

## Information for Students on Exchange

<b>A. University</b>	<p><b>University of Helsinki</b></p> <p><a href="http://www.helsinki.fi/university/">http://www.helsinki.fi/university/</a></p>
<b>B. Country</b>	Finland
<b>C. Academics</b>	
<b>i) Module Mapping &amp; Credits Transfer</b>	<p>Please ensure that your Study Plan is approved by the academics at your home faculty before the exchange. You can check with the SEP Coordinator in the Dean's Office of your home faculty.</p> <p>Modules approved in the past might not be offered by the host university or approved by your faculty when it is time for your exchange. Please check the latest course offerings at the host universities while you are preparing your Study Plan.</p>
<b>ii) Academic Calendar</b>	<p><b>Semester 1:</b> End August to End December <b>Semester 2:</b> Early January to End May</p> <p><a href="https://www.helsinki.fi/en/academic-year-and-teaching-periods">https://www.helsinki.fi/en/academic-year-and-teaching-periods</a> <a href="http://www.helsinki.fi/newstudents/orientation/">http://www.helsinki.fi/newstudents/orientation/</a></p> <p>Exchange students do not take part in the intensive period in the beginning of the semester.</p>
<b>iii) Exchange Duration</b>	Semester based exchange is possible
<b>iv) Examination</b>	<p>Students are strongly recommended to introduce themselves personally to their professors at the beginning of classes and arrange the details and date of their examinations if necessary. Should professors not be able to provide an alternative exam timing or assessment, students should respect the professors' position and change courses at the beginning of the semester rather than only checking with professors and asking for exceptions in the middle or end of the semester.</p>
<b>v) Curriculum Structure</b>	<p>There are two basic kinds of courses at the University of Helsinki: lecture courses and reading courses. Students taking a lecture course must pass a final examination after attending the course, while those taking a reading course must pass a faculty examination. A Finnish specialty, faculty examinations (set book examinations), are arranged usually once a month.</p> <p>Students should aim to complete 30 ECTS credits in a semester. 1 ECTS credit = 27 hours of work, including lectures and homework. Course description may use terms "cr" or "ECTS cr" or "op". They all refer to ECTS credits.</p>

<b>vi) Entry Requirements</b>	<p>(a) registered as a full-time undergraduate student of NUS</p> <p>(b) have successfully completed at least two (2) semesters of study at NUS upon admission to the host university;</p> <p>(c) not eligible for exchange in the graduating year</p> <p>(d) a student of good standing at NUS with</p> <ul style="list-style-type: none"> <li>a. a minimum upper division second class honours or;</li> <li>b. a minimum B average grade or ;</li> <li>c. a CAP of at least 3.0 (out of 5) for NUS students</li> </ul>
<b>vii) Language Proficiency Requirements</b>	<p>Exchange students can participate in courses taught in English. No knowledge of Finnish or Swedish is required.</p> <p>University of Helsinki is a bilingual institution. The languages of instruction are Finnish and Swedish. In addition to courses taught in Finnish and Swedish, the university offers many courses taught in English. Courses taught in English are offered by each faculty of the University.</p> <p>There are Finnish courses available for exchange students who want to learn Finnish. These courses includes 4 hours of teaching each week. These are not compulsory for exchange students. For more information, please see <a href="http://www.helsinki.fi/fus/studying/finnishforinternationalstudents.html">http://www.helsinki.fi/fus/studying/finnishforinternationalstudents.html</a> and <a href="http://www.helsinki.fi/kksc/english/languagecourses.html">http://www.helsinki.fi/kksc/english/languagecourses.html</a></p>
<b>viii) Modules Compatibility</b>	<p>English course catalogue for exchange students:  <a href="https://www.helsinki.fi/en/courses-in-english">https://www.helsinki.fi/en/courses-in-english</a></p> <p>On the website, courses are classified according to the faculty, then the department, and finally the semester. Please follow the links to each faculty's courses in English.</p> <p>Do note the following terminology used to see if the courses are suitable to you:</p> <ul style="list-style-type: none"> <li>• Basic studies (or “perusopinnot” in Finnish): Bachelor’s level courses, do not usually require prior knowledge from the student</li> <li>• Subject studies or Intermediate studies (or “aineopinnot” in Finnish): Bachelor’s level courses, intermediate level, require some level of knowledge of subject from the student. Mainly for 2<sup>nd</sup> or 3<sup>rd</sup> year students of that subject.</li> </ul>

	<ul style="list-style-type: none"> <li>Advanced studies (or “syventävät opinnot” in Finnish): Master’s level courses, for students who have completed a Bachelor’s degree or similar</li> </ul> <p>Suitable for students from the following faculties: FoS, FASS</p>
<b>ix) Module restrictions and pre-requisites</b>	<p><b>Field of Study</b></p> <p>When applying to the University of Helsinki, university level bilateral exchange students are required to choose majority of their courses from one host Faculty. Within one faculty, students can choose courses from several disciplines. For example a student applying to be an exchange student at the Faculty of Arts can choose courses in several disciplines taught in the Faculty of Arts. One of the disciplines will be chosen as the host discipline for the student, so it is recommended that student choose the majority of their courses from one discipline. Students can choose some courses from other faculties too, if they meet the requirements for the courses. The department has the right to reject students who do not meet the pre-requisites for the course.</p> <p>Disciplines such as Psychology, Communication, Political Science, Law and Economics have restrictions regarding acceptance. They only accept students who are majoring in the subject in question and have completed enough courses in the subject in their home university prior to arrival.</p> <p>Psychology majors should check which of the following is more suitable considering their study background: Social Psychology courses (Faculty of Social Sciences) or Psychology courses (Faculty of Behavioural Sciences)</p> <p>English Philology only accepts students majoring in English. Other foreign languages: students should be a major or minor in the language at the home university. These studies are considered on a case by case basis.</p> <p>English courses offered by the Language Centre are not open to exchange students.</p> <p>Economics and the Faculty of Agriculture and Forestry only offer courses in English at the Master’s level.</p> <p>Fields <b>not</b> offered at the University of Helsinki: Business and Engineering.</p>
<b>D. Application</b>	
<b>i) Procedures</b>	<p>All NUS student has to be nominated by NUS before they can apply for fee-waiver exchange at the host university.</p>

