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Exchange students: Arrival and orientation



Haaga-Helia support exchange students upon their arrival by providing them with a student tutor and organising an orientation programme before semester starts.

Arrival information

Students will receive detailed instructions about their arrival in about a month prior to the semester starts. You can find the semester dates from [the academic year website](#).

Orientation days

Haaga-Helia International Services organizes orientation for all new incoming exchange students on the week before courses begin. The orientation schedule and programme are informed to

students in advance. Students should make travel arrangements accordingly.

It is mandatory for every exchange student to participate in the orientation days, as orientation includes essential information on various practical matters such as studies, housing, and living in Finland.

Currently orientation is organized on-campus. Online sessions will be recorded and materials will be made available for students who cannot participate.

Orientation is also a great possibility to meet other exchange students and ESN-HELGA also organises an evening programme during the orientation days.

Student tutor programme

Each exchange student will have a student tutor at Haaga-Helia. HELGA coordinates the tutoring activities at Haaga-Helia. HELGA tutors are volunteer degree students of Haaga-Helia who support the exchange students, particularly at the beginning of their exchange period.

A tutor's most important task is to be an exchange student's friend and help with all of the practicalities involved in moving to a new country. Tutors welcome the students to Finland, offer information on how to use the public transport, help them after arrival with different arrival formalities and introduce them to life in Finland.

Your tutor should contact you by e-mail before your arrival. If you have not heard from your tutor one month before the beginning of the semester, please contact HELGA's tutor coordinator (exch-tutor@helga.fi).

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