



UNIVERSITY OF
EASTERN FINLAND

SAVONLINNA CAMPUS

PRACTICAL GUIDE FOR INTERNATIONAL STUDENTS
Academic year 2014 - 2015

**PRACTICAL GUIDE FOR INTERNATIONAL STUDENTS
ACADEMIC YEAR 2014 – 2015**

Contact details

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www.uef.fi/studies

Savonlinna 2014

WELCOME TO SAVONLINNA, FINLAND!

Dear International Student,

We are pleased to learn that you have chosen to study at the University of Eastern Finland in Savonlinna. This booklet is intended to be your first-aid guide and to help you to adjust and become familiar with both the Savonlinna Campus and the town of Savonlinna.

In this booklet, we have tried to provide you with useful and practical information, some of which you may already know. Please do not regard this guide as a complete one – it is not! It is only meant to help you go in the right direction.

In addition to this booklet university has published another practical guide for international students (<http://www.uef.fi/studies/practical-guide-for-international-students>). The university's guide includes detailed information about Finland, university studies and studying at the University of Eastern Finland. Please note that information in those websites is not complete as for Savonlinna Campus. Some details are formulated only considering other UEF campuses.

These guides are updated annually. However, changes are possible. We hope that your period of study in Savonlinna will be interesting and beneficial.

University of Eastern Finland Savonlinna
Campus

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1. UNIVERSITY OF EASTERN FINLAND IN SAVONLINNA

1.1. Savonlinna Campus

The Savonlinna campus comprises the following units

- the School of Applied Educational Science and Teacher Education,
- the University Teacher Training School,
- the Centre for Tourism Studies and
- the Aducate, Centre for Training and Development

In addition, support services are provided by the Campus Library and the Administration Service Centre. Information technology services are also available.

The School of Applied Educational Science and Teacher Education

The School of Applied Educational Science and Teacher Education operates on two campuses, in Joensuu and in Savonlinna. The School of Applied Educational Science and Teacher Education in Savonlinna offers a degree programme for prospective kindergarten teachers, teachers for primary and lower secondary schools, and subject teachers of home economics and textile work. The Department has about 800 enrolled students. The number of academic staff on the Savonlinna Campus is about 40.

Students may major in Education, in Education with an emphasis on Early Childhood Education, in Home Economics or in Craft Science. Amongst the minor subjects offered are Early Education; Integrating Arts Education; Home Economics; Art; Craft Education; Craft Science; Physical Education; Multidisciplinary Study Programme in Basic Education; Music; and Finnish Language and Literature.

Exchange students make a personal study plan in cooperation with university staff members. For each unit there is a contact person, who will assist the exchange student in choosing the most appropriate courses and finalising their learning agreement. It is also possible to have courses from other departments if there are suitable courses available in UEF.

More information:

<http://www.uef.fi/en/filtdk/skope>

University Teacher Training School

The University Teacher Training School is a comprehensive school with classes from 1 to 9. It is also a training school for class and subject teacher students.

More information:

<http://snor.fi/en/>

Centre for Tourism Studies

Centre for Tourism Studies, (Faculty of Social Sciences and Business Studies) promotes and carries out university education, research and development projects in tourism and recreation in cooperation with Finnish and international universities and tourism organizations. The department promotes tourism development in co-operation with the industry, especially in eastern Finland.

Centre for Tourism Studies is the coordinating unit for Finnish University Network for Tourism Studies (FUNTS). The task of the network is to arrange multidisciplinary teaching at undergraduate and post-graduate levels as well as to promote research in tourism studies. Student may include courses completed in their degrees as minors or integrate them into the study modules of other subjects.

The FUNTS program is taught mainly in Finnish but there are three courses: "Special Themes on Tourism Studies" that are taught in English. International Exchange students are encouraged to enroll to these courses. Each of these courses are 6 ECTS, passing all these three courses student can have 18 ECTS during the exchange period.

The exchange students make a personal study plan in cooperation with student adviser that student could have a reasonable amount of courses during his/her exchange period. It is also possible to have courses from other branches of science if there are suitable courses available in UEF. Additionally the study plan can consist of different project- and independent work in the field of tourism science.

