



JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

Orientation programme for exchange students

26 August 2025

A full-page photograph of four young women standing on a paved bridge with a metal railing. They are all smiling and waving their hands in the air. The woman on the far left is wearing a blue denim dress and sunglasses on her head. The woman next to her is wearing a dark blue t-shirt and light-colored wide-leg pants. The woman in the center is wearing a purple crop top, a black skirt, and a floral cardigan. The woman on the far right is wearing a bright blue dress. The background is filled with lush green trees under a bright sky.

Welcome to the orientation week!

Guidelines for participants



- **Zoom participants:**
 - Keep camera off and mic muted.
 - Ask questions via the chat.
- **Participants in Auditorium C1:**
 - Possibility to ask questions at the end of the session.
 - Raise your hand and a microphone will be given to you.
- The sessions are recorded.
- Do note that exchange students and degree students have separate orientation programmes.



Timetable



- Orientation on 26 - 28 August 2025.
- Important information for all new students, be present on campus/Zoom.
- Slides and recordings of the sessions will be uploaded [to the orientation programme webpage](#) one week after the orientation at the latest.
- Faculty-information sessions on Thursday, held on campus.



Today's programme, 26 August

- Auditorium C1
 - 9:00 – 10:00 Welcome session
 - 10:00 – 10:30 Student Union JYY
 - 10:30 – 11:00 Academic practices
 - **11:00 – 12:30 Lunch**
 - 12:30 – 13:15 Student housing
 - 13:15 – 14:00 SISU & course registration
 - 14:00 – 14:30 Encountering a new culture
 - 14:30 – 15:00 Personal safety
 - **15:00 – 16:00 Coffee, tea, and cake in C-building lobby**
- InfoDesk of the International Office and Student Union in the C-building lobby today!





JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

Welcome to the University of Jyväskylä

2025

Introductions – International Office staff



- **Auli Pitkänen** Erasmus Institutional Coordinator, Team Leader
- **Laura Laamanen** ISEP, Nordlys exchanges
- **Tiina Savela** Bilateral exchanges, Erasmus+ International Credit Mobility
- **Ville Härtilä** Incoming Erasmus+ students, arrival service, student tutoring
- **Riina Hietanen** Trainee at the International Office: support tasks and Info Desk
- **Emilia Lakka** Specialist in International Affairs of the Student Union JYY: student tutoring
- **Piia Viitanen** Faculty-level international coordinator of School of Business and Economics
- [Contact information of the International Office](#)

Championing education

We are a strong, internationally attractive research university with societal impact, representing the world leaders in the fields of learning, wellbeing and basic natural phenomena.

We are guided by our values of openness, trust, quality and integrity. These form the core of our community's working culture.





JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

City of Jyväskylä – The best place to study

- The seventh largest city in Finland, over 145 000 inhabitants
 - The population with an immigrant background increases from year to year
- Student city, long tradition of higher education
 - Every third person you meet is likely to be a student!
 - Also, one in three residents holds a higher education degree
- Big enough, yet small enough
 - Cyclable city, everything is near
- Wide range of activities for all interests
 - “The Capital of Sport in Finland”, e.g. Finland's largest outdoor gym Rantaraitti
 - Large variety of cultural activities: music, museums, architecture
- Beautiful nature on your doorstep
 - Lakes, forests and hills within a walking distance of the city centre
- Europe's coolest city 2025 by [Sunday Times](#)



Owner: Visit Jyväskylä Region
Photographer: Ingmar Wein



A close-up, shallow depth-of-field photograph of a person's hands writing on a white postcard. The person is wearing a dark green and grey patterned sweater. Their right hand holds a black pen, writing on the postcard which is placed on a polished wooden table. Their left hand rests on the table to the right of the postcard. The background is blurred, showing a window with light coming through. The text "Greetings from Jyväskylä!" is printed at the bottom of the postcard.

Greetings from Jyväskylä!

JYU SINCE 1863.

From teacher seminary to multidisciplinary university



1863

Uno Cygnaeus establishes in Jyväskylä the first Finnish-language teacher seminary for men and women

1879–1883

The first buildings of the Teacher Seminary are built in the area that later becomes known as the Seminaarinmäki campus

1934

The Seminary becomes the Jyväskylä College of Education

1955

The University Main Building designed by Alvar Aalto is completed

1958

The establishment of the Faculty of Philosophy and professorships of humanities directs the college's development towards university status

1963

Physical education teacher training starts

1966

The University of Jyväskylä opens its doors

1980s

The University's expands to new campuses in Mattilanniemi and Ylistönrinne

2022

Finland's first European Cultural Heritage Label is awarded to the Seminaarinmäki campus and the university's role in promoting equality through education



European Cultural Heritage Label and Finlandia Prize for Architecture 2022



In April 2022, the University's Seminaarinmäki campus was the first site in Finland to receive the European Cultural Heritage Label (ECHL). The campus features buildings designed by Alvar Aalto and Arto Sipinen. In 2022, the comprehensive renovation of the University Library Building Lähde received the Finlandia Prize for Architecture.

