



सत्यमेव जयते  
Embassy of India  
Helsinki



FRIENDS OF INDIA  
FINLAND

# EMBASSY OF INDIA IN ASSOCIATION WITH FRIENDS OF INDIA PRESENTS TOOLKIT FOR NEW COMERS

ONBOARDING



HEALTH



EDUCATION



INTERCULTURAL



»» *From Moving to Living* »»»

# INTRODUCTION TO TOOLKIT

The cities of Finland, Indian Embassy & Friends of India would like to welcome you to your new home. Together we have created this toolkit to help you settle in and better enjoy your stay. In this toolkit, you will find information that includes guidance on taking care of official and personal matters and provides contacts to related public services that you might need. You can read this toolkit from cover to cover, or you can dip in and out, at your convenience. We hope you find it useful.

# AGENDA

- ▶ Introduction to Toolkit
- ▶ Onboarding
- ▶ Finnish Healthcare system
- ▶ Education
- ▶ Culture & Integration
- ▶ My Story: Personal Experience
- ▶ Q&A
- ▶ Vote of thanks



# Onboarding at Finland

Presented by : Chirag Suthar

# Welcome



[www.2dsfinland.fi](http://www.2dsfinland.fi)

## You choose Finland!

- Because air you breath and water you drink matters, Finland offers it purest in the world
- Happiness is to have family time, to see your kids growing
- Work-life balance is just not a fancy statement here, but it is culture
- Happiness is shutting your laptops off onetime and going close to nature everyday
- Happiness is be out of chaotic city life and still living with of urban facilities
- You don't need to opt out your career to pursue your hobby, they both can coexist

# Onboarding Formalities 1

Registering your resident in your Municipal.

Once you arrive in Finland, you must register at Finland's Digital and Population Data Services Agency (DVV). Registering your right of residence gives you access to local services such as daycares, schools, healthcare services as well as local public transport at a lower cost. Once you have registered your right of residence, you will also be able to open a bank account and apply for social security coverage.

How!

Visit nearest DVV office in person with following documents. New comer in Helsinki, Espoo & Vantaa should visit International house of Helsinki.

<https://ihhelsinki.fi/>.

- Residence Permit
- Passport
- Work contract, University acceptance letter or another document that verifies your length of stay in Finland. If you have accompanying family members, please also bring:
  - a marriage certificate (if you are married)
  - children's birth certificates (if you have children who are under 18)

Tip : Book your appointment to DVV by call as soon as you know your moving date.

You can always register at DVV at any temporary or permanent address later address change notification can be given at

<https://www.posti.fi/en/private/change-address>

Please make sure that DVV officer has registered all the family relations properly. This is important for the Kela and other social services

# Personal identity code

Your personal identity code (henkilötunnus) is probably the most important piece of information that you will receive in Finland. You will get this ID number (an 11-character code that contains your date of birth and other identifiers) from DVV if you have not received it earlier i.e. when you have applied for a residence permit.

You can also get it from the tax authorities at Vero in association with applying for a tax card. However, you are not automatically registered as a resident of a certain locality when you receive a personal identity code without visiting a DVV service point.

# Onboarding Formalities 2

## Getting a Tax number and Tax card

Everyone working in Finland must pay taxes on their income. Finland has a progressive tax system, so the higher your predicted income, the higher your tax percentage. The tax rate of the municipality you live in also affects your income tax level.

### How!

New comer in Helsinki, Espoo & Vantaa should visit International house of Helsinki. <https://ihhelsinki.fi/>. Kindly check [www.vero.fi](http://www.vero.fi) webpage to find Tax office in your city

You need a personal identity code to get a tax card in Finland. The Finnish tax year is the calendar year. When applying for a tax card you need to give an estimate of how much you will earn in that calendar year (January to December) so that the tax authorities can assign you a tax percentage.

To get a tax card or tax number, you will need to show:

- Residence permit – Social security number
- Passport - Valid ID proof
- An employment contract.



# Onboarding Formalities 3

## Kela

In Finland, the social security system aims to safeguard sufficient economic security in all life situations. The Social Insurance Institution, Kansaneläkelaitos or Kela in Finnish, administers social security benefits on a national level. You must have Kela registration in order to get Healthcare, unemployment, family welfare, students welfare, pension, housing benefits, Basic social assistance, Sickness support, etc. governmental social welfare benefits

### How!

New comer in Helsinki, Espoo & Vantaa should visit International house of Helsinki. <https://ihhelsinki.fi/>. Kindly check [www.kela.fi](http://www.kela.fi) webpage to find Kela in your city

Tip : You must be first registered with permanent address while applying for Kela office. Expect a very slow or no response from Kela if you have registered with temporary address.

Please apply for all the relevant benefits based your situation like childcare allowance, Unemployment allowance etc. The representative at KELA office will guide you through all the form and procedure

To get a tax card or tax number, you will need to show:

- Residence permit – Social security number
- Passport - Valid ID proof
- An employment contract.

[www.2dsfinland.fi](http://www.2dsfinland.fi)

# Onboarding Formalities 4

## Bank Account

The largest banks in Finland offer services in English. Online banking is by far the most common form of banking in Finland. Opening a bank account will require you to pay an in-person appointment to the bank of your choice. You will be asked to present documentation, but the requirements vary among the banks, so it is best to contact them in advance and ask for a list of the documentation that you will need.

### How!

Call a bank and book appointment! Currently, there is long que to open a new account from a bank and it goes through a validation process for the first time. There Nodea, OP, Dasnke are few of the popular banks offering services in English.

### Tip!

While opening a account you may ask to for services in English. Kindly ask for online banking codes and/or baking key code application and instruction to use it. Incase, you are not getting bank appointment very soon, go for walk in services of S-Pankki (bank) available at most of the Prisma stores

For opening a bank account you need to show or inform

- Your Social security number and ID proof
- Residence permit
- Cash deposited declaration
- Estimated income and cash deposit

# Onboarding Formalities 5

## Travel Card

In Helsinki Metropolitan region whole public transport system is arranged by HSL. You should get one HSL card in order to access these services at discounted rates.

## How!

Visit the nearest HSL office for travel card <https://www.hsl.fi/en/customer-service/sales-and-service-points?display=map&service=all>

You should have social security number and DVV registration in order to get HSL card. Many varsities like Aalto are issuing a letter to their students to enable their students for HSL card.

If you are student kindly present your student card or University enrollment documents to get student discount on the HSL card

# Onboarding Formalities 6

## Finnish ID / Police ID

The Finnish police can issue identity cards to foreign citizens who reside in Finland permanently. The card is not required for any official matters, but it can be handy if you don't want to always have to use your passport to prove your identity.

Finnish ID / Police ID is required to activate online Identification authentication. In Finland, it is possible to sign and handle the majority of the process online by signing the documents electronically by using Bank IDs. This is strongly recommended to avoid hassle in using any services.

