TURKU AMK
TURKU UNIVERSITY OF
APPLIED SCIENCES

Info Package for International Degree Students at Turku UAS

TURKU AMK
TURKU UNIVERSITY OF
APPLIED SCIENCES

Contents

Welcome to Turku UAS 4
Student Journey 4
Student Life 6
Do you want to connect with other international students? 6
Hoping to make a local friend? 7
Cost of Living 7
Scholarships 8
Overalls: What is the deal? 8
The student union TUO 9
Study and Stay in Turku 10
Sports and hobbies 11
Studies at Turku UAS 11
Finding Your Campus & Getting Started 11
New Student Guide 12
Student Tutors – Your Peer Guides 12
Your Responsibilities as a Student 12
Who to contact if you face challenges with your studies at Turku UAS 13
How do you tackle challenges when studying? 13
Turku UAS Community Etiquette 16
Education System in Finland 17
Moving to Finland 18
Before Arriving 18
Residence Permit for Non-EU/EEA Students and D VISA 18
Income Requirement for Student Residence Permit 19
EU/EEA Registration 19
Accommodation 20
Insurance and Health Care 20
Kela Benefits and Health Coverage for International Students 21
Health documents for students 22
Bring a laptop 23
Relocating with Family 23
Getting a criminal records extract 25

Arrival....27
Travelling to Turku....27
Getting Around Turku....27
GLOBE Office....27
Late Arrival....28
After Arrival....29
Orientation Days....29
Digistart and Student Card....29
Get a Finnish Phone Number....31
Pay the FSHS/Kela Fees....31
DVV Registration....32
Finnish ID Card....33
Open a Finnish Bank Account....34
HEI Services....35
Learning Finnish....36
Combining Studies and Work....37
Working, Studying, and Taxation in Finland....37
Academic Studies and Financial Aid....37
Working and Paying Taxes....37
Importance of Unions and Unemployment Funds....38
Integration, Support and Belonging....38
Well-being and Mental Health Support....38
Support Services at Turku UAS....40
External Help and Support in Turku....40
Staying Informed....42
English-Language News and Resources....42
Checkpoints....44
Before You Arrive in Finland....44
After You Arrive in Finland....44
Settling In....44
Take Care of Yourself....44
Planning Ahead....44
Glossary of Common Acronyms and Terms....45

Welcome to Turku UAS

Welcome to Turku University of Applied Sciences!

Whether you've come from far, far away or from a neighboring country just around the corner – we want you to know that *you belong here* with us at Turku UAS.

This welcome session is designed especially for you. Whether you're stepping into university life straight from high school or arriving with your children after years of work experience, you'll find the information you need right here. We've gathered practical tips and helpful guidance to support you on your journey – not just today, but throughout your time with us. Feel free to return to this info session whenever you need a refresher or a helping hand.

It's truly a pleasure to have you join our community. Now, let's dive into the world of Turku UAS and life in Finland – together!

Links:

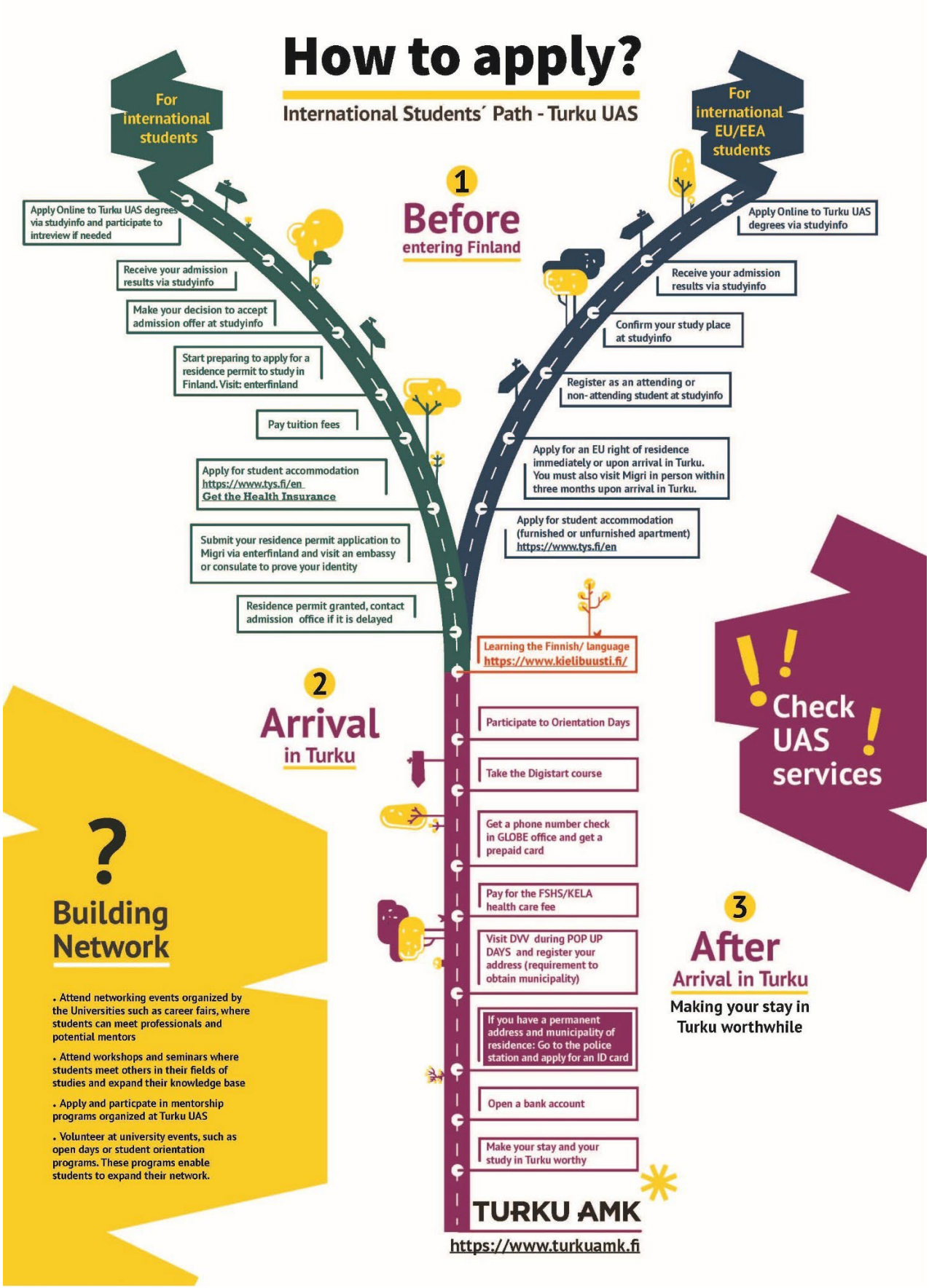
- **Welcome words Rector**
- **Start your studies at Turku UAS Part 1. Recorded on 12 Nov 2025**
- **About us**
- **Study and Stay in Turku 2025**
- **How to find the Campuses?**
- **360* Campus Tour**

Student Journey

Turku UAS is an innovative higher education institution on the coast of the Baltic Sea. We welcome many international bachelor's and master's degree students and offer a number of degree programmes in English. Start your journey here. Begin your studies smoothly, learn and grow with us and graduate as a work-oriented professional in Southwest Finland.

You might already be familiar with this chart, but now and then it's good to take a moment to reflect

on where you are on your journey with Turku UAS. This path is here to guide you and remind you of the many services and people ready to support you along the way. From study counsellors and teachers to career services and, eventually, our active alumni network – we're here to grow *with you* and *for you* throughout your entire journey. Take full advantage of what's available. You're not walking this path alone – we're walking it together.


How to apply?
International Students´ Path - Turku UAS
For international students
For international EU/EEA students
1
Before
entering Finland
Apply Online to Turku UAS degrees via studyinfo and participate to intreview if needed
Receive your admission results via studyinfo
Make your decision to accept admission offer at studyinfo
Start preparing to apply for a residence permit to study in Finland. Visit: enterfinland
Pay tuition fees
Apply for student accommodation https://www.tys.fi/en
Get the Health Insurance
Submit your residence permit application to Migri via enterfinland and visit an embassy or consulate to prove your identity
Residence permit granted, contact admission office if it is delayed
Apply Online to Turku UAS degrees via studyinfo
Receive your admission results via studyinfo
Confirm your study place at studyinfo
Register as an attending or non-attending student at studyinfo
Apply for an EU right of residence immediately or upon arrival in Turku. You must also visit Migri in person within three months upon arrival in Turku.
Apply for student accommodation (furnished or unfurnished apartment) https://www.tys.fi/en
Learning the Finnish/ language https://www.kielibuusti.fi/
2
Arrival
in Turku
Participate to Orientation Days
Take the Digistart course
Get a phone number check in GLOBE office and get a prepaid card
Pay for the FSHS/KELA health care fee
Visit DVV during POP UP DAYS and register your address (requirement to obtain municipality)
If you have a permanent address and municipality of residence: Go to the police station and apply for an ID card
Open a bank account
Make your stay and your study in Turku worthy
TURKU AMK
https://www.turkuamk.fi
!! Check UAS services !
3
After
Arrival in Turku
Making your stay in Turku worthwhile
?
Building Network
. Attend networking events organized by the Universities such as career fairs, where students can meet professionals and potential mentors
. Attend workshops and seminars where students meet others in their fields of studies and expand their knowledge base
. Apply and particpate in mentorship programs organized at Turku UAS
. Volunteer at university events, such as open days or student orientation programs. These programs enable students to expand their network.

