudo, you manage your studies and ease your daily life, both on and off the campus. Enjoy your institution's most important services and your study information on your mobile device – safely, simply and surely up to date. Tuudo's campus maps show you where your lecture is and if needed will guide you to the lecture room. Tuudo will inform you if there is a change in lecture room or if an exam is cancelled. You can use Tuudo to find public transport timetables or student restaurant menus.

**Get Tuudo from app store – for free!**

## MURMANSK





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# **EXCHANGE STUDENTS**

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# BEFORE COMING TO LAPLAND

## VISA AND RESIDENCE PERMIT

Confirm your exchange period and inform your arrival time in SoleMOVE. More information in the acceptance package.

## VISA AND RESIDENCE PERMIT

### EU/EEA citizens

As a citizen of one of the EU/EEA countries you do not need a visa entering Finland. If your studies/ practical training last longer than three (3) months you must register your right to reside in Finland AFTER ARRIVAL. The registration takes place at the nearest Finnish Immigration Service's point and it costs 50€. More information in the chapter After arrival.

### Non-EU citizens studying in Europe

If you are a non-EU citizen and you have been granted a residence permit for studies by some other EU Member State than Finland and if you are covered by a programme or an agreement specified in the Finnish act on residence permits for students, you can come to Finland to carry out part of your studies for a period up to 360 days. You need to submit a mobility notification to the Finnish Immigration Services. For more information go to [migri.fi](http://migri.fi).

### Non-EU citizens

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

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](http://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. 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. For nearest Immigration Service's point see the Contact information. For further information visit the website of the Finnish immigration Service [www.migri.fi](http://www.migri.fi) (> *english > Studying*).

## 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 Digital and Population Data Services Agency. See Contact Information on page 34.

## HEALTH INSURANCE

### Citizens of the EU/EEA

Lapland University of Applied Sciences does not offer insurance for its international exchange students. The incoming students must have their own insurances. Make sure that you have adequate insurance for your exchange period and that it is valid in Finland. Notice that the insurance has to cover your health care costs and accommodation. The insurance must cover if any damage happens to your accommodation during your stay.

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

## CHECK LIST FOR STUDENT'S RESIDENCE PERMIT APPLICANTS

- 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.
- 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.
- 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.
- 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.  
  
Your insurance must cover both sickness and accident related medical expenses up to at least 120 000 €.
- 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.
- 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](http://www.migri.fi)

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. You still need to have a valid travel insurance which covers the possible healthcare costs.

Exchange students who are doing practical training has liability insurance and the mandatory accident insurance from the Lapland UAS.

### Non EU/EEA citizens

Lapland University of Applied Sciences does not offer insurance for its international exchange students. The incoming students must have their own insurances. Make sure that you have adequate insurance for your exchange period and that it is valid in Finland. Notice that the insurance has to cover your health care costs and accommodation. The insurance must cover if any damage happens to your accommodation during your stay.

You must have a valid comprehensive insurance cover issued by a reliable and solvent company or institution. For further information go to the website of the Finnish immigration Service [www.migri.fi](http://www.migri.fi) (> english > Studying)

### INFORM ABOUT YOUR ARRIVAL TIME

In Kemi and Tornio

Our accommodation officer will arrange the accommodation for you according to the arrival date and time you have informed in SoleMOVE. The accommodation is available from the official arrival date. If you choose to arrive earlier than the arrival date you need to arrange your accommodation for that time on your own (for example hotel).

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

## 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
  - Copy of your Learning agreement/Learning agreement for Traineeships
  - European Health Insurance card (EU/EAA citizens)
  - Insurance certificate
  - 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
- ### Social and Healthcare students:
- Nursing students coming for practical training: vaccination certificate
  - Social and Healthcare students coming for practical training with children under 18 years: extract of criminal records



LAPINAMK.FI/EN/STUDENTS  
Lapland UAS student's Info



### In Rovaniemi

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

If you are arriving during the weekend or late at night, 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 Kemi-Tornio and Rovaniemi where you can buy dishes, curtains, etc. at a lower price. Your student-tutor will help you locate all the necessary shops.

