Contents

4 FACTS ABOUT FINLAND AND OULU

7 ADAPTING TO A NEW CULTURE – MAKE YOURSELF FEEL AT HOME
Adapting to a new culture
Finnish culture
Finnish communication culture

10 FINNISH LANGUAGE
Finnish language
Studying Finnish

13 WEATHER AND CLIMATE

15 REGISTRATION AND RESIDENCE PERMIT
Residence permit
Registration
Renewing a residence permit
Staying in Finland after graduation
Leaving Finland

21 HEALTH CARE AND SAFETY
Emergency, evening and weekend care
Regular care
Dental care
Mental care
Poisoning
Oulu UAS emergency number
Pharmacies
Safety and Police
Alcohol, smoking and drugs

25 ACCOMMODATION AND LIVING
Student housing
Notice of change of address
Furniture
Moving services

31 SUSTAINABLE DEVELOPMENT
ECO Friendliness
Recycling

34 FINANCIAL MATTERS
Opening a bank account
Financial aid for degree students

36 WORKING IN FINLAND
Foreign students’ right to work in Finland
Finnish working culture
Looking for work in Finland
Applying for work in Finland
Taxation
Entrepreneurship in Finland
Special licenses/Passes for certain occupations

44 TRANSPORT, TRAVELLING AND COMMUNICATION
Local transport
Long distance travelling
Renting or purchasing a car
Online map service
Telephone and SIM card
Long distance communication
Postal services

50 SHOPPING

54 DRIVING LICENCE
Valid driving licence in Finland
Finnish driving licence
Driving schools

57 OULU AS YOUR HOME TOWN – FREETIME AND SERVICES
City of Oulu Service Point, Oulu10
Youth information and counselling centre
Nappi, Byström’s house
Villa Victor
Sports
Nature and environmental activities
Movies
Eating out and nightlife
LGBT
Religions – Places of worship
Libraries
Dear student,

We would like to wish you a very warm welcome to the start of your studies at the Oulu University of Applied Sciences (Oulu UAS). We are happy that you have chosen Oulu UAS as your place of education. We at the Oulu UAS will do our best to make your stay pleasant and rewarding both academically and personally.

Living in a totally new culture is exciting, but it can also be challenging. Things are done differently in each country and culture: there are different kinds of habits, rules and regulations. To make the first days, weeks and months run smoothly in Oulu, please print and read this guide from cover to cover. The more effort you make to familiarise yourself with the new culture, the more you learn and the better your learning experience will be (http://u.oamk.fi/learningexperience). During the next few years you will be studying in a multicultural environment. You will have a great opportunity to experience a lot of new things, gain valuable knowledge and make lifelong friends from all around the world.

We hope that this guide will help you feel at home here in Oulu and that you will find answers to your everyday questions. Please note that the guide is updated only once a year and may therefore also include some outdated information.

If you have any further questions, please feel free to ask our staff members for help. We are happy to help you!

We hope that you enjoy life and studies here in Oulu,

International Services & Student Services
Kotkantie & Teuvo Pakkalan Katu Campus
Facts about Finland and Oulu

FINLAND

GOVERNMENT: Parliamentary republic
PRESIDENT: Mr. Sauli Niinistö
PRIME MINISTER: Mr. Juha Sipilä
Member of European Union since 1995
POPULATION: approximately 5.4 million
INDEPENDENCE: 1917, Independence Day: 6 December
NEIGHBOURING COUNTRIES: Sweden, Norway, Estonia, Russia
CAPITAL: Helsinki
OFFICIAL LANGUAGES: Finnish, Swedish (Sami is a recognised regional language)
CURRENCY: Euro (€) (EUR), 1 euro is 100 cents

Please note that in some cases such as in bank documents the sums of money may be indicated in the following way:
1 euro = 1,00 (comma)
100 euros = 1.00 (dot)
1 000 euros = 1.000 (dot)
1 euro and 50 cents = 1,50 (comma)
150 euros = 1.50 (dot)

Useful links about Finland and living in Finland
Infopankki, info available in several languages: infopankki.fi http://www.infopankki.fi/
This is Finland: finland.fi http://www.finland.fi/Public/default.aspx
Finland Forum: finlandforum.org http://www.finlandforum.org/
Study in Finland: studyinfinland.fi http://www.studyinfinland.fi/living_in_finland
Oulu is the capital and the biggest city of Northern Finland and the fifth biggest city in the country.

**FOUNDED:** 1605

**POPULATION:** approximately 190,000

Named Technology City in 1984

**MAYOR:** Mr. Matti Pennanen

**LOCATION:** Oulu is located on the coast of Gulf of Bothnia and at the mouth of Oulu River

**LANGUAGES:** Finnish 97 per cent, Swedish 0.2 per cent, Sami 0.1 per cent, other languages 2.7 per cent

**Useful links about Oulu and living in Oulu**


Adapting to a New Culture – Make Yourself Feel at Home

Even if you are going to be studying in a multicultural environment, it is good to know something about cultural adjustment and the Finnish culture. Knowing just some basic and general things will help you cope with everyday life and you might avoid many misunderstandings.

Adapting to a new culture

Even though each person is different and has a unique experience settling into their new home and living environment, many do go through the process of adapting to life in a new culture (often referred to as “culture shock”). The adaptation process is nothing to be scared of, but rather a normal learning process that helps you settle into the new society and your new life in Finland.

The adaptation process is often described as a roller coaster ride, including four more or less common phases:

1. Happiness and fascination
Upon arrival: everything is new and exciting, many expectations and high hopes, new friends and a lot of energy.

2. Confusion, challenge, frustration
After some time, during the first months: realisation of differences in cultures, possible challenges in language and communication, mixed feelings, feelings of tiredness, frustration and loneliness.

3. Gradual adjustment and recovery
After some time, over some months and through learning experiences: more confidence in communication and handling the everyday life, new friendships, more involvement in the daily life and studies, better understanding of the local culture and cultural differences.

4. Adjustment and acceptance
Feeling at home and confident in the daily life, acceptance and understanding of cultural differences, finding own ways and tools to cope with the local culture.

In addition to these phases, it is also normal and recognised that a possible return back to your home culture after some years abroad may include mixed feelings and challenging moments as well. Despite the description, the process of encountering and adapting to a new culture is very individual and different for everyone and it also varies in terms of time. A lot of information about adjusting to a new culture can be found on the Internet or in literature. We recommend you to study the subject in order to gain a better understanding of what you may go through. In addition to the described process, there are many tips available for coping with the more challenging times. It is important to take good care of yourself: exercise and get plenty of rest, contact home, eat well, talk about your feelings and experiences, and do things you enjoy with friends and in your new home and culture.
We also encourage you to get to know Finland, its people and places, and learn as much as you can about the culture of your new home country. Whenever something is difficult to understand or you feel uncomfortable with something, feel free to ask. The intercultural communication is a two-way learning process, and the questions may often result in a good conversation and learning for everyone. Encountering a new culture may also be fun and result in joyful moments. Dive into the experience with an open mind, without letting go of yourself, your beliefs and personality.

For more information
Culture adaptation: do a Google search
This is Finland: finland.fi http://finland.fi/Public/default.aspx

Finnish culture

Equality: Finland promotes equality in all forms. According to the constitutional law in Finland, people are equal regardless of age, race, ethnicity, gender, religious views, political views and sexual orientation. In Finland, people are expected to be treated with respect. This applies to the university environment as well.

Punctuality: Finns are punctual and mostly on time. When making an appointment, you should be on time, and rather five minutes early than five minutes late. Students are expected to join the lectures on time. When a lecture starts at 9 am, it starts at 9 am sharp, and you are expected to be in the classroom before that.

Rules: Finns tend to follow rules and laws. One good example are the traffic lights. When the red light is on, Finns wait until it changes to green even if there is no one even near the crossroads. Another good example are the rules and laws set by the government. People follow them very carefully without challenging the authority, and for instance pay taxes dutifully.

Humour: Finns make fun of themselves and each other in an ironic way. Finns tend to self-depreciate at times, but it does not need to be taken too seriously.

Nature: Nature is important in the Finnish culture, and the outdoors are kept clean. People respect nature, and littering is not acceptable. However, anyone can pick berries and mushrooms from forests and swim in lakes and rivers freely. Finland is covered by the special “everyman’s right”. The traditional Finnish legal concept of everyman’s right allows free right of access to the land and waterways and the right to collect natural products such as wild berries and mushrooms, no matter who owns the land. These rights also generally apply to foreign citizens, with certain exceptions related to local boating, fishing and hunting rights.

Personal hygiene: Taking care of personal hygiene is part of the social behaviour. By taking care of your personal hygiene and by wearing clean clothes you show respect to others. It is advised to shower at least once a day and brush your teeth twice a day (in the morning and the evening). Hands should be washed many times a day, at least whenever going to the toilet and before meals. Using
deodorant and fragrances is considerate towards your fellow students as well. By taking care of hygiene you show respect to the host culture and you can also avoid infections and diseases.

**Clothing:** Finns do not wear shoes indoors, so be prepared to take off your shoes when you visit someone’s home. Casual wear is typical for Finns, even at work. Everyone can wear the clothes that they feel comfortable with. However, there are some exceptions, and for instance bank employees are expected to wear smarter clothes. The dress code in these cases is usually smart casual. Students wear their own clothes at the university. There are no school uniforms in Finland.

As the winters in Finland are cold, you should have warm winter clothes to wear. Dressing in layers is important and it will keep you warm. Most sensitive areas for frostbite are your fingers, toes, ears, nose and cheeks. A pair of gloves, a pair of warm socks, a beanie or a hat, and a scarf are important pieces of winter clothing.

**Sauna:** Sauna is an important part of the Finnish culture. There is a sauna in nearly every detached house and a shared sauna in all blocks. People living in an apartment block can book a sauna session for themselves. Usually there are also separate weekly sessions for women and men. Saunas are available for use also in swimming halls, gyms and other sport facilities. Finns tend to go to the sauna totally naked. If you do not feel comfortable with going to the sauna naked, you may wrap a towel around you. However, for example, in the swimming hall saunas, people are not allowed to wear a swimsuit in the sauna. People are expected to wash before going to sauna or to a swimming pool.