Student Life

You can start to get to know more about your new student life in these Guidelines for new degree students, if you are new to the country, starting to study after some time or transferring from another institute, you will find all the information you need to start strong here at Turku UAS. The first step is to connect with others and find your local community. Ask questions, be curious, and look for support.

Do you want to connect with other international students?

It is important that students find support and community, check out suggestions below:

Goin' App

Join the Turku UAS' community before starting your studies! The Goin' app enables you to familiarize students who:

- Are starting the same study programme
- Come from the same country
- Have similar interests or hobbies
- Are looking for future roommates
- Are currently studying at Turku UAS and can assist with practical questions.

The Goin' app is available for new students in the English-language full-time degree programmes and for all exchange students. If you have been admitted to Turku UAS, you will receive an e-mail with the registration link for the app. You can download the app from the Apple App store or Google Play store.

More info:

- **Goin' to Turku University of Applied Sciences**

ESN

Erasmus Student Network is dedicated to supporting and connecting international students at the Turku based universities.

In Turku we have two active sections: ESN Åbo Akademi and ESN Uni Turku. They organize trips, both within Finland and abroad, cultural events, parties, sports events, etc.

ESN Uni Turku has also developed a local guide where you can find useful information about what to do in Turku and its surroundings, Finnish food and student life: ESNSurvivalGuide

Hoping to make a local friend?

The International Friendship Programme connects international students with locals in the Turku area and offers the chance for mutual cultural exchange and new experiences.

More info:

- International Friendship Programme

Cost of Living

In Finland, higher education is world-renowned and publicly funded, which means studying is free for EU/EEA students. However, if you are a non-EU/EEA student, tuition fees apply for English-taught degree programmes. At Turku UAS, the annual tuition fee for degree programmes is 12,000 euros starting from 2026.

In addition to tuition, you should also consider your living expenses, which start from 800 euros per month, depending on your lifestyle and housing choices. This includes rent, food, transport, and personal spending. Fortunately, Finland offers various student discounts on meals, transportation, and cultural events to help manage your budget.

If eligible, you can also apply for scholarships that can reduce your tuition fees significantly. Turku UAS provides scholarships based on Finnish language proficiency.

More info:

- Tuition Fees and Scholarships - Turku AMK
- Study in Finland | Fees and Cost of Living FI

Meal subsidy

If you are in higher education, you are eligible for a once-a-day discounted meal at participating student restaurants. The subsidy is deducted from the price of the meal at the student restaurant. You pay the discounted price of around 3 euros per meal (please check the portions you are allowed to consume).

You can qualify even if you are not a Finnish citizen. If you are attending a higher education institution in Finland as an exchange student, you qualify for the meal subsidy for the duration of your exchange.

More info:

- Meal subsidy | Our Services | Kela

Scholarships

Turku University of Applied Sciences offers a scholarship programme to support international degree students in developing their Finnish language skills and integrating into Finnish society. Scholarships are awarded based on the results of the National Certificate of Language Proficiency in Finnish, also known as the YKI test.

This programme applies to students whose right to study began in 2021 or later (students who applied in autumn 2020 or later).

Scholarship Amounts

The amount of the scholarship depends on the tuition fee paid in the previous academic year:

- 4,000 euros if the student has paid 12,000 euros
- 2,000 euros if the student has paid 6,000 euros

The scholarship can be granted once per academic year and is refunded in connection with the next tuition fee payment.

More info:

- Tuition Fees and Scholarships - Turku AMK

Overalls: What is the deal?



One of the first things you might notice during student events in Turku is the bright, colorful overalls worn by students. These overalls aren't just fun outfits – they're an important part of Finnish student culture and a symbol of community, belonging, and student identity.

Each field of study has its own color, so you can easily recognize fellow students from your own or other degree programmes. Overalls are worn during parties, events, and student gatherings throughout the year – especially during Vappu (May Day), one of Finland's biggest student celebrations.

Students personalize their overalls by decorating them with badges (called haalarimerkit), which you collect from events, student organizations, or trade with friends. Every badge tells a story and makes your overalls truly unique!

You can usually order your overalls through your student association once the academic year begins. Keep an eye out for announcements and info sessions from your student union or tutors.

And here's a tip: if you ever see our Rector Vesa Taatila in the corridor, don't hesitate to say hello! You can even ask him for the most wanted badge at Turku UAS: the legendary *"Rector Doesn't Bite"* badge. So, don't be shy – put on your overalls, start collecting those badges, and enjoy being part of this fun and meaningful tradition in the Turku student community!

More info:

- **What's the deal with the overalls you see university students wearing in Finland?**

If you would like to buy your overalls, please ask your student tutors and they will be able to advise which is the right association to ask from. Exchange students can buy overalls by directly contacting ESN Exchange Students Network in Turku.

Links:

- **Trade ry**
- **TIO ry**
- **TSTS ry**

The student union TUO

Turku University of Applied Sciences Student Union - TUO's purpose is to monitor the interests of students and to make the students' voice heard in the University of Applied Sciences and in the decision-making of the cities - in Salo and Turku. TUO is religiously and politically non-committal and independent of trade unions.

As a member of Student Union TUO, you get many benefits both locally and nationally. For example, you get discounts on event tickets and services of partner companies, as well as personal help and support in problematic situations of student life**.**

More info:

- **Turku UAS Student Union | TUO**

Study and Stay in Turku



Study and Stay in Turku is an initiative designed to support international students and talents who want to build their careers and lives in the Turku region. Whether you've just arrived or are about to graduate, Study and Stay in Turku connect you with local companies, career services, and networking opportunities that can help you take your next steps in Finland.

Each year, the Study and Stay in Turku event is held in November, and it brings together international students, employers, city representatives, and service providers for a day of inspiration and practical advice. At the event, you can:

- Learn about working and living in Turku after graduation
- Get tips on job hunting and starting a career in Finland
- Network with local employers and other international talents
- Discover services available for those planning to stay

The event is organized by a network of local stakeholders including the City of Turku, higher education institutions, and various organizations that support employment and integration.

Links:

- Study and Stay in Turku | Study and Stay in Turku

Sports and hobbies

Sports and outdoor activities are a big part of Finnish culture, no matter the season. Common sports in Finland include ice hockey, cross-country skiing, floorball, and Nordic walking in the winter, as well as football, swimming, and cycling in the summer. In Turku, staying active is easy thanks to student-friendly options like CampusSport, which offer affordable access to gyms, fitness classes, and team sports across university campuses.

You can also check out Turku YMCA, which provides diverse sports, wellness programmes, and recreational activities for all ages. Whether you're a beginner or an experienced athlete, there's something for everyone.

The Student Union of the University of Turku (TYY) has gathered a list of other hobby organizations you might find useful: Hobby organisations | Tyy.fi

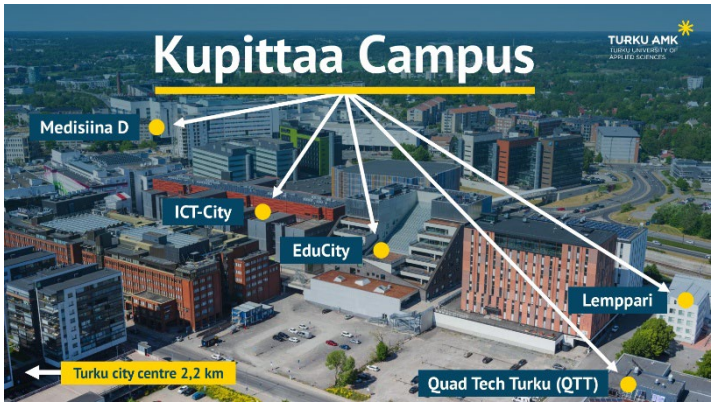
Links:

- **Why did you choose Turku UAS as your study destination?**
- **Happy Studying and Living** FI

Studies at Turku UAS

Finding Your Campus & Getting Started

Turku University of Applied Sciences has several campuses in Turku and Salo, each with modern learning environments and state-of-the-art facilities. You can find detailed directions and maps for each location on the Campuses page of Turku UAS. Make sure to check which campus your programme belongs to and how to reach it either by walking, using public transport or by bike, all are popular and sustainable options among students.





New Student Guide

The **New Student Guide** is your go-to place to get started. It includes everything you need to begin your studies smoothly such as Starting your studies, Orientation days, More information about studying, Student life in Turku and Salo.

Whether you're looking for how to log into digital services or wondering where your classes will be held, this guide will walk you through it all.

At Turku UAS, you are part of a community of over 12 000 students. On **this page** you will find the most important links to students' digital services and information on studies.

More info:

- **Sign in to digital services**
- **Find the right location**

Student Tutors – Your Peer Guides

You don't have to do it alone! At Turku UAS, we have Student Tutors: fellow students who have volunteered to help you settle in. Your tutor can show you around the campus, introduce you to student life, and answer questions about everyday matters in Finland. You will meet them during your Orientation Days at Turku UAS. Don't hesitate to reach out to them, they remember what it was like to be new too!

