

1	DAILY LIFE	Housing & accommodation info	<ul style="list-style-type: none"> • Savonia UAS New Student guide Housing https://www.savonia.fi/en/study-with-us/for-students/new-students/Housing • Opening hours of housing office: Kuopas Visiting address: Torikatu 15, Kuopio Tel: +358 (0)20 710 9740 customerservice@kuopas.fi, https://www.kuopas.fi/en/ • Setting up bills: https://www.savonia.fi/en/study-with-us/for-students/new-students/Getting furniture/ second hand furniture: • Savonia UAS New Student guide Housing https://www.savonia.fi/en/study-with-us/for-students/new-students/Housing • Komero Second Hand Shop - Home Facebook: https://www.facebook.com/komerosecondhandshop/ • Second Hand Online Tori.fi https://www.tori.fi/pohjois-savo/sisustus ja huonekalut?ca=8&cg=3020
		Food and home	<p>Grocery shopping:</p> <ul style="list-style-type: none"> • Tokmanni: https://www.tokmanni.fi/ • K-market / K-supermarket Veljmies: https://www.k-ruoka.fi/kauppa/k-market-kalakukko
		Affordable places to eat out	<ul style="list-style-type: none"> • Istanbul market: https://www.istanbulmarket.fi/ • Catering to home-culture food, Muikkuravintola Sampo: https://www.muikkuravintolasampo.fi/
		Money and banking	<ul style="list-style-type: none"> • Opening an account: UEF Everyday life in Finland Currency and Banking https://www3.uef.fi/web/internationalstaff/currency-and-banking <p>Hardship and emergency funds:</p> <ul style="list-style-type: none"> • Savonia finances: https://www.savonia.fi/en/study-with-us/for-students/new-students/finances/ • Kela Financial Aid https://www.kela.fi/web/en/students

		<ul style="list-style-type: none"> • Benefits or government payments: www.savonia.fi/en/study-with-us/for-students/new-students/finances/ <p><u>Study scholarships:</u></p> <ul style="list-style-type: none"> • Savonia UAS Tuition fees for Bachelor's programmes: https://www.savonia.fi/en/study-with-us/apply/bachelors/tuition-bachelors/ • Savonia UAS Tuition fees for Master's programmes: https://www.savonia.fi/en/study-with-us/apply/masters-degree/tuition-masters/ • Study in Finland Scholarships: https://www.studyinfinland.fi <p><u>Kela funds migrant study:</u> https://www.kela.fi/web/en/students</p>
	Family support & childcare	<p>infoFinland.fi Benefits for looking after a child at home https://www.infofinland.fi/en/living-in-finland/family/support-for-families/benefits-for-looking-after-a-child-at-home</p>
	Travel to campus	<ul style="list-style-type: none"> • Savonia UAS Arrival Campuses Visit us: https://www.savonia.fi/en/savonia-uas/campuses/visit-us/ • Kuopio region public transport Vilkku https://vilkkku.kuopio.fi/en • Kuopio Exercise tracks and skiing trails https://www.kuopio.fi/it/kuntopolut-ja-ladut • Valopilkku Application Play store etc. Taksiykköset Kuopio https://taksi1.fi/kuopio/ • VR Public Railways Kuopio railway station https://www.vr.fi/en/railway-stations-and-routes/kuopio • VR Public Railways Tickets https://www.vr.fi/en • Savonia UAS Campuses Visit us https://www.savonia.fi/en/savonia-uas/campuses/visit-us/

		Hospitals & pharmacies	<ul style="list-style-type: none"> • Savonia Study with Us Health care and health screening https://www.savonia.fi/en/study-with-us/for-students/services-for-students/health-care/ • Kuopio Urgent Medical Care and Emergency Services https://www.kuopio.fi/en/kiireellinen-hoito-ja-paivystys#
		Local area	<ul style="list-style-type: none"> • Savonia Study with Us Orientation and tutors https://www.savonia.fi/en/study-with-us/for-students/services-for-students/orientation-and-tutors/ • Dial 112, free of charge. Kuopio Urgent Medical Care and Emergency Services https://www.kuopio.fi/en/kiireellinen-hoito-ja-paivystys# Dial 116117 KUH Emergency Care in Kuopio • Savonia UAS Contact Student Services: https://www.savonia.fi/en/contact/ <p>Microkatu 1, 70210 KUOPIO Campus heart, 1st floor Monday-Friday 10.00-15.00 Tel. +358 44 785 7001 STUDENTSERVICES@SAVONIA.FI</p> <ul style="list-style-type: none"> • Refugee aid office: Kuopio Refugee Unit Kuopio: https://www.kuopio.fi/maahanmuuttajat2 <p>The Finnish Refugee Advice Centre In Helsinki, not in Kuopio: https://www.pakolaisneuvonta.fi/en/legal-services/#371-2 phone +358 9 2313 9300 fax +358 9 2313 9310 pan@pakolaisneuvonta.fi</p>