**Biking:** Biking is very common in Finland and especially in Oulu. People cycle even if it is a long way to go and cold outside. There is a very good and wide cycling track network in Oulu. Schoolyards are often crowded with bikes. Locals and especially students tend to cycle all year round, even in the winter. For winter biking, you can buy special winter tyres for your bike. Moreover, it is highly recommended that you buy and wear a cycle helmet at all times!

**Sports:** Finns are mad about sports – doing sports as well as watching sports on TV. Sports have played an important role in building up the Finnish national identity. The most popular team sports are ice hockey, football and floorball. Other very popular sports are motor sports (Formula 1 and Rally), athletics (especially javelin), skiing, ski jumping, figure skating, and alpine skiing. Both men and women can do all sports and have the right to attend sports competitions.

**Finnish communication culture**

Communication plays a significant part in any culture. Below, you will find some typical traits of the Finnish communication culture.

**Honesty:** Finns are honest. They mean what they say and say what they mean. YES really means yes, and NO really means no. Moreover, saying “no” is not considered impolite or disrespectful. Finns also take almost everything literally. If you ask a Finn how they are doing, you will hear an answer and you are expected to listen to the answer as well. Honesty appears in many other ways, too. For example, if one promises to do something, it will be done. If you promise to call to a Finn, he or she will be waiting for your call.
Formality: The Finnish way of life is quite easy-going and informal. Formalities such as sir or madam are not often used. Finns usually call each other by their first names. Hierarchy between old and young, students and teachers, and parents and children is not as ingrained as in many other countries and cultures. However, people are expected to be treated with respect. Formalities are only used when addressing elderly people, or a person who has a high social status, such as the President.

Greetings: Finns greet each other by shaking hands and/or just by saying hello. Finns do not usually hug strangers or people who they meet for the first time – hugs are saved for close friends and family members. However, young people tend not to be as distant as older generations, and hugging is more common among them. Finns tend not to kiss on the cheek either. The Finns’ concept and understanding of personal space is broader than in many other countries or cultures.

Conversations: The Finnish pronunciation is rather monotonous, and the Finns’ oral communication is often very minimal. Things are said in a very short way and straight to the point. Finns focus on tasks, and thus conversations in meetings are very straightforward. Some may find this a rude way of communicating, but Finns do not mean to be rude at all. It is just the way people are used to communicating with each other. If someone wants to bring out his or her opinion, others normally listen to it without interrupting. After the person has finished talking, it is time for comments. Other people’s opinions are respected.

Talking and discussion topics: Finns may seem quiet, but it does not mean that they are shy, impolite or angry. For example, it is completely acceptable to be silent at a dining table or on a bus, and there is no need to feel embarrassed by the silence. Finns do not usually talk to strangers. English is widely spoken and understood, but sometimes people are too shy to use a foreign language.

Finnish Language

Finnish language

The Finnish language is a member of the Finno-Ugric language family. It is spoken by the majority of the population (approximately 92 per cent). The other official language is Swedish, which is spoken by approximately 5.4 per cent of the population. Phonetically Finnish is very simple, consisting of 8 vowels and 13 consonants. However, it has a very rich word flexion. There are also a number of different dialects, which can be a bit harder to understand compared with the so-called normal spoken language.

Learning Finnish is extremely important in order to integrate successfully into the Finnish culture. Survival Finnish skills (everyday phrases) are a must right away when entering the country. Without Finnish language skills it is very difficult to find a job in Finland, as there are only a few companies in which the official language is English. Companies usually require fluent Finnish language skills.
Studying Finnish

All international degree students are required to complete studies in the Finnish language as a part of their degree studies at Oulu UAS. Students are also expected to study the language independently to gain good Finnish language skills. Practice your language skills whenever you have an opportunity to do so. Get together with Finnish students, make friends with them and use the language even if you only know some basics. Do not be afraid of making mistakes. This way you will learn the language much quicker.

For exchange students, Oulu UAS also offers some basic Finnish language courses (Finnish Survival Course) throughout the semester.

Finnish language courses

There are many organisations arranging Finnish language courses for foreigners in Oulu. The list below mentions some of the opportunities. The courses are usually subject to a charge.

Oulu University Languages and Communication Unit: oulu.fi/education > Language studies http://www.oulu.fi/english/studying/language-studies


Adult Education Centre of Oulu: ouluopisto.com > Opinto-opas (study programme) http://www.ouluopisto.com/

The following organisations arrange Finnish language courses free of charge:

Villa Victor Multicultural Centre (includes also a list of other Finnish language course organisers): ouka.fi/oulu/villavictor-english > Finnish language courses http://www.ouka.fi/oulu/villavictor-english

Oulu Settlement’s Friendship House: ystavystalo.fi > Toimintakalenteri (activity calendar) http://www.oulunsetlementti.fi/monikulttuurinentoiminta/ystavystalo/toimintakalenteri/

Online self-study material

There is a lot of good online and self-study material available on the Internet.

Weather and Climate

In Finland we enjoy four distinct seasons: summer, autumn, winter and spring. Summers are warm and bright, winters cold and dark.

The temperature during the summer can rise up to +35 degrees Celsius, and during the winter it can drop down to -35 degrees Celsius. The summer lasts for three months (June, July and August), and usually July or August is the warmest month. The autumn starts in late August and lasts until late October when the winter season begins. Snow usually falls at the end of October or the beginning of November. The coldest months are usually January and February. The spring starts in March when the snow starts to melt.

In midsummer, the sun does not set, and in mid-winter the sun does not rise at all. The weather changes constantly during the four seasons. There are no rainy seasons in Finland. It rains throughout the year, and the rain can start very suddenly. However, it usually rains more in the autumn than during other seasons. Cold and dark winters can be a bit depressing, and in midsummer it can be a little difficult to sleep because of the brightness. You can buy special curtains for windows especially designed to block the night light. The curtains may be a good buy, if you find it difficult to sleep during the bright summer nights.

As Oulu is located on the northwest coast near the sea, it is often quite windy. Strong winds increase the effect of cold. When it is -5 degrees Celsius and the wind blows 10 metres per second, it feels like -22 degrees Celsius. -20 degrees Celsius is very cold. It is impossible to survive without proper winter clothing in such a cold weather.

For more information
Meteorological Institute of Finland: ilmatieteenlaitos.fi
http://en.ilmatieteenlaitos.fi
Foreca: foreca.com http://www.foreca.com/Finland/Oulu?lang=en
Winter clothing: visitfinland.com
http://www.visitfinland.com/article/how-to-dress-right-and-enjoy-the-winter/
Registration and Residence Permit

Every foreign student needs to have a residence permit or the right to reside in Finland, see [http://www.migri.fi/studying_in_finland](http://www.migri.fi/studying_in_finland)

**Residence permit**

EU members: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, United Kingdom.

**Note:** Swedish and Danish citizens should refer to the information provided for citizens of Nordic countries (Denmark, Finland, Iceland, Norway, Sweden).

EU citizens and citizens of Liechtenstein and Switzerland do not need a residence permit to come to Finland for studies. However, they must register their right to reside in Finland via the Finnish Immigration Service Point in Oulu by electronic appointment, if their stay lasts more than three months, see [http://u.oamk.fi/residencepiceurope](http://u.oamk.fi/residencepiceurope).

Citizens from the Nordic countries (Sweden, Norway, Denmark and Iceland) do not need a residence permit for studies in Finland, but they must register their residence in Finland at a Register Office (Maistraatti) under Inter-Nordic Migration Form if their stay lasts longer than six months.

Citizens from other countries (third country nationals) are required to have a residence permit before arriving in Finland if their studies in Finland last longer than three months, see [http://www.migri.fi/residence_permits](http://www.migri.fi/residence_permits). For shorter stays, a visa may be required. Please make sure to take care of your residence permit or visa issues accordingly.

**Registration to the Finnish population register centre (Maistraatti)**

Are concerned: Citizens of Third Countries & of Nordic Countries in Europe.

To register, you have to fill in the “Registration Information of a Foreigner” form and personally deliver it to the local register office. The form is available at the register office and the International Services of your campus. You must have your passport, residence permit and a study certificate with you when submitting your personal identity data to the register office. Please note that you need to have a permanent address in Finland before you can complete the registration!

In the process of registration you will receive a Finnish personal identity code or the one you had been provided with previously (applies to some third country citizens) will be confirmed. The Finnish personal identity code (henkilötunnus) is important, as it will be required in many occasions, such as at university, work, and when applying for work. Once you have obtained the Finnish personal identity code, please return the personal data form ([http://u.oamk.fi/personaldataform](http://u.oamk.fi/personaldataform)) to the Student Services.
Please note the following details while filling in the form:

- Number 7 "Marital status": If you have a legal certificate stating your marital status, please take it with you to the register office. If you do not have any kind of a certificate, the register office will automatically register “unknown” marital status.

- Number 24 "Additional information": You may decide yourself whether your residence in Finland will be permanent or not, but we recommend degree students to choose “Yes” as your studies will last at least four years. Students, who study in Finland for at least two years, will have the right to home municipality (place of domicile) in Oulu. This means you will have the same right to social and health care services in the city of Oulu as locals. It also means that you will pay the same price for health care services as locals, whose place of domicile is Oulu.
Registration matters & personal identity code for citizens of EU/EEA and Switzerland

Are concerned: EU/EEA citizens and citizens of Switzerland.
See http://u.oamk.fi/registrationpiceurope

Exchange students from EU/EEA/Switzerland must take care of relevant registration matters and obtain a personal identity code (PIC) and provide Oulu UAS with it. The PIC is required in order to register exchange students to Oulu UAS and to its student database according to Finnish law and administrative measures enforced by the Finnish Ministry of Education and Culture.

For more information and relevant forms:
Oulu UAS, International Services:
u.oamk.fi/registrationpiceurope
Renewing a residence permit

Third country nationals have to renew their residence permit annually. You need to renew your residence permit at the latest one day before your current residence permit expires. The residence permit must be renewed via the Finnish Immigration Service, see [http://www.migri.fi/extended_permit](http://www.migri.fi/extended_permit).

