



Living and studying in Finland

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Finland in brief

Approximately 5.5 million people live in Finland

The national languages are Finnish and Swedish

Finnish higher education institutions have over 20 000 international students

Finland offers more than 500 English-taught bachelor's and master's programs

Living in Finland

- Finland is a safe country where nature is always close.
- Finland is also home to Santa Claus, Saunas, thousands of lakes, four seasons, northern lights, and the midnight sun.
- Finland has been chosen as one of the happiest countries in the world thanks to the high quality of life and overall stability.
- The values of equality, integrity, and openness are important.

International House Helsinki

IHH is the main entry point for international newcomers to start their life in the Helsinki capital region, and the next step after applying for a residence permit. International newcomers can visit multiple authority services (including Migri, DVV, Vero, Kela, the TE office, and more) under one roof at IHH's service centre for a streamlined integration experience.

Newcomer's Guide

Latest edition of Newcomer's Guide

- It includes guidance on e.g.
 - Bank account
 - Mobile phone subscription
 - Early childhood education (daycare)
 - Renting an apartment
 - Health services and medical care
 - Public transportation
 - Free-time activities

Weather in Finland

- The hottest month is typically July and the coldest is January and February.
- Due to the country's location, the weather can also change quickly, which makes predicting a bit tricky
- The average summer temperature is +20°C
- The average winter temperature is -3°C
- On the coldest winter days temperature can drop to -15 or -20 °C



Equality and non-discrimination

“According to Finnish law, everyone is entitled to be treated equally regardless of their background, gender or other characteristics. The Non-discrimination Act prohibits discrimination based on age, origin, nationality, language, religion, belief, opinion, political activity, trade union activity, family circumstances, health, disability, sexual orientation or other personal characteristics.”



Basic rights

- “Everyone has the right to equal treatment. No one must be treated differently based on gender, age, religion or handicap, for example.”
- “Everyone has the right to freely express their opinions verbally or in writing.”





Security reports

- You can report observations, incidents, accidents, threats or inappropriate behaviour that affect safety and the environment at Arcada by using a reporting system.
- All reports are analysed confidentially and anonymously.
- <https://app.falcony.io/arcada/>

Finnish culture

- Communication is direct and open
- Focus is on well-being
- Status is not shown
- Punctuality is important
- Finns place a higher degree of importance on free time
- Finns enjoy spending money when it comes to leisure time activity

Finns are...

- ...said to be quiet, reserved, shy and introverted but also hospitable and even talkative.
- ...not big small talkers. Quiet moments are not considered awkward. There's no necessity to fill gaps in conversation with chatter.
- ...said to be genuine. They mean what they say. "Let's have a coffee one of these days" It is not a small talk; it is expected to happen.
- ...said not to show their emotions openly.



FINNISH NIGHTMARES



HI MATTI.
HOW ARE YOU DOING?
I'M NOT TOO BAD EITHER.
THE WEATHER IS GREAT ISN'T IT?
I WISH IT WAS LIKE THIS MORE FREQUENTLY.
SO WHERE ARE YOU GOING NOW?
GOING TO DO A LITTLE SHOPPING?
WHAT YOU'RE GOING TO BUY?

THAT'S GREAT



HI.
VERY GOOD.
YES.
AHA.
TO THE CITYMARKET.
YEAH.
FOOD.

Finnish-Swedish (Finlandsvensk) culture

- Roots track back to Middle Ages - 1809
- Finns whose first language is Swedish,
- Unique dialect (Finnish Swedish). Often bilingual
- Approximately 5% of population (~300k)
- Geographical location: Southwest + Ostrobothnia + Åland Islands, some smaller towns (Porvoo, Ekenäs/Tammisaari etc)
- Notable figures: Johan Ludvig Runeberg, Jean Sibelius, Tove Jansson



Tips for intercultural communication

- Be open-minded towards the opinion of others.
- Be careful with humour. What is funny in one culture might be very insulting in another.
- Be inclusive. It is always easier to speak in your native language. However, if you work in international team, pay attention that everybody feel included and use a common language.
- Ask questions if you want to know why someone has behaved in a certain way. It will help avoiding misunderstanding.