Residence permit or Driving licenses are no longer accepted as valid proof of identity in Finland. You can apply for an identity card at a police station or through the police's online services. <https://poliisi.fi/en/how-to-apply-for-an-identity-card>

### Note:

Foreigner's identity cards cannot be used as travel documents.

# Onboarding Formalities 7

## Driving license

Most people who have permanently relocated to Finland from another country can easily exchange their driving licence from their home country for a Finnish one, although there are exceptions. In order to get exchange without the driving examination, you must exchange your driving license within two years of having permanent address in Finland and before your Contracting State license expires.

If the driving license you want to exchange has expired or you have been permanently living in Finland for over two years, you must also pass a driving examination (theory and driving test).

When exchanging a driving license issued in a Contracting State at Ajovarman, you will need:

- Your passport or other official ID
- Two photographs (As per Finnish Passport requirement)
- A medical certificate (Eye check up report)
- Your foreign license (plus an official translation into Finnish, Swedish or English if the licence is written in a non-Latin alphabet)

Ajovarman's website to book an appointment. The Ajokortti-Info website explains the process in more detail. If you do not have a driving licence from your home country, you must attend a Finnish driving school.

## Driving school

If you do not already have a driving license, you must complete a course at a Finnish driving school. The course includes theory lessons and behind-the-wheel instruction, and the cost tends to exceed €1,000. The most common type of driving license in Finland is a Class B car license.

Read more details : <https://ajokortti-info.fi/en/basic-information-about-driving-licence/exchanging-foreign-driving-licence-finnish-licence>

# Onboarding Formalities 7

## Acoomodation

Link to rent and search a apartment:

- <https://www.vuokraovi.com/?locale=en&locale=fi>
- <https://asunnot.oikotie.fi/vuokra-asunnot>
- <https://lumo.fi/vuokra-asunnot>

Link to find shared aptments:

- <https://www.facebook.com/groups/helsink.ivantaa.espool/>
- <https://www.facebook.com/groups/1423494884538942>
- <https://www.facebook.com/groups/287797934569393>
- <https://www.facebook.com/groups/48856006151>
- <https://www.facebook.com/groups/237013776837025/>
- <https://www.facebook.com/groups/roommateshelsinki/>
- [https://roommateflatfinders.com/?fbclid=IwAR06AELXfa4R5p8Ap\\_CbYBGM4RkjCvtTWZCUo2aW0fWnn5\\_rR5L\\_QFAYMSQ](https://roommateflatfinders.com/?fbclid=IwAR06AELXfa4R5p8Ap_CbYBGM4RkjCvtTWZCUo2aW0fWnn5_rR5L_QFAYMSQ)

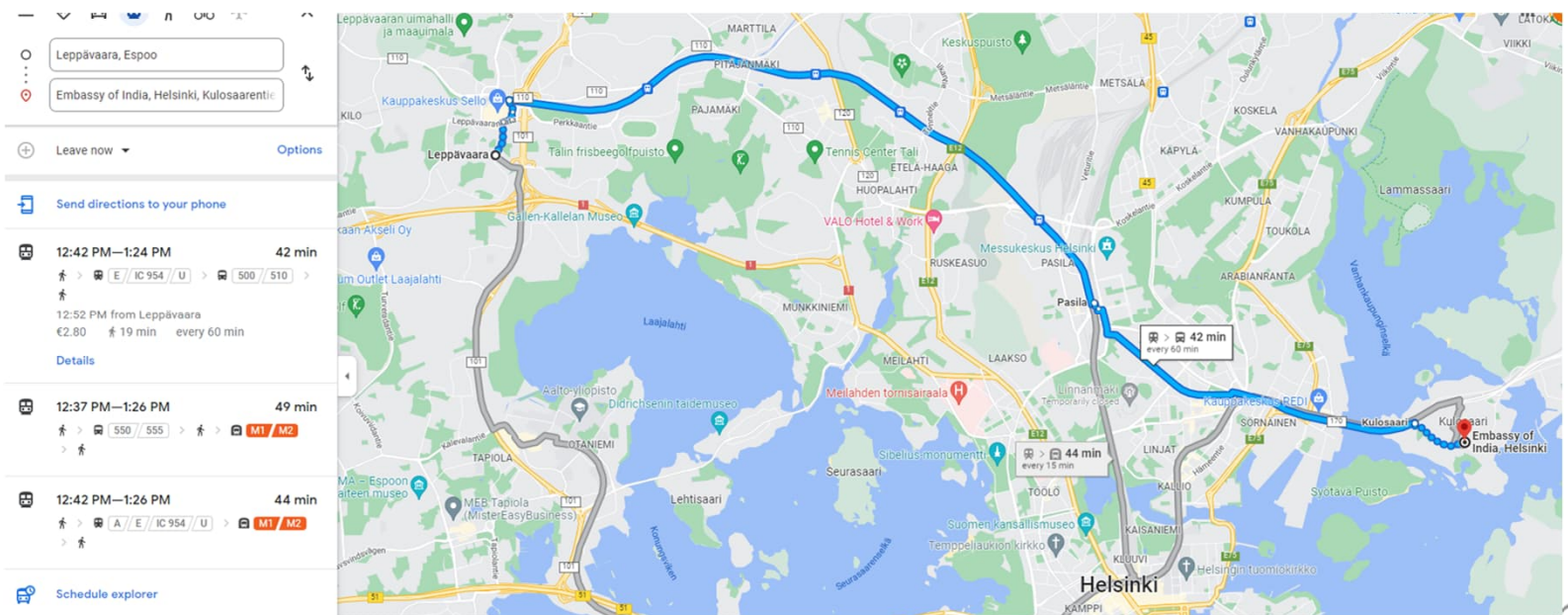
Key points to keep in mind

- Advance – Rent of 1 to 2 months or 250 for Lumo
- Contract period -
- Notice period for leaving 1 to 2 months
- Water Charges
- Parking chnrges

# Using Google Maps and HSL Service

You can rely on google maps to check any public transportation timing and route check . It will give the best travel itinerary considering all the available option. Select the "Bus" symbol for getting public transport option after putting start and finish spots.

You can use HSL web page and mobile application as well to find a best travel route option.





**Helsinki University Hospital**

*Helsinki - Finland*

# FINNISH HEALTH CARE SYSTEM

Presented by:

Soumya Velpula



2010  
Entered  
Finland

Day care

2012-2014  
Practical nurse  
education

Geriatric ward  
serving soldiers

A school for  
Children with  
Special needs

School

General medicine  
ward

Home care

2017-2019  
Registered  
Nurse  
education

Urology Post.op  
care

Infection ward

Neonatal ICU

Meilahti Anaesthesia and  
Surgery ward  
Assisting Surgeons in  
Surgery

HUS Cancer Hospital

# Topics

- ▶ Public and Private Healthcare Services
- ▶ New to Finland?
- ▶ Temporary stay in Finland
- ▶ Buying Medicines
- ▶ Pregnancy & Child Care
- ▶ Dealing Child sickness & Emergency
- ▶ Mental Health
- ▶ SOTE uudistus
- ▶ Choosing Health Care Profession

# Public and Private Healthcare Services

“The Finnish healthcare system is based on public healthcare services to which everyone residing in the country is entitled”.

