

# Arrival and Living in Lapland



LAPIN YLIOPISTO  
UNIVERSITY OF LAPLAND

**LAPIN AMK**<sup>7</sup>  
Lapland University of Applied Sciences

# Content of this Webinar

- Finland and Lapland: facts and culture
- Moving to Finland and Lapland
  
- Permit and registration matters
- Travelling to Lapland
- Housing
  
- Health care and wellbeing
- Goin' connect
- Contact information
- Questions and answers





ARCTIC CIRLE

# Lapland

- ON TOP OF THE WORLD

# Finland

## FACTS



**World's happiest country**

7 years in a row  
(2018-2024)



**One of the best air quality**

(Environmental Performance Index 2022)



**The best drinking water**

(Environmental Performance Index 2022)



**5,5 million**  
population



**67 %**  
land covered  
by forests

**168,000** lakes

**338,465 km<sup>2</sup>** area



**9.9 kg**  
consumption of  
coffee per capita



**2,000,000**  
saunas  
\* estimate

### LANGUAGE



**88 %** speak Finnish  
**5,3 %** speak Swedish  
**0,04 %** speak Sámi

### TEMPERATURE IN ROVANIEMI/KEMI



**-25°C**  
(February 8, 2023)



**29°C**  
(August 8, 2023)

**-5°C** ————— **-30°C**  
Winter

**15°C** ————— **30°C**  
Summer



# Living in Finland

**safe**

**Versatile**

**Interesting**

**Clean**

**Dark**

**Light**

**Different**

**Extreme**

**Smart**

**SISU**



SUOMI  
FINLAND

# Finnish nature Everyman's rights



# Relationship with nature

A photograph of a man and a woman walking through a snowy field. The man in the foreground is wearing a white sweater with blue geometric patterns, a blue scarf, and glasses. The woman behind him is wearing a white sweater and a brown scarf. They are both smiling. The background shows a dense forest of evergreen trees covered in snow under a soft, hazy sky.

Finland and Finns have a uniquely strong emotional connection with nature.

This can be seen in the importance of environmental values and sustainability in Finnish society and business.

80% of Finnish people find the forest quite important or very important to them personally

# Everyman's rights

Everyman's rights refer to everyone's right to move freely in nature in Finland.

Everyman's rights (jokaisenoikeudet) are an integral part of Finnish culture and legislation. For example:

## **You may:**

- walk, ski or cycle in nature, for example in forests, natural meadows and water systems
- pick wild berries, mushrooms and plants that are not protected.

## **You may not:**

- disturb or cause harm to others or the environment
- cut down or damage living trees
- disturb the privacy of people's homes by camping too close or by making too much noise.



# Finnish customs and values

Our high values are trust, equality, honesty and own space.

- Men and Women are equal
- Democracy and freedom of speech
- Honesty and punctuality
- Modesty

## Greeting

- Good and firm handshake – no fluffy hands
- Friends may hug, but no cheek kissing
- Eye contact – sign of being frank and honest
- We use first names

## Interaction

- No small talk
- Go straight to the point
- Silence is gold
- Do as you say

## Finnish food

- Mainly potatoes, meat, fish, rice and pasta
- Rye bread, porridge and milk – important part of Finnish food culture
- Lunch is usually between 11 and 12am, dinner around 5pm
- Coffee, coffee and more coffee...



# Where to find more info about Finland and Finnish culture?

[Your guide for living in Finland \(infofinland.fi\)](http://infofinland.fi)

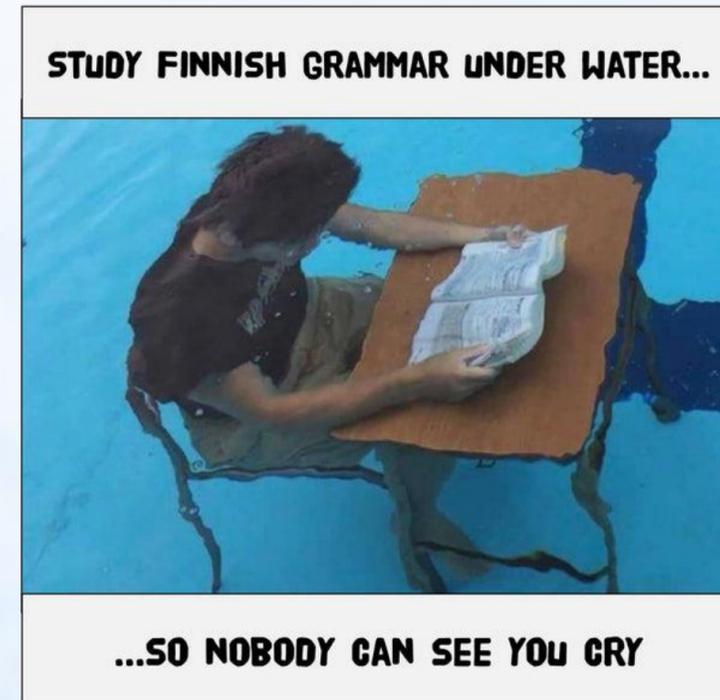
[Integration and culture | Kielibuusti](#)