### CUSTOMS

If you are planning to bring medicinal products, food, money or alcohol beverages with you in Finland, you can find more information from Finnish Customs [www.finnishcustoms.fi](http://www.finnishcustoms.fi)

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

### 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.finavia.fi/en](http://www.finavia.fi/en)
- [www.finnair.com/fi/gb](http://www.finnair.com/fi/gb)
- [www.norwegian.com](http://www.norwegian.com)

Another air route goes through Sweden. You can fly via Stockholm to Luleå-Kalla xairport 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.sales.vikingline.fi](http://www.sales.vikingline.fi)
- [www.tallinksilja.com/en](http://www.tallinksilja.com/en)
- [www.finnlines.com](http://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](http://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.fi](http://www.eskelisen.fi)
- Russia: Murmansk offers connection to Rovaniemi (you can continue your trip to Kemi by train or bus; to Tornio by bus).
- Sweden: Stockholm offers connection to Haparanda-Tornio (you can continue your trip to Rovaniemi by bus). Find more at [www.tapanis.se](http://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.

## BEFORE ARRIVAL CHECKLIST

- Confirm your exchange in SoleMOVE.
- Visa/Residence permit, if needed.
- Insurance.
- Accommodation.
- All necessary documents.
- Book flights / railway tickets. If you book before you've got your visa, try to book flexible tickets. Try your best to arrive during the pick-up day!
- Apply for a student card to get student discounts.
- 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 about your arrival date and time. Remember to inform the student tutors any changes in the schedule!
- Finances, international credit card, etc.
- 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 [www.airportbus.fi/?language=en](http://www.airportbus.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.

Read more about driving a car in Finland

- [www.autoliitto.fi/en](http://www.autoliitto.fi/en)
- [www.liikennevirasto.fi/web/en](http://www.liikennevirasto.fi/web/en)
- [www.lvk.fi/en](http://www.lvk.fi/en)
- [www.smartmotorist.com](http://www.smartmotorist.com)

## Meal card

In order to eat in the Lapland UAS student cafeterias at student discount prices, you will have to obtain meal card. Exchange students get the card during the mandatory orientation week. If you already have a student union card, it isn't necessary to get a meal card to get the discount.

# AFTER ARRIVAL

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## EU CITIZEN'S REGISTRATION

Exchange students from EU/EEA must register in the nearest Finnish Immigration Service's service point if they are going to stay in Finland more than 3 months. You can do the registering online and visit the service point for identification. The registration costs 50,00 euro.

### To do the registration you need to have with you:

1. First check that you have all the needed documentation for the registration as scanned pdf documents because you need to download them to your online application:
  - Copy of the Passport (recommended) or internationally recognized official identity card
  - Copy of the European Health Insurance card and certificate of your insurance
  - Letter of Acceptance or certificate of attendance from Lapland UAS
2. Fill in the registration application online EnterFinland and select the immigration service point you will visit <https://enterfinland.fi/eServices/info/europeanpermits>
3. Pay (you can use a credit card to pay the fee) and submit your application. After you have completed your application in EnterFinland, you will see a link which will take you directly to book an appointment for proving your identity. *You need to visit the service point within 1 month after submitting the online application!* Or you can book the appointment later on from here <https://migri.vihta.com/public/migri/#/> home You can also pay the fee when you visit the service point.

- You must be able to show that your upkeep is secured during your stay in Finland. (e.g bank statement, grant certificate)
- Copy of travel document

4. Visit the nearest immigration service point (in Rovaniemi or Oulu) to identify yourself. Remember to take with you the original documents you have submitted to the online application!

## CIVIL REGISTRIES

You must get a Finnish social security number after arrival if your exchange lasts three (3) months or longer. The number is needed for registration purposes in all Finnish higher education institutions. To get the number you need to register at the local Digital and Population Data Services Agency.

The registration is free of charge. You have to have your passport/id card, a study certificate and the filled application with you when you register. When you have received your Finnish social security number please inform it to the international services. They can add it for you in PEPPI.



## Digital and Population Data Services Agency (The Finnish Digital Agency)

### Rovaniemi

Lähteentie 2 (P.O.Box 8183),  
96101 Rovaniemi  
Tel. 029 553 9661  
Open Monday–Friday 9.00–16.15.