You will receive an extension to your residence permit, if you are still enrolled as a present student at the same institution and have completed enough credits. There is no exact number of credits required, as every case is different, but it is strongly recommended you complete 4.8 credits per month that is to say 40 credits per academic year (nine months). Remember to thoroughly check the requirements for extending the residence permit as mentioned at [http://www.migri.fi/extended_permit](http://www.migri.fi/extended_permit).

For more information

Staying in Finland after graduation

EU citizens and citizens of Iceland, Liechtenstein, Norway or Switzerland
If you are a citizen of the EU, Iceland, Liechtenstein, Norway or Switzerland, you do not need to apply for a residence permit to work or look for a job in Finland. Citizens of the EU/EEA countries can spend three months in Finland looking for a job.

Third country nationals
Residence permit for working in Finland:
When you have completed your degree in Finland and have found a job, you may apply for a new residence permit from the police or the embassy.

Residence permit for job seekers:
If you do not have a job after graduation, you may apply for an extension to your residence permit to look for a job from the local police. The permit is granted only once, for a duration of six months. You must submit the application before your student residence permit expires.

Registering to the Economic and Employment Office
If you stay in Finland after graduation for job seeking, you should register at an employment and economic development office on the day after graduation. The officers will help you with job seeking and tell you about the employment opportunities available.

For more information
Working in Finland: migri.fi > Working in Finland http://www.migri.fi/working_in_finland
Degree from Finland: migri.fi > Working in Finland > An employee and work > Degree from Finland http://www.migri.fi/working_in_finland/an_employee_and_work/degree_from_finland
Looking for work in Finland: migri.fi > Studying in Finland > Employment after graduation http://www.migri.fi/studying_in_finland/employment_after_graduation

Leaving Finland
Please note that you need to complete the change of address notice also when leaving Finland. This can be done with an official online form or with a paper form.

For more information
Posti: posti.fi > In English > Moving > Change of address http://www.posti.fi/private/servicesonline/changeofaddress/index.html
Health Care and Safety

Emergency, evening and weekend care
You may call 112 for all kinds of emergencies

The emergency number in Finland is 112 (dialed without any prefixes from all telephones). You can use this number for emergency alerts to the fire brigade or to call an ambulance or the police.

Outside of the opening hours of the public health care centres (evening and nights from 4 pm to 8 am and during weekends and public holidays), and in case of emergency, you can use the emergency services of the Oulu University Hospital. You do not need an appointment to visit the emergency services.

During on-call hours an emergency fee of €32.10 per visit will be charged. Also, if your condition requires a consultation with a house officer or a resident doctor, an outpatient fee of €22 will be charged. Traveller’s insurances usually cover costs incurred at public health care facilities (except penalty fees).

OULU UNIVERSITY HOSPITAL, EMERGENCY DUTY SERVICE
Kajaanintie 50, entrance A1
+358 8 315 2655 (24/7 health advice)

In case of emergency, you can also go to private health care facilities (see more information below).

Regular care
In acute cases (illness, injury…), you can go either to a public health care centre (Kontinkangas Welfare Centre or to the public health care centre closest to your home) or to a private health care centre (Terveystalo or Mehiläinen).

In the Kontinkangas Welfare Centre, there is no need to make an appointment. There is a ticket machine in the waiting hall. Please take a ticket from there and wait until your number is called. You will first be taken care of by a nurse, and, if required, a doctor will be called to see you.

KONTINKANGAS WELFARE CENTRE
Kajaanintie 46A, ground floor
+358 8 558 44333

In the public health care centres, you should call to make an appointment with a nurse or a doctor. Please note that the public health care centre closest to your home is the only one serving you.

The City of Oulu provides health care for full-time students of Oulu UAS whose stay lasts at least two months. The health care clinic is located in the Kontinkangas area. You must make an appointment with a doctor or a nurse before you go. Please note that the student health care centre only deals with study related diseases. Moreover, you need to see a doctor in the Kontinkangas Welfare Centre before you can make an appointment with a doctor of the student health care centre.
KONTINKANGAS STUDENT HEALTH CARE CLINIC
Kajaanintie 46A, floor 3
Telephone number (information and appointments): +358 8 5584 6310
Opening hours: Monday, Tuesday, Thursday 8 am – 4 pm, Wednesday, Friday 8am – 2pm

Appointments with public nurses are free of charge. However, a health care centre fee of €16.10 will be charged for the first three visits to the doctor within a calendar year. A penalty fee of €39.60 will be charged if you do not go to a reserved appointment without cancelling it.

There are also a number of private medical clinics in Oulu. In these clinics, the customer/patient is liable for all costs. If you have a traveller’s insurance, it usually covers the expenses of the use of private medical services. Please check the terms of your insurance. The Finnish Social Insurance Institution (Kela) can reimburse a small part of the costs of the private health care to those possessing the European Health Insurance Card (EHIC). The private clinics also offer a wide range of general and specialist practitioners. In Oulu, the private clinics are Terveystalo and Mehiläinen.

Note: Public and private clinics offer services of similar quality. However, private services tend to be faster.

When going to a health care centre, whether public or private, you need to be able to prove your identity and your student status (student card, study certificate…). You should also have your insurance card and some money to pay for the fees.

Many of the nurses and doctors are able to provide services in English. However, when making an appointment, it is advisable that you specifically ask for someone who speaks English. If you think you would need some services in your own language, you may ask your insurance whether they offer some interpretation services.

For more information
ECTS guide: General practical information > Health care and insurances http://u.oamk.fi/healthcarestudents
Public health care centres and dental care: ouka.fi > In English > Health services http://www.ouka.fi/oulu/english/health-services
List of the public health care centres: ouka.fi > In English > Health Services > Health Care Centres http://www.ouka.fi/oulu/english/healthcare-centres
Terveystalo: http://www.terveystalo.fi
Mehiläinen: http://www.mehilainen.fi

Dental care

Foreign students are entitled to public dental care only in acute cases. You can make an appointment with the dental clinic of the public health care centre closest to your home. The general phone number for dental appointments is: +358 8 5584 6430. It is open from 7:45am to 4pm. In urgent cases, you may call at any time within this time slot. In non-urgent cases, please call after 10am.
During weekends and public holidays, emergency dental care is available in Aapistie 3 from 10am to 12pm (noon). You can call +358 44 7036 426 for more information.

Out of these time slots, in case of serious injury, you can call +358 8 3152 655.

Mental care

If you need mental care, please first get in touch with a general practitioner, who will be able to assess your needs and guide you towards the right professionals.

Also, there is a study psychologist in Oulu UAS that can provide confidential counselling on problems related to studying, learning, motivation and well-being to degree students. In order to get more information or make an appointment, please send an email to: opintopsykologi@oamk.fi. Remember to mention your name, field of study and phone number.

Poisoning

In case of poisoning, the Poison Information Centre can give you advices. Please call: +358 9 471 977.
Oulu UAS emergency number

In case of serious emergency that requires immediate assistance from staff members of the International Services of Oulu UAS, you can call +358 20 61 10299. Please call 112 and make all necessary alerts before calling the university.

Pharmacies

Only registered pharmacies (apteekki) are allowed to sell medicine in Finland. Medicine is not sold in grocery or other shops. Pharmacies are located all around the city, and in almost all suburban areas. Oulu University Pharmacy, located in the city centre (Isokatu 27), is a so-called on-call pharmacy. It is open every day from 8 am to 11 pm.

Please note that there are some types of medicines that you can only purchase with a medical prescription.

Safety and police

Finland is a safe country to live in. However, people are advised to be careful, especially at night. The police enforce public order and security, and you may trust the police. The task of the police is to make sure that everyone can live safely in Finland, without being afraid.

For more information

Alcohol, smoking and drugs

Alcohol consumption is permitted in Finland. Alko has the sole right to sell strong alcoholic beverages, which contain over 4.7 per cent alcohol (such as wines and spirits) in Finland. Grocery shops and supermarkets only sell mild alcoholic beverages such as beer. Anyone aged 18 or over can drink alcoholic beverages. The age limit for buying mild alcoholic beverages is 18. For stronger drinks such as wine and spirits the age limit is 20.

Smoking is allowed in Finland. However, only people who have turned 18 can buy tobacco products. Smoking in public offices, universities, shops, workplaces and restaurants is prohibited. In some housing corporations smoking ban includes apartment balconies as well.

Using and selling drugs (narcotic substances) is illegal in Finland. Using and selling drugs are punishable offences and are taken very seriously.
Accommodation and Living

General information about accommodation and living

**Rules**
People in Finland live in blocks, terraced houses, detached houses and single-family detached houses. There are common rules and regulations concerning each housing corporation no matter where or what type of an apartment you live in. The purpose of these rules is to ensure comfortable living conditions and domestic harmony for everyone.

- **Common areas:** People are expected to be quiet and loitering is not acceptable in common areas (such as corridors). Goods need to be kept inside the flat or in storage, not in corridors. Tenants are not allowed to put any posters or brochures on the walls without permission. Tenants are not allowed to wire up antennas without permission.

- **Outdoor areas:** Normal household garbage needs to be taken outside to recycling places (see “Recycling” on page 15). All rubbish other than normal household waste should be taken to sanitary landfills. Lawns, plantings and garden furniture need to be handled with care. Cars can only be parked in car parks. Parking outside the official parking areas may be fined.

- **Apartments:** Silence starts at 10 pm and ends at 7 am. During this time tenants need to avoid making noise. If a tenant discovers any problems concerning the flat (such as water damage), he or she must report it to the housing corporation immediately. Note! Never put any garbage down the drain as it might cause it to block and cause serious water damage.

- **Carpets and bedclothes** can only be dusted outside in separate areas meant for dusting. Dusting can only be done on weekdays between 8 am and 8 pm and on weekends between 9 am and 4 pm.

- **Pets** need to be kept on a leash outside the flat, and the owner needs to make sure that the pets do not disturb other tenants.

In addition to these rules, tenants are also supposed to follow specific rules set by each housing corporation.

**Equipment**
The following appliances are usually available in every flat:

In a kitchen/kitchenette: refrigerator, freezer, oven, stove and microwave oven.