Higher Education in Finland

- 13 universities and 22 universities of applied sciences (UAS)
- Modern learning environments and facilities
- Free libraries
- Institutions have an eco-friendly attitude
- Student unions and associations look after students' interests and organise free-time activities, like sports and cultural events.



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Studying in Finland

- Relations between the students and teachers are friendly and relaxed
- Low hierarchy, teachers, professors and management accessible, communication is informal and on first name basis
- Classes are taught in a very conversational manner
- Teaching is based on support, participation and interaction
- Students are given a considerable amount of freedom and independence in their studies
- Creativity and critical thinking are highly valued



Studying in Finland

- Use of digital material (and digital books) is common
- The UAS emphasize close contacts with business, industry and services
- Students may have the opportunity to participate research projects at the UAS during their studies
- Practical training is a compulsory part for every program



Studying at Arcada

- A large part of the studies will be spent on practical exercises
- Active dialogue between students and management. The students are represented in the Board of the University, quality councils and different committees and working groups.
- Well-being of students is essential. At Arcada you can contact psychology and study social worker. Appointments are free of charge and can also be held online

Booking an individual appointment outside of drop-in hours



Appointments are necessary and should be made in advance by e-mail.



It is difficult to meet with people without a formal appointment.



You should arrive at meetings on time or slightly early.



Call or text immediately if you are late to the meeting more than 5 min. Being punctual is a sign of respect.

Working and internships during studies

“A student who has been granted a residence permit for studies is allowed to work in paid employment in any field for an average of 30 hours per week. The number of working hours can be exceeded some weeks, as long as the average working hours are no more than 30 hours per week at the end of the year.”

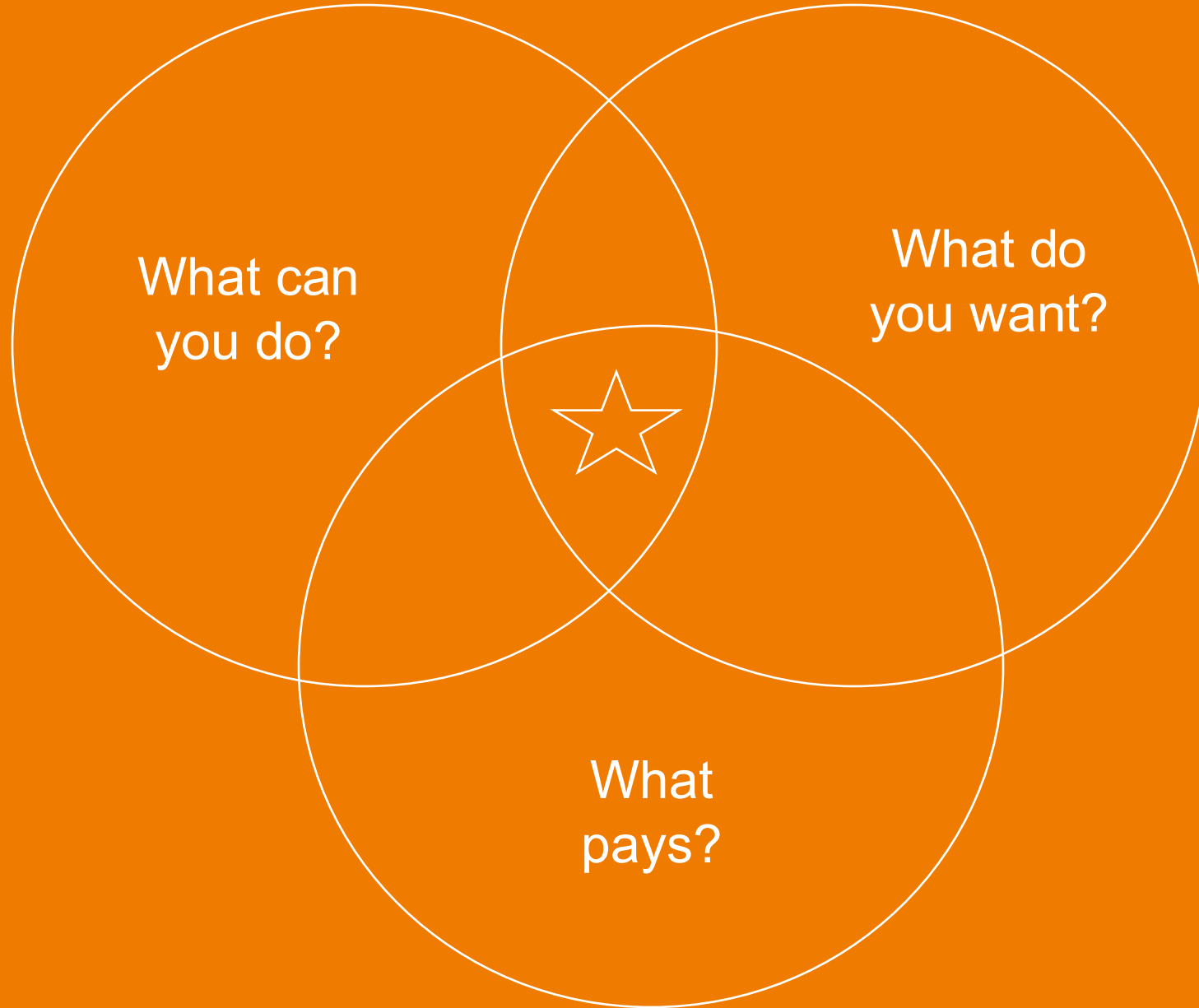
“During holidays, for example, students are allowed to work full-time in any field, provided that their average working hours are no more than 30 hours per week at the end of the year.”