### Kemi

Keskuspuistokatu 20-22, 3rd floor,  
94100 Kemi  
Tel. 029 553 9661  
Open: Monday to Friday 9.00–16.15

*Students in Tornio must visit  
the Digital and Population Data Services  
Agency 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. You can open the account free of charge.

## 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).
- Healthcare services.
- Get mobile phone and/or Finnish mobile number (prepaid) AND save the number in PEPPI. It is easier for staff in UAS or practical placement people to reach you especially needed in Social and Health Care.
- Get internet connection (if it's not included to the apartment) Free wi-fi connection is provided by the international services.
- Obtain a library card if needed.
- Obtain a ROTKO student card.
- Obtain the meal card.
- Familiarize yourself with your flat and its surroundings, the school facilities and the city.
- Obtain Wellness Pass to enjoy sport services at low cost.
- Exchange Students from EU/EEA should do the registering if they are going to stay in Finland more than 3 months.
- Get social security number in local Digital and Population Data Services Agency if you have not obtained it at the same time with your residence permit.

# 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 property owners

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

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

Get to know your roommate. 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.

### 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 property owner. Remember to inform the property owner one month before you move out.

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



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 property owner can terminate your rental agreement and you'll have to move.*

When you move out:

- Give notice to the property owner one month before you move out.
- Return the keys to the property owner / caretaker.
- 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.

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)

### 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 property owner
- Your own property is not included in the real estate insurance of the property owner so you need to have an insurance that covers any damage to your own property.
- 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.

## 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; we will 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 in Tornio and in Kemi by private sector.

Exchange students apply the accommodation in Kemi or Tornio by filling in the application for accommodation in Kemi-Tornio. The form has to be attached to the SoleMOVE application.

### 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. In some apartments, you can also share your bedroom with another student. You will share a kitchen and a bathroom/shower with one or two other students. The apartments are furnished. The rent depends of the apartment. (around 300€/month). You may 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/landlord before your

departure. Internet is not included in all the rental apartments. International services provides the internet connection to exchanges students. You will get more information about the connection during your orientation. The rent includes water, heating and electricity.

The rent is paid monthly. If there is a rent deposit, it must be paid immediately.

After arriving, you need to make a rental agreement with the property owner as soon as possible.

*Contact information:  
Accommodation officer  
Marja-Leena Jyrkäs  
marja-leena.jyrkas@lapinamk.fi  
Mobile +358 40 867 0459*

### 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 shared 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 300€/month. Electricity, heating and water 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 landlord 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.

*Contact information:  
Coordinator, accommodation officer  
Marja-Leena Jyrkäs  
marja-leena.jyrkas@lapinamk.fi  
Mobile +358 40 867 0459*

## 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, Asemarinne, Rantavitikka, Rovala and Anninportti. You can find more information about DAS accommodation and the housing areas at [www.das.fi](http://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: studios, family apartments and shared apartments.

DAS has furnished apartments which are mainly for exchange students in the Rantavitikka area. In shared apartments you have a single bedroom but 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 in Rantavitikka rent varies from approx. 215–320 € / 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 end 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.

*Domus Arctica -säätö*

*Email: [dasaspa@das.fi](mailto:dasaspa@das.fi)*

*Internet: [www.das.fi](http://www.das.fi) (online application)*

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

Tel. +358 20 7699 180

For all issues related to DAS accommodation, please contact DAS customer service directly: [dasaspa@das.fi](mailto: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](http://www.vuokraovi.com) and [www.kas.fi](http://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 note 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.

## HEALTH CARE SERVICES IN KEMI AND TORNIO

Contact information for the health care centers are:

### In Kemi

Open weekdays from 8.00–15.30:

- Sauvosaari Healthcare centre (= *Sauvosaaren terveystasema*)  
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

- Quick polyclinic / Kemi  
Kauppakatu 22, Kemi  
Sauvosaari Health center  
Open Mon.-Thu. 8.00-15.00  
Fri. 8.00-14.00

The customers are served based on queueing number.

