



# Live updates from the International Sector

16 April 2020

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# Agenda for today

- How is it going?
- Studying
- Wellbeing
- Livelihood
- How about new students?
- Tips what to do
- Links for the news
- Let's meet soon again!



# How is it going?

- Update: how have you been?
- How is the situation in your home country?
- Are you now used to studying online?
  - Have you been in touch with your fellow classmates and teachers?
  - Informal discussions are important, too
- How about your daily routine?
  - Are you a morning or an evening person?
  - Routine from start and finish
  - Lists, reflection
  - It is ok to not be the 100 % version of yourself!



# Studying

- Exceptional circumstances at least until 13 May 2020
- No events, no travelling
- Contact teaching in the University's facilities is cancelled until 31 May 2020 unless otherwise instructed (Faculty of Medicine has a special right).
- Library services: <https://www.utu.fi/en/university/library/covid>
- Current restrictions: <https://www.utu.fi/en/information-on-coronavirus>
- In case any problems occur, please contact your programme coordinator or TYY
- Tuition paying students - Any concerns about your scholarship situation: [admissions@utu.fi](mailto:admissions@utu.fi)



# Wellbeing

- Unica's food services: <https://www.facebook.com/UnicaRavintolat/>
  - Also, many restaurants are still selling food out (a bit more expensive)
- Campus Sport: Remote access workouts, <https://www.campusport.fi/en/remote-access-exercise/>
  - Remember also free Youtube videos!
  - <https://intranet.utu.fi/fi/ajankohtaista/uutiset/Sivut/Uusi-Break-Pro-%E2%80%93%93taukoliikuntaohjelma-kaikille-Turun-yliopistolaisille.aspx> (Break work out)
- Study psychologists:
  - [https://intranet.utu.fi/index/Study\\_Psychologist/Pages/default.aspx](https://intranet.utu.fi/index/Study_Psychologist/Pages/default.aspx)
  - [opintopsykologi@utu.fi](mailto:opintopsykologi@utu.fi)
- Wellbeing services & Early support: <https://intranet.utu.fi/index/early-support-for-students/Pages/default.aspx>
- YTHS – FSHS: <https://www.yths.fi/en/frontpage/>
- University Chaplains: <https://www.turunseurakunnat.fi/apua-ja-tukea/oppilaitospapit>
  - [tiina.hallikainen@evl.fi](mailto:tiina.hallikainen@evl.fi)
  - [mia.pusa@evl.fi](mailto:mia.pusa@evl.fi)
- Nyyti ry: <https://www.nyyti.fi/en/>
- Intercultural families: <https://www.facebook.com/kahdenkulttuurinperheet/>
- Daily routine: What is a good routine before you start your day? Plan your day. Maintain your energy. Remember to go for a walk!
- Corona help: <https://www.facebook.com/groups/200909921354302/>
- What to do if you have symptoms: <https://www.turku.fi/en/corona/what-do-if-you-suspect-having-caught-coronavirus-infection>



# Livelihood

- Are you entitled to KELA benefits? <https://www.kela.fi/web/en>
- Possibility to ask for later payment of rent
- Public Employment and Business Services: <http://www.te-palvelut.fi/te/en/index.html>
- Career Services of UTU: <https://sites.utu.fi/rekry/en/>
  - Online services: CV and application letter
- Aarresaari open vacancies: [https://www.aarresaari.net/index.php?13&uniid=12&lang\\_id=1](https://www.aarresaari.net/index.php?13&uniid=12&lang_id=1)
- Finnish International Entrepreneurs: <https://www.facebook.com/groups/544701129267045>
- Osaamispiste: <https://www.facebook.com/osaamispiste>
- Seasonal work: <https://seasonwork.fi>
- Töitä Suomesta: <https://www.toitäsuomesta.fi/>
- Work in food delivery (Foodora, Wolt, shops' own)? Warehouses?
- Remember tax card!
- Non-EU/EEA Residence permit: during study time 25 h/ week possible
- More about residence permits, also info about corona situation: <https://migri.fi/en/home>



# Public Employment and Business Services in Varsinais-Suomi & Osaamispiste are looking for farm workers

Contact:

[samana.shoaib@turku.fi](mailto:samana.shoaib@turku.fi), tel. 040 6818795 (Persian, Dari, Finnish, English)

[muhis.aziz@turku.fi](mailto:muhis.aziz@turku.fi), tel. 040 6818795 (Kurdish, Persian, Finnish, Arabic)

[veronika.redin@turku.fi](mailto:veronika.redin@turku.fi), tel. 040-6841986 (Russian, Finnish, English)

[manu.jalonen@turku.fi](mailto:manu.jalonen@turku.fi), tel. 040-6206724 (Finnish, English)



# How about new students?

- The newly accepted international students
  1. Start studies normally, if possible
  2. Start studies remotely, come when possible
  3. Postpone studies for 2021
- Also changes for Finnish students: entrance exams are done differently





# Tips what to do

- "Tips for remote activities" on TYY's website:  
<https://www.tyy.fi/fi/node/12138>
- TYY's Habbo room has been popular
- Wings' activities live



# Links for the news

- Yle News: <https://yle.fi/uutiset/osasto/news/>
- Helsinki times: <https://www.helsinkitimes.fi/>
- Daily Finland: <http://www.dailyfinland.fi/>
- Finland today: <http://finlandtoday.fi/>
- Useful info about anything:  
<https://www.facebook.com/infofinland.fi>
- City of Turku: <http://www.turku.fi/en>



# Let's meet soon again!

- Join our mailing list to hear more: [Tyy.fi/maillists](https://tyy.fi/maillists)
  - English newsletter comes out every week!
  - Our website: [www.tyy.fi/en](https://www.tyy.fi/en)
- Send us e-mail: Satu [tyy-internationalspecialist@utu.fi](mailto:tyy-internationalspecialist@utu.fi) and Kristaps [tyy-kv@utu.fi](mailto:tyy-kv@utu.fi)