			<p><u>Tourist-style info to explore the city and its culture:</u></p> <ul style="list-style-type: none"> • Kuopio Tourist Information / Kuopion matkailuneuvonta: https://foursquare.com/v/kuopio-tourist-information--kuopion-matkailuneuvonta/4e2fd648a8092ca5c3835897 • Kuopio Events: https://www.kuopio.fi/tapahtumat • UEF University of Eastern Finland Science events: https://www.uef.fi/en/science-events • Savonia UAS Student Union Savotta Events https://opiskelijakuntasavotta.fi/en/events/ • Kuopio Tourist Information / Kuopion matkailuneuvonta https://foursquare.com/v/kuopio-tourist-information--kuopion-matkailuneuvonta/4e2fd648a8092ca5c3835897 <p><u>Links to non-university international services and charities in the city:</u></p> <ul style="list-style-type: none"> • Kompassi International Meeting Point https://www.puijola.net/kompassi-en/ • ZONTA: https://zonta.fi/kuopio2/ • Kuopio Parish Union (six Evangelical Lutheran parishes): https://www.kuopionseurakunnat.fi/info-ja-asiointi/in-english# • Pentecostal church: https://eelim.net/in-english/ <p><u>Weather and seasons:</u></p> <ul style="list-style-type: none"> • Visit Finland About Finland https://www.visitfinland.com/about-finland/ • Finnish Meteorological Institute Local weather: Kuopio https://en.ilmatieteenlaitos.fi/local-weather/kuopio
2	HEALTH & WELL-BEING	Online psychological support that helps them manage recent transition.	<ul style="list-style-type: none"> • Savonia Study with Us Health care and health screening https://www.savonia.fi/en/study-with-us/for-students/services-for-students/health-care/

		Health and dental check-ups for students	<ul style="list-style-type: none"> Savonia Study with Us Health care and health screening https://www.savonia.fi/en/study-with-us/for-students/services-for-students/health-care/
		Counselling and/or befriending services	<ul style="list-style-type: none"> Savonia UAS Education system, study counseling & accessibility https://www.savonia.fi/en/study-with-us/for-students/services-for-students/education-guidance-accessibility/ Kompassi International Meeting Point https://www.puijola.net/kompassi-en/
		Places to worship and pray	<ul style="list-style-type: none"> Kuopio Parish Union (six Evangelical Lutheran parishes) https://www.kuopionseurakunnat.fi/info-ja-asiointi/in-english# THE ORTHODOX PARISH OF KUOPIO https://www.ort.fi/kuopio/eng/ Pentecostal church https://eelim.net/in-english/ Kuopio Mosque The Islamic Society of Savo Soikkokuja 12 UEF Everyday life in Finland Religious Denominations https://www3.uef.fi/web/internationalstaff/religious-denominations
		Services/charities that support migrants with PTSD/Depression	<ul style="list-style-type: none"> FSHS https://www.yths.fi/en/frontpage/ Dial 116117 KUH Emergency Care in Kuopio Kuopio Crisis Centre Suokatu 27, Appointments +358 17 262 7733, Mon – Fri 8 – 10, https://www.mielenterveysseurat.fi/kuopio/kuopio-crisis-centre/
		Work-shadowing for migrants who used to have a profession & want to regain professional pride	<ul style="list-style-type: none"> Kompassi International Meeting Point https://www.puijola.net/kompassi-en/

		Advice on sleep and relaxation	<ul style="list-style-type: none"> Savonia Study with Us Health care and health screening https://www.savonia.fi/en/study-with-us/for-students/services-for-students/health-care/ Savonia UAS Student's sports Sykettä incl. youga and relaxation excercises https://sykettä.fi/kuopio/en/ Kuopio Crisis Centre https://www.mielenterveysseurat.fi/kuopio/kuopio-crisis-centre/
		Coping with life and study in shared accommodation	<ul style="list-style-type: none"> Savonia UAS Student Union Savotta Events https://opiskelijakuntasavotta.fi/en/events/ Savonia UAS Wellbeing Services: https://portal.savonia.fi/amk/fi/node/659 Finnish Red Cross Help for Loneliness: https://www.redcross.fi/node/1557/loneliness
3	SETTLING IN	Friend-finder to meet others in a similar situation to talk and share experiences & interests (off-campus and/or virtually)	<ul style="list-style-type: none"> Savonia UAS Student Union Savotta Events https://opiskelijakuntasavotta.fi/en/events/ Savonia UAS Wellbeing Services: https://portal.savonia.fi/amk/fi/node/659 Kompassi International Meeting Point: https://www.puijola.net/kompassi-en/ Finnish Red Cross Help for Loneliness: https://www.redcross.fi/node/1557/loneliness
		Advice on what to do if feeling like you don't belong and culture shock	<ul style="list-style-type: none"> Savonia UAS Student Union Savotta https://opiskelijakuntasavotta.fi/en/ Savonia UAS Wellbeing Services: https://portal.savonia.fi/amk/fi/node/659
		Cultural norms	<ul style="list-style-type: none"> infoFinland.fi Finnish Customs: https://www.infofinland.fi/en/information-about-finland/basic-information-about-finland/cultures-and-religions-in-finland/finnish-customs This is Finland A guide to Finnish customs and manners: https://finland.fi/life-society/a-guide-to-finnish-customs-and-manners/ Ministry of Social Affairs and health Finland is a gender equality pioneer https://stm.fi/en/finland-is-a-gender-equality-pioneer