More information:

<http://www.uef.fi/en/mot/etusivu>

The Aducate, Centre for Training and Development

Aducate is located at Joensuu and Kuopio and Savonlinna Campuses. Aducate contributes to the success and development of individuals, organisations and regions by offering adult education and development services in the areas of expertise of the University of Eastern Finland at the regional, national and international levels.

More information:

<http://www.uef.fi/en/aducate/etusivu>

1.2. University of Eastern Finland

The University of Joensuu and the University of Kuopio have merged on 1 January 2010 to constitute the University of Eastern Finland.

With approximately 15 000 students and 2800 members of staff, the University of Eastern Finland is one of the largest universities in Finland. The university has campuses in Joensuu, Kuopio and Savonlinna.

The activities of the new university underscore multidisciplinary. The four faculties of the University of Eastern Finland, i.e. the Philosophical Faculty, the Faculty of Science and Forestry, the Faculty of Health Sciences, and the Faculty of Social Sciences and Business Studies, offer teaching in more than 100 major subjects.

More information:

<http://www.uef.fi/en/home>

2. STUDYING AT THE SAVONLINNA CAMPUS

2.1. Studies

The autumn semester starts on 1 September 2014 and finishes on 19 December 2014. The Opening Ceremony of the academic year will be held on 9 September. International students are warmly welcome to all opening events. The spring semester starts on 7 January 2015 and finishes on 22 May 2015.

Before beginning the studies at the university, all students have to register.

More information:

<http://www.uef.fi/en/studies/home>

2.2. Student Union

The Student Union (*Ylioppilaskunta*) is an independent organisation, although closely linked with the university. Student Union membership is obligatory in Finland for those who are studying for a Bachelor's or Master's degree. It is also recommended to all exchange students. The membership fee includes a health care contribution that entitles students to inexpensive health care services. Furthermore, the student card entitles its bearer to a number of benefits.

The Student Union organises various leisure activities for the students. The Student Union also sells books, dictionaries, paper and all other material you may need for your studies. Inexpensive student tickets to theatre and gyms are also available at the office. Private faxes can be sent from the Student Union office. Students have to pay for the faxes sent. Students may also receive faxes there but only after 2 p.m. (ask the sender to fax it after 2 p.m. Finnish time, Mon-Fri). Photocopy and telephone cards can also be obtained from the Student Union office.

There are three subsections of the Student Union in Savonlinna:

- Pedary (Teachers of primary/lower secondary school)
- Sulo (Kindergarten teachers)
- Kotex (Home Economics and Craft Science).

More information: <http://isy.fi/en/>

Contact information:

Tel. +358 (0)44 576 8430

Open:

- Monday to Thursday 10--14
- Fridays 10--13

Student card

After paying the membership fee and registering at the Student Registry Office, the student can apply for the student card (*opiskelijakortti*). The student card serves as the student's library card (University Library). With the card you have the right to obtain various benefits and services. The student card can be ordered from the card's internet site myfrank.fi. To order the card, you will need a digital picture of your face, similar to a passport photo. The price of the regular student card is 15.10 €.

More information:

<http://isy.fi/en/students/student-card/>

2.3. Study Facilities

2.3.1. Libraries

The Savonlinna Campus Library is open to the public but its services are mostly used by students and researchers. The library staff answers to reference inquiries and undertakes bibliographic searches at request. It is possible to borrow and read books, newspapers, magazines, and scientific journals in the library. In addition, electronic databases can be searched. The lists of volumes are in computer readable form only. Borrowing books from the university library is free of charge. There are some fees: for example, if you fail to return books in due time, or if you order books from other libraries in Finland or abroad. The staff advises on the services available. Exchange students will be given an introduction to the library services.

More information:

<http://www.uef.fi/en/kirjasto>

Contact information:

Kuninkaankartanonkatu 7

57100 Savonlinna

Tel. + 358 (0)294 45 8404

2.3.2. Computers

There are several computer rooms on the Savonlinna Campus. Some of them are reserved for students' independent work, the others are occasionally reserved for teaching. The computer rooms are open during the university office hours.

The University Services is responsible for computers and network services. It provides exchange students with email addresses and user names.