Your Responsibilities as a Student

Studying in Finland means embracing independence and responsibility. As a student at Turku UAS, you're expected to manage your time, attend classes, participate actively, and communicate proactively with your teachers. Here's what that means in practice:

Participate Actively and Regularly

You are expected to attend and participate in all mandatory classes, workshops, and group assignments. Learning at Turku UAS is based on collaboration and real-life projects, so being present and engaged is essential for your success and for the learning of your peers. Please be aware that the Finnish Immigration Service (Migri) monitors students' study progress when assessing student residence permits. To maintain your residence permit, you must remain enrolled and actively progress in your studies throughout the entire duration of your degree programme. Failure to do so may affect your residence permit status.

Manage Your Time and Progress

Plan your studies carefully and keep track of your progress in your personal study plan (PSP). Staying organized will help you meet deadlines, manage workloads, and graduate on time. If you encounter any obstacles, don't wait—reach out to your teachers or study counsellor. Please note that Migri is following your progress in order to maintain your residence permit; you need to gain 45 credits per academic year and never be absent unless you have a certified reason (Extended permit for studies).

Communicate Proactively

Keep in touch with your teachers and tutors. If you're unable to attend a class, fall behind, or need help, let someone know. Turku UAS staff are here to support you, but they can't help if they don't know what's going on.

Take Responsibility for Learning

Higher education in Finland emphasizes independent thinking and initiative. You are expected to seek information, complete assignments on time, and follow the instructions given by teachers. Take ownership of your learning experience, it's part of your professional development.

Respect Others and Contribute to a Positive Study Environment

At Turku UAS, we value diversity and inclusion. Respect the opinions, backgrounds, and rights of others. Everyone should feel safe and supported in the learning community.

Follow Ethical Guidelines

All students must follow good scientific practices and academic integrity. This means completing your own work, citing sources correctly, and avoiding plagiarism. Violations are taken seriously and may lead to disciplinary action.

Keep Your Information Up to Date

Update your contact details in Peppi – the student information system and other student systems to ensure you receive all relevant communication regarding your studies.

Taking responsibility for your studies not only helps you succeed but also prepares you for working life. And remember—if you ever feel overwhelmed or unsure, you are never alone. Turku UAS offers a range of support services to help you thrive.

Who to contact if you face challenges with your studies at Turku UAS

Everyone faces difficulties from time to time – and at Turku University of Applied Sciences, you're not alone. We are here to support you throughout your journey! If you're experiencing challenges with your studies, such as time management, motivation, workload, academic progress, or anything else affecting your well-being or learning, please check this page. Remember, asking for help is a strength – and at Turku UAS, we want to see you thrive.

More info:

- Support for studies - Turku AMK

How do you tackle challenges when studying?

Starting higher education in a new country can be exciting but also challenging. It's completely normal to face moments of uncertainty, whether it's understanding academic expectations, balancing coursework, or adjusting to a new learning environment. The most important thing to remember is that you are not alone.

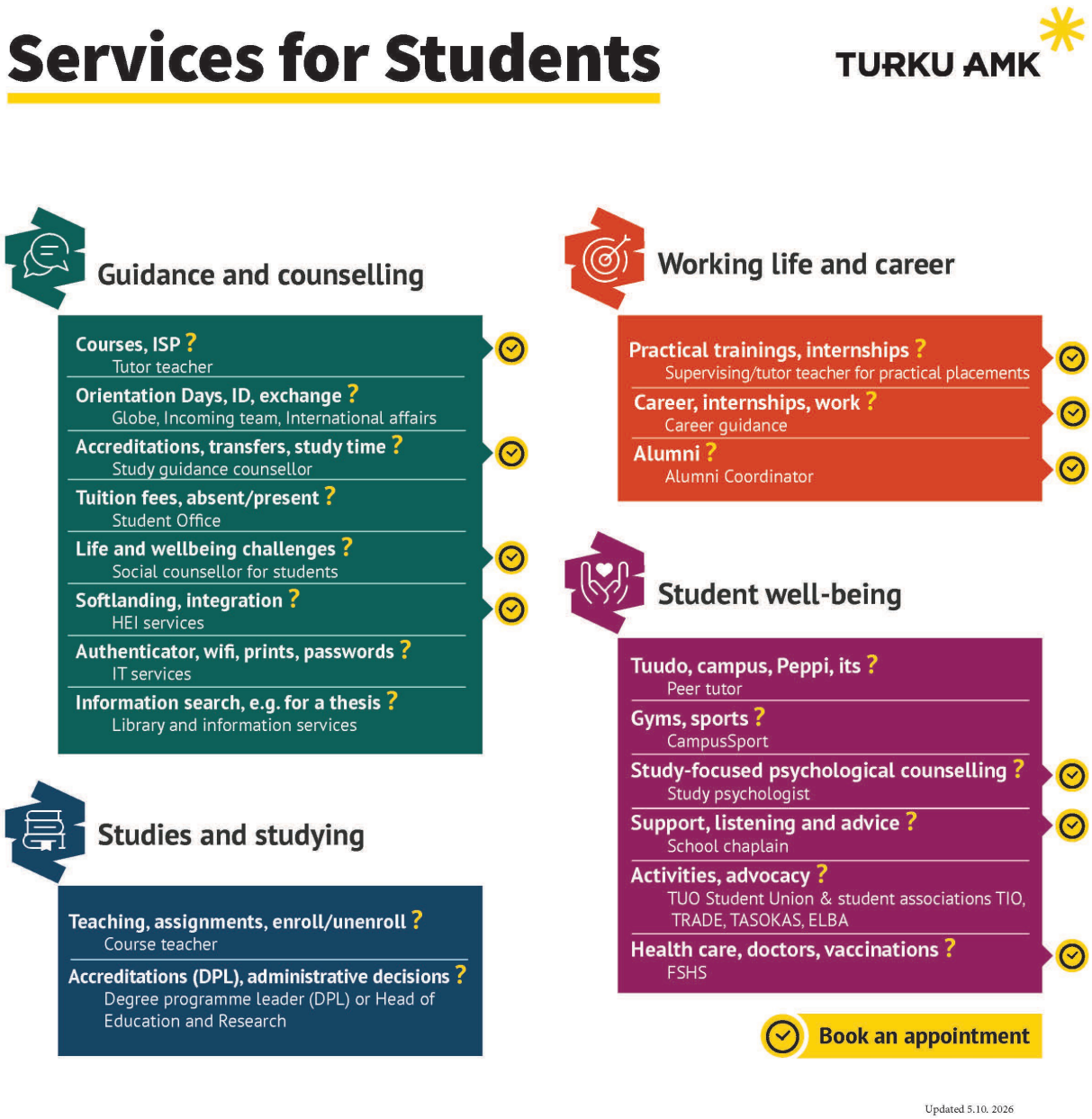
If you're struggling with assignments, time management, or motivation, don't wait: reach out. Turku UAS offers many support services including study guidance counsellors, student tutors, study psychologists, and the HEI integration and academic support service. These professionals can help you make a study plan, improve your learning strategies, or simply talk things through.

Links:

- How to tackle challenges when studying?