	<p>The application procedures and list of supporting documents needed by the host university can be found in the SharePoint.</p> <p>Please look for the SEP coordinator at your Dean's Office for the link to the SharePoint</p> <p>Please check with your faculty for its internal application deadlines.</p> <p>After you have been selected by and accepted your faculty's internal offer, your faculty would give you the application instructions of the partner university. An online application to the partner university is needed. Details on University of Helsinki's application procedure can be found here: <a href="https://www.helsinki.fi/en/studying/mobility-online-application-instructions">https://www.helsinki.fi/en/studying/mobility-online-application-instructions</a></p> <p>Required documents needed from host university:</p> <ul style="list-style-type: none"> <li>a) Official nomination from the home university</li> <li>b) Application form</li> <li>c) A Motivation Letter</li> <li>d) A Learning Agreement</li> <li>e) Transcript of records</li> <li>f) Language Certificate</li> </ul> <p>Details can be found here: <a href="https://www.helsinki.fi/en/the-application-for-student-exchange#section-1317">https://www.helsinki.fi/en/the-application-for-student-exchange#section-1317</a></p>
<b>ii) Deadlines</b>	<p>All NUS student must abide by the internal application deadline set by their home faculty for exchange participation in the following academic year. After clearing the internal application and selection process, students have to take note of the application deadline set by the host university.</p> <p><b>Deadline for submitting application to host university:</b>          Semester 1: 15 April          Semester 2: 30 September</p> <p>Failure to submit a formal application to the host university will result your exchange being forfeited even if you have been selected by NUS for the exchange.</p>
<b>E. Accommodations</b>	
<b>i) University Accommodation</b>	<p>For the students who want to live in a student dormitory, University of Helsinki has agreed with providers, including HOAS (Foundation for Student Housing in the Helsinki Region), on a number of rooms for incoming exchange students. Apartments are located around Helsinki. Students should choose their housing option based on their budget and preferences.</p>

	<p>Exchange students must submit their housing application as part of their exchange application. Their information will be forwarded to the housing providers. Each exchange student will receive one housing offer.</p> <p>There is a mandatory room deposit of €500 (subject to change) to be paid to the housing provider prior to arrival. Students should be prepared to pay the deposit when they receive instructions from the housing provider. This can be several months prior to arrival.</p> <p>Information about various other housing options are available at: <a href="https://university.helsinki.fi/en/studying/new-students/housing">https://university.helsinki.fi/en/studying/new-students/housing</a></p>
<b>F. Visa</b>	
<b>Consular/Visa Regulation</b>	<p>All students are advised to apply for the necessary visa immediately after they received the official offer letter/email from their host university.</p> <p>Some visa application process could take up to 2 months to process. Your exchange at the host university depends on the clearance by the immigration of the host country.</p> <p>Students who are non-EU nationals need to apply for a Residence Permit according to the instructions provided by Finnish Immigration Service: <a href="http://www.migri.fi/studying_in_finland">http://www.migri.fi/studying_in_finland</a></p> <p>Information regarding application for a Residence Permit is also available at the Finnish Embassy.</p>
<b>G. Safety, Health &amp; Medical Insurance</b>	
<b>i) Health/Medical Insurance</b>	<p>All registered NUS students are covered under the university health insurance and the blanket travel insurance. For more information on the university health insurance coverage, please refer to <a href="http://www.nus.edu.sg/uhc/healthservice/insurance-schemes/undergraduate-scheme.html">http://www.nus.edu.sg/uhc/healthservice/insurance-schemes/undergraduate-scheme.html</a>.</p> <p>For more information on the blanket travel insurance, please refer to <a href="http://www.nus.edu.sg/finance/InsuranceCoverforOfficialNUSTrips.html">http://www.nus.edu.sg/finance/InsuranceCoverforOfficialNUSTrips.html</a></p> <p>If the insurance coverage is not enough, students are advised to purchase additional health and/or travel insurance from their preferred agent.</p> <p>A student who enters Finland to study for less than two years is not usually granted the right to domicile, ie a home municipality in Finland, and therefore is not entitled to municipal health care services. Consequently, the student</p>

	must have private insurance which covers costs of medical treatment up to €100,000.										
<b>ii) Emergency Number at host university</b>	Tel : +358 2941 22939										
<b>H. Cost of Living</b>											
<b>i) Estimated Monthly Living Expenses</b>	<table border="1"> <thead> <tr> <th>Breakdown of Costs</th><th>Cost</th></tr> </thead> <tbody> <tr> <td>Accommodation</td><td>€400-650</td></tr> <tr> <td>Food</td><td>€200-€250</td></tr> <tr> <td>Books, entertainment, transportation, etc.</td><td>€174</td></tr> <tr> <td><b>Monthly Estimate</b></td><td><b>€774-€1074</b></td></tr> </tbody> </table> <p>Details can be found at <a href="https://www.helsinki.fi/en/studying/new-students/costs-and-finance#section-321">https://www.helsinki.fi/en/studying/new-students/costs-and-finance#section-321</a></p>	Breakdown of Costs	Cost	Accommodation	€400-650	Food	€200-€250	Books, entertainment, transportation, etc.	€174	<b>Monthly Estimate</b>	<b>€774-€1074</b>
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