According to the Constitution of Finland, the public authorities shall guarantee for everyone adequate social, health and medical services. In addition, numerous private healthcare services operate in Finland.

List of Public and Private Hospitals in Finland:

[https://en.wikipedia.org/wiki/List\\_of\\_hospitals\\_in\\_Finland](https://en.wikipedia.org/wiki/List_of_hospitals_in_Finland)

For more information please follow the link below:

<https://www.eu-healthcare.fi/healthcare-in-finland/healthcare-system-in-finland/quality-of-treatment-in-finland/>

# Public health care services:

2 types:

## Primary health care services

- ▶ Provided at municipal health centres

(NOTE: there may be municipality-specific differences in services)

## Specialized health care services

- ▶ Provided at Specialized hospitals in their area

for ex: HUS (Helsinki University Hospital) provides specialized care in the areas such as Helsinki, Turku, Tampere, Oulu etc.,

Depending on the level of care required, the doctor assesses if the patient needs specialized care (patient cannot choose if they need special care but can, however choose the health centre and the unit which provides specialized medical care)

# Temporary stay in Finland?

Your entitlement to treatment is based on the purpose and duration of your residence in Finland. KELA evaluates your situation as a whole and makes decision.

For more information follow the link:

<https://www.eu-healthcare.fi/healthcare-in-finland/>

KELA (Kansaneläkelaitos) : The Social Insurance Institution of Finland (Kela) takes care of the social security of people living in Finland and also Finns living in abroad.

For more information about KELA follow the link:

[https://www.kela.fi/kela-lyhyesti#:~:text=Kansanel%C3%A4kelaitos%20\(Kela\)%20huolehtii%20Suomessa%20asuvien,asuvien%20suomalaisen%20sosiaaliturvasta%20eri%20el%C3%A4m%C3%A4ntilanteissa.](https://www.kela.fi/kela-lyhyesti#:~:text=Kansanel%C3%A4kelaitos%20(Kela)%20huolehtii%20Suomessa%20asuvien,asuvien%20suomalaisen%20sosiaaliturvasta%20eri%20el%C3%A4m%C3%A4ntilanteissa.)

## New to Finland?

You can obtain necessary treatment by presenting the European Health Insurance Card when you are temporarily staying in Finland.

For e.g., acute illness or accident or treatment related to pregnancy or childbirth or chronic illness. The need for treatment must emerge during your stay.

For non emergency purposes visit your nearest "Terveysasema"

For more information check out the link below:

[https://www.eu-healthcare.fi/health-services-abroad/country-specific-information-about-health-services/finland/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAoeidYDzv3VoCiCdrfXxkYjN72xeeH6PYf8Z8vOcqGyPo-xRVROU9YaAnECEALw\\_wcB](https://www.eu-healthcare.fi/health-services-abroad/country-specific-information-about-health-services/finland/?gclid=Cj0KCQiAmpyRBhC-ARIsABs2EAoeidYDzv3VoCiCdrfXxkYjN72xeeH6PYf8Z8vOcqGyPo-xRVROU9YaAnECEALw_wcB)

# Buying medicines in Finland

- ▶ You can purchase medicines: If you have a paper or electronic prescription issued in any EU or EEA country or Switzerland, and if the medicine is licensed for sale in Finland.
- ▶ Prescriptions issued in countries other than EU or EEA or Switzerland are not valid.
- ▶ For more information on bringing medicines to Finland or buying medicines online, check the link below  
<https://www.eu-healthcare.fi/medicines/>

# Pregnancy and Childbirth in Finland

- ▶ Pregnancy test tool kits are available at any pharmacies or local grocery stores.
- ▶ You are expected to inform your nearest maternity centre/ family centre in your municipality, if tested positive.
- ▶ If you are employed, also inform your employer in written at least 2 months before planning your maternity leave.

Some interesting facts:

- Services of maternity clinics are free of charge
- Both parents get support and all information about child birth in these maternity clinics
- Have you heard about KELA´s baby box ? (called as äitiyspakkaus in finnish)
- Its enough to carry your KELA card when going to the hospital for delivery
- Both the parents are entitled for parental leave 😊

<https://www.infofinland.fi/en/living-in-finland/health/when-you-are-expecting-a-baby>





A pregnant mother is entitled to receive this package from KELA during 6<sup>th</sup> month of pregnancy. It's a basket of goodies necessary for the initial period of baby care.

Did you hear about maternity allowance?

For more information follow the link below:

<https://www.infofinland.fi/en/living-in-finland/family/support-for-families/support-for-pregnant-women>

# Neuvola

- ▶ Finland provides comprehensive and high-quality health services for children. Public health services, such as child health clinics and school health care, are affordable or free of charge. There are also many private health services on offer.
- ▶ They assist in health care of children from 0-7years old.
  - ▶ Provide vaccinations
  - ▶ Conduct yearly check ups for the child
  - ▶ Children are given their personal child health clinic card (neivolakortti) at these clinics. Always take the card along when you visit a child health clinic. The nurse will enter your child's health information and vaccinations on it. Some cities use an electronic clinic card.
  - ▶ For school aged children "yearly check ups and vaccinations are checked by the school nurse and the doctor assigned to the school. A child can make a visit to the school nurse if they need any help.

For more information on child allowances, vaccination programs, long term illness and caring for a disabled child check the link below

<https://www.infofinland.fi/en/living-in-finland/health/children-s-health>

# What to do if my child is sick?

- Call your nearest Terveysasema (They are opened from 8-4pm).
- In the evenings or during the weekends children are treated at Päivystys in case of acute situations.
- You can visit private clinics and make doctor's appointment (but private clinic visits are usually expensive)

In case of emergency call 112.

If suspecting emergency help, yet needing to consult on emergency, you can call 116 117

- <https://www.hus.fi/en/hospitals-and-other-units/medical-helpline-116117>

For more information follow the link

<https://www.infofinland.fi/en/living-in-finland/health/children-s-health>



In case of any emergency call 112 to avail Ambulance services.

Depending on the seriousness of the cause, sometimes ambulance services are charged.

# Mental Health

Municipal social and primary health care is responsible for the prevention, early identification, proper care and rehabilitation of the mental health disorders of its residents. Mental health services are also provided in specialized medical care at psychiatric outpatient clinics and psychiatric hospital care

There are many ways to help promote positive mental health.

