

Study & Stay guide



STUDY & STAY

Hola!
Hello!



WELCOME WEEK & ORIENTATION

- Introductory studies
- study counseling
- Tutoring
- Integration help

Language & culture



ACTIVE STUDENT

Summer job?
Internship?
Commitment to studies

GRADUATION



live work start a business

- Career planning & counseling
- Jobteaser
- Career events
- International House Tampere
- HUBS

- TRE services
- Alumni network

That way!



Find the services

GRADUATING PROFESSIONAL

- Parvi
- Mentoring
- Entrepreneurial skills

Personal development



LinkedIn

job hunting, networking...

GROWING PROFESSIONAL

- Company challenges



Study & stay is a programme of activities and services for international degree students

The aim of Study & Stay is to support international students to study, live and work -or start a business- in the Tampere Area. Study & Stay was developed by the Tampere Universities Career Services in collaboration with the City of Tampere and as part of the International Tampere Hub project and the national Talent Boost programme.

The name Study & Stay refers to this target: we hope you will enjoy your study time here so much that you will consider staying in the region. Of course, this will not all happen by itself. You need support to do this: support while studying, support with your integration and help to understand the Finnish culture, the job market and all the great opportunities you have here. This guide and the programme of activities is designed to help you in these areas. In the designing process we used the input of Tampere universities' international students to make sure the model is catered to your needs.

You will also need to make an effort yourself; the Finnish culture is very self-supportive, and you will need to show initiative and be actively involved in this process for it to work.

In this guide for the international students of Tampere University, we will explain to you how the programme is set up, where you can get help with which themes and problems, and how we think you can succeed here. We wish you a great experience here in Tampere and look forward to meeting you during any of our Study & Stay activities!

Quotes from the Tampere University international student survey, spring 2020:

#1: "Finland turned out to be one of my favorite places"

Main areas of support

Like any other degree student, you will receive study guidance and support from your degree programme and you can also use the general support services of the university. The Study & Stay programme was built as an *extra service* for international students. We identified five main areas, where international students would benefit from extra support. The programme was then designed using these areas as building blocks.

The five areas of support are:

- Immigration support and integration
- Finnish language & culture
- Career & labor market support
- Networking and professional development
- Entrepreneurial skills



Immigration support & integration

When you move to a new country or even a new continent, there is a lot to take care of: visa, housing, permits, finances, etc. The admissions office, student affairs office and the student tutors help you to arrange your initial arrival and

all practicalities. But the process of integration continues throughout your studies and you may need immigration support later again once you graduate and consider staying here. The university collaborates with different service partners such as Mainio to help you with your questions. Mainio can offer help with practical questions but also offers international students the possibility of an initial assessment, a tool to plan your integration (more about this in the map of services at the end of this guide).

Language & culture

Once you are accepted to Tampere University, you get a student tutor that introduces you to our community and helps you with practical arrangements. All students are then welcomed to Tampere university with the Welcome week during which we introduce you to the university community and to this country. During your first semester we offer an orientation programme (also known as 'introductory course' in some degree programmes) to introduce you to Finland's customs, the region of Tampere, and the way Finland works.

Starting 2021-2022, all international students will be required to do at least one Finnish language course. However, if you are considering staying here, we recommend that you spend more time learning Finnish and learning about the culture. This will increase the chances of finding work here and help you feel at home. The university offers many courses and activities to do this.

Career & labor market support

The theme career & labor market support is a very wide one. It covers all the activities during your studies that lead to better career perspectives and help you get to know the labor market. We will organize an info session *every semester* that will address 'career and labor market' themes, such as finding an internship, summer job, or doing thesis work in a company, job hunting in Finland, growing networks, etc. The Career services offers open lectures and workshops throughout your studies and individual career counseling as well as CV checks. Additionally, your degree programme may offer separate career events or courses. Once a year the university campuses are taken over by Finland's biggest student recruitment event, 'Yrityspäivät', where we will offer English spoken sessions too.



Networking and professional development

If you want to succeed in finding work in Finland, it will be very important to have a network here, because the percentage of hidden jobs is large in Finland. That means a lot of jobs are opened to networks first (or only). We strongly recommend that you invest time in meeting (Finnish) people, organizations, companies, etc. It's good to keep in mind that, next to a professional network, a personal network (consisting of for example (study) friends, people you meet during leisure activities) can also be a huge help.