The refrigerator and the freezer are intended for food only. The refrigerator is intended for food that requires a temperature of +2 to +6 degrees Celsius. The temperature of a freezer is usually -18 degrees Celsius, so the food kept in a freezer will freeze and thus keep for longer, even for several months. The freezer should be defrosted and cleaned properly, when all surfaces are covered with
frost. Regular defrosting and cleaning will make the device last for longer and help it function much better. When defrosting, do not use any sharp tools to remove the ice, but instead let the ice melt freely.

Kitchen stoves and ovens in Finland are electric, and they are only intended for cooking. Gas cookers hardly exist anymore. The stove and oven are meant for cooking food in a pot, pan or casserole. Most of the stoves and ovens will not turn off automatically, so you need to remember to turn them off every time after cooking. The stove cannot be left on without supervision, and you are not allowed to leave your apartment if the stove is on. If a stove is left on, it may cause a fire and serious danger. Never leave an empty pot on a stove: there should be at least water inside, when the power is turned on.

You can easily reheat food and drinks in a microwave oven. The microwave oven is only meant for reheating food. Do not put any metal items or other items not meant for cooking into a microwave oven. Never turn the microwave oven on when it is empty.

In a bathroom: shower, toilet and sink.

The shower is only intended for showering, not for laundry. Laundry rooms are usually in the basements, and tenants can book times to do laundry. Do not put any waste down the toilet or down the drain as it may get blocked. A blockage may cause serious water damage.

If you are unsure how to use the aforementioned appliances, ask your roommate or your tutor student for help. Do not use any electric devices, if you are not sure how to use them safely. Misuse of the devices may cause serious risks.

Note also the following:

- Tenants are expected to take good care of the apartment and to keep it clean and tidy. If you live together with a roommate, always clean up after yourself. You are both responsible for the common areas and for your own rooms. If you do not take good care of the flat, you and your roommate can be evicted and asked to pay compensation.

- Please do not let the water run for no reason. Always turn off the tap when washing your teeth, for example. Saving water saves nature.

- Please note that the door locks are Abloy safety locks, which means that the doors will lock automatically. When you close the door after yourself, it will lock immediately without the key.

- Fire safety: Each apartment must have a smoke detector in a central location. If there is none in your apartment, go and buy one. The smoke detector must be functioning all times and cannot be removed for cooking or other reasons. It is a question of all tenants’ safety.
Student housing

**Degree Students** ([http://u.oamk.fi/degreehousing](http://u.oamk.fi/degreehousing))

Student housing for degree students is mainly provided by the local student housing organisation PSOAS, the Student Housing Foundation of Northern Finland. PSOAS has over 5,000 flats for students including shared, family and studio apartments. Please note that Oulu UAS is not able to provide any housing for degree students.

Most of the apartments by PSOAS are unfurnished. However, there are some furnished apartments available as well. Tenants need to pay a little bit extra for furnished apartments. The monthly rent is approximately 130 to 550 euros depending on the type, size and location of the apartment. In addition to the monthly rent, students need to pay a deposit of a certain sum. The deposit is usually worth one or two months’ rent.

As soon as you have been accepted to study at Oulu UAS, you may apply for student housing by filling in an online housing application. PSOAS will contact you as soon as they have a suitable accommodation for you. The application is valid for 90 days. In the event that you do not receive any housing offers within 90 days, you need to renew your application by calling or emailing PSOAS.

PSOAS also has an online resident’s guide. The purpose of the guide is to introduce you to your new home and to ensure that you live safely there. Familiarise yourself well with the rules and regulations in the guide.

For alternative housing options for degree students, consult [http://u.oamk.fi/degreehousing](http://u.oamk.fi/degreehousing)

**Exchange Students** ([http://u.oamk.fi/exchangehousing](http://u.oamk.fi/exchangehousing), [http://u.oamk.fi/accommodation](http://u.oamk.fi/accommodation))

Student housing for exchange students is mainly provided by the local student housing organisation PSOAS, the Student Housing Foundation of Northern Finland, at their Väkkylä Dormitory (Ylioppilaantie 4 A, Oulu). Oulu UAS has reserved a certain contingency for its exchange students, and you must apply as soon as possible to PSOAS following Oulu UAS’ instructions given at [http://u.oamk.fi/accommodation](http://u.oamk.fi/accommodation).

The apartments offered to (or rather that may be applied to by) exchange students by PSOAS are normally furnished and equipped with kitchen utensils, cutlery and bedsheets. The monthly rent depends on the room type. It is not possible to acquire family rooms at the moment and rent is charged for full tenancy periods, e.g. August – December and August – May (or beyond). In addition to the monthly rent, students need to pay a deposit of a certain sum. The deposit is usually worth one or two months’ rent.

PSOAS also has an online resident’s guide. The purpose of the guide is to introduce you to your new home and to ensure that you live safely there. Familiarise yourself well with the rules and regulations in the guide.

For alternative housing options for exchange students, consult [http://u.oamk.fi/exchangehousing](http://u.oamk.fi/exchangehousing)

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**For more information**


Notice of change of address

Every time you move from one address to another you need to submit a change of address notice to the Finnish population register centre (Maistraatti) and to the post office. You can complete the notice online, by phone, or with an official form.

Please note that you also need to complete the notice of change of address when leaving Finland. This can be done either with an official online form or with a paper form.

For more information
Posti: posti.fi > In English > Private > Moving > Change of address
http://www.posti.fi/private/servicesonline/changeofaddress/index.html

Furniture

Most of the apartments are unfurnished, so you need to buy furniture. Second-hand furniture is sold in almost all second-hand shops. Please see this guide's list of second-hand shops. There are also many furniture shops in Oulu such as Isku, Asko, Sotka, Masku and Jysk, just to mention a few.

Isku: Taka-Lyötyn aukio 4
Asko: Taka-Lyötyn aukio 2
Masku: Ritaharjuntie 49
Jysk: Kallisenhaara 4

Moving services

If you move from one apartment to another and need help with your furniture, moving services will help you. There are plenty of removal companies in Oulu. These companies rent removal boxes and offer storage and full moving services. It is good to compare the prices by calling for offers.

Note: Linnanmaa Tenant Committee rents trailers for PSOAS tenants for 5 euros per day. If you are in need of a trailer, please send an email to perakarry@linnanmaa.fi. Remember to mention your name, your contact information, and the date for which you would need the trailer. Linnanmaa Resident Committee also rents other equipment.

For more information
Moving Services / Muuttopalvelu Grundell: grundell.com http://www.grundell.com/
Sustainable Development

Finland is the greenest country in the world according to the environmental performance index (EPI) 2016. It is followed by Iceland, Sweden, Denmark and Slovenia. According to a recent report from the World Health Organization, the air in Finland is the third cleanest in the world, and one of the very cleanest parts of the world can be found in Finnish Lapland. These achievements are based on the country’s societal and political commitment and high performance in protection of human health and of ecosystems.

Likewise, at Oulu UAS, staff and students acknowledge their ecological, economic and sociocultural responsibilities and act accordingly. We are committed to systematically enhance principles of sustainable development in all our actions. Our sustainable development actions follow the requirements of the ISO 14001 environmental standard, which is embedded in UAS’ education objectives, research, development and innovation activities.

Further information related to Oulu UAS sustainable development can be found in student intranet Oiva http://u.oamk.fi/environmentalissues (N.B.! Link works only when logged in to Oulu UAS network)

Eco friendliness

By embracing an eco-friendly way of life, every person is able to contribute in mitigating the climate change and improving the quality of life.

Your daily actions and choices can promote eco friendliness and encourage other people to take initiative and have great impact on the environment. Such eco-friendly activities may include bicycling, using public transportation, car sharing, recycling, reducing waste, limiting energy & water consumption, and using sustainable products and services.

To further improve your eco friendliness, please read through Oulu UAS Environment Guide at http://u.oamk.fi/environmentguide

Campus contacts for sustainable development:
Oulu UAS and Kotkantie Campus: Outi Virkkula
Teuvo Pakkalan Katu Campus: Minna Kamula
Professorintie Campus: Leila Laitila-Özkoc
Recycling

People in Finland are expected to recycle their waste in accordance with the law. Recycling saves nature and energy, so recycle all waste that is recyclable. In household kitchens there are usually a couple of buckets for different types of waste. You can empty these buckets into your home's recycling site, which is located outside the building, usually near the car park. If you cannot find a recycling site in your home yard, take your waste to the closest public recycling site. There are plenty of public recycling sites in Oulu.

The following waste types are easy to recycle. All waste containers are mostly labelled in local language, so it is highly recommended to know each waste type in Finnish language for proper sorting.

- Bio waste (biojätteet): food, teabag...
- Paper (paperi): magazines, newspapers...
- Paperboard Cartons (kartonki): milk packaging, egg-boxes...
- Glass (lasit): bottles, jars...
- Metals (metallit): metal objects, tins...
- Plastic (muovi): plastic containers, bottles...
- Mixed waste (sekajäte)

It should be noted that materials related to UAS sustainable development policy as well as different recycling bins are located on Kotkantie Campus in each floor and corridor. Remember to go through them and act accordingly. There is also a recycling market in the student intranet Oiva, and student association are arranging flea markets etc. every once in a while on Oulu UAS campuses. You can also launch environment initiatives in Oiva!

Recycling place in Ranta-Kastelli suburb
Note! Did you know that soft drink, beer, cider and wine bottles and cans should be taken back to grocery shops or to a liquor store (Alko)? When you buy a bottle of Coca-Cola, you pay a deposit for the bottle. The deposit is included in the price. When you take the bottle back to the grocery shop, you will get the deposit back. There are automatic machines for returning the bottles in almost all grocery shops and Alko shops. The deposit for 1.5 litre soft drink bottles is 40 cents, for 0.5 litre soft drink bottles 20 cents, for cans 15 cents and for wine and spirit bottles 10 cents.

Note! Did you know that batteries and medicine are toxic waste that are recycled separately? Take used batteries to a separate collection bucket. You can find these buckets in most of the big grocery shops and supermarkets. Take any old medicine back to a pharmacy.