- ▶ Talking to people about one's own feelings
- ▶ Keeping active
- ▶ Maintaining regular and healthy eating and sleeping habits
- ▶ Building up relationships and maintaining them
- ▶ Having strong social network and seeking help when needed
- ▶ Caring for others
- ▶ Having a quality "me" time,(hobbies)

For more information follow the link below:

<https://thl.fi/en/web/migration-and-cultural-diversity/immigrants-health-and-wellbeing/mental-health-of-immigrants/identifying-and-diagnosing-mental-health-issues>

# Heard about SOTE uudistus? How will it affect me as a patient?

The responsibility for organising health, social and rescue services will be transferred from municipalities to wellbeing services counties from the beginning of 2023.

- ▶ Municipalities will remain responsible for promoting the health and wellbeing of their residents. The public sector will remain the organiser and primary provider of services. Private sector actors and the third sector will supplement public health and social services.
- ▶ Five collaborative areas for healthcare and social welfare will be created to secure specialised services.

How does it help me as a patient?

It helps ensure to provide equal and high quality social and health care services, make them available and accessible to everyone.

REF:  
[https://soteuudistus.fi/en/frontpage?p\\_p\\_id=fi\\_yja\\_language\\_version\\_tool\\_web\\_portlet\\_LanguageVersionToolMissingNotificationPortlet&\\_fi\\_yja\\_language\\_version\\_tool\\_web\\_portlet\\_LanguageVersionToolMissingNotificationPortlet\\_missingLanguageVersion=1](https://soteuudistus.fi/en/frontpage?p_p_id=fi_yja_language_version_tool_web_portlet_LanguageVersionToolMissingNotificationPortlet&_fi_yja_language_version_tool_web_portlet_LanguageVersionToolMissingNotificationPortlet_missingLanguageVersion=1)

# Choosing health care profession?

- ▶ Huge need for nurses in Finland.
- ▶ There are Nursing courses taught in English in some of the universities like: Laurea, Metropolia, Diak etc.,





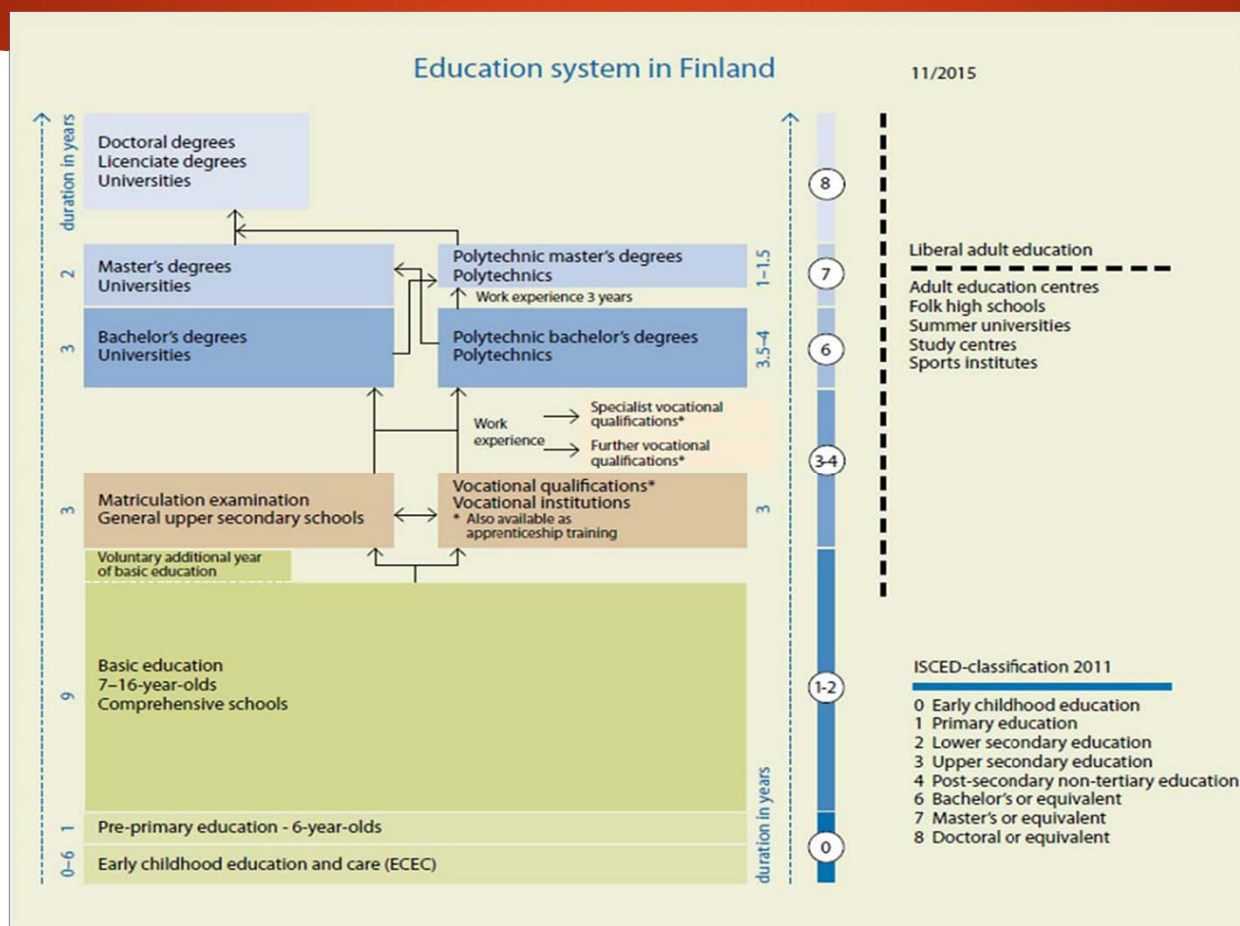
# Education at Finland

Presented by : Chirag Suthar & Kit Srinivasan



# Education System

We have read at plenty of places about Finnish Education system, it is ranking in the top in the world in many dimensions. However, we need to see how it looks on our perspective.



# Children Early education

Children between age 0 to 5 goes to Daycare known as Päiväkoti in Finland.  
At age of 6 child start Pre-school mostly in the same facility of the day care.