Key figures of 2024



6 faculties
5 independent
institutes

14,900
degree students

2,800 staff in
total

1,700
teaching and
research staff

€245 m overall
funding
Supplementary funding
€80.7 m

3,500
publications
annually

Focus areas of research



Through our high-quality research, we provide people with expertise and holistic wellbeing across their lifespan, from early childhood education into older age.

Information
technology and people
in the information
society

Language, culture and
society

Sustainable business
and economy

Physical activity,
health and wellbeing

Basic natural
phenomena and
mathematical thinking

Learning, teaching and
interaction

Faculties: Seminaarinmäki



Faculty of Humanities and Social Sciences

- Department of History and Ethnology
- Department of Language and Communication Studies
- Department of Music, Art and Culture Studies
- Department of Social Sciences and Philosophy
- Centre for Applied Language Studies



Faculty of Education and Psychology

- Department of Education
- Department of Teacher Education
- Department of Psychology



Faculty of Sport and Health Sciences

Faculties: Mattilanniemi and Ylistönrinne



Faculty of Information Technology



Faculty of Mathematics and Science

- Department of Biological and Environmental Science
- Department of Physics
- Department of Chemistry
- Department of Mathematics and Statistics



Jyväskylä University School of Business and Economics (JSBE)

In addition to the Jyväskylä campuses, JYU has operations in Konnevesi, Kokkola and Vuokatti.

+ Centre for Multilingual Academic Communication (Movi), providing language & communication courses free of charge!



134

bachelor's and master's degree
programmes in Finnish

18

doctoral programmes

21

bachelor's and master's degree
programmes in English

There's something for everyone at JYU



- The University of Jyväskylä is one of the largest and most multidisciplinary science universities in Finland.
- At JYU, a student can choose from over a hundred subjects and combine them into a personalised cross-disciplinary degree.
- In teacher education, we are one of the largest providers in Finland and in special teacher education the largest by volume.
- At JYU, subject teacher qualification can be acquired in 17 different subjects.

Did you know?

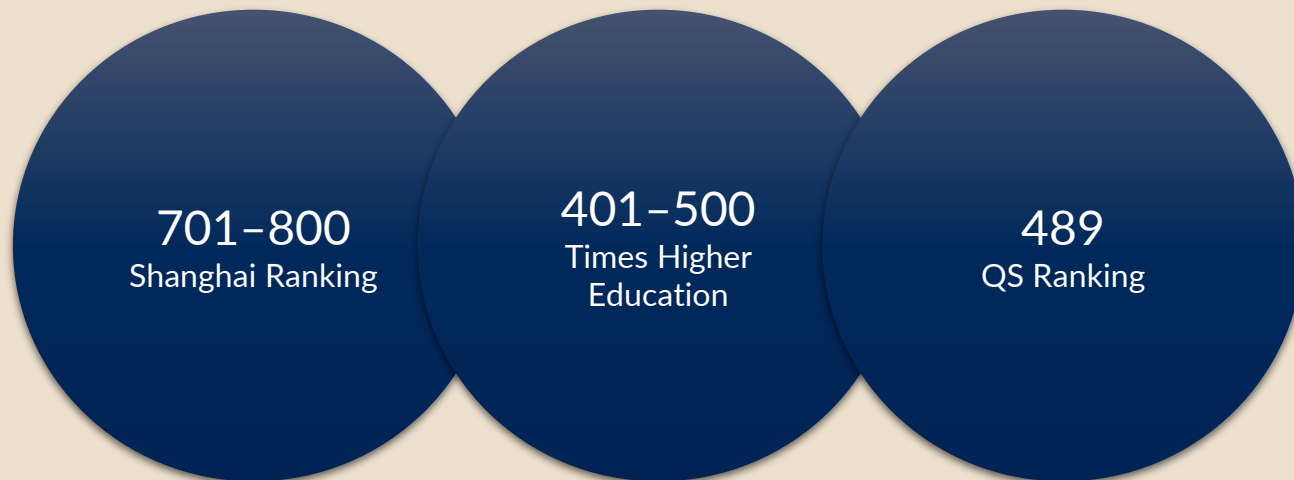
- ✓ **Our University has the only Faculty of Sport and Health Sciences in Finland**
- ✓ **About a third of Finland's psychologists graduate from JYU**
- ✓ **Since 2021, JYU also offers a master's degree programme in technology**

International education and cooperation



We are an international university in both research and education.