			<ul style="list-style-type: none"> • Her Finland 50 Cultural Facts on Finland that Help You Understand Finns https://herfinland.com/facts-on-finland/ • eDiplomat Finland http://www.ediplomat.com/np/cultural_etiquette/ce_fi.htm • BBC Travel How the Finnish survive without the small talk http://www.bbc.com/travel/story/20181016-how-the-finnish-survive-without-small-talk • This is Finland A guide to Finnish customs and manners https://finland.fi/life-society/a-guide-to-finnish-customs-and-manners/ • infoFinland.fi Finnish Customs https://www.infofinland.fi/en/information-about-finland/basic-information-about-finland/cultures-and-religions-in-finland/finnish-customs • Visit Finland Culture https://www.visitfinland.com/culture/ • University Almanac Office Flag Days and Holidays in Finland https://almanakka.helsinki.fi/en/flag-days-and-holidays-in-finland.html <p><u>What to wear:</u></p> <ul style="list-style-type: none"> • Visit Finland How to dress right and enjoy the winter https://www.visitfinland.com/article/how-to-dress-right-and-enjoy-the-winter/#7c68756f • Independent Travel Cats Finland Packing List for Winter: A Guide to What to Pack: https://independenttravelcats.com/finland-packing-list-winter-guide-what-to-pack/ • Travel Fashion Girl What to Wear in Finland: Packing List for All Seasons: https://www.travelfashiongirl.com/what-to-wear-in-finland-in-winter/
4	MIGRA NT STATUS	Visas, legal advice & embassy contacts	<ul style="list-style-type: none"> • Savonia UAS Residence Permits and visa https://www.savonia.fi/en/study-with-us/for-students/new-students/residence-permits-visas/ • Finnish Immigration Service https://migri.fi/en/home • The Finnish Refugee Advice Centre In Helsinki, not in Kuopio https://www.pakolaisneuvonta.fi/en/legal-services/#371-2 pan@pakolaisneuvonta.fi

		Territory-specific permissions and status info.	Savonia UAS Residence Permits and visa https://www.savonia.fi/en/study-with-us/for-students/new-students/residence-permits-visas/
		Information re migrant rights to work & related permits	<ul style="list-style-type: none"> • Kuopio Immigrants: https://www.kuopio.fi/en/maahanmuuttajat2 • Finnish Immigration Service MIGRI Service points of the Finnish Immigration Service also online: https://migri.fi/en/service-points
5	LANGUAGE & STUDY SKILLS	Language development	<p><u>Free translation tools (oral and written):</u></p> <ul style="list-style-type: none"> • Google Translate Do not use in purposes to learn the language! https://www.google.com/ • MOT Language Service Savonia Finna Once you have the user account, you can start using this https://savonia.finna.fi/Record/savonia.994760836406248 • Random Finnish Lessons http://randomfinnishlesson.blogspot.com/2014/02/100-very-common-finnish-words.html • Language exchange opportunities: Kompassi International Meeting Point https://www.puijola.net/kompassi-en/ <p><u>Links to free online language courses:</u></p> <ul style="list-style-type: none"> • Duolingo Free of charge https://www.duolingo.com/course/fi/en/Learn-Finnish • Aalto University Introductory Finnish Free of charge https://openlearning.aalto.fi/course/view.php?id=59 <p><u>Community language classes:</u></p> <ul style="list-style-type: none"> • Savonia UAS Finnish courses included curriculum 5 - 10 etc Savonia UAS Free of charge voluntary Finnish courses 10 x 5 etc

<https://www.savonia.fi/en/study-with-us/other-studies/for-immigrants/services-for-immigrants/#finnish-language>

- UEF University of Eastern Finland | Courses for students of the Karelia and Savonia UAS | Free of charge

<https://www.uef.fi/en/unit/language-centre#paragraph-14590>

- Kompassi International Meeting Point | Free of charge

<https://www.puijola.net/kompassi-en/>

- Kuopio Community college | subject to a small fee

<https://kansalaisopisto.kuopio.fi/eng/>

- Resources to supplement uni services: Savonia UAS Student Union Savotta |

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

Tutoring/educational services for migrant/international students:

- Savonia UAS Student Union Savotta | <https://opiskelijakuntasavotta.fi/en/>

- Savonia UAS | Education system, study counseling & accessibility

<https://www.savonia.fi/en/study-with-us/for-students/services-for-students/education-guidance-accessibility/>

Motivational resources when doubting own ability or feeling under pressure:

- Kuopio Crisis Centre

<https://www.mielenterveysseurat.fi/kuopio/kuopio-crisis-centre/>