Quotes from the Tampere University international student survey, spring 2020:

#2: "...furthermore networking is key ... volunteer work or some sort of internship for instance increases the chances to connect with the "right" people that can help to find an internship/ job"

Tampere University and the City of Tampere offer networking opportunities (e.g. the 'Mix & match events') and Tampere University also offers a Mentoring Programme to support *international talents* who want to stay here in Finland (application necessary). The mentoring programme offers access to a network of mentors from Finnish working life and is a great way to enhance your skills and knowledge about Finland. The application round is held in the fall of 2021 and the new programme will start around the end of the year.

Entrepreneurial skills

For some people, starting up your own business, working in a start-up or working freelance is a good way into the labor market. You may also want to learn entrepreneurial skills to use in your career. HUBS is Tampere Universities' own specialist in entrepreneurship courses, entrepreneurial events, company challenges and other activities having to do with entrepreneurship and entrepreneurial skills – such as the business mentoring programme. We also work together with the City of Tampere's startup organizations. Once a year a special info session is organized called 'Start!' info. In this info session you can hear all about the start-up climate and entrepreneurial activities.





The 3 layers of the programme

In the Study & Stay programme, there are three layers:

1. The main Study & Stay programme

This part of the programme is offered to **all international degree students**.

The start of your international studies at Tampere Universities is always the **Welcome week**. This is the first part of the main programme. At the beginning of *each next semester*, there will be a **Study & Stay info session** with themes that are relevant at this point in your study. **Tutoring** (upon arrival, during the first months) is also part of the main programme, a Finnish language course, as well as the big yearly **recruitment event** 'Yrityspäivät' and a special session ('Start!') about **entrepreneurship and the startup climate** in Tampere.

The **Study & Stay sessions** at the beginning of each semester are:

1. **WELCOME:** An introduction to Study & Stay during Welcome week & a career planning lecture plus alumni event during the orientation programme (also called the introductory course).
Starting in August, continuing throughout the autumn semester.
2. **ACTIVE STUDENT:** Get ready for a summer job or internship, info about mentoring, info about business life in Tampere City and more.
During your first year, in January.



3. **GROWING PROFESSIONAL:** information about thesis work, relevant courses, job hunting, networking, etc. At the beginning of your second year.



4. **GRADUATING PROFESSIONAL:** support for graduating students: relevant university services, working life information, the alumni network, and relevant City services for after your graduation. In April.



2. The 'side programme'

Activities that can be *added to make your own programme*.

The *second layer* of the Study & Stay programme consists of elements that are not part of the main programme, but that can be added to tailor your own path. You can recognize them by the 'Study & Stay' label.

Career Services & partners offer career webinars, lectures and workshops. These take place throughout the year and can be recognized by the *Study & Stay label*. There are also extra language and culture courses, entrepreneurial courses, career events, the International Talents mentoring programme, the business mentoring programme and other possible events or courses that are specific to your own degree programme. You will have to register for most of these activities.

Study & Stay activities will be communicated under the brand 'Study & Stay' through Jobteaser, intranet news and via the programme coordinators.

3. A map of services

The 3rd element of the Study & Stay model is a *map of the services* which support the integration and employment of international students. The map features both services in the university community and outside of the university.

The map can be found in this guide on the last pages.

Feel free to ask your programme coordinators to help you pick the right activities and to find information that you need. You can also always contact the Career Services with your questions.

Finnish culture and your role

In this part we'd like to explain some characteristics of Finnish society. In the introduction of this guide we mentioned shortly how the Finnish way of living is highly independent and self-supportive and that you will have to show initiative and be active to succeed in building a network and finding work here. Finnish society might differ a lot from your home country.

Quotes from the Tampere University international student survey, spring 2020:

#3: "The Finnish culture is totally different from my country's culture but 1-2 courses really helped me to settle down here"

Our advice is to keep your eyes and ears open and observe, ask questions and engage with Finnish people as much as possible. It's normal if you don't feel at home right away or if you act somewhat differently than might be expected, just make sure that you *act and get involved*. It's ok to make mistakes as most people appreciate you making an effort – this applies both to the language and to behavior.