- There are more than 100 nationalities on our campus
- We provide annually about 20 degree programmes in English
- More than 300 destinations for student exchange
- Students develop their international competence in a goal-oriented fashion



FORTHEM Alliance

is a strategic cooperation network with nine European universities.

We build sustainable cooperation models in this network, both in education and research as well as in societal interaction.

For students, for example, this creates opportunities for student exchange, short-term mobility periods and internships.



JYU is a member of
FORTHEM Alliance,
a European University Network
of 9 institutions

→ FORTHEM for students of the alliance universities:

- Wide range of short and long term mobility opportunities
- Internship opportunities in schools, language centres, NGO's, businesses...
- Online platform for shared courses
- Funding and training for civic engagement projects
- FORTHEM Buddy Programme and other networking opportunities



With the support of the
Erasmus+ Programme
of the European Union



JYU services for international students

Arrival service

Student tutors (= peer students)

Orientation programme

Affordable student housing

Finnish language courses

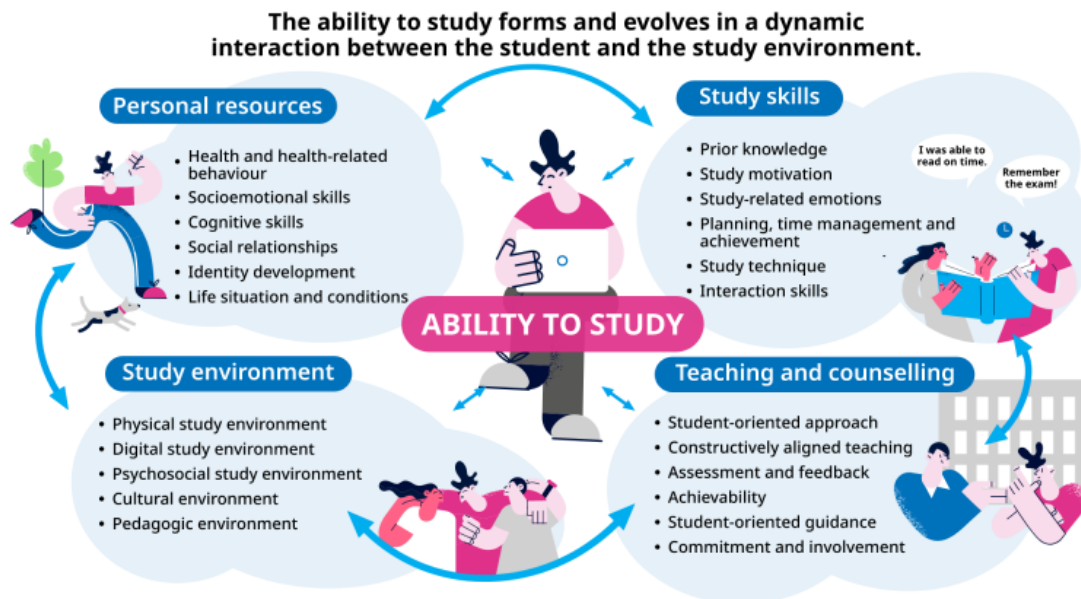
Academic English courses

Extensive university sports
programme etc.

Student Life – Wellbeing Support for Students



- Umbrella concept to promote the overall wellbeing of students inside and outside the classroom
- Support for student development and growth
- Optimal conditions for studying and learning





Make the most of your time at JYU:

- Set some goals for your exchange stay
- Be open-minded
- Try to get to know some Finnish students as well
- Get involved in the student activities
- Do not hesitate to ask for help

What are your goals (academic and not) for your exchange?