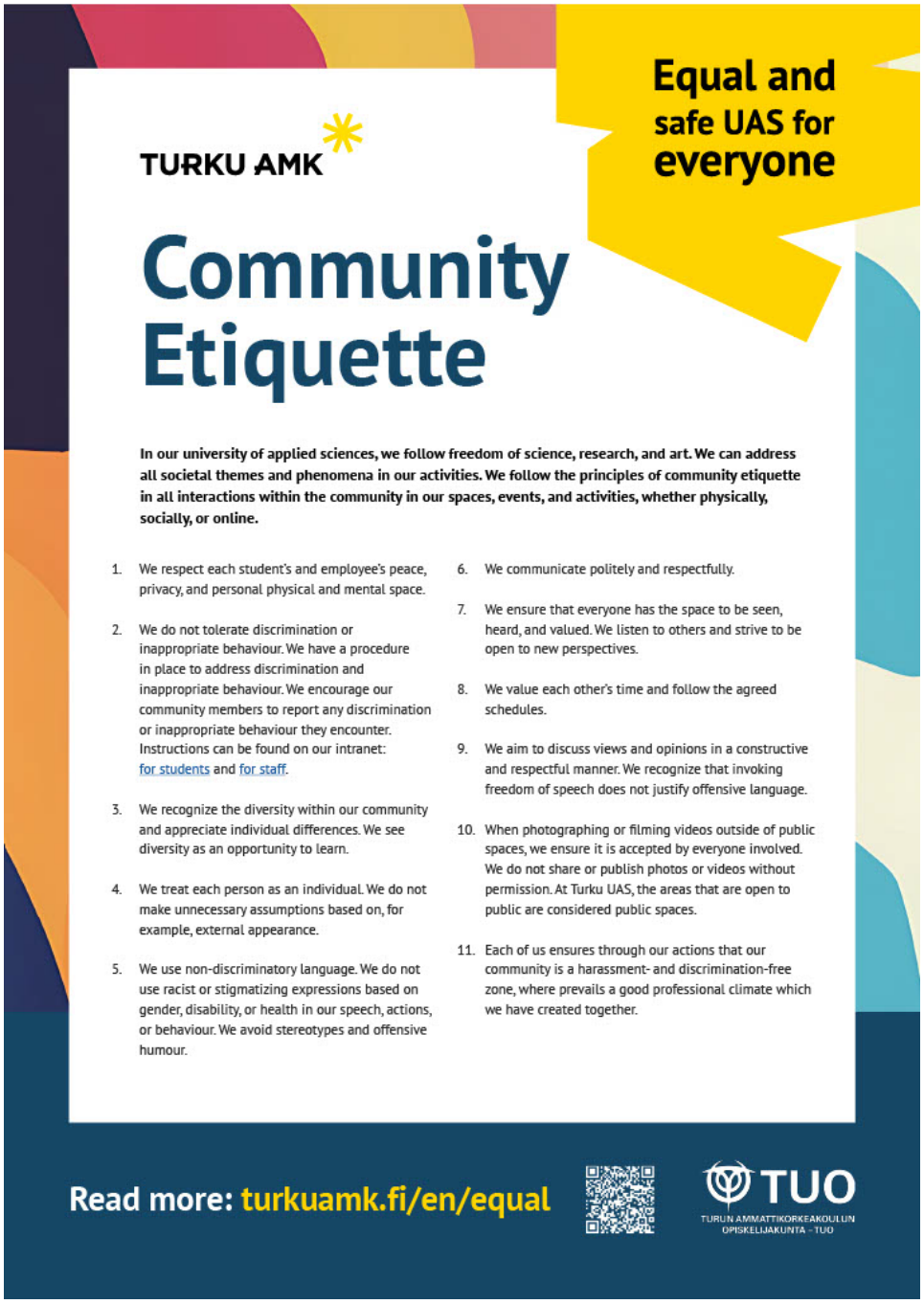


Here you can find a visual representation of Turku UAS services for students:



Turku UAS Community Etiquette

In our university of applied sciences, we follow freedom of science, research, and art. We can address all societal themes and phenomena in our activities. We follow the principles of community etiquette in all interactions within the community in our spaces, events, and activities, whether physically, socially, or online.



More info:

- Equal Turku UAS - Community Etiquette - Turku AMK

Education System in Finland

Finland is internationally recognized for its high-quality education system, which consistently ranks among the top in the world. Known for its emphasis on equality, accessibility, and lifelong learning, Finland's approach to education is student-centered, innovative, and deeply rooted in trust between educators and learners.

After comprehensive basic education (grades 1–9), students can choose between general upper secondary education or vocational education, both of which provide pathways to higher education. Finnish universities and universities of applied sciences (UAS) form the two main branches of higher education.

At universities of applied sciences like Turku UAS, the focus is on practical, career-oriented education. Degree programmes combine theory with hands-on learning, real-world projects, and internships in collaboration with local companies. This ensures that graduates are well-prepared for the demands of working life.

Key features of the Finnish higher education system:

- Student-centered learning: Independent thinking, teamwork, and active participation are at the heart of Finnish education.
- Global recognition: Finland is frequently ranked among the best countries in the world for education quality (e.g., PISA, World Economic Forum reports).
- Flat hierarchy: Teachers and students interact openly, often on a first-name basis, creating a relaxed and respectful atmosphere where the teacher still has the responsibility for education and grading.
- Strong support systems: Students receive comprehensive support, including academic advising, career services, and well-being resources.

Studying in Finland means becoming part of a globally respected education system that values collaboration, curiosity, and competence.

More info:

- Education_in_finland_en.pdf

Moving to Finland

Starting a new chapter in a new country is an exciting journey—and like all journeys, it goes more smoothly when you're well prepared. Below you'll find everything you need to know before arriving in Finland, what to expect when you land, and the key steps to take after you settle in. From securing housing and gathering the necessary documents to making sure your study equipment meets the requirements, this section will teach you the essentials to ensure a smooth transition.

You can start reading the full guide here: Information for new international students and come back to necessary steps following the structure below.

Before Arriving

Before you pack your bags, make sure to go through this essential checklist:

Residence Permit for Non-EU/EEA Students and D VISA

If you are not a citizen of an EU/EEA country, you must apply for a residence permit for studies before coming to Finland. This process is managed by the Finnish Immigration Service (Migri) and Turku UAS **cannot** expedite the process.

You can begin your application online through the Enter Finland portal, but you will still need to visit a Finnish embassy or consulate in person in your home- or nearby- country for biometric identification (such as fingerprints and photo).

To apply for a residence permit, you must:

- Have a valid health insurance policy that meets Finnish requirements
- Show proof of sufficient funds, currently at least 800 euros per month for the duration of your studies
- Be accepted to a degree programme in Finland and have paid the required tuition fees.

Once you receive your residence permit, you do not need a separate visa to enter the Schengen area, which includes most EU countries.

More info:

- **Residence permit application for studies - Finnish Immigration Service (Migri) website.**

We recommend starting this process as soon as you know about your acceptance: it can take several months. Make sure to carefully check the documents you send with your application and contact the authorities directly if you are uncertain. Any errors can lengthen the process.

You can find instructions on how to apply for a residence permit for studying on the website of the Finnish Immigration Service.

Income Requirement for Student Residence Permit

To apply for a student residence permit in Finland, you must prove that you have sufficient funds to support yourself.

- minimum requirement: **€800/month (€9,600/year)**
- funds must be **accessible to you** (in your own bank account)
- applies to both **new permits and extensions**.

When you arrive in Finland, the border authorities may ask you to prove that you still meet all the requirements for the residence permit. Among other things, the authorities may ask you for information about whether you have enough money to live in Finland. You must have enough money in your own bank account to which you have access. If you cannot prove in the entry check that you have sufficient financial resources, the border authorities may refuse your entry into the country.

Read more about the income requirement for students.

More info:

- Income requirement for students | Maahanmuuttovirasto

Please note that if you are coming to Finland with your family, your family members must apply for residence permits as well. Read more about the residence permits for student's family members on the website of the Finnish Immigration Service. Recently there have been delays with the processing times for residence permits of family members from some countries, due to the high volume of applications.

With a D visa, you can enter Finland immediately without having to wait for the residence permit card. You can apply for a D visa in Enter Finland at the same time as you apply for a residence permit. Read more about D visa on the website of Finnish Immigration Service.

Please answer this survey to inform us about the status of your residence permit and arriving in Finland. You can answer the survey again if the status changes later.

EU/EEA Registration

If you are a citizen of an EU member state, a Nordic country, Liechtenstein or Switzerland, you do not need a residence permit to stay in Finland. However, you do need to register your right of residence and apply for EU registration. EU/EEA students must register their **right of residence** in Finland after arrival if they stay longer than 3 months.

Accommodation

Please note that it is your own responsibility to arrange accommodation before arriving. Turku UAS **does not have** its own accommodation to offer.

Turku



TYS (Turku Student Village Foundation) offers affordable student housing close to campuses and the city center.

Due to high demand, housing is not guaranteed, so we strongly recommend that you apply as early as possible—ideally three months before your intended move-in date. Applications are free of charge and can be submitted through the TYS website.

If you're not offered an apartment through TYS, don't worry, there are alternative options available through private housing providers, rental platforms, and social media housing groups.

More info:

- **Accommodation in Turku**

Insurance and Health Care

The Finnish Student Health Service (FSHS) provides student health services for degree students. However, the FSHS only provides basic health care services, which do not include urgent medical care or secondary health care in hospitals. Turku UAS does not provide health insurance for international degree students, so please make sure you have valid health insurance during your studies.

Students from other EU or EEA countries

You must provide a European Health Insurance Card (EHIC) when accessing FSHS services. The FSHS will be required by law to ask to see a European Health Insurance Card to identify students who are covered by state-provided health insurance from a country other than Finland. The card must be obtained before coming to Finland. Students from the UK may provide a Global Health Insurance Card (GHIC).

More info:

- **FSHS.**

If you are a non-EU/EEA citizen, make sure you have valid health insurance that covers both accidents and illness. Turku UAS has insurance against injuries during studies, but it does not cover leisure time accidents or eventual illness during your stay. You are also required to have health insurance before

applying for a residence permit for studies. Please read more about the requirements of the insurance.

More info:

- Students must have insurance - Migri

Kela Benefits and Health Coverage for International Students

Kela (The Social Insurance Institution of Finland) provides social security benefits to people living in Finland, including healthcare access, family support, and financial assistance. However, eligibility for international students depends on your country of origin, length of stay, and residence status.

Below is an overview of the current guidelines:

Students from the EU/EEA, Switzerland, UK

You usually cannot receive Kela benefits (e.g., housing support, financial aid). With a valid European Health Insurance Card (EHIC), you are entitled to medically necessary treatment in Finland at local rates. You are not required to pay the FSHS healthcare fee, but:

- You can use FSHS (Finnish Student Health Services) if you're pursuing a full degree in Finland.
- Exchange students cannot use FSHS services.
- Family Members: Family members typically are not eligible unless their stay is considered permanent. This may change if the student studies in Finland long-term.

