

## Information for Students on Exchange

<b>A. University</b>	<b>University of Helsinki</b>  <a href="https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies">https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies</a>
<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://guide.student.helsinki.fi/en/article/academic-year-and-teaching-periods">https://guide.student.helsinki.fi/en/article/academic-year-and-teaching-periods</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>	Helsinki recommends semester 2 exchange as there is less competition for courses and university accommodation.
<b>iv) Examination</b>	There is no overlapping of academic calendar and therefore NUS students are expected to <u>complete Helsinki's examination in Helsinki</u> before returning to NUS.
<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> <ol 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> </ol>
<p><b>vii) Language Proficiency Requirements</b></p>	<p>Exchange students can participate in courses taught in English. No knowledge of Finnish or Swedish is required.</p> <p>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.</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>
<p><b>viii) Modules Compatibility</b></p>	<p>English course catalogue for exchange students: <a href="https://guide.student.helsinki.fi/en/article/course-selection">https://guide.student.helsinki.fi/en/article/course-selection</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>When you choose courses, please pay attention to:</p> <ul style="list-style-type: none"> <li>• language of teaching</li> <li>• when does the course take place: please select your courses so that they are not all organized during the same teaching period. Study year is divided into four periods. Autumn semester consists of 1st and 2nd period, spring semester consists of 3rd and 4th period.</li> <li>• restrictions: please read more on <a href="https://guide.student.helsinki.fi/en/article/course-selection">https://guide.student.helsinki.fi/en/article/course-selection</a></li> </ul> <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</li> </ul>

	<p>knowledge of subject from the student. Mainly for 2<sup>nd</sup> or 3<sup>rd</sup> year students of that subject.</p> <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>ix) <b>Module restrictions and pre-requisites</b></p> <p><b>(Please read!)</b></p>	<p><b>Module restrictions at Helsinki are non-negotiable.</b></p> <p>NUS students on "University bilateral agreement" are required to choose the majority of your courses from one faculty in Helsinki and you can be only accepted by the Faculty closest to your educational background in order for you to do well during your exchange studies.</p> <p>Within one faculty, students can choose courses from several disciplines. 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.</p> <p>Students can choose some courses from other faculties/disciplines if they have sufficient prior academic background in the disciplines taught. Helsinki has the right to reject students who do not meet the pre-requisites for the course.</p> <p>Please note that you may not be able to take all the courses you want. <b>If there are mandatory courses which you need to take in order to graduate, please take them at NUS.</b> It is strongly recommended that you be flexible with your course selection.</p> <p>Courses from the following degree programmes are <b>not</b> open to NUS students on "University bilateral agreement":</p> <ul style="list-style-type: none"> <li>Faculty of Medicine</li> <li>Faculty of Veterinary Medicine</li> <li>Faculty of Law</li> <li>Courses which have a code beginning with KIK-EN or ENG- = Bachelor's Programme in Languages (study track: English) and Master's Programme in English Studies</li> <li>Politics, Media and Communication, Global Political Communication</li> </ul> <p>English courses offered by the Language Centre are not open to exchange students.</p> <p>Helsinki is experiencing a high demand for some courses, especially at the Faculty of Educational Sciences and at the Faculty of Social Sciences. This means that you have to be aware that it may be difficult to find vacancy for these courses.</p>

	<p>Priority is usually given to those exchange students that are enrolled at the University of Helsinki in the degree programme offering the course.</p> <p>Detailed information concerning the rights of exchange students to participate in courses is best obtained from the degree programme's staff in Helsinki. <b>However, before you check with Helsinki, please do your own research and talk to your NUS academics to plan your preliminary Study Plan. Academic counselling is the responsibility of your home faculty at NUS.</b></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>Economics and the Faculty of Agriculture and Forestry only offer courses in English at the Master's level.</p>
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#### D. Application

<p><b>i) Procedures</b></p>	<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. 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/how-to-apply/exchange-studies">https://www.helsinki.fi/en/studying/how-to-apply/exchange-studies</a></p> <p>Required documents needed from host university:</p> <ol 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> </ol>
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	<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>
<p><b>ii) Deadlines</b></p>	<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>
<p><b>E. Accommodations</b></p>	
<p><b>i) University Accommodation</b></p>	<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://guide.student.helsinki.fi/en/article/housing">https://guide.student.helsinki.fi/en/article/housing</a></p>
<p><b>F. Visa</b></p>	
<p><b>Consular/Visa Regulation</b></p>	<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>
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### G. Safety, Health & Medical Insurance

<p><b>i) Health/Medical Insurance</b></p>	<p>All students on exchange in Finland are supposed to be covered by medical and health insurance. Please find more information here: <a href="https://migri.fi/en/insurance">https://migri.fi/en/insurance</a></p> <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 international insurance coverage is not enough, students are advised to purchase additional health and/or travel insurance from their preferred agent.</p>
<p><b>ii) Emergency Number at host university</b></p>	<p>Tel : +358 2941 22939</p>

### H. Cost of Living

<p><b>i) Estimated Monthly Living Expenses</b></p>	<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: center;">Breakdown of Costs</th> <th style="text-align: center;">Cost</th> </tr> </thead> <tbody> <tr> <td>Accommodation</td> <td style="text-align: center;">€400-850</td> </tr> <tr> <td>Food</td> <td style="text-align: center;">€200-€250</td> </tr> <tr> <td>Transport</td> <td style="text-align: center;">€30</td> </tr> <tr> <td>Books, entertainment, telecommunication, etc.</td> <td style="text-align: center;">€144</td> </tr> <tr> <td style="text-align: center;"><b>Monthly Estimate</b></td> <td style="text-align: center;"><b>€774-€1,274</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	€400-850	Food	€200-€250	Transport	€30	Books, entertainment, telecommunication, etc.	€144	<b>Monthly Estimate</b>	<b>€774-€1,274</b>
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