Finns are notorious for being 'hard to approach'. Most people find that even if this is the first impression, it's actually not necessarily true. Some people may *seem* distant or not so interested, but this has just as much to do with modesty and not being loud or highly expressive, as with anything else. It's just the Finnish way of behaving.

It's good to keep in mind that because of the highly independent and individualistic society, even if help and support is available, you will have to *ask* for it! Individuals are expected to take care of themselves and this principle might be very different from your home country.

It also means that you may get an assignment or task, or someone will formulate a goal for you, but you get no explanation about how to get there. You are expected to find out for yourself and ask for guidelines if you don't know. This is fundamental to Finnish society.

Luckily, Finland has a low hierarchy and supervisors and teachers are usually quite accessible. The communication is usually informal and direct, so asking questions is fine, as long as you are polite, and in many cases even appreciated.

In Finland all people have equal rights and equal access to services. The life - work balance is generally good. Finns have a high work ethic: do as you promise, finish what you start and be on time! Generally speaking, Finns work *in order to live* (versus live to work).

When it comes to the labor market, Finland has a lot of Hidden Jobs. This refers to a high percentage of vacancies that are being filled via networks and are not necessarily published on job boards. It's very important to start building networks *early on*: through student associations, hobbies, peers, contact with neighbors, faculty members, and also by actively meeting people in your field.

Note: many students have pointed out that the schedule for a two-year Master's degree leaves very little room for extracurricular activities. It's very important to finish the degree on time so that means many students wait until the last phase of their studies to start looking into the job market, learn Finnish and build their networks. We understand this happens, but we still highly recommend starting earlier, because it takes time to succeed in the Finnish job market. If you find it difficult to plan time for this, please contact your programme coordinator or the study counsellor to see how you can make room in your schedule.



Study & Stay: the model

In this picture, you can see the main model for the two years of your studies, starting with the Welcome week and ending with your graduation.



In the model you see the **main programme**, represented by the four bubbles, and some of the 'side' activities and support services are mentioned as well. Through the intranet, student guide and career portal Jobteaser we will communicate with you about Study & Stay activities: relevant lectures, courses, webinars, events, etc. Your programme coordinators will also forward information to you via your degree programme.

What do international students think of studying here?

In the spring of 2020, a survey and follow-up discussions were held amongst the international students of Tampere Universities. A total of 148 students responded; 97 of these said they would like to stay in Finland.

The respondents gave an average grade of 4 out of 5 for the experience of studying at Tampere University, but they did recognize they need extra support too to successfully integrate, study and find work. Language and culture are mentioned often, as well as help getting to know the labor market and finding networks.

The input from the survey was used to plan the Study & Stay contents.

Quotes from the Tampere University international student survey, spring 2020:

#4: "What I found based on my experience of finding a job - speaking Finnish well is an enormous plus, as well as being familiar and capable of working with the local culture. Personally, I could network even more."



Enjoy Tampere and Tampere University!

This concludes the Study & Stay guide. The last pages of the guide are dedicated to the map of services, where you can also find the contact details of services mentioned in this guide. We hope that the Study & Stay model, activities and service map will help you find your way and settle down here; both at the university as well as in Finland! Enjoy your studies here and enjoy all that Tampere has to offer, and please contact us if you have questions or would like to discuss your (career) plans in more detail.



Service map



An overview of all the services that offer support for (international) students, for help and support during your studies and afterwards. The services are divided according to the 5 main themes.

You can also ask your programme coordinator or contact Career Services with your questions: careerservices.tau@tuni.fi

Immigration support and integration

For support with the practicalities relating to your studies: student affairs office, studentservices.tau@tuni.fi

Information about living in Finland:
<https://www.infofinland.fi/>

Student union TREY and its associations are a great place to meet other students and integrate into student life.
<https://trey.fi/en/>

Look also for the '*fresher's guide*' to Tampere student life!

For help with integration in Finland in general for all immigrants, also for international students (immigration issues, documents, Institutions, rules & regulations, permits, etc.):

Migration Centre Mainio.

<https://www.tampere.fi/en/mainio.html>

The Initial assessment (Mainio):

A tool by which you plan your integration in Finland together with an integration expert. After the application an in-depth interview helps to map your situation and needs. Read more and apply: <https://internationaltampere.fi/article/initial-assessment/>



International House Tampere: opening in 2021

The International House brings together many different types of services for internationals in Tampere.