Finnish daycare also have special teachers who closely look after and support guide with all the fronts of development including speech, language and people's skills.  
Finnish day care help to get

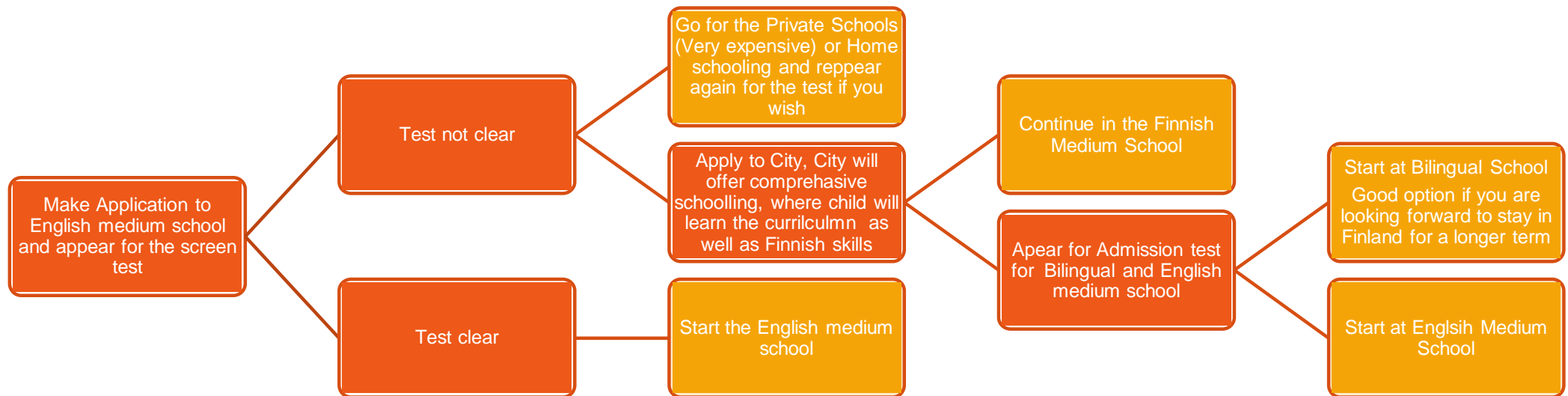
- Parents has two options by putting it in to Private (English medium) daycare or City's daycare.
  - However all the daycares can be identified under following classification
    - Municipal daycare center
    - Family daycare
    - Group family daycare
    - Evening care
    - Round-the clock care
- } for the parents who are working in the shifts
- All the City's daycare as well private daycare are subsidized, and Resident permit older parents pays part of the Fee which is ranging from the 150 EUR to 400 EUR /per month. Generally, city's daycare are less costly. If your both children are going to daycare you have to pay less fee for second child.
  - Application of the City's daycare are to be made on respective city's webpage. Example <https://www.espoo.fi/en/childcare-and-education/early-childhood-education/early-childhood-education> and for private daycare it has to be made on the respective webpage
  - English medium care are mostly operated by private players. You will find list of the all daycares on the webpage of the respective city website.
  - Each living area at least has a one daycare, Idea here is to have one daycare in walking approach for all the resident in Finland
  - There are some daycares who are focusing different activities like English language sports, science and arts  
Example <https://www.pilkepaivakodit.fi/paivakodit/sipoo/pilke-liikuntapaivakoti-soderkulla/> for sports  
<https://www.pilkepaivakodit.fi/paivakodit/espoo/lintuvaara/pilke-tiedepaivakoti-siru/> for science  
<https://www.taikatahti.com/musiikkipaivakoti> for Music  
<https://finnamkindergarten.com/> for English etc.

# Children Basic Education

The children from age of 7 to 16 goes to Basic ( Primary) education.

This schooling is free and compulsory for the children, your city is responsible to provide a seat for into the school

If you are going to reside in Finland permanently and wish to have your child studying in the Finnish medium schooling kindly apply at the city for the school admission. School admission can be given at time of the year while you are moving in. to the city, within city transfer may take some time.



# Children Basic Education

Big cities in Finland has one or more state funded English Medium schools, below are the list of some of them  
State Funded School :

## Helsinki :

- Ressu Comprehensive School: Ressu is a city-operated school offering the International Baccalaureate Primary Years Programme for grades 1-4, and Middle Years Programme for grades 5-9.
- Manual Primary / Elementary School: Classes in English are part of the school programme for pupils in grades 1-6, aged 7-12. Applicants must take an English aptitude test; these are held February and August.
- [website](#)

Maunula Secondary School: Maunulan Yhteiskoulu has International Classes for students aged 13-16 in grades 7-9 General testing is in January but students can also be tested and admitted throughout the year when moving into the country.  
[www.mayk.fi/en/](http://www.mayk.fi/en/)

- Kulosaari Elementary and Secondary Schools:  
Primary languages: English-Finnish and English  
Primary / Elementary School: Bilingual Program English-Finnish stream for pupils in grades 1-6, aged 7-12.  
[website](#), Bilingual program and aptitude tests Tel: 09 310 72053
- Secondary School: Kulosaaren Yhteiskoulu has Lower and Upper Secondary Schools. In the lower secondary grades 7-9 it is possible to study in Finnish, bilingual, and English classes. In the upper secondary grades 10-12 English Stream, teaching is partially or completely in English. Aptitude tests are required for enrolment. Please [visit site](#) for details and application procedures. T  
[ksyk.fi/englanninkielinen-linja](http://ksyk.fi/englanninkielinen-linja) Tel: 09 2289 180

# Children Basic Education

## Espoo :

- [Espoo International School:](#)  
Grades 1-9. International Baccalaureate Middle Years Programme (MYP) for grades 7-9. Admissions are open to children whose home language is English, or who have sufficient fluency in English to cope in the classroom. All pupils study according to the Finnish comprehensive school curriculum and the MYP programme. Tuition is free of charge.

### [Website](#)

- [Etelä-Tapiolan Lukio:](#)  
Primary language: English  
Etelä-Tapiolan lukio (ETIS) is an upper secondary / high school with tuition in Finnish for the regular curriculum, and in English for the IB Diploma Programme. ETIS places emphasis on social sciences and cultural awareness, entrepreneurship, and the arts.  
[www.etela-tapiola.fi](http://www.etela-tapiola.fi)
- Kilonpuiston koulu  
School has bilingual classes from the first grade to the ninth  
<https://www.espoo.fi/en/units/15355>

## Vantaa :

- [International School of Vantaa:](#)  
Grades 1-9 English medium schooling. , [Website](#)
- [Kaivoksela School](#)  
Kaivoksela School is for children in grades 1-6. Children do not need to know English when entering 1st grade, but English skills are required in grades 2-6.. <https://www.sivistysvantaa.fi/kaivokselankoulu/artikkelit/info/kaivokselankoulu.html>
- [Rekolanmäki School](#)  
Rekolanmäki School is for children in grades 1-6. Children do not need to know English when entering 1st grade, but English skills are required in grades 2-6. <https://sivistysvantaa.fi/rekolanmaenkoulu/index.html>

# Children Basic Education

## Oulu

- [Oulu International School:](#)  
Primary language: English  
An IB (International Baccalaureate) world school owned by the City of Oulu, offering the Primary Years (PYP) and Middle Years (MYP) programmes. OIS follows the National Core Curriculum and the IB guidelines and standards. Website : [www.ouka.fi/oulu/Oulu-International-School](http://www.ouka.fi/oulu/Oulu-International-School)