Practical information

Identification



- All students need to be identified. The identification is necessary to activate your JYU user account and credentials, so that you can register to courses and access university systems and services
- Ways of identification:
 1. Not in Jyväskylä yet: through the Signicat service/manual electronic identification
 2. Already in Jyväskylä: visit Helpdesk of the Digital Services at the Library building Lähde, 3rd floor, room B315, from 10:00 to 14:00. Remember to take your European ID card / passport with you!
- Further info: [Activate your JYU username](#)
- Questions, problems? Contact [Digital Services Helpdesk](#)

Activating your JYU user account



- After successful identification, you will receive a username and a temporary password. Log into <https://account.jyu.fi> (Oma - personal information management system), and do the following:
 - accept IT usage policy
 - **change your password**
 - fill in any missing contact information & add your Finnish address if you already know it
 - **select your default email** (JYU student mail strongly recommended)
 - activate Microsoft Office 365 services (from services page)
 - **save all the changes**
- **Remember to save all changes. If you do not change password nor set your default e-mail, you will not get access to JYU digital services and your ser account will be locked in a few days.**

Sisu and course registration



- With JYU user credentials, you can log into course registration system SISU.
 - We will introduce you to SISU later today.
 - Tutors can show you how to register for courses and your faculty-level international coordinator can help you choose courses.
- Instructions online: [Quick guide to course registration | University of Jyväskylä \(jyu.fi\)](#)
- Technical problems with the Sisu system? Contact [Sisu support team via HelpJYU](#)

Printing quota for new students

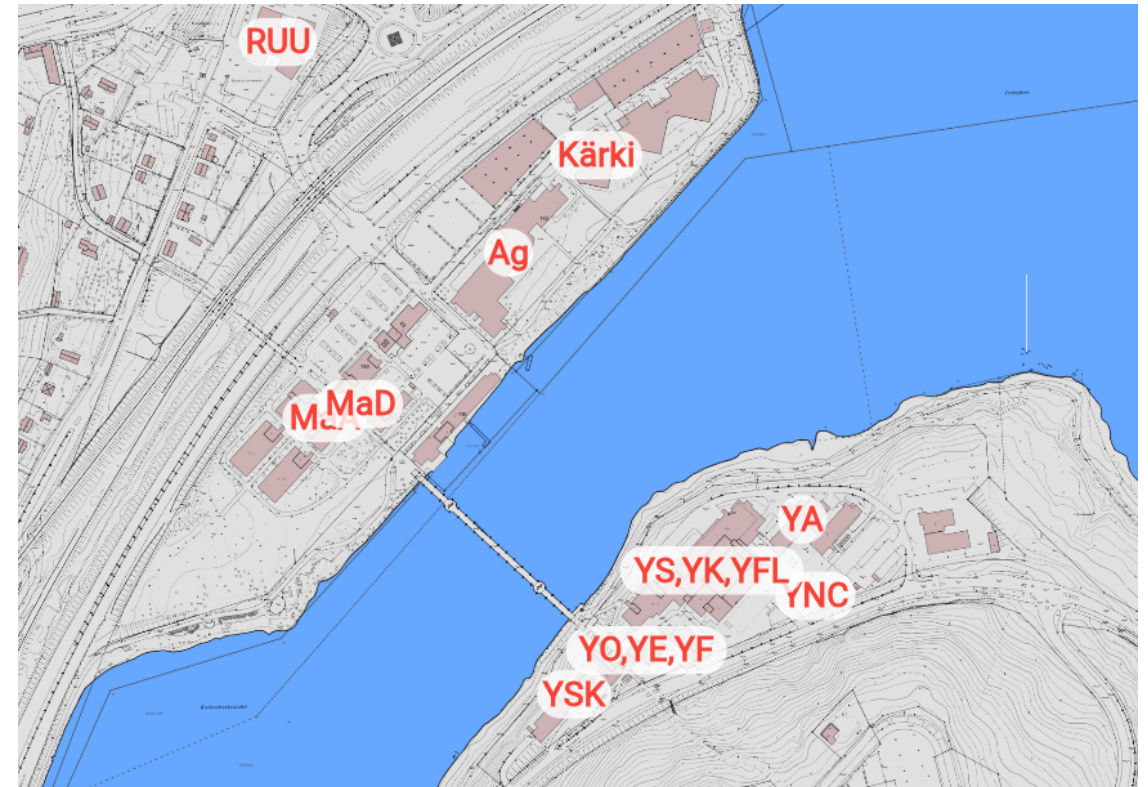
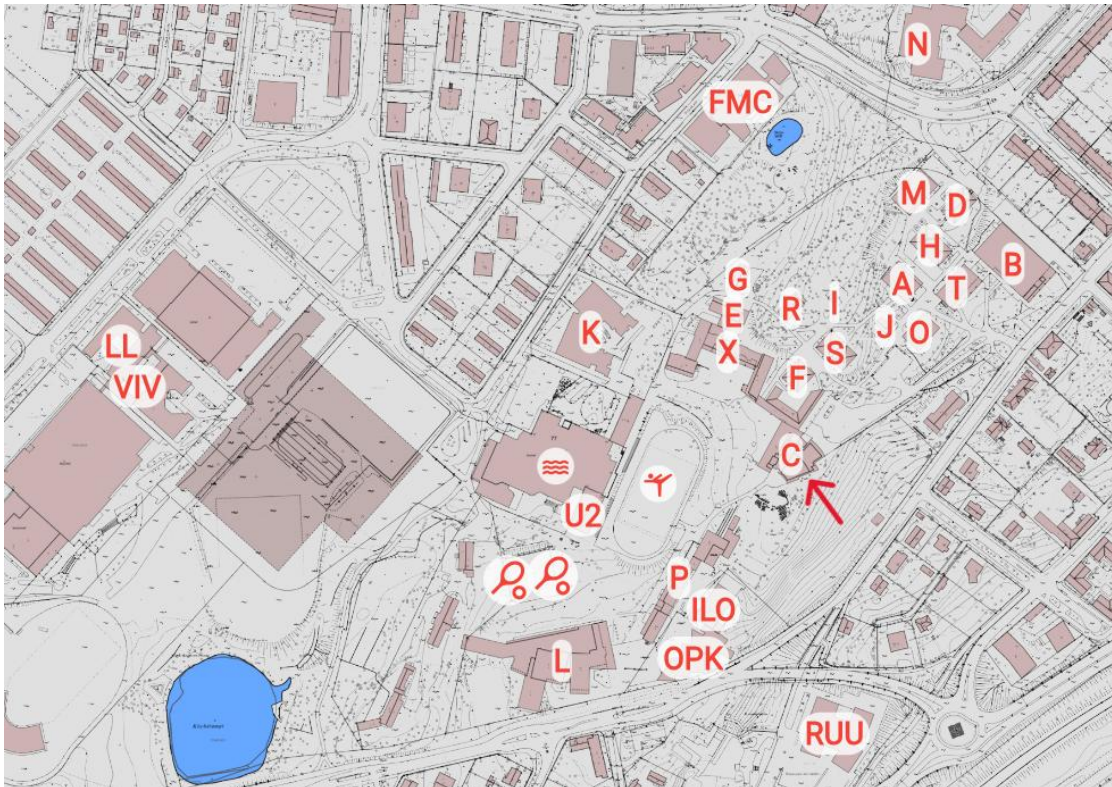