For more information
Recycling instructions of the city: oulu.ouka.fi > Jätehuolto
http://www.ouka.fi/jatehuolto/english
Public recycling sites (info available in Finnish only): kierratys.info
http://www.kierratys.info/

Oulu nature conservation association: http://www.olsy.fi/olsy/
Mitigate climate change video:
Financial matters

Note: In Finland, you will need a PIN code each time you use your banking card in ATMs or shops. Without this PIN, your card is useless. If you don’t have a PIN code yet or don’t remember it, please get in touch with your bank before you come to Finland.

Opening a bank account

We advise you to open a bank account as soon as possible after your arrival in Oulu. Opening a bank account is free of charge. Please note that for ensuring services in English, in most cases, you must book a time with the customer service beforehand.

At least the following banks serve international customers:


In order to open a bank account, you need to have your passport and a study certificate with you when going to the bank for the first time. In addition, make sure that you reserve enough time when going to the bank.

When you open a bank account, you will get a debit card, which you can use for withdrawing money from ATMs (pankkiautomaatti/Otto). To receive an Internet banking account, you must have a regular income and a Finnish personal identity code (henkilötunnus). It is easy to pay bills and follow your bank balance with an Internet banking account. If you are not eligible for online banking, you need to pay your bills in the bank.

For more detailed bank instructions, please consult the international co-ordinators of your campus.
Financial aid for degree students

Kela, the Social Insurance Institution of Finland, provides financial aid for foreign students in certain cases. There are different grounds for granting the aid depending on nationality.

If you are not a Finnish citizen, you may be entitled to financial aid with education in Finland if
- you are registered as a permanent resident of Finland in the population register system AND
- your purpose for residence in Finland is something other than education (for example work, family ties or return migration).

If you are in Finland for the purpose of attending university only, you are not eligible for financial aid from Finland.

For more information
Kela: kela.fi > In English > Students > Financial aid for foreign students

Working in Finland

Foreign students’ right to work in Finland

EU citizens and citizens of Iceland, Norway, Liechtenstein and Switzerland are allowed to work in Finland without any restrictions as long as they have registered their right to stay in Finland (see "Registration and residence permit").

Non-EU citizens with a valid residence permit are allowed to work an average of 25 hours per week without a separate working permit during study terms when lectures are running. During holidays, for example in the summer and over Christmas holidays, non-EU citizens are allowed to work full-time without any hour restrictions. Non-EU citizens are allowed to work full-time also when the work is a part of their studies, such as practical training or thesis writing.

For more information
The Finnish immigration service: migri.fi > Studying > Right to work
http://www.migri.fi/studying_in_finland/right_to_employment

Finnish working culture

Finns are known as hard workers. It is a privilege to have a good permanent job in Finland, as not all have one. Both men and women work, and they are both respected and equal in the labour market. Men and women should also receive the same salary for the same job.

The power distance in Finnish companies is relatively low compared to many other countries. The hierarchy between old and young workers or lower and higher positions exists, but it is not as visible as in many other countries. Employees are expected to take part in the decision-making process.
and to make decisions independently as well. Employees are expected to take initiative and not ask what and how to do all the time. Employers trust their employees, and the Finns work independently without much need for supervision.

The Finnish working culture is task-oriented. The Finns focus on tasks rather than on relationships. "Business over pleasure" is a phrase that describes the Finnish working culture quite well. Employees' ideas for development, such as how the work could be done better or more effectively are appreciated. However, it is important to be humble and modest and not boast about one's input. The communication between colleagues, even between managers and employees is very informal. People call each other by their first names at work.

In some companies the salary is negotiable and in some it is not. There are different collective labour agreements, which define the minimum wages and other regulations. Employers should follow these agreements. The salary is usually paid once or twice a month on the 15th or on the 30th. The salary is paid into a bank account, and cash is never used.

Normal office hours are usually from 8 am to 4 pm or from 9 am to 5 pm on weekdays. In some companies the working hours are partly flexible. This means, for example, that you may start your work between 7 and 9 am and then leave between 3 and 5 pm depending on when you started. There are also shift work schedules when people work during the day, in the evenings and at nighttime.

Social relations such as family ties or friends do not usually help you to get a job in Finland. Your own skills and competencies are the most important factor when applying for a job. However, an official reference from your former employer may help.

Most Finnish employees are members of trade unions. Trade unions are organisations that negotiate working conditions and terms, including salary with the employers’ associations. Trade unions are support organisations, from which the members can receive help and answers to their questions. They also help with legal matters and pay earnings-related benefits in case of unemployment. The members of the trade unions pay membership fees. The amount of the fee varies between different unions. There are separate unions for different fields. If you wish to become a member of a trade union, you should ask your workmates which would be the best trade union for you. There is also a general unemployment fund called YTK (Yleinen työttömyyskassa). Regardless of the field, anyone can become a member.

The employee has a right to receive a reference or testimonial from the employer, when the employment contract ends. It should state at least the period of employment and the main tasks.

For more information
Guide to working in Finland: guidetoworkinginfinland.fi http://www.guidetoworkinginfinland.fi/E30/
Looking for work in Finland

There are many different parties advertising open positions. The most important thing is that you are active and look for open positions yourself, as no one will do it for you. Job advertisements and information on open positions can be found on the Internet, in newspapers and magazines, and from recruiting departments’ website. Not all companies advertise their open positions through online recruitment services or in newspapers, as they have their own recruiting departments. Big companies such as Nokia and Finnair conduct recruitment by themselves. However, most companies advertise open positions on online recruitment services or human resource services.

Online recruitment services
Employment and economic development offices provide information on open positions and help in finding a job. Employment and economic development offices have their own online recruitment services. The mol.fi website is available in English, but the "Vacancies" section is only in Finnish. Most open positions in Finland are listed at mol.fi. This is the biggest online recruitment service in Finland. Jobstep is an employment and information service of Finnish universities of applied sciences. You can create a user ID by registering as a job applicant to the service. Uranus is the leading commercial career and recruitment service in Finland.

For more information
Guide to search for part-time jobs and work: Oiva or http://u.oamk.fi/jobsearching
Jobstep: jobstep.net http://www.jobstep.net

Human Resource services
Human Resource services are links between employers and employees. They act as intermediaries by providing information on open positions for job applicants. They also do the recruitment on behalf of companies who are looking for employees.

StudentWork: studentwork.se http://studentwork.se/?lang=en
StaffPoint: staffpoint.fi https://www.staffpoint.fi/
Suomen Toimialapalvelu: toimialapalvelu.fi http://www.toimialapalvelu.fi
Manpower: manpower.fi https://www.manpower.fi
Applying for work in Finland

Before you start applying, think about what kind of work you are looking for and find out the requirements of different professions. Different tasks require different kinds of skills and competencies.

There are always other applicants as well, even hundreds for one open position. Therefore, it is important to stand out from the crowd and write a good personal application and CV. (Tip! Finns use a CV rather than a resume.) Before you start writing your application, familiarise yourself well with the job advertisement: What kind of an employee is the company looking for? Think about what kind of skills you have and find out your professional competencies in Finland. Get Finnish translations of your most important certificates (study certificates and testimonials). It is also possible to apply for acknowledgement of a higher education degree. For more information on the acknowledgement opportunities, please consult the Finnish Ministry of Education.

Send the application on time. Late applications are not taken into consideration. There are almost always application deadlines (date and time), and these should be followed very carefully. It is better to send the application at least a few days before the application time ends.

Finnish language skills are very important in the Finnish labour market. Fluent Finnish skills are almost always required. It is valuable to know even some Finnish and to be eager to learn more. This will show that you are enthusiastic and interested in learning the language.

Job Applications and CVs

You can find many websites offering guidance for job seeking and for writing CVs and applications:

Career guidance service: The TAITO-URA tool allows you to explore your personality traits, knowledge and skills: uraohjaus.net http://www.uraohjaus.net/DefaultUK.aspx#
European: Create your own Europass CV by following the online instructions. You will then receive the completed CV electronically: europa.cedefop.europa.eu http://europass.cedefop.europa.eu/en/home
CVTips: Resume and CV tips: cvtips.com http://www.cvtips.com/

Job Interview

When you are invited to a job interview, make sure you will leave early enough to find the right place and to be there on time. If you are late, you will probably not be hired. When meeting someone for the first time, people shake hands, look each other in the eyes and smile. The handshake should be firm.

Prepare yourself for an interview by getting to know the company, as they may test what you know about them. Websites are a good source of information. Be prepared to talk about yourself as well: your characteristics, competencies and previous academic and work experience. Interviewers almost always ask why you want to work especially for that company, why they should hire you instead of someone else, and what makes you a better applicant compared to others.
Remember to take all your original testimonials, degree certificates and your application and CV with you to the interview.

Learn how to act on the phone when applying for a job. Sometimes employers do not invite you to a face-to-face interview, but they may as well call you and interview you on the phone.

For more information
Typical interview questions: jobera.com http://jobera.com/interviews/finnish-job-interview.html

Taxation
Everyone who receives a salary for the work done in Finland needs to pay earned income tax. Income tax is paid from wages, professional and business income, rewards, commission, and benefits such as students’ financial aid, daily allowance and pension. The tax income is spent on different kinds of public services such as health care, education, roads and pensions. We pay taxes for two or three institutions: the state, the municipality and the church.
(Note! Only members of the church pay taxes to the church from earned income. Companies pay taxes to the church even if the company owner is not a member of the church.)

The tax rate depends on how long you are staying in Finland – for six months or longer. For foreigners, whose stay in Finland will last over six months, the earned income tax rate is progressive. This means that the more you earn, the more tax you pay. The tax rate is approximately 20 per cent for annual incomes up to 12,000 euros. For higher incomes the rate is higher. When you start working in Finland, you need to deliver a tax card to the employer. The tax will be withheld in advance from your salary by your employer. In addition to tax, social security payments will be charged from the wages. If you are self-employed, you need to pay taxes in advance yourself.

To get a tax card, anyone staying in Finland for over six months needs to fill in an application form (5042a). The form is available at the local tax office or can be downloaded from the Internet. The International Services on your campus also has copies of these forms and will help you apply for a tax card if needed. The form needs to be returned to the local tax office, which is located in the city centre (Torikatu 34). You can also get your tax card through an online service. To sign in you will need an Internet banking account.