## Pori

- [English Classes at Cygnaeus School:](#)  
Primary language: English  
"An international school within a Finnish school." Cygnaeus School has an English kindergarten and grades 1-6. Students follow the same curriculum as Finnish schools but classes are taught in English.. Upper primary school studies continue in English in grades 7-9 at the neighbouring school, [PSYL](#) (Porin suomalainen yhteislyseo).  
[www.englishclassescygnaeuspori](http://www.englishclassescygnaeuspori)

## Tampere

- [Finnish International School of Tampere \(FISTA\):](#)  
Primary language: English  
1st-9th grades. Website : [www.tampere.fi](http://www.tampere.fi)
- [Tampereen Lyseon Lukio \(Rellu\):](#)  
Primary languages: English / Finnish  
Tampereen lyseon lukio high school - 'Rellu' for short - offers three programmes of study: a general high school programme, a European Studies programme and an IB programme taught in English and culminating in the International Baccalaureate exam.
- [Website](#)

## Turku

- [Turku International School:](#)  
Turku International School offers primary (grades 1-4), secondary (grades 5-9) and upper secondary education. The first two of these conform to the National Framework Curriculum, but use some ideas and content from the IBO Primary Years Programme (PYP) and the Middle Years Programme (MYP) in teaching and assessment. The upper secondary education is based on the IB Diploma Programme. [sites.utu.fi/tis/](http://sites.utu.fi/tis/)

# Children Basic Education

## Other Private Internationals Schools

### The International school of Helsinki

ISH is a private coeducational IB World School divided into two sections: Lower School (Pre-K-5) and Upper School (6-12). ISH offers the International Baccalaureate PYP (Primary Years Programme), MYP (Middle Years Programme) and Diploma programmes. Website : <https://ishelsinki.fi/>

### Kielo International School

Kielo is a private international primary school for students in grades 1-4, located in Malmi, Helsinki. This is a home school so city office visits and review progress of children for next grade promotion following the Finnish national curriculum with English as the main language of instruction. Website : <https://www.kieloschool.fi/>

### The English School

This is bilingual school offering studies from preschool to High school. This is Grant-in aid school so school fee is comparatively less than other privately held schools  
<https://www.EngS.fi/>

# Higher Education System in Finland

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Kit Srinivasan  
Senior Manager - Global Engagement  
15 March 2022



Aalto-yliopisto  
Aalto-universitetet  
Aalto University





# FINLAND HAS ONE OF THE BEST PERFORMING EDUCATION SYSTEMS IN THE WORLD

**#1**

EDUCATING FOR THE  
FUTURE INDEX

(Economist 2019)

**#1**

DIGITAL SKILLS

(WEF Global Competitiveness  
Report 2020)

**#2**

TERTIARY EDUCATION  
SYSTEM DELIVERS  
NEEDS OF EMPLOYERS

(WEF Global Competitiveness  
Report 2020)

**# Top 10**

HIGHER EDUCATION  
SYSTEMS IN THE  
WORLD

(Universitas21 Ranking 2020)



Aalto-yliopisto  
Aalto-universitetet  
Aalto University

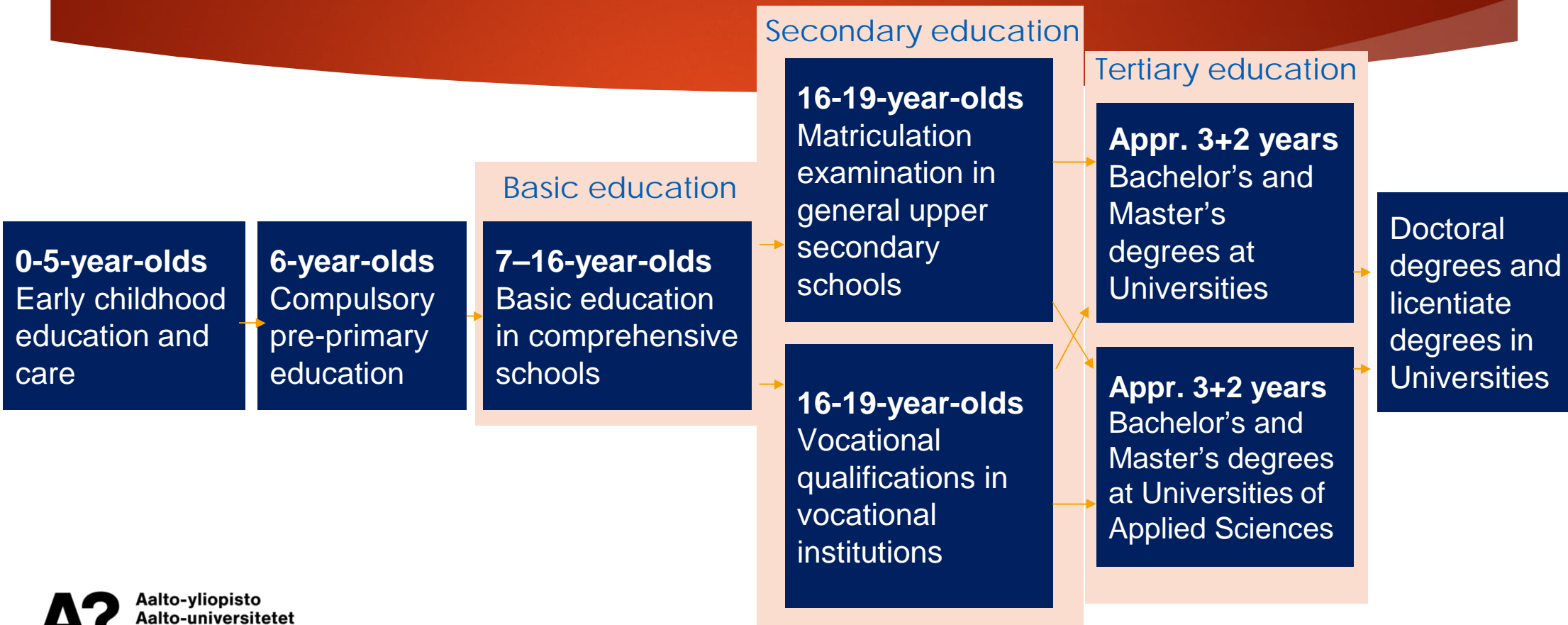
## International degree students in Finland

Foreign students	
	2020
+ Europe	7,791
+ America	1,221
+ Africa	2,013
+ Asia	9,696
+ Oceania	84
+ Missing data	66
<b>Grand total</b>	<b>20,868</b>

Foreign students	
	2020
▣ India	981
▣ UAS education	270
UAS degree	159
UAS Master's degree	111
▣ University education	711
Bachelor's degree	18
Master's degree	345
Licentiate degree	1-4
Doctoral degree	348
<b>Grand total</b>	<b>981</b>