### In Tornio

Reception by appointment from 8 am –3 pm:

- Tornio Health care center (= Tornion terveystakeskus)  
Sairaalakatu 1, tel. 016 432 814

All non-urgent matters such as time reservation on 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 polyclinics:

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.

## Private health care services in Kemi

There is also a possibility to use private health care services in Kemi. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo Valtakatu 3, 94100 Kemi [www.terveystalo.com/en](http://www.terveystalo.com/en)
- Mehiläinen Karjalahdenkatu 7, 94600 Kemi [www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## Private health care services in Tornio

There is also a possibility to use private health care services in Tornio. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo Länsiranta 10, 95400 Tornio (Rajalla på Gränsen, shopping Center) [www.terveystalo.com/en](http://www.terveystalo.com/en)

- Mehiläinen Sairaalakatu 1, 95400 Tornio [www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## Dental care

Ask more information from International Services.

## 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. If you find yourself in any distressing situation or need help with mental health issues, 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.

Kemi and Tornio campus

*School Social Worker Ms Maria Sipilä  
Tietokatu 1, Kemi (Kosmos)  
Kauppakatu 58, Tornio (Minerva)  
mobile +358 (0)40 847 4219  
e-mail: maria.sipila@lapinamk.fi*

Rovaniemi campus

*Students of Tourism,  
Health Care and Sports  
Ms Paula Perttunen  
Jokiväylä 11, Rovaniemi  
mobile +358 (0)4 484 4243  
email: paula.perttunen@ulapland.fi*

*Students of Industry and Natural Resources  
Business and Sports*

*Ms Sonja Komulainen  
Jokiväylä 11, Rovaniemi  
mobile +358 (0)40 593 3984  
email: sonja.komulainen@lapinamk.fi*

## HEALTH CARE SERVICES IN ROVANIEMI

The city of Rovaniemi arranges the health care services for students. There are three health care centers in Rovaniemi city. Students can choose on which health care center he/she wants to visit: Urheilukatu, Pulkamontien or Revontuli health care center.

### 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.

- Emergency Clinic & Prehospital Emergency Care (First Aid) Lapland Hospital  
Ounasrinteentie 22 FI-96101 Rovaniemi  
Open 24 hours a day, 365 days a year  
Telephone Service 24/7 (only for the cases where the treatment cannot wait for doctor's appointment):  
+358 (0)16 322 4800

### Health Care Centres in Rovaniemi

- Rinteenkulma Health Care Centre  
Koskikatu 25, 3rd floor  
tel. +358 (0)16 322 4620
- Pulkamontie Health Centre  
Pulkamontie 4  
tel.+358 (0)16 322 4610

- Urheilukatu Health Care Centre  
urheilukatu 5-7, 2nd floor  
tel. +358 (0)16 322 4600
- Health Centres are open: Mon – Thurs  
8.00– 16.00, Fri 8.00–15.00

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- 10 pm 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 €

- Quick polyclinic / Rovaniemi  
Rinteenkulma Health Care Centre,  
Koskikatu 25  
Open Mon.-Thu. 8.00-15.00  
Fri. 8.00-14.00  
The customers are served based on queueing number.

### Private health care services in Rovaniemi

There is also a possibility to use private health care services in Rovaniemi. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo  
Revontulikeskus, Koskikatu 27  
[www.terveystalo.com/en](http://www.terveystalo.com/en)
- Mehiläinen, Vartiokatu 32  
[www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## EMERGENCY NUMBER

everywhere in Finland

# 112

## EMERGENCY HELP

In case of an emergency for example life threatening situation, accident, fire or urgent police assistance call the emergency number of the emergency response center: 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 center has given you a permission to do so.

## SEXUALITY

### Sexually transmitted diseases

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

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# DEGREE STUDENTS

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# BEFORE COMING TO LAPLAND

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## TUITION FEES IN ENGLISH-TAUGHT DEGREE PROGRAMMES AT LAPLAND UAS

At Lapland University of Applied Sciences tuition fees will be charged from the non-EU/EEA citizens who accept a study place in an English-taught Bachelor or Master degree programme starting on 1 September 2017 or later.