Students from Outside the EU/EEA

If your degree programme lasts at least two years, your stay may be considered permanent, making you eligible for:

- Parental allowance
- Sickness allowance
- Reimbursement of medical expenses
- A Kela card and a Finnish EHIC

However, you are not eligible for:

- General housing allowance
- Student financial aid or housing supplement
- The maternity package

You must:

- Pay the healthcare fee to Kela each semester

You can use FSHS services (if you’re a degree student)

Exchange students are not required to pay the fee and cannot use FSHS.

Residence Permit and Financial Requirements

Please note that, to maintain your student residence permit in Finland, you must be able to demonstrate that you have sufficient funds to support yourself during your studies. The Finnish Immigration Service (Migri) monitors compliance with these requirements. Seeking income-based social assistance due to insufficient funds may affect your residence permit status. For this reason, please ensure you have adequate financial resources and refrain from applying for such benefits.

Family Members of Non-EU Students

Family members may qualify for Kela benefits, even if the student does not. If the family members are considered permanent residents, they may access:

- General housing allowance
- Child benefits
- Health insurance benefits

Note: If a family member receives housing allowance, the student is not counted in the household size, which may reduce the amount of the benefit.

Students or family members with a temporary residence permit (Type B) are not eligible for unemployment assistance (labour market subsidy).

Residence Permits and Kela

- You must have a valid residence permit or legal right to reside in Finland to access most Kela benefits.
- Your income (for residence permit purposes) is assessed by Migri, not Kela.
- Kela automatically receives residence permit updates from Migri.

More info:

- **Insurance for international students- Migri**
- **Can you get benefits from Kela when you move to Finland?**

Health documents for students

Degree students should ensure they bring any required vaccination or health records. Instructions for students in fields other than social and health care:

- Please check instructions and requirements from FSHS' Tuberculosis information for students

Instructions for social and health care students:

- Please read the FSHS' instructions for social and health care students concerning infectious diseases and vaccinations.
- Fill in the Communicable disease questionnaire and contact FSHS Turku when you arrive if necessary
- Please note that you need to bring your Vaccination certificate (in English) including information on previous vaccination (how many doses, date, month, year).

Bring a laptop

Most coursework, projects, and communication at Turku UAS rely on digital platforms, so having your own laptop is essential.

More info:

- Requirements for having your own laptop for your studies.

Relocating with Family

Relocating to a new country with your family, especially with children, can feel overwhelmed. At Turku UAS you can contact **HEI Services**, we provide support offering guidance on topics such as residence permits, childcare, schooling, housing, and healthcare.

Residence Permits for Children

If your child is under 18 and moving with you to Finland, they will need a residence permit. Applications are processed by the **Finnish Immigration Services (Migri).** Please note, that if you are coming to Finland with your family, all your family members must apply for residence permits as well. Recently there have been delays with the processing times for residence permits of family members from some countries, due to the high volume of applications.

Please note: You must demonstrate sufficient financial resources for your family's stay in Finland

Turku International School next to Turku UAS Kupittaa Campus:



More info:

- Information for new international students - Turku AMK - Relocating with Family
- Student's family members

Education

In Finland, all children have the right to free basic education. This includes:

- Early childhood education and care
- Pre-primary education (starting at age 6)
- Comprehensive school (ages 7–16)
- Upper secondary education, which is compulsory until the age of 18

Children who do not speak Finnish will usually be placed in preparatory education (abbreviation in Finnish: VALMO) first. Preparatory education is meant for children whose native languages are not Finnish or Swedish and prepares them for basic education. The students learn Finnish and other skills for approximately a year before transferring to regular classes.

Education in Turku

The City of Turku provides detailed information in English about enrolling your child in daycare or basic education, as well as upper secondary school and vocational basic education. It is also possible to have education in other languages such as English or Swedish. You can contact Turku Education Service by emailing kasvatusjaopetus@turku.fi.

Housing for Families

Where you live in Turku can impact which daycare or school your child will attend. It's important to start looking for accommodation early, especially if you are applying for a family apartment. While TYS (Turku Student Village Foundation) offers some family housing, demand is high. We recommend exploring other private housing platforms as well (please refer to previous Housing session).

Registering with DVV (Digital and Population Data Services Agency)

After arriving in Finland, both you and your family members must register with DVV. This ensures that your child receives a Finnish personal identity code, which is required for accessing many public services. Please note:

- Children are not automatically registered with the student's DVV registration.
- You should book an appointment for your child's registration while you, as a student, should visit the DVV POP UP Days. Please visit the previous DVV session for more information.

Information for Partners

Partners of international students may also be eligible for certain services and support issued by the City of Turku, such as:

- Integration training or language courses
- Career and job search services
- Networking and community programmes

If your spouse is looking for opportunities in Turku, we recommend exploring International House Turku

Links:

- **Overcoming obstacles**

Getting a criminal records extract

Only for students of Social Services, Early Childhood Education: All students working, doing a practical training or internship with children or minors in Finland, must show a criminal records extract in English before starting their first working / internships experience. Therefore, we strongly recommend that you get such a document from the authorities in your home country before arriving to Finland.

As a student, it is your responsibility to make sure you have the required criminal records' extract before starting your first practical training/internship. Turku UAS is not responsible if the starting of your practical training/internship is delayed or cancelled because of a missing document.

You can find more information about what kind of information should be provided in your extract below.

Information provided in the extract:

Your employer and certain authorities will ask for the criminal history extract, if your job or practical training/internship involves working with children on a permanent and substantial basis. Your criminal records extract should only include criminal record information that is thought to have special significance to your work with children.

Therefore, the extract should contain information about judgments for the following offenses:

1. Offences Against Children	**2. Sex Offences**	**3. Violent Offences**	**4. Offences Against Personal Liberty**	**5. Narcotics Offences**
Distribution of sexually obscene pictures	Rape	Manslaughter	Trafficking in human beings	Narcotics offence
Aggravated distribution of sexually obscene pictures depicting children	Aggravated rape	Murder	Aggravated trafficking in human beings	Aggravated narcotics offence

1. Offences Against Children	**2. Sex Offences**	**3. Violent Offences**	**4. Offences Against Personal Liberty**	**5. Narcotics Offences**
Possession of a sexually offensive picture depicting a child	Coercion into sexual intercourse	Killing	–	Unlawful use of narcotics
Sexual abuse of a child	Coercion into a sexual act	Aggravated assault	–	Preparation of a narcotics offence
Aggravated sexual abuse of a child	Sexual abuse	Aggravated robbery	–	Abetting a narcotics offence
Purchase of sexual services from a young person	Sexual harassment	–	–	Abetting an aggravated narcotics offence
Sexual grooming of a child	Abuse of a victim of prostitution	–	–	–
–	Pandering	–	–	–
–	Aggravated pandering	–	–	–
–	Unlawful marketing of obscene material	–	–	–

Your extract should also include information about any fines that have been sentenced for offences against children or sex offences, or for similar offences sentenced. Finally, your extract should include information about any bans on working with or otherwise dealing with children.

If you are not guilty of any of the offences given above, your criminal records extract should include a note of this. So, the criminal records extract should not show any information other than the offences listed above, even if there are other entries in the record.

Arrival

Once you arrive in the country, your journey continues in Turku!

Travelling to Turku

Turku is well-connected via train and bus from Helsinki Airport. The trip takes about 2–3 hours. Turku UAS does not organize pickups for students.

Train service

- VR



Buses

- FlixBus
- OnniBus
- Matkahuolto

Boat

If you arrive from Sweden, you can consider the ferry too:

- Tallink Silja Line
- Viking Line

Airport

The main international hub in Finland is the Helsinki (Vantaa) Airport. Each major city also has its smaller airport. Turku also has a small airport that might help with shorter distance connections

- Turku Airport – Finavia (official site)

Getting Around Turku

The Turku local public transport system (Föli) is reliable and student-friendly. You can use the same travel card for buses, bikes, and even ferries. Once you have your Student Card you can also have the student discounts. If you live in Turku, the easiest way to reach the campus is on foot. If you live outside Turku, you can check local bus routes on Föli or travel by train (Kupittaa Station is 200 meters from the campus).

GLOBE Office

Globe Office is Turku UAS' international support hub and student office services. Here, you can ask questions, get help with paperwork, meet other international students, and receive support for soft-landing and residence permit issues. The office is located in the Edu City building; 1st floor in the service corridor behind the info desk. Globe is open every day for the first weeks after Orientation

Days. After it be open every Tuesday, Wednesday and Thursday at 11:30-14:30 for the international and student office services. Every Monday from 9.30 until 11.30 for soft-landing, integration and residence permit issues. You don't need an appointment to visit Globe, however if you need to meet a specific employee it is better to contact them in advance.

Late Arrival

We recommend you arrive in good time to have time to settle down before the start of your studies. The obligatory orientation gives you a good start to your studies. If you cannot attend the orientation days in person you can participate online on Zoom (the link will be provided later on) but please be aware that you won't receive your student credential and cards, meet your student tutor, and will miss a lot of information outside the streaming.

The final day to arrive for ALL degree students is the **25th of January 2027.**

If you arrive after the Orientation Days and before the final day for your degree, inform about your arrival by email to incoming.degree@turkuamk.fi to set an appointment with the personnel to:

- Register and get your Turku UAS User ID
- Receive more information on how to start your studies
- Remember to bring your passport with you

If you are a student of Early Childhood Education, Bachelor of Social Services please contact Marju Lindholm: study.terhy@turkuamk.fi.