For more info check Migri



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What kind of a job can you get?



Regulated professions in Finland

A profession is regulated when according to Finnish legislation, a specific training, qualification or the right to practice a profession is required.

Regulated areas are:

- Teaching & Early childhood education and care,
- Healthcare professions
- Social welfare professions
- Professions related to animals and food safety
- Transport
- Built Environment
- Rescue and emergency services
- Other (lawyer, auditor etc)

<https://www.oph.fi/en/>

Where to look for a job?

- LinkedIn – main tool of professional growth
- Website of Employment Services – Job Market Finland: <https://tyomarkkinatori.fi/en>
- Duunitori.fi: <https://duunitori.fi/>
- Jobly (previously Monster.fi): <https://www.jobly.fi/>
- Indeed.com: <https://fi.indeed.com/>
- Academic Work: <https://jobs.academicwork.fi>
- Kesaduuni.org: <http://kesaduuni.org>
- The Hub – Jobs in the startup ecosystem: <https://thehub.io/>

What are Finnish employers looking for

- **Passion & values match** – Show that you enjoy your work and have clear aspirations.
- **Autonomy & independence** – Take ownership; work holistically, not just task by task.
- **Asking questions** – Don't hesitate to clarify or double-check.
- **Clear communication** – Update others about deadlines, presence, or progress.
- **Attention to detail** – Even small mistakes can matter a lot.
- **Proactivity** – If it's your responsibility, take initiative (confirm with your supervisor if unsure).
- **Willingness to learn** – Stay curious and open to growth.
- **Punctuality** – Be on time, ideally 5–10 minutes early.
- **Professional tone** – Friendly, peer-to-peer, and not too formal.



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Become a volunteer

Volunteering is one of the best way to find a job in Finland and grow your network:

- [Slush](#)
- [Arctic15](#)
- [PMI Finland](#)
- [International Working Women of Finland](#)
- [City of Helsinki Volunteering](#)
- [Red Cross](#)

Explore startup ecosystem!

- Check out [Maria01](#) events!
- Join a hackathon!
 - [Ultrahack](#)
 - [Junction](#)
- Check job openings at [The Hub](#) (main job portal of startup ecosystem)
- Join an Entrepreneurship Society!



