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

- Cluture
- 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
Unicafé - Food

● Food for student is substituted 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
Gym only for students
- Subsidiesed, 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
  - Grocerie 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 across the bay to Talinn to buy cheap alcohol from there
Vuolokiventie - Student Housing - Impressions #1
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!