The fees will not concern:

- citizens of the European Economic Area or equivalent; EU Blue Card holders; persons with a continuous or permanent residence permit or an EU residence permit granted for a third-country national with a long-term resident status, family members of the above mentioned.
- non-EEA citizens, who study in Finnish (the degree programme is taught Finnish)

To be exempt from paying tuition fees you have to send us copy of your passport or copy of your residence permit A.

You can send your copy by email to the address [admissions@lapinamk.fi](mailto:admissions@lapinamk.fi)

### How much is the tuition fee?

At Lapland UAS, the annual tuition fee for international students from outside the EU and EEA states is EUR 8,000 per academic year. Each student can receive one scholarship per academic year.

Scholarships based on the quick acceptance of a study place:

#### 1. First year students

A student receives a scholarship of 50% (EUR 4,000) before the start of studies if an accepted student accepts their study

place within one month of the publication of acceptance information, registers as an attending student and pays 50% of the annual tuition fee (EUR 4,000).

Scholarships based on the proficiency in Finnish language and the progress of studies:

## 2. Second year students

A student receives a scholarship on the basis of passed Finnish 1 and Finnish 2 study units and the progress of studies. The student must have completed at least 60 credits after the first year. The amount of the scholarship is EUR 4,000.

## 3. Third year students

A student receives a scholarship on the basis of completing the Finnish assessment test and the progress of studies. The student must have completed at least 120 credits after the second year. Students who have achieved level 2 or 3 in language proficiency and made progress in their studies will receive a scholarship of EUR 4,000. The results of assessment tests completed during studies will be accepted.

## 4. Fourth year students

A student receives a scholarship on the basis of completing the Finnish assessment test and the progress of studies. The student must have completed at least 180 credits after the third year. Students who have achieved level 3 in language proficiency and made progress in their studies will receive a scholarship of EUR 1,500 in degree programmes of 210 credits and EUR 3,000 in degree programmes of 240 credits. The results of assessment tests completed during studies will be accepted.

You pay the fee directly to Lapland UAS bank account by the given due date. Please see more instructions how to pay

the fee from our web site Students > Guide for new students > Tuition fee al Lapland UAS – How to pay the fee.

## 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 Digital and Population Data Services Agency (The Finnish Digital Agency). See Contact Information on pages 43–44.

### Non-EU citizens

You are allowed to study at Finnish educational institutions for three (3) 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](http://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 nearest Finnish Immigration Service's Point or online [migri.fi](http://migri.fi). 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.

For nearest Immigration Service's point see the Contact information. For further information visit the website of the Finnish immigration Service [www.migri.fi](http://www.migri.fi) (> english > Studying).

### EU/EAA citizens

As a citizen of one of the EU/EEA countries you do not need a visa entering Finland. If your studies/ practical training last longer than three (3) months you must register your right to reside in Finland AFTER ARRIVAL. The registration takes place at the nearest Finnish Immigration Service's point and it costs 50€. More information in the chapter After arrival.

To do the registration you need to have with you:

1. First check that you have all the needed documentation for the registration as scanned pdf documents because you need to download them to your online application:
  - Copy of the Passport (recommended) or internationally recognized official identity card
  - Copy of the European Health Insurance card and certificate of your insurance
  - Letter of Acceptance or certificate of attendance 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)
  - Copy of travel document

## CHECK LIST FOR STUDENT'S RESIDENCE PERMIT APPLICANTS

- 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.
- 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.
- 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.
- 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.  
  
Your insurance must cover both sickness and accident related medical expenses up to at least 120 000 €.
- 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.
- 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](http://www.migri.fi)

2. Fill in the registration application online EnterFinland and select the immigration service point you will visit <https://enterfinland.fi/eServices/info/europeanpermits>
3. Pay (you can use a credit card to pay the fee) and submit your application. After you have completed your application in EnterFinland, you will see a link which will take you directly to book an appointment for proving your identity. *You need to visit the service point within 1 month after submitting the online application!!* Or you can book the appointment later on from here [migri.vihta.com/public/migri/#/home](http://migri.vihta.com/public/migri/#/home) You can also pay the fee when you visit the service point.
4. Visit the nearest immigration service point (in Rovaniemi or Oulu) to identify yourself. Remember to take with you the original documents you have submitted to the online application!

