

GREETINGS FROM YOUR TUTORS!



Hi! We're second year students in International Business at Karelia UAS. You can ask us about coming to Finland, living in Joensuu, studying in Karelia UAS or other questions that are on your mind before or after coming to Finland. Please send us an email and let us know if you already know when you're arriving in Finland. Please let us know if you need help with your arrival.

In autumn when the academic year starts, we will organize many kinds of activities for you new students and give peer support for your studies also. Our tutor-lectures on first weeks will give you a lot of useful information, so we highly recommend attending them.

You can already get to know other new students and tutors via our WhatsApp group: Link below <https://chat.whatsapp.com/DuT7PdSIII53M0t7Q4Owwk>

We're also on Karelia UAS' Student Union POKA's [Discord server](#), where you can chat with other students of Karelia UAS. Student Union POKA also offers a student card, free time activities, sports services, and study circles for all Karelia UAS students. You can read more about POKA on their website: pokapoka.fi.

The tutors of 2022-2023 for International Business are:

Name/Email

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Please feel free to contact us!

Welcome to Karelia UAS!

P.s. Please read the New Students Guide: <https://www.karelia.fi/en/education/admission/new-students-guide> You'll find many answers to your possible questions from the guide.

TIPS BEFORE COMING TO FINLAND - Note you don't have to remember all these things, we'll get back to these also together during autumn.

Currency: Euro (use xe.com to convert currencies)

Time zone: UTC+2 (UTC+3 in summer)

Calling code: +358

Plugs: Types C and F (C = two round pins, F = two round pins with two earth clips on the side).

Standard voltage is 230 volts, 50 Hz.

Residence permit

Students coming from countries outside of the European Union should visit the Finnish Immigration Service website: <https://migri.fi/etusivu>

In addition to the residence permit, a student from a non-EU country needs to have valid health insurance issued by a reliable company or institution.

Visa and Connectivity

Apply for a Schengen visa through VFS.

Buy a local SIM. Preferably a data card that allows unlimited internet and local calls for a limited period. My card was for 7.50 Euros. Wi-Fi in Finland is fast and usually FREE in public spaces

Finland is very tech-savvy. WiFi is great in Finland, so you won't have a problem staying connected during your Finland vacation.

Weather

You never really know what the weather is going to be like in Finland. The summer can be 20-27 degrees Celsius (68-80 Fahrenheit) or 18 degrees (64 Fahrenheit). In winter, take as much warm clothing as you can, and follow the guide of what to wear in Finland:

<https://en.biginfinland.com/what-wear-lapland-finland-winter/> Temperatures can reach -30 degrees Celsius, and the right clothing will be essential.

Language

It is great to know the basic Finnish words and sentences: <https://en.biginfinland.com/basic-finnish-phrases-words/> If someone talks back in Finnish, you can always switch since the Finns have a great command of the English language and they'll acknowledge the effort.

Housing

In order to apply for accommodation you need to contact the Student Housing Company, Joensuu Elli. Fill in the application form online: <https://joensuunelli.fi/> Read more tips from New Students' Guide: <https://www.karelia.fi/en/new-students-guide/#housing>

Note that doors have separate locks and handles and if you close your apartment's door it will be locked. Always remember to take your keys when closing the door.
In Finland, biowaste, cardboard, glass, metal, hazardous waste and mixed waste are sorted separately.

Prices

Finland is a more expensive country than, let's say, Germany or Spain, but is cheaper than the other Nordic and Scandinavian countries. There is also a brimming culture of second hand shops. Talking about food, the difference for most items isn't that big and you can even find things that are a bit cheaper than in other countries. Finland's tap water ranks as some of the best in the world so there is no need to waste money and time buying bottled water.
Transport costs around 50€ for a train that takes you out of the city and covers a 400km distance.

Student Union POKA and Student Card

Student Union POKA is your trustee in Karelia UAS. POKA also provides you many kinds of activities such as Into activities for your leisure, study circles to support your studies, FAMKY and other big events etc. By becoming a member of POKA, you'll get a student card which gives you all the student benefits and discounts in Finland. Read more and become a member:

www.pokapoka.fi

SYKETTÄ Sport Services

In Joensuu we have united the sporting services for university students and staff under the same concept Sykettä Sport Services. Participate in activities: <https://xn--sykett-qua.fi/joensuu/en/> You get a large variety of sports to try out and continue to exercise. The fee for these facilities including gym and group exercises are much cheaper compared to local gyms.

Sources

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<https://www.labourmobility.com/13-signs-youre-expat-finland/>

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<https://finland.fi/life-society/a-guide-to-finnish-customs-and-manners/>