[Very Finnish Problems | Helsinki | Facebook](#)

[Very Finnish Problems \(@veryfinnishproblems\) • Instagram-kuvat ja -videot](#)

[50 Cultural Facts on Finland that Help You Understand Finnish People \(herfinland.com\)](http://herfinland.com)

[A guide to Finnish customs and manners – thisisFINLAND](#)



# Living in Lapland

Northern Finland is the only place in the world where you can experience real Arctic phenomena like the **Midnight Sun**, **Northern Lights** or **Polar Night** without venturing far from university campus, student apartment or even the airport.



# More reindeer

## THAN PEOPLE

Reindeer are the icons of Lapland and for good reason – **there are more reindeer than people!**

With the numbers 200 000+ against 180 000 in the animals' advantage, **it's unlikely not to run into reindeer in Lapland**, and they sometimes even wander close to the university.



# Lappish

## CITY LIFE

A variety of cultural institutions, tourist attractions, shopping centres, sports facilities, restaurants and bars makes Rovaniemi and Kemi to be vibrant student cities in Lapland.

A constant flow of visitors and the **thousands of students** in local schools and universities liven up the cities with international influences that mix with local flavours.



# Moving to Finland, Lapland

When you move to Finland, you have to take care of many practical matters.

The practical matters vary, depending on your nationality and life situation.

- EU citizens, Finnish citizens
- Non-EU citizens
- Nordic citizens



Check *infofinland.fi* for further information and links to services. Info in 12 languages.

You might need it later.



# Before moving to Finland, Lapland

Take care of these matters before moving to Finland:

- Residence permit
- Mobility notification to Finland
- Livelihood, sufficient funds
- Health insurance
- Other insurance coverage
- Your personal health documents, prescriptions etc.
- Notification of your move to the authorities of your home country, country of origin
- Finding accommodation, making the tenant agreement



During the orientation days, you will get more information on the the registration matters, which will be done upon arrival to Lapland.



# Residence permit and Finnish personal identity code PIC

## Residence permit (non-EU)

- If your studies in Finland take longer than 90 days you need a **residence permit for studies**.
- The permit is **granted for the entire duration of your studies**.
- Degree students -> usually A-permit = continuous residence permit
- Also other permit types, eg. family member.
- Read the instructions on the Migri & Enter Finland webpages very carefully and follow the steps.

### Service:

- Migri, **apply online in Enter Finland** service before entering Finland
- electronic application fee 350€, processing time ca. 1month
- When you apply for a first residence permit, **you must always visit a Finnish embassy or consulate abroad to prove your identity in person**. It might be located outside your home country.

## Finnish personal identity code, PIC

- is a number sequence with 11 characters, formed on the basis of your date of birth and gender
- is needed when dealing with authorities, banks, employers, for example.
- Is unique, no one else can have the same personal identity code.
- Handle with extra care, it is your personal identification. Do not send it by email, message, Whatsapp eg.

**All international students should have a PIC.**

### Service:

- Migri, in relation to the residence permit application
- Also Digital and population data services agency DVV upon arrival to Rovaniemi

# Travelling to Lapland



## Plane

[www.finnair.com](http://www.finnair.com)

[www.norwegian.com/en](http://www.norwegian.com/en)

from Helsinki starting from 50-100€

## Train

[www.vr.fi/en](http://www.vr.fi/en)

tickets starting from 50€

## Bus

[www.onnibus.com](http://www.onnibus.com)

[www.matkahuolto.fi/passengers](http://www.matkahuolto.fi/passengers)

tickets starting from 20€

Helsinki – Kemi – Rovaniemi

Distance: 700 – 800 km

# Housing in Rovaniemi

DAS apartments: Available for all students in Rovaniemi.