In matters related to information technology students can turn to:

Jorma Nyrhinen
Tel. +358 (0)50 340 6284
jorma.nyrhinen @ uef.fi

Juha Tikkanen
Tel. +358 (0)50 590 6994
juha.tikkanen @ uef.fi

2.3.3. Copying

There are a few copying machines for students on the Savonlinna Campus. The Library has one copying machine and the Student Union has one copying machine. These machines work by a photocopy card which can be bought in the Library or in the Student Union office.

2.4. Services for International Students

2.4.1. Orientation

The university arranges an orientation programme for its international exchange students. During this programme they get information, for instance, about their study possibilities and campus facilities, and they get to know the university staff.

The orientation for the new international students will be held 2--4 September 2014. Please make arrangements to arrive before the orientation. The Orientation programme will be available at <http://www.uef.fi/en/studies/orientation-and-student-tutors> in August.

2.4.2. Student Tutors

In order to help the international students to integrate into academic and Finnish daily life, the International Mobility Services aim to offer each international student a possibility to have a peer student tutor. The student tutors are UEF students themselves and they have volunteered for working as tutors. Your student tutor will contact you by email in August. Please make sure you that you have given your valid email address and contact details to us and remember to check your email regularly. When you receive an email from your student tutor, please respond to him/her immediately even if you are not yet sure about your travel plans. The tutor will meet you on your arrival if s/he knows your arrival details.

2.4.3. Student Pastor

The student pastor provides students and staff members a means of contact with the activities of the Lutheran Church. The student pastor offers church expertise and answers emotional and religious questions.

Contact information:

Tel. +358 (0)44 7700260

3. TRAVEL ARRANGEMENTS TO SAVONLINNA

Savonlinna is a small town in eastern Finland with approximately 37 000 inhabitants. The Savonlinna region is situated at the heart of Europe's most extensive Lake District.

More information:

http://www.savonlinna.fi/en/home_page

<http://www.savonlinna.travel/en/now/>

<http://www.visitsaimaa.fi/>

The distance from Helsinki to Savonlinna by road is 335 km. From the Helsinki-Vantaa airport you can either fly direct to the Savonlinna airport or take a train or bus from the centre of Helsinki. The airport buses shuttle between the Helsinki-Vantaa airport and the Main Railway Station in Helsinki. There are also some buses that leave to Savonlinna directly from the airport.

3.1. By Plane

The flying time from the Helsinki-Vantaa airport to the Savonlinna airport is about 45 minutes. It is possible to book the flight from Helsinki to Savonlinna directly from your home country.

For flight connections from Helsinki to Savonlinna, please check the websites:

<https://www.finavia.fi/en/savonlinna/>

Savonlinna Airport (*Savonlinnan lentoasema*)

Lentoasemantie 50

57310 Savonlinna

3.2. By Train

An express train journey from Helsinki to Savonlinna takes about 5 hours (change trains at Parikkala).

For timetables and fares, please see the website of the Finnish railways:

<http://www.vr.fi/en/index.html>

3.3. By Bus

There are several bus connections from Helsinki to Savonlinna daily. Depending on the route, the bus travel takes from five to eight hours.

For bus timetables, please see the Matkahuolto Travel Services:

<http://www.matkahuolto.fi/en/>

4. ACCOMMODATION

Student housing is generally organised by established student housing foundations. In Savonlinna, the name of the foundation is Savonlinnan Opiskelija-asunnot Oy, SAO.

The student housing situation in Savonlinna is good. The receiving institution will arrange you the accommodation before your arrival. Before signing the lease for the student apartment you are required to pay a deposit of 110 Euros in the bank. SAO will return the deposit when you move out and return the key provided that you have paid the rents and kept your flat clean and in good condition. You will be given the keys to the student apartment upon your arrival.

You will be living in an ordinary student house with Finnish and foreign students. In most dormitories, each student has a room of her or his, but shares the kitchen and bathroom with 1—2 other students. The dormitories usually have well-equipped common rooms (sauna, laundry room, club premises, etc.). However, there are no catering services at the student houses. Most student houses are centrally located (10-25 min. by foot from the university campus).

The rents vary (over 300 euros) depending on the location of the dormitory and on the size of the room. You can also share the room with another student. The rent is paid once a month in advance. You can pay the rent with the forms you get from SAO for each month. It is important to use the correct reference number of the month! The due date for the rent is always the 5th of each month. The rent includes water, heating, electricity, furniture and the use of sauna and washing machine.