Confederations of unions

- 1) Akava (36 unions) - for highly educated
 - <https://www.jaseneksi.fi/>
- 2) STTK (13 unions) - for professionals
 - <https://www.sttk.fi/>
- 3) SAK (18 unions) - industry, public sector, transport, private services and culture
 - <https://tyoelamanpelisaannot.fi/>



Contact a career counsellor to



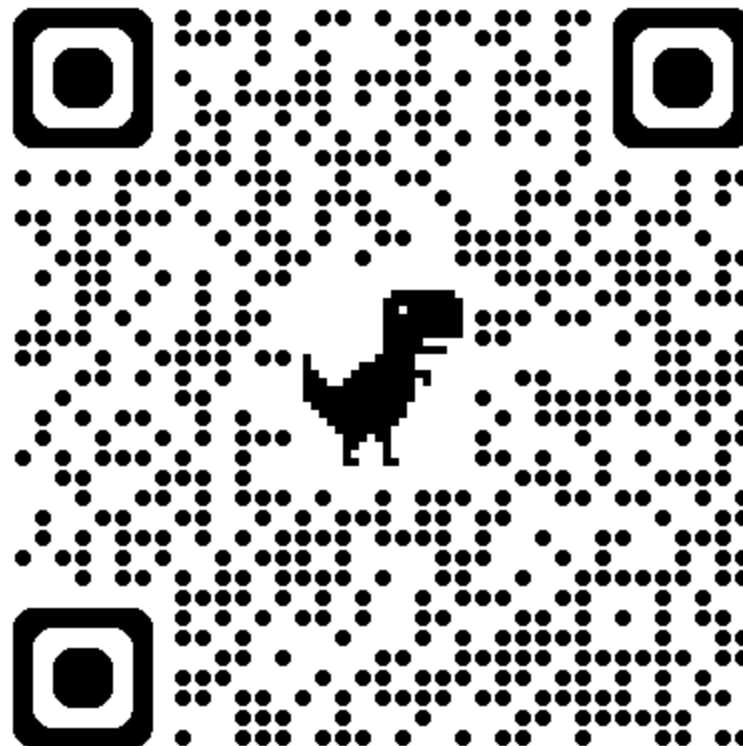
Inga & Ulla, Career Centre

...plan your career path(s):

- Learn what jobs can you get and what do employers expect to see.
- Understand your skills better – what makes you unique? Why will you stand out among 200 applicants?
- Boost your **presentation skills** and learn everythi about the main job-seeking tools and processes:
 - CV och Cover Letter
 - LinkedIn
 - Job Applications (active & passive)
 - Interview techniques
 - Networking

Book your first counselling!

Pro.vello.fi/arcada/ =>
Career Centre



What you should do during your studies

- Learn about new cultures
- Learn a new language
- Grow your network
- Make new friends
- Participate at the events
- Be active at different projects

Enjoy being a student!



Health Care in Finland

- In an emergency: call 112
- The Finnish Student Health Service
 - Free for students
 - Need a doctor's appointment?
 - go to <https://www.yths.fi/en>
 - or call +358 46 7101073

Need help finding out where to go?

- <https://www.omaolo.fi/>
 - Will probably send you to a municipal health service, which you can use if you have a Kela card
 - Not always free but reasonably priced



Kela Student Health Care Fee

- Not related to the Kela card
- Compulsory for ALL degree students enrolled at a university in Finland
- Currently 35,60 € per semester
- Deadline for the autumn: **15 November**
- Put a reminder in your calendar!
- Payment instructions:
<https://www.kela.fi/how-to-pay-the-student-healthcare-fee-in-higher-education>



Useful links

International House Helsinki

- <https://ihhelsinki.fi/>

Luckan

- <https://helsingfors.luckan.fi/en/>

Business Helsinki

- <https://www.hel.fi/en/business-and-work/businesses-and-entrepreneurs>

Eventbrite

- <https://www.eventbrite.fi/>



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Support Services

Planning your studies

→ [Study counsellors](#)

Certificates and registry

→ [Student Affairs](#)

Newcomers in Finland

→ [International Student Advisor](#)



Support Services

Student Union

→ [Arcada Student Union - ASK](#)

Career planning & job search

→ [Career Centre](#)

Counselling and support

→ [Psychologist and Study Social Worker](#)