### 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 from www.migri.fi.](http://www.migri.fi)

## 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. You still need to have a valid travel insurance which covers the possible healthcare costs.

### Non EU/EEA citizens

Lapland University of Applied Sciences does not offer insurance for its international degree program students. 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 both sickness and accident related medical expenses up to at least 120 000 €.

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 at least 40 000 €.

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

## DOCUMENT CHECK LIST

### 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.
- Several passport sized photographs
- Credit card(s) or travelers' checks (it is not advisable to carry a lot of cash)

## 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.finnair.com/fi/en](http://www.finnair.com/fi/en)
- [www.finnair.com/fi/gb](http://www.finnair.com/fi/gb)
- [www.norwegian.com](http://www.norwegian.com)

Another air route goes through Sweden. You can fly via Stockholm to Luleå-Kalla 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.sales.vikingline.fi](http://www.sales.vikingline.fi)
- [www.tallinksilja.com/en](http://www.tallinksilja.com/en)
- [www.finnlines.com](http://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](http://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.fi](http://www.eskelisen.fi)
- Russia: Murmansk offers connection to Rovaniemi (you can continue your trip to Kemi by train or bus; to Tornio by bus).
- Sweden: Stockholm offers connection to Haparanda-Tornio (you can continue your trip to Rovaniemi by bus). Find more at [www.tapanis.se](http://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/en](http://www.autoliitto.fi/en)
- [www.liikennevirasto.fi/web/en](http://www.liikennevirasto.fi/web/en)
- [www.lvk.fi/en](http://www.lvk.fi/en)
- [www.smartmotorist.com](http://www.smartmotorist.com)

## INFORM ABOUT YOUR ARRIVAL TIME

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 Marja-Leena.Jyrkas@lapinamk.fi

Please remember to inform your arrival also in SoleMOVE arrival Information page.

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.

## 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](http://www.tulli.fi/en) > *Travelling*

### BEFORE ARRIVAL CHECKLIST

- Confirm your study place well before deadline
- Residence permit
- Insurance
- Accommodation
- All necessary documents
- Book flights / railway tickets. If you book before you've got your residence permit, try to book flexible tickets.
- Apply for a student card (ROTKO) to get student discounts.
- 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 about your arrival date and time. Remember to inform the student tutors any changes in the schedule!
- Finances, international credit card, etc.
- 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 [www.airportbus.fi/?language=en](http://www.airportbus.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

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## Meal card

In order to eat in the student cafeteria at student discount prices, you will have to obtain meal card. Degree students gets the card at the beginning of the studies. If you already have a student union card, it isn't necessary to get a meal card to get the discount.

## DIGITAL AND POPULATION DATA SERVICES AGENCY (THE FINNISH DIGITAL AGENCY)

Degree students must get the Finnish social security number from the Digital and Population Data Services Agency if they have not obtained it with the residence permit. If you already have the number in your residence permit inform the student's affairs office the number. Degree students also need to register their permanent home municipality in their town. The registration office marks automatically the home municipality temporarily in Kemi, Tornio or Rovaniemi. Students who study in

Finland two years or more, 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.

We advise you to take a certificate of the registration. This certificate costs 4,50 €. With this certificate you can prove that you are a permanent resident in your town when you use local health care services, for example.

## Rovaniemi

Lähteentie 2,  
96400, Rovaniemi  
Tel. 029 553 9661  
Open Monday to Friday 9.00–16.15.  
[dvv.fi/en/individuals](http://dvv.fi/en/individuals)

## Kemi

Keskuspuistokatu 20–22, 3rd floor,  
Kemi  
Tel. 029 553 9661  
Open: Monday to Friday 9.00–16.15  
[dvv.fi/en/individuals](http://dvv.fi/en/individuals)

*Students in Tornio must visit the Digital and Population Data Services Agency in Kemi!*

## Bank

Opening the Finnish bank account, ATM card (Visa Electron), how to use the ATM, paying the bill (internet bank). More information on page 22.