Postponing the start of the studies

If you miss the final day to arrive due to a delay in receiving the residence permit decision, please inform admissions@turkuamk.fi that you will start your studies in the next intake (Autumn 2027). Provide a proof of delay, for example the certificate of a pending application from Enter Finland showing the status of your residence permit application.

AFTER THE FINAL DAY YOU CANNOT START YOUR STUDIES AND YOU NEED TO DIFFER YOUR INTAKE!



After Arrival

Orientation Days

Orientation Days are the start of your official journey at Turku UAS. The days are mandatory and part of your curricula. Join the Orientation Days to receive the important information to start your studies, get your student credentials and student card, meet fellow students, explore your new campus, and learn about practical tools for succeeding in your studies. Find the dates and schedule here: Orientation Days for International Students, Spring 2027 - Turku AMK. (Please notice that different degrees have different starting days). If you cannot attend the orientation days in person you can participate online on Zoom (the link will be provided later) but please be aware that you won't receive your student credentials and card, meet your student tutor, and will miss much useful information outside the streaming.

Digistart and Student Card

You'll receive instructions during orientation on how to activate your Turku UAS username and email account. This gives you access to essential systems like: Student Card, Peppi (study management), Itslearning (learning platform), Turku UAS student email and intranet. Don't delay activating—these tools are vital to your studies.

Student Card

There are various discounts available for students, most of which require a student card. There are different types of student cards:

- Turku University of Applied Sciences offers all its students a free student card in the Tuudo mobile app.
- Turku UAS' Student Union – TUO members have access to student cards provided by the Student Union.

Student cards are also available for open UAS path students, but path students are not entitled to all the same student discounts as degree students.

Student lunch

Degree students are entitled to Kela meal subsidy.

You can buy a student-priced lunch at a student restaurant by presenting your Kela meal subsidy card. You can use the meal subsidy card with

- Tuudo mobile app electronic student card or
- Slice mobile app used by Turku UAS' Student Union – TUO

Discounts on public transport

As a degree student, you can get a student discount on tickets for Föli (local traffic), Matkahuolto (long-distance bus services), and VR (long-distance railway services), for example.

- By using the students' electronic student card in the Tuudo mobile app, or
- With the student card of Student Union TUO members in the Slice mobile app

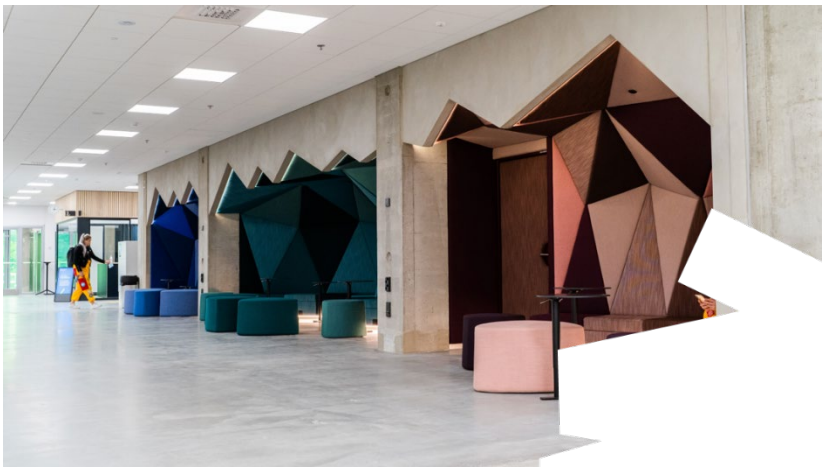
As a path student, you get a student discount on Föli tickets with your Tuudo mobile app student card. If necessary, you can also get a Föli student discount application from the student office, but not before the first day of your studies (1st Orientation Day)

More info:

- **Student discounts - (Föli)**
- **TUO Membership**

Other student discounts

With a student card, you can also get many other discounts or student benefits, check Tuudo and always ask if you are entitled to them.



Digistart

Start your studies by completing the Digistart course. It will introduce you to studying at Turku UAS, the digital tools you will use, and the support services available.

You can join the course after activating your Turku UAS user ID. Bachelor's degree and path students can earn their first ECTS credit by completing the course.

How to access Digistart:

1. Log in to Itslearning.
2. Select Login with HAKA and use your Turku UAS user ID.
3. Go to Courses → Digistart and follow the instructions.
4. If you cannot find the course, go to Courses → All courses → Find more courses → Site course catalogue and join Digistart.

If you need assistance, contact digistartti@turkuamk.fi.

Get a Finnish Phone Number

A local phone number is often required for online banking, student services, and receiving messages from Finnish institutions. In the Globe office we have some prepaid SIM cards, or you can get a prepaid SIM at the airport from R-Kioski or from stores like Elisa, DNA, or Telia.

Pay the FSHS/Kela Fees

You must pay the student healthcare fee if you have registered as attending at a Finnish university or university of applied sciences and you are completing a degree there.

You must pay the fee even if you do not get student financial aid or if you use occupational or other health services instead of the FSHS. The healthcare fee is not the same as a per-visit charge or charge for services used but is intended to finance the student's health services in general.

You do **not** have to pay the healthcare fee if you have social security coverage in another EU or EEA country, Switzerland, Great Britain or Northern Ireland. In this case, you can use the services of the FSHS even if you do not pay the healthcare fee.

No bill is sent for the fee: Remember to pay the healthcare fee to Kela for both the spring semester and the autumn semester. You are not billed for the fee but are expected to pay it on your own initiative via the OmaKela e-service (available in Finnish and Swedish). Kela will remind you to pay the fee with a letter in OmaKela or by mail about three weeks before the due date for payment.

Due dates for the student healthcare fee:

- The due date for the fee for the spring semester is 15 March if you register as attending by 31 January.
- If you register as attending for the spring semester on or after 1 February, the due date is 31 July.
- The due date for the fee for the autumn term is 15 November if you register as attending by 30 September.
- If you register as attending for the autumn semester on or after 1 October, the due date is 31 December.

More info:

- **Healthcare fee for students in higher education**

DVV Registration

The Digital and Population Data Services Agency (DVV) maintains Finland's Population Information System. If you're a foreign student moving to Finland, you will need to register your personal data with DVV and apply for a Finnish personal identity code—a number essential for banking, healthcare, housing, and university services.

If you've already received a personal identity code (e.g. through Migri with your residence permit), you still need to visit the DVV to register your address, family relations, and possibly your municipality of residence (if you meet the conditions). These steps are mandatory for long-term residents and important for accessing public services.

More info:

- **E-Lomake - Request a Finnish identity code and registration of personal data**

To make registration easier for new students, DVV organizes dedicated pop-up registration days in Turku at the beginning of each semester. These are only for students, and no separate appointment is needed. If you try to book a regular appointment during these dates, your booking will be cancelled. DVV does not serve family members during pop-in student registration events.

If you are arriving in Finland together with your family, you must book an appointment in advance for both yourself and each family member via the DVV online booking system. For larger families, book at least two consecutive time slots. If your family is arriving later, you can attend a pop-in session by yourself, and your family can book their own appointments after arriving in Finland.



DVV Turku Pop-Up Days for Turku UAS students:

DVV office will organize POP DAY sessions where you can register your arrival. These sessions are intended for students whose arrival dates may vary. We will inform you about those POP DAYS via Turku UAS newsletters and Orientation Days.

DVV Turku Contact Information: Address (visiting): Kulttuurikuja 1, 20800 TURKU

To do list before visiting DVV

- complete the online form available on the DVV website (but only after arriving in Finland).
- Bring your Certificate of Student Status or Certificate of Attendance (not just the acceptance letter) to the DVV registration event.

More info:

- **Registration of a foreigner | Digital and population data services agency**

Finnish ID Card

If you are planning to stay in Finland for a longer period—such as for the full duration of your degree—it may be useful to apply for a Finnish identity card. This card serves as official proof of identity in everyday situations and can be more convenient than carrying your passport. In addition, the identity card is often required to obtain full banking credentials (strong electronic authentication), which may not be possible with a residence permit card alone.

Please note: A residence permit card is not a valid identity card in Finland.

How to Apply for a Finnish Identity Card

You can apply for a Finnish identity card through the Finnish Police. The process generally includes the following steps:

- Register your municipality of residence with the Digital and Population Data Services Agency (DVV).
- Have your passport photo taken at a photo service that can electronically transfer the photo directly to the Police system (official photographers).
- Book an appointment at a local police station or visit without an appointment (queuing is possible but may involve longer waiting times).
- Attend your appointment, submit the application, pay the required processing fee, and choose a delivery method for your card.
- Pick up your identity card from the police station or a designated delivery point such as an R-Kioski (convenience store).

Please note that applying for a Finnish identity card involves costs, including:

- A fee for the electronic passport photo
- A separate application fee paid to the Police

More info:

- **Police of Finland – Identity Card**

Open a Finnish Bank Account

Many everyday services—such as paying rent, receiving a scholarship or salary, and using mobile banking—will be easier with a local bank account. However, be aware that opening an account can take time, so it's best to begin the process early.