The Student Union in Savonlinna provides its exchange student members with a survival kit that includes linen and kitchenware. The rent of the kit is 20 Euros for your whole stay in Savonlinna. The Student Union also has coffee makers and cleaning sets.

SAO
Savonlinnan Opiskelija-asunnot oy
Puistokatu 13
57100 Savonlinna
Tel. +358 (0)15 550 110
sao@yhis.fi
<http://www.sao.fi>
(only in Finnish)

5. HEALTH CARE

5.1. FSHS – Finnish Student Health Services for Students at the University of Eastern Finland in Savonlinna

Finnish Student Health Service (FSHS) provides health and medical care, mental health as well as dental care services for students enrolled at universities and tertiary-level science and art schools. FSHS is a nationwide organisation with offices in 16 Finnish cities. The operation of FSHS covers more than 140,000 students. In addition to providing medical services for students, FSHS works actively to promote student health.

During your studies, you can use the services provided by FSHS when you have issues with your health or any illnesses. At our health centers, you are guided by competitive reception personnel to find the services just right for you. When you visit a health center for an appointment, please take along your student card or other evidence of the payment of the student union fee.

More information: <http://www.yths.fi/en>

Savonlinna Student Health Centre
Kuninkaankartanonkatu 7
57100 Savonlinna
Tel. + 358 (0)46 710 1087
Fax +358 (0)46 710 6875

5.2. Emergencies

Students may also use the general health services, especially for serious illness and emergencies.

Health advice and appointments joint duty
service every day 8 a.m. - 10 p.m.
Tel. +358 (0)15 527 7777

Night duty service
Keskussairaalantie 6
57120 Savonlinna
10 p.m.--8 a.m.
Tel. +358 (0)15 525 7100

GENERAL EMERGENCY NUMBER: 112

5.3. Medicinal Products

Pharmacies:

Ensi Apteekki
Kauppatori 1
57130 Savonlinna

Uusi Apteekki
Tulliportinkatu 10 (in the Citymarket shopping centre)
57100 Savonlinna

Yliopiston Apteekki
Olavinkatu 56
57100 Savonlinna

6. EVERYDAY ISSUES

6.1. Banks

The Finnish monetary unit is the euro. Cheques are rarely used in Finland. International credit cards are widely accepted.

Banks are usually open Mon-Fri from 9:00/10:00 to 16:00/16:30. You can withdraw money from cash machines/ATMs (automatic teller machines).

Nordea Savonlinna
Olavinkatu 45
57100 Savonlinna

Danske Bank (2nd floor)
Kauppatori 6
57130 Savonlinna

Suur-Savon Osuuspankki
Olavinkatu 49
57100 Savonlinna

6.2. Shops

Shops are usually open at 9—17 from Monday to Friday and at 9—14 on Saturdays. Big supermarkets and department stores keep their doors open at 9—20 (21) from Monday to Friday and at 9—18 on Saturdays and at 12—18 on Sundays. You can find groceries and other food items, clothes, magazines, cosmetics etc. at the following stores, for instance:

Citymarket
Tulliportinkatu 10
57100 Savonlinna

Prisma
Nojanmaantie 15
57210 Savonlinna

Sokos
Olavinkatu 57
57100 Savonlinna

K-market Hovikulma
Olavinkatu 18
57130 Savonlinna

Tokmanni Oy
Pilkkoskenkatu 3
57100 Savonlinna

6.3. Post Office

More information:
<http://www.posti.fi/english/>

Savonlinna Post Office
Olavinkatu 54
57100 Savonlinna

6.4. Municipal Library "Joeli"

Savonlinna Municipal Library offers you books, newspapers, magazines and audiovisual material, free of charge and available for loan. During the library's opening hours the public spaces are open to all with no entrance fee. The library staff gives expert help to customers in all questions concerning the library, its use and collections.

The library users may make proposals for new acquisitions. Items which are not in the library's own collections may also be borrowed from other libraries as an interlibrary loan.

In the library you have an access to the Internet by library computers (time limit is either 15 minutes, 30 minutes or one hour). You can use also free wireless network (WLAN) in the main library.

There is also a café in the library.