### 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)
- Health care services
- Get mobile phone and/or Finnish mobile number (prepaid) AND save the number in PEPPI. It is easier for the tutors and staff in UAS or practical placement people to reach you especially needed in Social and Health Care.
- Get internet connection (if it's not included to the apartment)
- Obtain a library card if needed
- Obtain a ROTKO student card
- Obtain the meal 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.
- File a notification of change of address online <https://dvv.fi/en/individuals>
- Get social security number in local Digital and Population Data Services Agency (The Finnish Digital Agency) if you have not obtained it at the same time with your residence permit. Even if you have the Finnish social security number visit the registration office to register your permanent municipality!
- Inform your Finnish social security number to your student's affairs office or update it yourself to PEPPI



# 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 property owners

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

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

Get to know your roommate. 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.

### Example of house rules

Silence between 22.00–6.00.

Smoking in the rooms and in the stairways is forbidden.

Trash and other garbage must 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 property owner. Remember to inform the property owner one month before you move out.

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

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 property owner 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 Notice of moving (muuttoilmoitus: [www.posti.fi/changeaddress/](http://www.posti.fi/changeaddress/)) to local Digital and Population Data Services Agency 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, Digital and Population Data Services Agencies 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 property owner one month before you move out.
- Notify the local Digital and Population Data Services Agency of your moving by filling in the online form at [www.posti.fi/changeaddress](http://www.posti.fi/changeaddress). You can also get the form in the register office in your town or local post office. More information: [vrk.fi/en/frontpage](http://vrk.fi/en/frontpage)
- Return the keys to the property owner / 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](http://www.posti.fi).

#### 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 property owner
- Your own property is not included in the real estate insurance of the property owner so you need to have an insurance that covers any damage to your own property.
- 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.

## ACCOMMODATION IN KEMI AND TORNIO

Students are accommodated either in Kemi or Tornio depending on their study program. When applying, please indicate what kind of accommodation you prefer; we will 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 in Tornio and in Kemi by private sector.

Send the application for accommodation form to accommodation officer Marja-Leena Jyrkäs, marja-leena.jyrkas@lapinamk.fi. You can find the application form from Lapland UAS web site.

### 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. In some apartments, you can also share your bedroom with another student. You will share a kitchen and a bathroom/shower with one or two other students. The apartments are furnished. The rent depends of the apartment. (around 300€/ month). You may 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/ landlord before your departure. Internet is not included in all the 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.

The rent is paid monthly. If there is a deposit rent, it must be paid immediately.

After arriving, you need to make a rental agreement with the property owner as soon as possible.

*Contact information:*

*Accommodation officer*

*Marja-Leena Jyrkäs*

*marja-leena.jyrkas@lapinamk.fi*

*Mobile +358 40 867 0459*

### 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 shared 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 300€/month. Electricity, heating and water 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 landlord before your departure. 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.

*Contact information:*

*Accommodation officer*

*Marja-Leena Jyrkäs*

*marja-leena.jyrkas@lapinamk.fi*

*Mobile +358 40 867 0459*

## 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, Asemarinne, Rantavitikka and Anninportti. You can find more information about DAS accommodation and the housing areas at [www.das.fi](http://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: studios, family apartments and shared apartments.

In shared apartments you have a single bedroom and 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 approx. 260 €–350 € / 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

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 -säätio*

*Email: [dasaspa@das.fi](mailto:dasaspa@das.fi)*

*Internet: [www.das.fi](http://www.das.fi) (online application)*

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

*Tel. +358 20 7699 180*

For all issues related to DAS accommodation, please contact DAS customer service directly: [dasaspa@das.fi](mailto: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](http://www.vuokraovi.com) and [www.kas.fi](http://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 note 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 or landlord.

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 Kemi-Tornio and Rovaniemi where you can buy dishes, curtains, etc. at a lower price. Your student tutor will help you locate all the necessary shops.

## 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 Digital and Population Data Services Agency (The Finnish Digital Agency) 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](http://www.migri.fi) and [www.kela.fi](http://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](http://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 (apteekki). 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

Contact information for the health care centers are:

### In Kemi

Open weekdays from 8.00–15.30:

- Sauvosaari Healthcare centre (= *Sauvosaaren terveystasema*)  
Kirkkopuistokatu 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
- Quick polyclinic / Kemi  
Kauppakatu 22, Kemi  
Sauvosaari Health center  
Open Mon.-Thu. 8.00-15.00  
Fri. 8.00-14.00  
The customers are served based on queueing number.