To open an account, you must first:

- Receive your Finnish personal identity code
- Register your municipality of residence with the Digital and Population Data Services Agency (DVV)

These are essential before any bank can serve you.

Banks in Finland operate by appointment. Each bank may have slightly different procedures, so always check their requirements in advance.

When you attend your appointment, be sure to bring:

- A valid passport or national ID card
- Your Finnish personal identity code
- Residence permit card or proof of legal stay in Finland
- Proof of student status (Your student card in Tuudo, or acceptance letter).

Some banks may ask for additional details about your financial situation, including:

- Your main source of income (e.g., scholarship, family support)
- How often and what types of payments you expect to receive or make
- Whether you intend to use the bank as your main financial institution
- Whether you or your family members are considered Politically Exposed Persons (PEPs)

Even though banks may ask for a Finnish ID card issued by the police, it is not legally required to open a basic bank account. The Finnish Financial Supervisory Authority (FIN-FSA) states that banks must provide basic banking services—including online access—to those who have a legal residence and a personal identity code. If needed, you can politely refer to this regulation during your appointment.

Links:

- OP Financial Group (English, Finnish, Swedish)
- Nordea (English, Finnish, Swedish)
- Danske Bank (English, Finnish, Swedish)
- S-Pankki (Finnish, Swedish)

HEI Services



Adapting to life and studies in a new country can be both exciting and challenging.

Soft Landing Services

As part of HEI, Soft-Landing Services help you transition smoothly into your new environment, especially during your first months in Turku. We support students with:

- Registering with public authorities (DVV, Kela, etc.)
- Opening a bank account and getting a Finnish phone number
- Understanding local services and everyday matters
- Building a social and academic support network
- Connecting with events and activities that ease cultural adjustment

We also offer guidance for students relocating with family, including help with education, childcare, and partner services.

You can contact us for advice or book a personal guidance session: **hei@turkuamk.fi**

More info:

- Guidance and studies for immigrants

NOW YOU ARE SET TO BE A NEW STUDENT AT TURKU UAS!
Well done!

Learning Finnish

At Turku UAS, you can study Finnish as a second language at different language skill levels (A1–B2). Read more about the language skill levels in Finnish or English.

Finnish as a Second Language, or S2 studies, are offered to all students of Turku UAS regardless of the field of study and whether you are completing a bachelor's or master's degree, path studies or another study module of Open Studies.

A Finnish conversation time where Finnish students support the learning of the language it is usually organized at Turku UAS. More information will be available in Messi (the Turku UAS intranet, you need your student credential to access the area). Advancing in your Finnish studies is also the way to a scholarship (please see the scholarship session for more info).

If you would like to start learning Finnish independently here are some more resources:

- Kielibuusti is the portal where you can explore language learning tips and materials and make learning and using Finnish part of your everyday life.
- If you are looking for an independent course, you can also check the Search Finnish courses | Finnishcourses website.
- There is a language café organised at the City Library on Monday evenings: Turun Kielikahvila - Language Café - Turku | Facebook
- It is also possible to join an informal language group for free, such as "Let's Read Together": In English (luetaanyhdessa.fi) – "Let's Read Together" network organises free classes in Turku and online.
- More info on Swedish too: Finnish and Swedish



Combining Studies and Work

Working, Studying, and Taxation in Finland

While studying in Finland, many international students explore part-time work opportunities to gain experience or support their living costs. However, it's important to understand the rules surrounding taxation and financial aid, especially as a foreign student.

Academic Studies and Financial Aid

If you have arrived in Finland to pursue a degree, your primary purpose is to study. As such, you are generally not entitled to Finnish student financial aid (opintotuki) unless you meet specific residency criteria. If you do receive financial aid from Finland (e.g. via Kela), it is considered taxable income and must be reported.

In general, if you are a foreign student or trainee, Finland does not collect tax on the income you receive from other countries. The reason for this is related to the provisions of international tax treaties between Finland and other countries. If, however, you are paid wages or salaries by a Finnish employer, that income will be subject to Finnish taxes.

More info:

- **Studying in Finland - vero.fi**

Working and Paying Taxes

If you plan to work in Finland during your studies, you must obtain a tax card (verokortti) from the Finnish Tax Administration (Verohallinto). To get a tax card, visit a tax office with the following documents:

- Passport
- Student ID or certificate of student status

or order it online. More info: Request a new tax card - vero.fi

Once you receive your tax card, you must give it to your employer before starting work. Finnish employers are required by law to:

- Withhold tax at the rate indicated on your tax card
- Possibly deduct social security contributions from your salary

Reminder About Working Limits

Even though your residence permit may allow part-time work, your studies should remain your main priority. It is not realistic to rely solely on part-time work to cover your living expenses, especially without Finnish language skills. Finding a job—particularly without prior experience or fluency in Finnish—can be challenging and is not guaranteed.

Typical part-time jobs include:

- Cleaning
- Food delivery or courier services
- Restaurant work (waitstaff, kitchen assistant)

Wages for student jobs usually range between 7 and 13 euros per hour. Freelancers and entrepreneurs are responsible for managing their own tax reporting and payments. Even in this case you may work up to 30 hours per week.

Before taking on a job, make sure you understand your tax responsibilities and balance your work with your academic progress.

Turku UAS has a career service where you can make appointments with career counselors, participate in events and more. Please check the **video** and join the JobTeaser portal as soon as you have your student HAKA credentials.

More info:

- **Working and internships during studies**

Importance of Unions and Unemployment Funds

In Finland, trade unions and unemployment funds (työttömyyskassat) play an essential role in protecting workers' rights and providing financial security. Trade unions support you with legal advice, workplace issues, fair pay, and safe working conditions. If you become a union member, you often get access to professional networks, training opportunities, and discounts.

Separately or through the union, you can also join an unemployment fund, which may entitle you to income-based unemployment benefits if you lose your job, something not automatically available to all residents. This is especially important if you plan to stay in Finland after graduation and work. While membership is not mandatory, many professionals and students find it helpful for peace of mind and career development. It's recommended to join early if you're working part-time during studies or plan to start your career in Finland.

Integration, Support and Belonging

Moving to a new country and starting a new chapter can be exciting—but it can also feel isolating at times. At **Turku University of Applied Sciences**, we believe that feeling like you belong is just as important as academic success. That's why we encourage students to actively connect with others, participate in student life, and explore the wider community in Turku.

Well-being and Mental Health Support

Adapting to a new country, culture, and way of life is a process that naturally comes with ups and

downs. It's completely normal to experience moments of stress, uncertainty, or even loneliness as you settle into your new environment. At Turku UAS, we want to remind you: **you are not alone**—and support is available.

The Finnish winter can be long and dark, especially for those coming from sunnier climates. Short daylight hours and cold weather may affect your energy levels and mood. This is why it's especially important to:

- Maintain a regular routine
- Stay active (check out the sports sessions)
- Eat nutritious meals
- Socialize, even in small ways
- Ask for help when you need it

Taking care of your mental health is just as important as succeeding in your studies. There is no shame in reaching out—we all need support from time to time.



Support Services at Turku UAS

Turku UAS offers a range of free and confidential services to help you manage challenges and take care of your overall well-being.

Important services for students' well-being:

Integration Services (HEI)

Support for adjusting to Finnish culture and daily life, including soft landing and peer connections. Email: hei@turkuamk.fi

Study Guidance Counsellors

Help with study planning, time management, motivation, and academic concerns. Here you can find more information and find your own counsellor Contact details for student advisers - Turku AMK

Study Counselling Psychologist

Professional support for mental health challenges, including anxiety, stress, or adapting to change. Email: opintopsykologipalvelut@turkuamk.fi

Social Counsellor for Students

Help with personal and social well-being, as well as study-related concerns. Email: sari.j.seppa@turkuamk.fi

University Chaplain

Offers confidential discussions regardless of your religion or beliefs—a safe space to talk and be heard. Email: timo.viitanen@evl.fi

Learn more and book an appointment: Support Services at Turku UAS

External Help and Support in Turku

Support continues outside of the university. These services are here for you:

Ohjaamo – Youth Counselling Centre (for students under 30)

Offers personal guidance, help with life planning, employment, studies, and more. Location: Hjelt House, Vanha Suurtori 7, Turku

Drop-in: Mon–Fri 12:00–15:00
Phone/WhatsApp: +358 40 724 5440 Email: ohjaamo@turku.fi
Website: Ohjaamo Turku

FSHS/YTHS – Finnish Student Health Services

Provides general, mental, and oral healthcare for university students. Website: YTHS – FSHS

In an Emergency

If you or someone close to you is in danger or needs urgent medical or mental health help, call **112**, the general emergency number in Finland.

It's okay to feel unsure. It's okay to struggle. What matters most is knowing that help is always available, and asking for support is a sign of strength—not weakness. Whether you need a listening ear, mental health advice, or help navigating daily life, Turku UAS and our partners are here for you.