Opening hours:
Mon-Thu 11-19, Fri 10-17, Sat 10-14
Saturdays closed in the summer

Asemantie 5
57100 Savonlinna
Tel. +358 44 417 4424

More information: http://www.savonlinna.fi/kirjasto/en/municipal_library

6.5. Cinemas

You can find information on films in the local newspaper Itä-Savo and in the free papers Savonmaa and Saimaa. More information in Finnish is available at <http://www.savonkinot.fi>

Foreign films are subtitled (in Finnish/ Swedish), not dubbed.

There are two cinemas (*elokuvateatteri*) in Savonlinna:

Elokuvateatteri Killa
Punkaharjuntie 3
57130 Savonlinna

Elokuvateatteri Olavi
Olavinkatu 51
57100 Savonlinna

6.6. Museums

The Savonlinna Provincial Museum (*museo*) is a central museum of the cultural history of Southern Savo. The museum specialises in history of the Lake Saimaa area. In addition to the Riihisaari Museum, the museum includes also unique steam ships. The Savonlinna Provincial Museum is open at 10--17 from Tuesdays to Sundays.

More information:

<http://www.savonlinna.fi/museo>

6.7. Olavinlinna Castle

One of the most well-known attractions in Savonlinna is the Olavinlinna Castle. It is possible to get to know the castle, its halls, rooms and towers on a guided tour almost throughout the year. A tour lasts approximately an hour.

More information:

http://www.nba.fi/en/museums/olavinlinna_castle

6.8. Theatre

The Savonlinna Theatre (*Savonlinnan teatteri*) is located in the town centre, on Olavinkatu 13. The theatre offers a varied programme, mainly in Finnish.

6.9. Community College Linnala

The Community College *Linnala* offers a wide range of evening courses for everyone: languages (also Finnish for Foreigners), music, textiles, philosophy, sports, fine arts, pottery, drama – you name it! Adult evening schools are very popular among Finns; it is also one of the best places to get to know people outside the university. There are tuition fees for courses.

Linnala
Sotilaspojankatu 7
57100 Savonlinna

6.9. Sports

In general, Finns are enthusiastic about participating actively in sports events as well as being spectators. Ice-hockey (*jääkiekko*), cross-country skiing (*hiihto*), down-hill skiing (*laskettelu*), and volleyball (*lentopallo*) are popular in Finland, as well as basket ball (*koripallo*), Finnish baseball (*pesäpallo*) and foot ball/ soccer (*jalkapallo*). There are also opportunities for golf, bowling, riding, tennis, hiking etc. A great variety of water sports like sailing, canoeing and rowing are naturally also available in the region.

Aerobics, basketball and other sports are free of charge for university students at the University Teacher Training School (*Normaalikoulu*) or at the University Sports Hall (*Liikuntahalli*). For further information, please contact the Student Union Office.

Municipal Swimming Pool and Sauna

The swimming hall (*uimahalli*) is usually open daily but as the opening hours vary depending on the time of the year, please check the opening hours separately. You will get a discount by showing your student card.

Savonlinnan uimahalli
Uimahallinkatu 2
57100 Savonlinna

Bowling Hall

The Savonlinna bowling hall (*keilahalli*) is located in the building of Hotel Pietari Kylliäinen on the main street Olavinkatu. The bowling hall is a five lane hall with the possibility of glow bowling. You can also rent bowling shoes there.

Savonlinnan keilahalli
Olavinkatu 15

57100 Savonlinna

Gyms in Savonlinna:

Gym 42

Pappilankatu 3

57100 Savonlinna

Lady Line

Kirkkolahdenkatu 4-6

57100 Savonlinna

Kristalli

Olavinkatu 54

57100 Savonlinna

Tanhuvaara Sports Centre

The Tanhuvaara Sports Centre is situated approximately 15 km from Savonlinna centre. A frequent bus service will take you there if you want to play tennis, squash, badminton (book beforehand), ski (cross-country), swim or do any other sports. Swimming pool, saunas, jacuzzi, gym, indoors track etc. Remember to ask if you can get a student discount.

7. CONTACT INFORMATION

For all inquiries regarding your stay in Savonlinna, please contact:

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Centre for Tourism Studies

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Anne Loikkanen
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anne.loikkanen@uef.fi

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FI-57101 Savonlinna, Finland