## Indian degree students in Finland

# The Finnish education system today



## Secondary education

Upper Secondary Schools

Vocational qualifications

- Voc. Upper Secondary School
- Voc. Qualification
- Specialist Voc. Qualification

Complementary with Voc. education

- On the job training ('harjoitus')
- Apprenticeship ('oppisopimus')
- Education agreement ('koulutussopimus')

Before Voc. Education

- Preparatory vocational education (VALMA - Ammatilliseen koulutukseen valmentava koulutus)

## Tertiary education

Universities

- Bachelor's
- Master's
- Doctoral
- Licentiate
- Post Doctoral

Universities of Applied Sciences (UAS)

- Bachelor's
- Master's

Other\*

Education towards Regulated Professions (for example, 60 ECTS Pedagogical studies, )

## Lifelong Learning or Life Wide Learning\*\*

Vocational labour market training

Self-motivated education supported by unemployment benefit

Open Universities (avoin yliopisto)

Open Universities of Applied Sciences (avoin ammattikorkeakoulu)

Summer Universities (kesäyliopisto)

University of the third age (ikäihmisten yliopisto, for 60+)

Adult education centres (kansalaisopisto/työväenopisto)

Folk high schools (kansanopisto)

Other (MOOC's, Future or Industry oriented courses from universities and companies)

# UNIVERSITIES

**study**  
inFINLAND.fi

- **Combine quality research with high-level education**
- **Offer bachelor's, master's and doctoral degrees (3+2+4 years)**
- **10% of master's students are international (2019)**

**13 UNIVERSITIES WITH OVER  
300 INTERNATIONAL  
PROGRAMMES**

Source: [studyinfinland.fi](http://studyinfinland.fi)



# UNIVERSITIES OF APPLIED SCIENCES (UAS)

**study**  
inFINLAND.fi

- Professionally oriented higher education
- Offer bachelor's and master's degrees (3.5-4, 1-1.5 years)
- Work experience required for UAS master's (min 2 years)
- 7% of UAS students are international (2019)

**22 UAS'S OFFER  
OVER 200 INTERNATIONAL  
PROGRAMMES**

Source: [studyinfinland.fi](https://studyinfinland.fi)



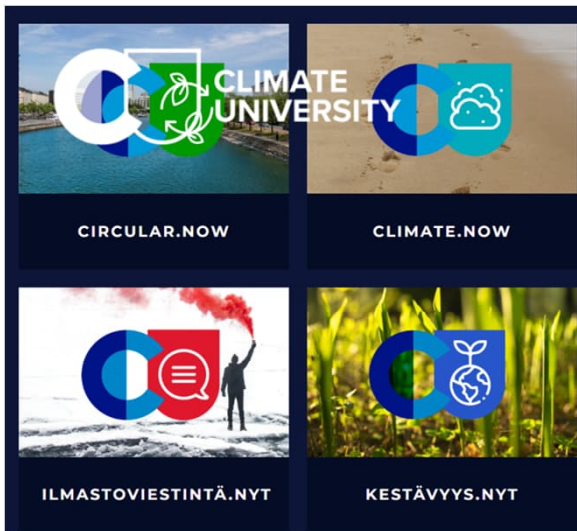
## UNIVERSITIES

- Aalto University
- University of Helsinki
- University of Eastern Finland
- University of Jyväskylä
- University of Lapland
- LUT University
- University of Oulu
- Hanken School of Economics
- University of the Arts Helsinki
- Tampere University
- University of Turku
- University of Vaasa
- Åbo Akademi University

## UNIVERSITIES OF APPLIED SCIENCES

- Arcada University of Applied Sciences
- Centria University of Applied Sciences
- Diaconia University of Applied Sciences
- Haaga-Helia University of Applied Sciences
- Humak University of Applied Sciences
- Häme University of Applied Sciences
- JAMK University of Applied Sciences
- South-Eastern Finland University of Applied
- Kajaani University of Applied Sciences
- Karelia University of Applied Sciences
- LAB University of Applied Sciences
- Lapland University of Applied Sciences
- Laurea University of Applied Sciences
- Metropolia University of Applied Sciences
- Novia University of Applied Sciences
- Oulu University of Applied Sciences
- Satakunta University of Applied Sciences
- Savonia University of Applied Sciences
- Seinäjoki University of Applied Sciences
- Tampere University of Applied Sciences
- Turku University of Applied Sciences
- Vaasa University of Applied Sciences





Elements of AI

Will robots take our jobs? How will artificial intelligence change our working life in the next 10 years? How will intelligence impact our society?

Java Programming I

Learn the basics of programming with the Java language. A new version of the popular Object Oriented Programming with Java course.

Business Communication Skills, contact teaching, May  
 Communication  
 Business

Business Communication Skills, January  
 Communication  
 Business

Business Communication Skills, March  
 Communication  
 Business

University of Oulu Individual course

**Air pollution control engineering**

Chemical process and environmental engineering  
 Adult learner, Degree student | Online | Advanced | 5 ECTS |

Course period: 1.11.–31.12.2021  
 Application deadline: Application period has ended Price: 0 €

76 €

**Finnish for Beginners**

Kolari, Verkkokurssi  
 28.9.2021 TUE 17:00–20:30

92 €

**Finnish for Beginners**

Kolari, Verkkokurssi  
 25.1.2022 TUE 17:30–21:00

University of Oulu Individual course

**Battery chemistries and components**

Chemistry and materials of energy storages  
 Adult learner, Degree student | Online | Advanced | 5 ECTS |

Course period: 10.1.–15.3.2022  
 Application deadline: Application period has ended Price: 0 €

130 €

**Suomi, Beginners' Finnish**

Helsinki, Kalliola, Auditorio  
 7.2.2022 MON WED

37 €

**Suomi 1, Finnish for foreigners 1**

Jyväskylä, Kuokkatan yhtenäiskoulu  
 10.1.2022 MON THU

Business Communication Skills, remote course, August  
 Communication  
 Business

**A?** Aalto-yliopisto  
 Aalto-universitetet  
 Aalto University

Hundreds of courses from 200+ institutions throughout the year for Hobbies/Lifelong education!



# Key points for applying for tertiary education

Application period

Bachelor's degrees:

- Dec-Jan (English prog.)
- March (Finnish & Swedish)

Master's degrees

- Dec-Jan/Dec-Feb/Some rolling calls

Doctoral degrees

- 1-2 times a year
- Open positions throughout the year
- Schedule varies among universities

## FINLAND

### 1. Choose your programmes

You can search for your desired programmes at the national database  
[www.studyinfo.fi](http://www.studyinfo.fi)

### 2. Check the admissions information

Learn about the admissions process and application deadlines, also make sure that you know which documents you need to submit.