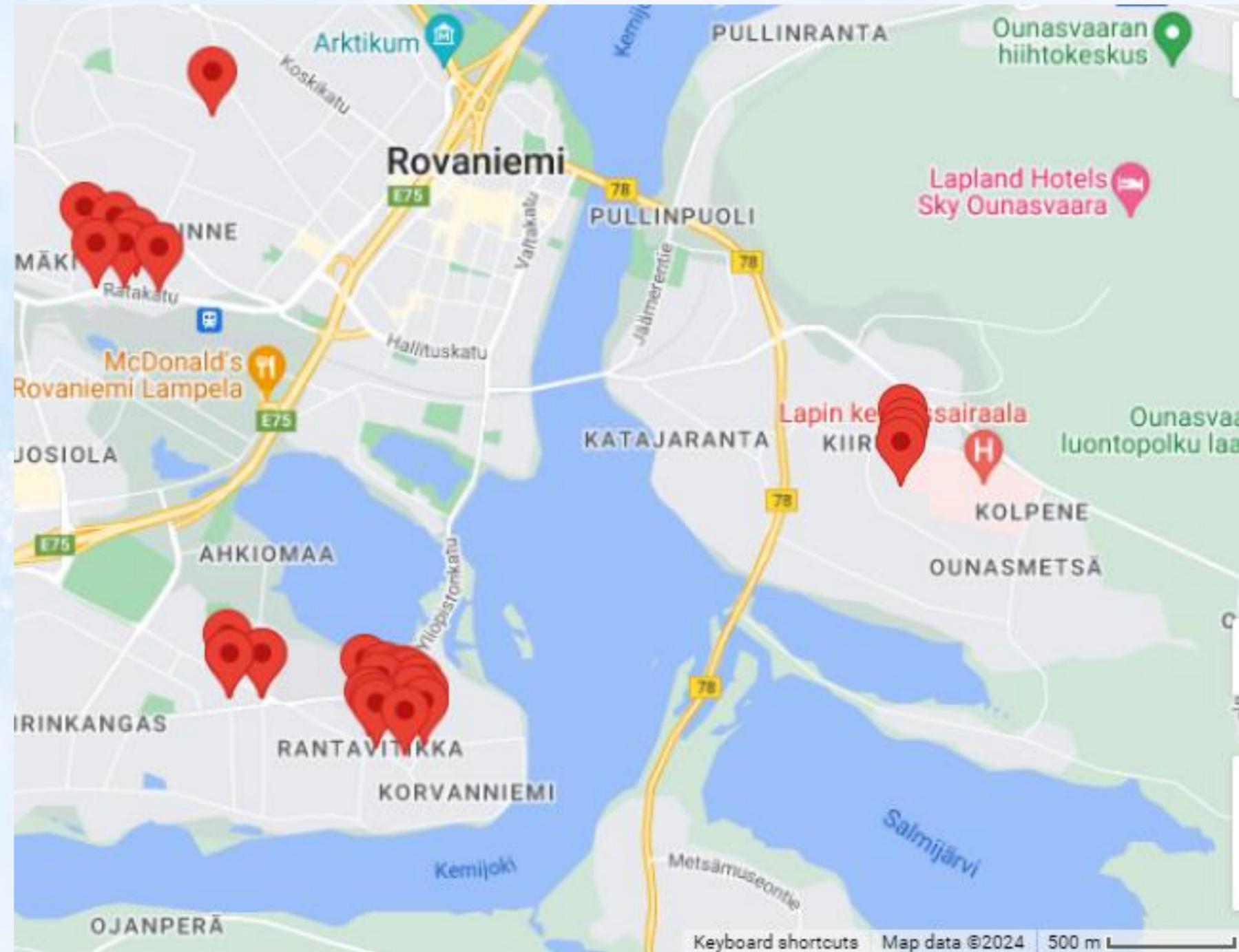
## Apartment types:

- Shared apartment
- Individualized shared apartment
- Studio
- Two-room apartment
- Three-room apartment

Rents from 220€/month upwards

Continuous application period

More information: [www.das.fi/en](http://www.das.fi/en)



# Housing in Rovaniemi

Other options to look for housing:

<https://international.rovaniemi.fi/en/Services/Living>

<https://asunnot.oikotie.fi/vuokra-asunnot>

FB: Vuokra-asunnot Rovaniemi Apartments for rent



# Housing in Kemi

Picture: Lapin  
materiaalipankki

Private house owners

You can familiarize yourself with the offer from the following rental companies and apply for available apartments

- Kiinteistö Oy Itätuuli
- Kiinteistövalttari
- Pihlajaniemi & Co OY
- AvaraSuomi Oy
- Kaupunkikoti

It is always good to make sure the apartment you are about to rent is not located really far away from the Campus area.  
Campus address is Tietokatu 1, KEMI.