Final taxation: Every year, the tax office checks if everyone has paid a correct amount of tax. The tax office sends a pre-completed tax form to each citizen in April. Employees need to check that it is filled in correctly. In the event that there are some mistakes, they need to be corrected. If you have paid too much tax it will be returned and vice versa. The corrected tax form must be returned to the tax office in May. After it has been checked by the tax office, the final tax decision will be sent. The decision will provide the final result of taxation. The tax decision includes a certificate of taxation. This certificate is very important and it needs to be kept safe!
Entrepreneurship in Finland

Entrepreneurship is highly valued in Finland. Anyone can start a business regardless of nationality. Running a business is hard work, but if you have a good business idea, go for it.

Before starting your own business, familiarise yourself with the laws applying to it. There are many things that you need to do and take into consideration before the business may be started. However, you are not alone; there is a lot of help available. The local employment and economic office help young entrepreneurs by offering them information and support. They also organise courses for setting up a business.

Oulu UAS offers help and support for setting up a business as well. Students can develop their business idea in a business incubator and gain academic credits at the same time. Professional teachers specialised in entrepreneurship guide students in setting up and developing their business.

Special licences/passes for certain occupations

You need to have a certain kind of a licence or a pass for certain tasks. These licences are easy to obtain by attending a short course and passing a test. Below you will find information on the hygiene pass, the licence to sell alcoholic beverages, and the occupational safety card.

Hygiene pass

The hygiene pass is a proof of a person’s knowledge of hygiene issues. The hygiene pass is a minimum requirement in occupations, where employees deal with unpacked food. This is a law set by the government. There are two organisations that arrange hygiene pass education in English in Oulu.
In Oulu Adult Education Centre the training days are usually listed online. To enrol for the training courses arranged in English, please contact Ms. Marjo Gärding, 044 703 7843, marjo.garding@oakk.fi. The training costs 80 euros (including the test). If you only want to do the test, you need to pay 50 euros.

In Oulu College of Services (Oulun Palvelualan Opisto) the enrolment is done by email to ilmoittautuminen@opao.fi or by phone 050 443 4304.

**Licence for serving alcohol beverages**
A licence to serve alcoholic beverages is required in occupations where employees serve alcoholic drinks, such as in restaurants and bars. The licence to serve alcoholic beverages is a proof of a person’s sufficient knowledge of alcohol legislation. Oulu Adult Education Centre arranges training for this. Foreigners who are willing to attend the training must arrange it well in advance by contacting the educational unit, 08 5584 7711, asiakaspalvelu@oakk.fi. Training is arranged only in Finnish, so foreigners who do not speak Finnish must have an official interpreter with them. The training costs 80 euros (including the test). If you only want to do the test, you need to pay 50 euros.

**Occupational safety card**
The occupational safety card training has been designed to improve safety in the workplace. The occupational safety card is voluntary, but some employers may ask whether you have it. Unfortunately the trainings are arranged mainly in Finnish. If you are interested in taking part in the training, contact The Centre for Occupational Safety, 09 6162 6272, kortti@ttk.fi.

**For more information**

- Hygiene pass, Oulu Adult Educational Centre: [Hygieniaosaamiskoulutus](http://www.oakk.fi/koulutukset/hygieniosamiskoulutus-ja-testi/) (in Finnish)
- Licence for serving alcohol, Oulu Adult Educational Centre: [Anniskelupassi](http://www2.oakk.fi/koulutukset/alkoholiasiat-ravintolassa-koulutus-ja-tentti-anniskelupassi-6/) (in Finnish)
- Occupational safety card: [tyoturvallisuuskortti.fi](http://www.tyoturvallisuuskortti.fi/korttikurssit/pohjois-pohjanmaa)
Transport, Travelling and Communication

Local transport

By Bike
Biking is very common in Finland and especially in Oulu. Oulu has a very good and wide bicycle track network. You can easily get from place to place by bike, and it is the cheapest and sometimes the fastest way to move around. There are quite a few shops selling bikes, new ones and second-hand. A bike costs approximately 50–400 euros. Locals and especially students bike all year round, also in winter. For winter biking, you can buy special winter tyres. Moreover, it is highly recommended that you buy and wear a cycling helmet at all times! The following shops listed below sell bikes. Sports shops, general shops and some big supermarkets sell bikes, too. The Oulu Police Station also holds online bike auctions on the following website: http://www.huuto.net/hakutulos/sellerenro/2332229

Bike Shops in Oulu
Pyörä-Suvala: new and second-hand bikes, Lekatie 2
Jussin Pyöräpiste: new and second-hand bikes, Valtatie 49
Oulun Special Bike: new and second-hand bikes, Saaristonkatu 31
Suomen Polkupyörätukku Oy: new and second-hand bikes, Taka-Lyötyn aukio 4
Oulun Urheiluvälin divari: second-hand bikes, Valtatie 57
Urheilu-Ulappa: new and second-hand bikes, Ratamotie 56

By Bus
Bus timetables and other information can be currently obtained from http://www.oulunjoukkoliikenne.fi/english and http://www.oulunjoukkoliikenne.fi/journey-planner (in English).

There is a regular local bus connection from the Oulu airport to the city centre (number 9). All buses have a number above the windscreen, which indicates which route the bus is taking. Bus stops are usually indicated with an own bus stop name and not by street name. For example, currently "Lentoasema E" (= main bus stop in front of the Oulu Airport) or "Toripakka P" (= main bus stop on Torikatu street in the Oulu city centre).

A single bus ticket from the Oulu airport to the city centre costs approx. €4.70 (double price during night time, 23pm – 04am). Buses run from around 5:30am to 1:30am. Buses to the city centre run on weekday peak hours every 30 minutes from the Oulu airport terminal bus stop, and once an hour at other times.

A single bus ticket within Oulu costs approx. €3.30 (double price in night time 23pm – 04am). You can purchase your ticket from the bus driver when you enter the bus. There are several bus lines operating within the city centre and larger area of Oulu, providing good connections for commuters.
You can currently buy a monthly bus card (or alternatively a 20/40 trip bus card) from the City of Oulu Service Point (Oulu 10) which is located in the city centre (Torikatu 10). The monthly card for students costs €39.50. When buying the first monthly card, you have to prove that you are a full-time degree student by showing your study certificate at the City of Oulu Service Point (Oulu 10). You will also need to prove your identity with your passport. The monthly card is personal. You can renew the monthly card or other alternative bus cards by an Internet service.

If you have a lot of luggage upon your arrival it may be advisable to take a taxi. A taxi to downtown Oulu costs about €30 to 40 depending on the journey and time of the day. To order a taxi service in Oulu, please call by phone +358 600 30081, see also http://www.oulunaluetaksi.fi/sivu/en.

For more information
Oulun joukkoliikenne: http://www.oulunjoukkoliikenne.fi/english

Long distance travelling
50 per cent discount with your student card!

By Train
The Finnish railways, VR, operates throughout the year. The train is probably the easiest and cheapest way for students to travel within the country. Tickets and timetables are available at VR's website. With a valid OSAKO’s student union membership card, you will get a 50 per cent discount for a single train ticket. The discount can also be obtained with a special VR and Matkahuolto's discount card. To purchase this discount card either from a train station or a bus station, you need to prove your student status with a separate certificate signed by a university representative. The certificate is available online.

By Bus
Long distance buses operate throughout the year. Tickets and timetables are available at Matkahuolto's website. With a valid OSAKO's student union membership card or with the special VR and Matkahuolto's discount card, you will get 50 per cent off from a long distance bus ticket. In addition to Matkahuolto, there is also a new low-fare bus company: Omnibus.

By Air
There are a number of airlines operating in Finland such as Finnair, Air Baltic, Flybe and Norwegian. Finnair is the most well-known airline. You can find all the arriving and departing flights in Finland on Finavia’s website. Travelling by air is normally more expensive than by train or by bus, but there are some special offers and affordable prices that are worth checking. Finnair and Norwegian Air Shuttle have several daily connections between Oulu and Helsinki. The Oulu Airport is closed between 2 am and 4 am, so it is not possible to stay overnight in the airport premises.

Lost or damaged luggage at the airport
In case your check-in luggage is not there when you arrive, please go to the Arrival Service office. There, you will be able to fill in a report. In most cases, your luggage will arrive within 72 hours on one of the following flights. It will either be delivered to you or you will have to go pick it up in the airport. Please read the information on the report very attentively so that you know where to pick up your luggage. Also, take notes of the contact information indicated on the document in case there
would be further issues. If your luggage has not arrived after 72 hours, please get in touch with the airline company.

In case your check-in luggage is damaged, please go to the Arrival Service office. Depending on the company’s policy, they may be able to compensate. Also, your traveller’s insurance may offer compensation as well.

**For more information**


**Renting or purchasing a car**

Below you will find a list of car rental companies operating in the Oulu area.

Scandia Rent: Oulu Railway Station, Rautatienkatu 11 A and Krouvintie 5 and Oulu Airport: [scandiarent.fi](http://www.scandiarent.fi/index.php?kieli=en)

Europcar: Ratakatu 11 and Äimäkuja 3 and Oulu Airport: [europcar.fi](http://www.europcar.com/)

Budget: Oulu Airport: [budget.fi](http://www.budget.fi/gb)

Hertz: Äimätie 5 and Oulu Airport: [hertz.fi](http://www.hertz.fi/rentacar/reservation/home)
You can compare the prices of well-known car rental companies on the website of EasyTerra car rental service.

If you rent a car, please make sure you read and understand the whole rental agreement. If you are planning on driving outside Finland, you need to inform the rental company about it. Also, it is strongly recommended that you take an insurance.

If you are interested in buying a car in Finland, please visit the website of Finnish Transport Safety Agency (Trafi) to check important things you need to take into consideration before purchasing a vehicle.

There are many car dealers in Oulu selling new and used cars. However, new cars are very expensive, pre-owned cars are much more affordable. If you are looking for a car, visit Autotalli service online. It has a separate search for new and used cars. Most of the cars for sale are listed on Autotalli’s website (in Finnish).

For more information
Autotalli: autotalli.com http://www.autotalli.com/

Online map services
Online map services are useful tools for getting directions and finding places.

