

# Helsinki, Finland

Higher Education Systems in Europe and abroad

# Helsinki

- Scandinavia
- Next to Russia
- A lot of russian influence
- Finland: about 5.200.000 inhabitants
  - Most of them in Helsinki Metropolitan area
  - Helsinki alone: about 620.000 inhabitants

# Helsinki Yliopisto (University of Helsinki)

- Multiple campus, in the city center, and outside
- About 38.000 Students
- A lot of different student activities
  - Gym (Unisport)
  - Good Canteen (Unicafé)

# Helsinki

- Culture
- Political Center of Finland
- Huge population (in Helsinki metropolitan area)
- Clean city, less pollution

# Winter in Helsinki

- Long winter
- Cold, windy
- -17°C + Strong breeze... brrr...
- Dark
  - Just a few hours of sun each day

# Winter in Helsinki - Impressions #1



# Winter in Helsinki - Impressions #2



# Unicafé - Food

- Food for student is subsidized for canteens
  - Relatively good food
  - Great variety
    - Salad buffet
    - Traditional finnish buffets
  - For students: about 2,60€ each meal
  - Also 1 canteen right in the center of Helsinki
  - You can also eat in student canteens in different cities for the same price



# Unisport - Gym for Students

- Gym only for students
  - Subsidised, afaik it was 100€ for a year
  - Weight training, courses
  - Several gyms through the city
    - => You can use all of them

# Vuolokiventie - Student Housing

- Completely renovated
- Mostly for Erasmus Students from University of Helsinki
  - about 550€ / Month
  - 30 Minutes away from city center
  - 20 Minutes away from university

# Cost of Living - First impressions

- Helsinki is really expensive
  - Kebap 7,50€
  - Pizza (not in a restaurant),
    - also 7,50€ (see picture)
- Night Club
  - 10€ to 15€
  - Drinks extremely expensive
  - I stopped drinking in Helsinki



# Cost of Living - Online Shopping?

- Online Shopping seems to be not (yet) as common as back home
- Amazon.co.uk used to offer free shipping to Finland, but eventually stopped
  - Maybe because I took too advantage of it? :P

# Cost of Living - Let's have some data!

- Costs compared to Munich:
  - Consumer prices: 11% higher
  - Purchasing power: 8% lower
  - Rent prices: About the same
  - Groceries prices 23% higher

Source: numbeo.com, then enter: Munich <-> Helsinki

# Alcohol

- Really expensive
  - 1€ for a can of beer - in the supermarket
- People travel with the ferry accross the bay to Talinn to buy cheap alcohol from there

# Vuolokiventie - Student Housing - Impressions #1



# Vuolokiventie - Student Housing - Impressions #2





# Vuolokiventie - Student Housing - Impressions #3



# Exchange Student Life

- Most of the Exchange Students stayed only 3 Months
  - A lot of Parties
    - Emails from Student Housing complaining about “loud noise”, “cleaning up kitchen”...

# Finish People

- Relatively shy, talk a bit less than here
- Mostly all speak English at least fluent
- Wonder why I chose Finland to go to
- Are quite open to foreigners
- A lot of them love Icehockey

**Thanks!**