### 3. Apply to programmes and scholarships

Make sure you apply on time! All universities have scholarships for those who are required to pay tuition fees. Applying for studies is always free.

### 4. Wait for acceptance letter

This could be the hardest part! Universities will inform all applicants and those accepted will be guided how to accept the study place offer.

# Key points for considering Lifelong Education

## Know your purpose

- Hobby/using time well?
- Adding to professional expertise?
- Gaining knowledge in a new field?
- Foundation for a career change?
- Requirement for a promotion?

## Do your research

- Invest time to look through the course offerings
- Check the systems and process for registration

## Act and attain benefit

- Register on time
- Schedule your learning
- Commit!

# USEFUL LINKS

## Education in general

<https://www.infofinland.fi/en/living-in-finland/education>

[Studyinfo.fi](https://www.studyinfo.fi)

<https://www.studyinfo.fi/>

<https://toolbox.finland.fi/themes/education-and-know-how/>

<https://www.oph.fi/en/services/recognition-and-international-comparability-qualifications/professional-qualifications>



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Aalto University

## Lifelong Learning/Hobby Education

<https://fitech.io>

<https://mooc.fi/en/>

<https://mooc.lut.fi/>

<https://plus.cs.aalto.fi>

<https://mooc.helsinki.fi/?lang=en>

<https://www.utu.fi/en/study-at-utu/open-courses-MOOC>

<https://www.elementsofai.com/>

<https://digicampus.fi/>

<https://climateuniversity.fi/>

[Ilmonet.fi](https://ilmonet.fi)

[Adult Education Centres](#)

[Open universities and Open UAS \(search with the keywords 'Open university or Open UAS in Finland'\)](#)



# Culture & Integration

Presented by: Ramya Sriram



# Integration- Employment and Economic Development Offices – TE toimisto

- ▶ Employment and Economic Development Offices (Työ- ja elinkeinotoimisto) and municipalities have immigrant advisors.
- ▶ They can help you to integrate into Finnish society. These advisors can provide information on the following, for example:
  - integration and related services
  - working life
  - education and studying.

# Services offered by TE office

- ▶ In Finland, there are different services to help you settle, find work and learn the language.
- ▶ Such services include, for example, the initial assessment (alkukartoitus), integration plan (kotoutumissuunnitelma) and integration training (kotoutumiskoulutus).
- ▶ If your family members move to Finland with you, they may also be entitled to these services.
- ▶ integration plan will be prepared if you
  - are an unemployed job seeker, or
  - receive income support, or
  - are under 18 years old and do not have a guardian in Finland.
- ▶ An integration plan is a plan detailing measures that will aid your integration. The integration plan can include Finnish language studies, other education or practical training, for example

# Language & Other Hobbies

▶ Finnish Courses can be found

- <https://finnishcourses.fi/>
- <https://ilmonet.fi/>
  
- Espoo City - <https://www.espoo.fi/en>
- Vantaa City - [https://www.vantaa.fi/front\\_page](https://www.vantaa.fi/front_page)
- Helsinki City - <https://www.hel.fi/helsinki/en/>
  
- Omnia - *Espoon työväenopisto* - <https://www.omnia.fi/koulutustarjonta/espoo-tyovaenopisto>
- *Helsingin työväenopisto* - <https://www.hel.fi/sto/fi>
- *Vantaan aikuisopisto* - <https://sivistysvantaa.fi/vantaanaikuisopisto/index.html>

# Networking Places & Leisure

- ▶ MLL –<https://www.facebook.com/groups/470774664540523>  
<https://www.facebook.com/groups/mlarviikinperhekahvila/>
- ▶ [Libraries](#)
- ▶ [Sports](#)
- ▶ [Outdoor activities](#)
- ▶ [Theatre and cinema](#)
- ▶ [Museums](#)
- ▶ [Music](#)
- ▶ [Hobbies for children and young people](#)
- ▶ IWF Mentorship Program



# Facebook Groups

- ▶ Indian in Finland
- ▶ IWF Ry
- ▶ Expat Groups
- ▶ Finland IESAF
- ▶ Expat Parents / Mothers groups
- ▶ Indians in Espoo
- ▶ Indian Movies in Finland
- ▶ Fintamil Movies
- ▶ Fintia – For Indians in Finland
- ▶ All associations have a facebook group

# Voluntary Work

- ▶ IWF RY - <https://www.facebook.com/iwfry>
- ▶ Voluntary Work - <https://vapaaehtoistyö.fi/fi>
- ▶ Finnish Red Cross - <https://www.redcross.fi/become-a-volunteer>
- ▶ Kansalaisareena – Citizen Forum - <http://www.kansalaisareena.fi/citizen-forum-finland/volunteering/>
- ▶ Recycle Center  
[https://www.kierratyskeskus.fi/files/9148/Vapaaehtoisen\\_opas\\_A4\\_ENGL\\_0514.pdf](https://www.kierratyskeskus.fi/files/9148/Vapaaehtoisen_opas_A4_ENGL_0514.pdf)
- ▶ Volunteers in Finland - <https://www.facebook.com/groups/1722659661350108>
- ▶ IWF Volunteers - <https://www.facebook.com/groups/2031617330435911>



# My Journey in Finland

Presented by : Kabira Chopra Khanna



## My Story as a newcomer here ....

"I moved from India around 3,5 years back and yes, I did have anxiety of leaving my parents, a white-collar job behind and embrace towards this new journey. Landing here I realised that how different was the weather, cultures, population and also our food habits"

### Climate does affect you however...

"The darkness in November and December as well as almost 24 hours daylight during summer months can be quite intimidating. But I kept myself engaged with activities which I had never done in my home country like sauna or walking on the frozen lake in winters and cycling and growing my own vegetables during summer. This truly helped me to become a part of this new world. And there is a lot more to do here you just have to explore what makes you happy and engaged."



Everything works as per the process...

But then the peaceful moments in nature started to sink in and walking in the forest became just so normal. I also realised that people focus on their own lives, and I can do whatever I want, and no one is looking. Everything is process oriented and works as per the documentation which I love the most about Finland.

Learning Finnish helped me to get closer to this country even more....

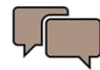
Although everybody can speak English or at least try their best to converse in English but Finnish and Swedish being the official languages are widely spoken and practiced. Hence, I also started taking steps towards learning the same. Yes, learning Finnish language was hard for me but I practiced it daily wherever possible publicly. I also volunteered at places like Mummon Kammari where I was able to practice Finnish with old grannies and that helped me improve my skills explicitly.

*Moving from India to Finland was a big change, but I feel welcome here,  
and Finland feels like home now.*



# Thank you for your Participation

Toolkit will be shared on facebook page of India in Finland & Friends of India Finland



Contact us on  
Friends of India Finland (FOIF) FB page



E-mail Address  
[finlandfoi@gmail.com](mailto:finlandfoi@gmail.com)