The city of Oulu online map service: kartta.ouka.fi http://kartta.ouka.fi/
Google maps worldwide online map: maps.google.com http://maps.google.com/
Map of Oulu with points of interests: https://www.google.com/maps/d/edit?mid=zjECJFzU_Pvc.kMUiQqGeNUDi&usp=sharing

Telephone and sim card
Traditional landline phones hardly exist anymore, so it is necessary to have a mobile phone in order to make phone calls. Many shops sell new and used mobile phones in the city centre. Department stores and markets sell them as well, so you can easily buy a mobile phone if you do not have one yet. Mobile phones cost from 50 euros up to 900 euros, depending on the model.

After you have a mobile phone, you have to get a SIM card for it in order to make phone calls or send text messages. The easiest way is to buy a prepaid card. A prepaid card contains a certain amount of talk time and/or text messages, and you pay it before you use it. Phone operators such as DNA, Elisa, Saunalahti and Sonera offer prepaid cards. There are many shops and kiosks offering prepaid cards, so it might be useful to compare the prices in order to purchase the most affordable one. Students usually purchase their prepaid SIM cards from R-kioski.
Long distance communication

There are many different ways for you to get in touch with your home country:

- You can use a Finnish prepaid card. It usually costs around €1/minute. For more information, you can check the conditions on the websites of the main prepaid card companies.

- It is also possible that your home country’s phone companies offer better deals than Finnish companies. You may want to check before you come to Finland. However, you then need to make sure your phone can handle Finnish standard (Quad Band models should be working).

- If you have an Internet connection, you can use Skype. It is free of charge and allows you to do some video calls with any other user worldwide. Skype can also be used to call regular phones. It costs around €10 per month for unlimited calls to one selected country.

- If you have a smartphone, you can install applications such as Whatsapp or WeChat. With an Internet connection, these applications allow you to text and call any other user worldwide for free.

- For people who have a European SIM card, the European Parliament has passed a new regulation that states that roaming fees should be abolished by December 2015. You should therefore be able to use your home SIM card anywhere in the European Union without any surplus costs. The regulation has yet to be approved by the European Council and implemented, but you can keep an eye on this process by googling “European Union Roaming”.

Postal services

The main post office is located in the city centre.

Main post office (Posti)
Hallituskatu 36
(Open from Monday to Friday from 8 am to 8 pm, on Saturdays from 10 am to 2 pm)

There are also other smaller post offices located in different parts of the city, for example in connection with R-kioski. Stamps can be bought from post offices as well as from many kiosks, grocery shops and supermarkets. Mailboxes are also located all over the city. Mailboxes are orange or blue in colour, and the mail is picked up from these boxes regularly, on every weekday. You can see the mail pick-up times on each mailbox (usually at 5 pm). Orange mailboxes are intended for second-class postage and blue ones for first-class. First-class postage is a bit more expensive than second-class. The price varies according to the weight and the class.

If you need to ship a parcel, you may use Posti or other package delivery companies such as DHL, UPS, EMS, etc. The prices, delivery times and security of packages vary from one company to the other. Also, some students organisations such as ESN Oulu may have deals with shipment companies, you could therefore benefit from a discount through them.

For more information
Shopping

Finland is a relatively expensive country (one of the most expensive countries in the world). Food, clothes and other utensils are quite expensive in department stores and shops. Below you will find information on different kind of stores and shops: what kind of goods they sell and what the price level is in general.

**Note:** During public holidays, many shops are either closed or working on a different schedule. You can take a look at the shop’s website in order to check whether or not it is open. You can find a list of the Finnish public holidays at the end of the Kotkantie campus guide.

**Grocery stores**

Raksila markets (S-Market, Prisma, and Citymarket) are located in Raksila district. These markets are usually open on weekdays from 8 am to 9 pm, on Saturdays from 8 am to 9 pm, and on Sundays from 11 am to 7 pm. These markets sell groceries, kitchen utilities, clothes, and so on. There is also a pharmacy, a big sports shop and Alko in the S-market. Prices in these markets are average level.

Lidl is an internationally operating German grocery shop chain. It is known as an affordable shop selling groceries and some other daily goods like kitchen utensils. Lidl stores are open on weekdays from 8 am to 9 pm, on Saturdays from 8 am to 9 pm, and on Sundays from 11 pm to 7 pm. There are four Lidl in Oulu, and you can find them in the following districts:

Lidl city centre, Isokatu 51, Lidl Tuira, Tuirantie 14, Lidl Hiironen, Ruukinkuja 1, Lidl Haapalehto, Karttatie 2

**APPROXIMATE PRICES FOR SOME GENERALLY USED FOOD PRODUCTS:**

- Milk, 1 litre = 1 euro
- Bread = 1 – 4 euros
- Potatoes, 1 kilogram = 70 cents
- Butter, 500 grams = 1.50 – 3 euros
- Cheese, 500 grams = 5 euros
- Eggs, 12 eggs = 1 euros
- Bananas, 1 kilogram = 1 – 2.50 euros
- Tomatoes, 1 kilogram = 80 cents – 4 euros
- Cucumber (1 piece) = 80 cents – 2.50 euros
- Wheat flour, 1 kilogram = 80 cents – 1.50 euros
- Juice, 1 litre = 70 cents – 2.50 euros
- Minced meat, 400 grams = 2 – 4.50 euros
- Coffee, 500 grams = 2 – 4 euros

On average, a student spends about €100 to 150 per month on food.

**Note:** Fresh fruit are much more expensive in the winter than in the summer. The aforementioned prices are estimates. The price range also varies depending on the brand.
General stores

The general shops listed below sell all sorts of goods (clothes, kitchen utensils, sport equipment, tools, and so on), except groceries, for a relatively affordable price.

Halpa-Halli, Nuottasaarentie 5
Kärkkäinen, Alasintie 12
Tokmanni (sells also groceries), Sammonkatu 5 and Jukolankuja 1–3 and Kansipojantie 1

Clothing

Most of the aforementioned grocery and general shops sell clothes as well, but if you want to buy fashion, you should head to the city centre. Most fashion and design shops are located in the heart of the city. You will easily find all the shops selling fashion and brands if you head to Rotuaari Pedestrian Street.

Second-hand stores

Second-hand shops sell all kinds of second-hand goods, clothes, furniture, kitchen utensils and so on at reasonable prices. There are many second-hand shops in Oulu. By buying second-hand goods, you can save nature and money.

Second Hand Store, Isokatu 8
Paljekirppis, Paljetie 12
Keskuskirppis, Kaarnatie 22
Järkikirppis, Alasintie 10
Kirpputiikki, Uusikatu 13
Oulun Kontti, Jääsalontie 12
Salvation Army flea market (Pelastusarmeijan kirpputori), Limingantie 5 and Ratakatu 6 and Ratamotie 22
Recycling centre (Oulun Kierrätyskeskus), Kurkelantie 2

For more information


Stores selling second-hand laptops and computers

The following shops sell second-hand laptops and computers and some other computer devices at relatively cheap prices.

SystemaStore, Rautatienkatu 81
Taitonetti, Rautatienkatu 16
Oulun Mediatalkkari, Tunturikoivuntie 7
Oulun DataPalvelut, Myllytie 2
Ethnic stores

T.T. Asian Market: Asian groceries, Oulu market hall
Maustekauppa Amira: spices and small nibbles, Oulu market hall
Aasia Ruoka, Hallituskatu 28
Naza Market, Merikoskenkatu 5

Sports stores

Intersport Oulu Joutsensilta, Paljekuja 5
Intersport Oulu Rintamäki, Pakkahuoneenkatu 24
City Sport Oulu, Tehtaankatu 1
Top-Sport, Isokatu 23
Budget Sport, Kempeleentie 4

Customer loyalty cards for chain stores

Most Finnish grocery shops and other shops selling daily goods belong to a certain shop chain. The chains offer membership cards for customers. Cardholders can receive bonus and are entitled to some discounts as well. Below you can find information on the three most commonly used membership cards.

**K-Plussa card** is a customer loyalty card for Kesko. Card holders accumulate plus points every time they shop in Kesko chain shops. The more money you spend on the shops, the more plus points you earn. When you have at least 1 000 plus points, you will receive a voucher worth 5 euros. The voucher can be used only in Kesko chain shops. In addition, you may get some special offers and discounts from certain products every now and then. To join the K-Plussa customers, you need to fill out the application and pay the fee of € 8.40 net (incl. 24%, i.e. € 1.62. There are a number of K-chain shops such as K-citymarkets, K-supermarkets, Anttila department stores and Intersports, just to mention a few.

**S-Etukortti card** is the S-Group's customer loyalty card. By obtaining the card you become a member of the group and an owner of the co-op. Cardholders receive bonus and get some other benefits as well. The bonus is paid on the basis of the amount of your monthly purchases. You can obtain the card and become a member by filling in an application form and paying the membership fee (100 euros, March 2013) in one of the S-Group shops, for example in Prisma. You can also apply for the card online.

**PINS card** is a loyal customer card for grocery shops including Siwa, Valintatalo and Euromarket. The card is free of charge and can be obtained at these shops. Cardholders receive bonus and are offered discounts.

For more information

S-Etukortti card: s-kanava.fi
Importing or receiving goods

If you import or receive goods from outside of Finland, remember to check the customs rules. Some goods are taxable and some tax-free.

From the Customs’ website you can find information on importing different kind of goods into Finland (such as household goods, motor vehicles), and about the tax treatment.

For more information
Driving Licence

If you are going to drive a car in Finland, please familiarise yourself with the following laws and instructions before you start your engine. You must be at least 18 years old to drive motor vehicles in Finland. We keep on the right side of the road. Also note that the drink-driving limit is 0.5 (50 milligrams of alcohol per 100 millilitres of blood).

For more information:
Driving in Finland (2004) (www.expat-finland.com/pdf/driving_in_finland.pdf) (Note: this document only contains tips regarding driving in Finland. It is not an official translation of the law. Therefore, it can be used for a general overview, but has no legal status. If you need further information, please contact the appropriate authorities or check the official regulations.)

Valid driving licence in Finland

If your driving licence has been issued in another EU or EEA country, you are entitled to drive motor vehicles (only the vehicles mentioned in your driving licence) in Finland.