### In Tornio

Reception by appointment from 8 am –3 pm:

- Tornio Health care center (= Tornion terveystakeskus)  
Sairaalakatu 1, tel. 016 432 814

All non-urgent matters such as time reservation on 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.

## Private health care services in Kemi

There is also a possibility to use private health care services in Kemi. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo Valtakatu 3, 94100 Kemi [www.terveystalo.com/en](http://www.terveystalo.com/en)
- Mehiläinen Karjalahdenkatu 7, 94600 Kemi [www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## Private health care services in Tornio

There is also a possibility to use private health care services in Tornio. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo Länsiranta 10, 95400 Tornio (Rajalla på Gränsen, shopping Center) [www.terveystalo.com/en/](http://www.terveystalo.com/en/)
- Mehiläinen Sairaalakatu 1, 95400 Tornio [www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## 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
- Sauvosaaari 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.

## Kemi and Tornio campus

*School Social Worker Ms Maria Sipilä  
Tietokatu 1, Kemi (Kosmos)  
Kauppakatu 58, Tornio (Minerva)  
mobile +358 (0)40 847 4219  
e-mail: maria.sipila@lapinamk.fi*

## Rovaniemi campus

*Students of Tourism,  
Health Care and Sports  
Ms Paula Perttunen  
Jokiväylä 11, Rovaniemi  
mobile +358 (0)4 484 4243  
email: paula.perttunen@ulapland.fi*

*Students of Industry and Natural Resources  
Business and Sports  
Ms Sonja Komulainen  
Jokiväylä 11, Rovaniemi  
mobile +358 (0)40 593 3984  
email: sonja.komulainen@lapinamk.fi*

## HEALTH CARE SERVICES IN ROVANIEMI

The city of Rovaniemi arranges the health care services for students. There are three health care centers in Rovaniemi city. Students can choose on which health care center he/she wants to visit: Urheilukatu, Pulkamontien or Revontuli health care center.

## 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.

- Emergency Clinic & Prehospital Emergency Care (First Aid) Lapland Hospital  
Ounasrinteentie 22 FI-96101 Rovaniemi  
Open 24 hours a day, 365 days a year  
Telephone Service 24/7 (only for the cases where the treatment cannot wait for doctor's appointment):  
+358 (0)16 322 4800

## Health Care Centres in Rovaniemi

- Rinteenkulma Health Care Centre  
Koskikatu 25, 3rd floor  
tel. +358 (0)16 322 4620
- Pulkamontie Health Centre  
Pulkamontie 4  
tel. +358 (0)16 322 4610
- Urheilukatu Health Care Centre  
urheilukatu 5-7, 2nd floor  
tel. +358 (0)16 322 4600
- Health Centres are open: Mon – Thurs  
8.00 - 16.00, Fri 8.00 – 15.00

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- 10 pm 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 €

- Quick policlinic / Rovaniemi  
Rinteenkulma Health Care Centre,  
Koskikatu 25  
Open Mon.-Thu. 8.00-15.00  
Fri. 8.00-14.00  
The customers are served based on queueing number.

## Private health care services in Rovaniemi

There is also a possibility to use private health care services in Rovaniemi. These services are available during weekdays until late evening and also on Saturdays. Please check the opening hours and services offered from the private health care provider directly. Please note that the customer/patient is liable for all the costs. Traveller's insurance usually covers the expenses of the use of private medical services. Please check this from the terms of your own insurance.

- Terveystalo  
Revontulikeskus, Koskikatu 27  
[www.terveystalo.com/en](http://www.terveystalo.com/en)
- Mehiläinen  
Lampelankatu 6  
[www.mehilainen.fi/en](http://www.mehilainen.fi/en)

## 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 lifethreatening 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 center 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 are sold in pharmacies, shops and newsagents. 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

## EMERGENCY NUMBER

everywhere in Finland

# 112

## 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..

# LAPIN AMK

Lapland University of Applied Sciences

**THE NORTHERN FACTOR**

**Kemi • Rovaniemi • Tornio**