## Lapland UAS is cooperating with ITÄTUULI apartments.

Kiinteistö Oy Itätuuli is a company owned by the city of Kemi, founded in 1979, which maintains and rents rental apartments (single and shared).

Together with its partners, Itätuuli provides tenants with good living conditions and contributes to the region's vitality. You can apply for housing via ITÄTUULI apartments in the web address: <https://kiinteistoitatuuli.fi/asuntohakemus/>

If you have any questions concerning the accommodation in KEMI, please contact: [admissions@lapinamk.fi](mailto:admissions@lapinamk.fi)

**STUDENT**

# Health care and Wellbeing

## **Your options for health services in Rovaniemi and Kemi**

1. Finnish Student Health Services, FSHS (YTHS in Finnish)
2. Private health service providers (Terveystalo, Mehiläinen)
3. Health services and social services of the wellbeing services county (hyvinvointialue)
4. + Emergency clinic

**Student Wellbeing services on campus and online**



# Goin' connect

Check who else is Goin' to Lapland



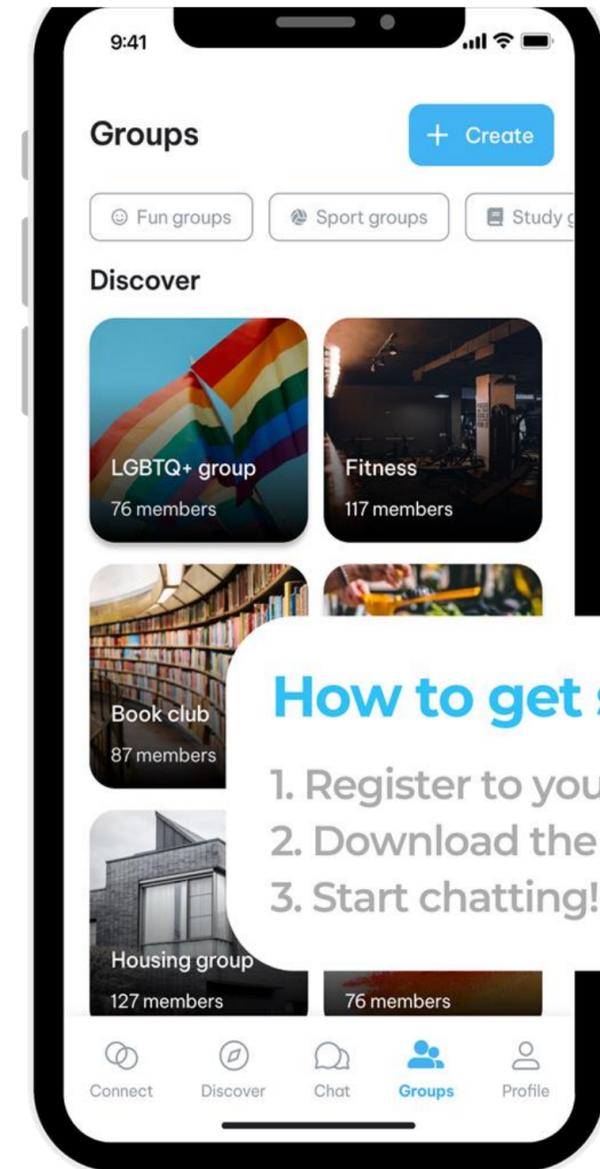
Connecting with people here makes me look forward to my future at uni!



I'm so happy that I finally got to meet my classmates after speaking to them for so long online this summer!



I was super happy when I saw there was a platform to connect with other students!



## How to get started!

1. Register to your account
2. Download the app
3. Start chatting!



# Contact info



**admissions@ulapland.fi**  
**masterschool@ulapland.fi**



**admissions@lapinamk.fi**



Questions

&

Answers



# Thank you!

## Welcome to Lapland!



LAPIN YLIOPISTO  
UNIVERSITY OF LAPLAND

LAPIN AMK<sup>1</sup>  
Lapland University of Applied Sciences

## Internationalization Services