For EU or EEA citizens, please find instructions for applying a change of a driving licence at the Finnish Police's website.

If you reside permanently in a country that has signed the Geneva or Vienna Road Traffic convention and you have an international driving licence or a national driving licence and its official Finnish or Swedish translation, you are entitled to drive motor vehicles (only vehicles mentioned in your driving licence) in Finland for up to two years after entering the country. You can check the Geneva and Vienna Road Traffic Convention countries from the Finnish Police’s website.

For students from countries that have signed the Geneva or Vienna Road Traffic Convention, the Finnish Police’s website provides you with the application information.

Finnish driving licence

There are 14 different kinds of driving licences in Finland. The most common ones are for car (B), motorbike (A) and truck (C). If you were born after 1985, you need a driving licence also if you want to drive a moped/scooter (M). People born before 1985 can drive a moped/scooter without a separate driving licence. The maximum engine size with the moped/scooter driving licence is 50 cubic centimetres and the maximum speed is 45 kilometres per hour.

If you want to get a driving licence for a moped/scooter, you have to take both a theory test and a driving test. Before you can take the tests, you need to have a valid permit for a driving licence. You can get the permit from the local police station.
If you want to get a driving licence for a car, you need to attend classes in a driving school and take both a theory test and a driving test. You can take the tests in English. After passing the tests, the local police will grant you a temporary driving licence, which is valid for two years. A permanent driving licence is issued after you have completed further driving training. This further training can be done at the earliest six months after you have obtained the short-term licence.

**For more information**

The police: poliisi.fi [www.poliisi.fi](http://www.poliisi.fi)


**Driving schools**

At least the following driving schools offer driving lessons partly or entirely in English:

- Liikennekoulu Tuulonen, Kainuuntie 1: liikennekoulu.tuulonen.com

- Oulun Liikennekoulu, Pakkahunoneenkatu 17: ouluniikennekoulu.com


Oulu, Your Hometown – Free Time and Services

The city of Oulu wishes to make all new citizens feel at home. The city and its services are widely introduced on the city’s website.

Oulu offers plenty of opportunities for different kinds of activities. There are a number of sports clubs, bars, restaurants, nightclubs and other associations.

Follow Homelike Oulu’s Facebook profile and Oulu event calendar at Oulu Tourism’s website to stay tuned.

For more information
City of Oulu: ouka.fi www.oulu.fi
Oulu Tourism: visitoulu.fi www.visitoulu.fi

City of Oulu service point, Oulu10

The city provides information service in different languages for foreigners with questions related to living in Oulu and public services offered in the city. The advisors can provide guidance in finding information or the right authority. They are also familiar with the customers’ cultural and societal backgrounds. The service is located at the City of Oulu Service Point, Oulu10 (Torikatu 10).

The service is open normally from Monday to Thursday from 8 am to 5 pm and on Fridays from 8 am to 4 pm. Oulu10 also offers native language services in Chinese, Russian, Turkish and Thai. For travel and culture tips in Oulu and the surrounding area, you may also visit the Oulu city tourist office, located at the same place as the Oulu service point.

For more info
Oulu 10: ouka.fi > In English > Oulu information > Oulu10 service point
http://www.ouka.fi/oulu/english/oulu10-service-point

Youth information and counselling centre Nappi, Byström’s house

The youth information and counselling centre offers services for Oulu youth aged between 16 and 25. You can visit Byström’s house (Hallituskatu 5 A, entrance from courtyard) without an appointment. The personnel helps young people in various fields, such as health care, sports, leisure time activities, internationalism, accommodation, work, education and everyday life free of charge.
Villa Victor

The multicultural centre Villa Victor provides activities for immigrants and Finns living in Oulu. Villa Victor arranges, for example, info occasions, Finnish language courses and cultural events. Villa Victor is located in Heinäpää, near the city centre (Kirkkokatu 54), and it is open every day.

For more information
Villa Victor: ouka.fi > In English > Services at a glance > Immigrants > Multicultural centre
http://www.ouka.fi/oulu/villavictor-english/

Sports

The Joint Sports Services of Oulu’s Higher Education Institutions offer various sports opportunities for students.

In addition to the university sports services, you can use the sports service and facilities offered by the city. There are plenty of exercising halls, two swimming halls, an extensive network of jogging tracks and cross-country skiing trails. Students are entitled to a student discount in all of these locations.

There are also a number of sports clubs in Oulu for golf, floorball, football, various martial arts, volleyball, basketball, bowling, and so on. If you had a hobby in your home country that you would like to continue it here in Finland, please contact International Services on your campus. The staff will help you to find the right club.

For more information
Joint Sports Services: oulunkorkeakoulu-liikunta.fi
http://www.oulunkorkeakoulu-liikunta.fi/?page=home
City of Oulu Sports Services: ouka.fi > English > Sports and exercise
http://www.ouka.fi/oulu/english/sports-and-exercise
Nature and environmental activities

If you are interested in nature and environmental protection, please join the excursion club of the environment protection club of Oulu (Oulun luonnonsuojeluyhdistys) to get information on excursions and trips.

For more information
Environment protection club of Oulu: olsy.fi
http://www.olsy.fi/retkikerho/index2.php

Movies

Oulu has two movie theatres: Finnkino Plaza in the city centre (Torikatu 32) and Star movie theatre in Tuira (Kalliotie 6). Information on Finnkino movies, screening times and tickets is available on Finnkino’s website in English. Ticket prices vary from 5 to 13 euros. The Star movie theatre’s website is only available in Finnish. None of the movies shown in the Finnish movie theatres are dubbed, but instead they are always shown in the original language (except for some children’s movies) with Finnish and Swedish subtitles.

For more information
Finnkino: finnkino.fi http://www.finnkino.fi/eng

Eating out and nightlife

Even if Oulu is a relatively small city, there are numerous cafes, bars, restaurants, pizzerias, grill kiosks and fast food restaurants located all over the city. Eating out in restaurants is quite expensive (an à la carte meal costs approximately from 15 euros, and up to 50 euros). However, Oulu is well known for its pizzerias, which serve pizza and kebabs. There are about 60 pizzerias spread out all over Oulu. A normal size pizza costs from 4 to 9 euros. There are also some ethnic restaurants such as Chinese, Indian, Thai, Greek, Italian, Mexican, Turkish, Mediterranean and Russian.

The most popular bars and nightclubs among students are Tivoli, Kaarlenholvi, Gloria, Apollo, 45 special, Amarillo and Never Grow Old.
A beer, cider or glass of wine in bars and restaurants costs approximately 5 euros.

For more information
Most of the bars and nightclubs can be found on: oulunliikekeskus.fi
LGBT

Finland promotes equality in all forms, so it is okay to be openly gay in Finland. SETA ry is a national LGBTI rights organisation. SETA works for equality and social justice for sexual minorities such as lesbians, gays, bisexuals and transgender people. SETA is a member of ILGA (International Lesbian and Gay Association). SETA operates in Oulu as well. The office of Oulun SETA ry is located in the city centre (Isokatu 45 A 17). They have a telephone answering service every Tuesday from 6 pm to 8 pm (040 836 9569). Oulun SETA ry organises activities such as parties and trips. It also has different kinds of groups such as a women's group, a sports team, a bi group, a culture group, and a board game group.

One gay bar in Oulu is called Yöhuikka (Mäkelininkatu 13). Yöhuikka is open on Fridays and Saturdays from 11 pm to 4 am.

SETA in Oulu: oulunseta.fi http://www.oulunseta.fi/ in Finnish

Religions – places of worship

A majority (approximately 80 per cent) of Finns are baptised as Lutherans. The second biggest denomination is the Orthodox Church. There is a complete freedom of worship in Finland, and therefore, there are also other congregations and smaller religious communities http://www.uskonnot.fi/english.

Oulu Evangelical Lutheran Congregations’ International Work, Kirkkokatu 5. Pastor of International Work: Mr. Árpád Kovács, arpad.kovacs@evl.fi; Mr. Ari Savuoja, University Chaplain and OIEF Oulu International Evangelical Fellowship (OIEF), Yliopistokatu 7 http://www.oief.fi
Pentecostal Church of Oulu (Helluntaiseurakunta), Uusikatu 78 http://www.ohsrk.fi
Free Church of Oulu (Oulun vapaaseurakunta), Kirkkokatu 34 http://www.oulu.svk.fi
The Adventist Church (Adventtiseurakunta), Tuulimyllynkatu 18 http://oulu.adventist.fi
Orthodox Cathedral of the Holy Trinity, Torikatu 74 http://www.oulunortodoksinenseurakunta.fi
Catholic Church (Katolinen kirkko), La Santa Famiglia di Nazaret (The Holy Family of Nazareth), Liisanlahti 2 http://perhe.katolinen.fi
The Islamic Community of Northern Finland (Pohjois-Suomen Islamilainen yhdyskunta), Linnankatu 23–25 http://www.psiy.org
Jehovah’s Witnesses (Jehovan todistajajen valtakunnansali), Kiskotie 26 www.jw.org/fi
The Church of Jesus Christ of Latter-day Saints (Myöhempien Aikojen Pyhien Jeesuksen Kristuksen Kirkko), Nokelantie 38 http://www.mormonit.fi
Oulu Baha’i Community for English Speakers, 044 333 9026 http://www.bahai.fi

Libraries

You can borrow books and CDs from the city library (Kaarlenväylä 3). You may also use computers with Internet access and read newspapers in different languages. All this is free of charge, if you just return the borrowed items back to the library on time. You can order a library card from the city library. It is valid in all branch libraries as well.
The Oulu University library is also open for everyone. The university library has six units. Please find contact information and opening hours for the libraries from the library’s website. You can obtain a library card for university libraries from all units by just showing an ID card.

For more information
Enjoy!

As mentioned at the beginning, we truly wish that you enjoy your life in Oulu and feel at home here. Please remember that the staff is willing to help you and happy to answer all your questions. Moreover, we encourage you to explore and bravely dive into this new cultural experience.

TEUVO PAKKALAN KATU CAMPUS
Teuvo Pakkalan katu 19, 90130 OULU

KOTKANTIE CAMPUS
Kotkantie 1, 90250 OULU