Read more on the International Tampere -webpage which combines all the necessary information about working, living, studying and entrepreneurship in Tampere region:

<https://internationaltampere.fi/>



At [Bloom Tampere \(bloomtogether.fi\)](http://bloomtogether.fi), internationals and locals can meet and find integration support, workshops surrounding empowering themes, in addition to social events to strengthen networks, all in a cosy and safe environment.



The student counsellors and study psychologists provide support if you feel you need to talk to someone about your studies and plans in general, or work for example on your study or time management skills.

Find the info from the study guide or via:

opiskelijanohjaus.tau@tuni.fi (study counsellors)

opintopsykologit.tau@tuni.fi (study psychologists)



For health questions: Finnish Student Health Service (FSHS)
fshs.fi



Language & culture

As a student you can choose from a range of courses to learn

Finnish. New courses are piloted leading up to level B2.

Find courses at the university through the language centre, kielikeskus.tau@tuni.fi or mail directly to:

-Hervanta campus: Elina.Nurminen@tuni.fi

-City Centre campus: Heikki.Kangasniemi@tuni.fi



Outside of the University, there are also many places to learn

Finnish. Find Finnish courses in your region and at your level:



<https://finnishcourses.fi/>

The SIMHE services offer higher education guidance, counselling and support for immigrants living in Finland. At the Finnish Language Studies page, you can find information and tips on advanced Finnish language studies. The page includes a list on Tampere Universities' language studies as well as a language proficiency test. [Finnish language studies - SIMHE | Tampere universities \(tuni.fi\)](#)



Career & labor market support

Career Services offer support for career planning and questions related to work. We offer workshops, lectures, courses and individual counseling. reach us at careerservices.tau@tuni.fi or check out our page in the student guide [here](#).



Jobteaser is our career portal. You can find jobs, summer jobs and internships here as well as company presentations and career events. Log in with your tuni credentials here: <http://tuni.jobteaser.com/>



The Aarresaari career services network of all Universities in Finland provides useful links about job searching in Finland: [Aarresaari - yliopistojen työelämä- ja urapalveluiden verkosto](#)



The degree programmes offer field specific events and activities.

Contact your programme coordinator to hear what's going on inside your degree programme.

TE Services (Public employment and business services): register as a job seeker here after graduation and find help and support and training for the job market. http://www.te-palvelut.fi/te/en/jobseekers/finding_job/index.html



EURES Services - The European Jobs Network:
www.eures.europa.eu
and www.europeanjobdays.eu



International Tampere Skills Centre:

The multidisciplinary employment co-operative of the City of Tampere, Tampere Vocational College Tredu and the Employment Office: <https://www.tampere.fi/en/jobs-and-enterprise/international-talent-attraction-and-migration/international-tampere-skills-centre.html>



Networking and professional development

Many of the organizations mentioned elsewhere in this map of services offer opportunities to meet and network (Career Services events, HUBS, Tribe, Business Tampere, etc.)

Additionally, the following are worth mentioning separately:

The International Talents Mentoring Programme, info for students/applicants:

<https://intra.tuni.fi/en/handbook/4646/4674/4683?page=6766> (intranet)



LinkedIn groups that are worth joining to hear what's going on in the region:



International HUB Tampere -LinkedIn Group:

<https://www.linkedin.com/groups/4703673/>

Tampere Alumni: <https://www.linkedin.com/groups/42320>



Entrepreneurial skills

While studying at Tampere Universities, HUBS is the place to go to learn about sustainable entrepreneurship courses and information and general help with entrepreneurship. <https://HUBS.fi>



TE Services (Public employment and business services) offer a programme called 'Kasvubuusti' (translated: growth booster) for jobseekers (after graduation) interested in entrepreneurship: <https://kasvubuusti.fi/en/>



Tribe Tampere is the support organization for entrepreneurial and startup people in Tampere: <https://www.tribetampere.com/>



Find the local startup community also at: <https://businesstampere.com/entrepreneurs/startup-tampere/>



Startup kit: see what steps to take if you want to start a business in Finland <https://internationaltampere.fi/article/tampere-startup-kit/>

Startup Rekry event: Designed and carefully curated for startups and talents – jobseekers interested in startup jobs. <https://internationaltampere.fi/article/startup-rekry/>



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Visual