Organizations Supporting International Talents in Turku/Finland

The following associations and networks offer mentoring, training, job support, community engagement, or social connections for international students and professionals:

Organization	What they offer
Bloom Finland	Association focused on creating a welcoming community where internationals and locals can thrive together
Expat Turku Network	Informal social network and events for expats and international newcomers
Familia ry	Peer support and cultural activities for intercultural families
Herizon	Peer-to-peer growth and career support for diverse women, especially in tech and leadership
International House Turku	Multilingual support for work, residence, and everyday life
International Professionals Finland	Career growth and networking for international professionals
International Working Women of Finland (IWWOF)	National advocacy network supporting women of international backgrounds in employment, entrepreneurship, and leadership
JCI Turku (Junior Chamber International)	Global leadership and networking for young professionals, with a local Turku chapter
Think Africa ry	Promotes diversity, equity, and youth participation, especially within the African diaspora
Turku Together	Inclusive community platform connecting locals and internationals through arts, culture, and wellbeing

Interested in Entrepreneurship?

Finland has a dynamic startup ecosystem that welcomes international students:

- Turku UAS StarLab: Mentoring Program for all Turku UAS students
- Startup Refugees: Business mentoring and training
- Mothers in Business: Support for working mothers and entrepreneurs
- Boost Turku: Community for student startups
- NextGenEntrepreneurs Finland: Facebook Community for international entrepreneurs
- Turun Yrittäjät: Turku's Entrepreneurs Association
- BNI Finland: Global business networking with chapters in Finland

Major Annual Events & Conferences

Great for volunteering, networking, and inspiration:

- SHIFT Business Festival – Turku
- Nordic Business Forum – Helsinki
- Arctic15 – Helsinki
- SLUSH – Helsinki (Europe's leading startup event)

Staying Informed

Being well-informed helps you feel more connected, confident, and included in your new environment. Whether you're following local news in Finland, keeping up with global events, or staying in touch with what's happening in your home country, there are plenty of ways to stay updated during your time at Turku UAS.

English-Language News and Resources

For international students, the following English-language media are excellent sources of reliable news, cultural insights, and updates:

- Yle News – Finland's national broadcaster provides daily news and current affairs in English
- Helsinki Times – Finland's only dedicated English-language newspaper
- This is Finland – A government-run portal offering lifestyle articles, tips, and information about Finnish culture and society

Reading local news in English is a great way to learn about your surroundings, understand current issues, and feel more involved—even if you're still learning the Finnish language.

Access Global News via Turku UAS Intranet

As a student at Turku UAS, you also have free access to international newspapers and news databases through the intranet and library services. This means you can stay informed about developments in your home country and follow global trends in your own language.

Visit the Turku UAS Library website or check Messi (the student intranet) to learn how to log in and explore news resources from around the world.

Social Media and Online Communities



Follow Turku UAS on social media to stay up to date with university events, student stories, and key announcements:

- Instagram – @turkuamk
- Facebook – Turku University of Applied Sciences
- LinkedIn – Turku University of Applied Sciences
- YouTube – Turku AMK

Please be aware that the official Turku UAS communication method is via your personal student email address and you need to check it regularly. In addition, many international students in Turku connect and exchange useful tips via Facebook groups and online communities. You'll find groups such as: "Turku 2027 – International & Erasmus Students", "Expat Turku Network" or Nationality-based groups (e.g. "Italians in Finland"). (Please be aware that Turku UAS is not administering nor responsible for the content of those groups). These groups are helpful for finding housing, part-time jobs, events, and meeting people from your country or similar backgrounds.

Major Finnish Media Outlets

Below is a list of Finland's most established media sources. While most publish in Finnish, some also offer content in English or Swedish:

National Media:

- Yle (Yleisradio): https://yle.fi – National public broadcaster
- Helsingin Sanomat: https://www.hs.fi – Finland's largest newspaper, some content in English
- MTV Uutiset: https://www.mtvuutiset.fi – Commercial TV news provider
- Ilta-Sanomat: https://www.is.fi – Popular tabloid
- Iltalehti: https://www.iltalehti.fi – News and tabloid

Regional Media:

- Turun Sanomat (Turku region): https://www.ts.fi
- Aamulehti (Tampere): https://www.aamulehti.fi
- Kaleva (Oulu): https://www.kaleva.fi
- Etelä-Suomen Sanomat (Southern Finland): https://www.ess.fi

Checkpoints

Before You Arrive in Finland

- ✓ Get valid health insurance that meets Migri requirements
- ✓ Apply for your residence permit (non-EU/EEA students) or register your EU right of residence
- ✓ Apply for accommodation (e.g. through TYS or other rental platforms)
- ✓ Book your trip to Turku or Salo
- ✓ Check the criminal record requirements (for Social Services students)
- ✓ Prepare the necessary documents (passport, acceptance letter, health/vaccine records, proof of finances, etc.)
- ✓ Apply for a D visa if eligible (optional but useful for faster travel)

After You Arrive in Finland

- ✓ Attend Orientation Days
- ✓ Visit DVV for registration and personal identity code (attend DVV POP-UP Days)
- ✓ Activate your Turku UAS student credentials (email, intranet, ItsLearning, Peppi)
- ✓ Complete the Digistart course
- ✓ Download the Tuudo app for your student card and university services
- ✓ Pay your FSHS healthcare fee (via Kela if needed)
- ✓ Get a Finnish phone number
- ✓ Open a Finnish bank account (bring all required documents)
- ✓ Apply for a Finnish ID card (optional but recommended for banking and official matters)

Settling In

- ✓ Visit the GLOBE Office if you need help in the early weeks
- ✓ Register your address in Finland and get a Finnish ID
- ✓ Join the Goin' App and student communities (TUO, ESN, etc.)
- ✓ Explore student discounts (transportation, food, museums, etc.)
- ✓ Contact HEI Services for support with studies, integration, or relocating with family

Take Care of Yourself

- ✓ Explore well-being support: study psychologist, social counsellor for student, and chaplain
- ✓ Know where to get mental health support (FSHS, MIELI, Turku Crisis Centre)
- ✓ Join CampusSport, YMCA, or a local hobby group
- ✓ Start learning Finnish (via Turku UAS, local cafés, online tools, or courses)

Planning Ahead

- ✓ Familiarize yourself with Turku UAS career services
- ✓ Learn the rules about working during studies and understand your tax responsibilities
- ✓ Track your study progress in Peppi and attend study counselling if needed
- ✓ Explore scholarship opportunities (e.g. YKI-based Finnish language refund)
- ✓ Participate in Integration Turku events and multicultural competence courses

Glossary of Common Acronyms and Terms

Term / Acronym	Full Name (English)	Finnish Name	Explanation
DVV	Digital and Population Data Services Agency	Digi- ja väestötietovirasto	Finnish authority responsible for registering residents, issuing personal identity codes, and maintaining population data.
Finnish Personal Identity Code	–	Henkilötunnus	A unique personal identification number issued by DVV. Required for banking, employment, healthcare, and university systems. Often called "social security number."
FSHS / YTHS	Finnish Student Health Service	Ylioppilaiden terveydenhoitosäätiö	Provides healthcare services (general, mental, and oral) for university students in Finland.
GLOBE	Global Office at TURKU UAS	–	TURKU UAS helpdesk that supports international students with practical matters, documentation, and orientation.
HAKA Login	HAKA Federation	–	A secure login system used across Finnish universities to access digital services (like Peppi, Itslearning, Tuudo).
ID (Finnish ID Card)	Identity Card	Henkilökortti	Official photo ID issued by the Finnish Police; useful for banking, identity verification, and secure services.
Itslearning	–	–	The online learning platform used at TURKU UAS for coursework, assignments, communication, and study materials.
JobTeaser	–	–	Career and job search platform provided by TURKU UAS, used for internships, jobs, events, and employer contacts.
KELA	The Social Insurance Institution of Finland	Kansaneläkelaitos	Handles student healthcare fees, social benefits, and financial aid.

Term / Acronym	Full Name (English)	Finnish Name	Explanation
Lukkari	TURKU UAS Timetable Tool	Lukkari	Personal calendar tool used for creating and viewing course schedules and timetables.
Migri	Finnish Immigration Service	Maahanmuuttovirasto	Processes residence permits, visas, and citizenship applications.
HEI	Multilingual Orientation and Integration Services	–	Support service at Turku UAS offering guidance on integration, language learning, and adjusting to life in Finland.
Peppi	Peppi System	–	TURKU UAS's student information system used for course registration, study planning, credit tracking, and transcript access.
Student Healthcare Fee (FSHS Fee)	–	YTHS-maksu	A mandatory payment to Kela for accessing Finnish Student Health Services (FSHS/YTHS).
TUO	Student Union of Turku UAS	Turun ammattikorkeakoulun opiskelijakunta	Represents student interests, organizes events, and offers student benefits and services.
TYS	Turku Student Village Foundation	Turun Ylioppilaskyläsäätiö	Main provider of student housing in Turku.
TUUDO	Tuudo Mobile App	Tuudo	TURKU UAS's student app for checking your schedule, course registrations, grades, news, and student card.
YKI	National Certificate of Language Proficiency	Yleinen kielitutkinto	Official Finnish language exam used to assess language proficiency for citizenship, scholarships, or studies.

Final note: The content of this info package is revised approximately every 6 months. Some information might change so always check the latest version, Messi or ask the relevant offices (Admissions office -admissions@turkuamk.fi, Student office -studentoffice@turkuamk.fi, International Degree office -incoming.degree@turkuamk.fi or HEI Services hei@turkuamk.fi.)

Thank you!