- The university pays the student a quota of 5 euros for printing per academic semester.
- If you are studying at JYU for the entire academic year, the total of the quota is 10 euros.
- **The printing quota is added to your JYU account next week**
- Printers can be found around campus, and you can log in with your JYU user credentials.
- You can buy additional printing quota from the University Printing Services (located in Cygnaeuksenkatu 3, [contact information and exact location here](#)).
- [More information about JYU Printing services](#)

Three campus areas: Seminaarinmäki, Mattilanniemi, and Ylistönrinne



<https://navi.jyu.fi/>



Campus restaurants 1/2



- Piato in Agora
- Maija MaA
- Uno in Ruusupuisto
- Ylistö in building YFL
- Lozzi in building P (main campus)
- Syke in building L (main campus)
- Taide in building B (library)
- Ilokivi in building ILO (main campus)
- Rentukka in Kortepohja Student Village

Menus: [Food & Co](#) & [Semma](#) & [Ilokivi](#),
also found in MyJYU app



Campus restaurants 2/2



- **Student priced meal for exchange students: 2.95 euros.**
 - meal price includes: one main course, drink (water, juice, milk), bread
 - vegan/vegetarian options always available!
- Tap water (cold) is drinkable in Finland (bring your own reusable bottle to campus)
- **Certificate of student status** (downloaded from SISU) can be used for the first few weeks to get student priced meals, after that:
 - Slice student card (digital or plastic) that can be acquired after becoming a member of the Student Union
 - KELA meal subsidy card that can be collected from the International Office Info Desk

Go to www.menti.com and use
the code:

5344 2389



Where to find answers

New Student Handbook & MyJYU app

- New student handbook is the quickest way to search and find answers to frequently asked questions
 - includes information about orientation, university services, studying, campus life, etc.
 - make sure to bookmark the website in your browser for easy access
 - keep in mind that instructions for degree students and exchange students can differ
- MyJYU app is designed to make your student life easier with having study calendar, campus restaurant menus, study space reservations, and university news all in one place
- Download MyJYU app to IOS and Android devices in app stores



Student tutors 1/2



- Every new exchange and visiting student has been assigned with an exchange tutor.
 - each tutor has a tutor group consisting of 4-6 exchange students.
- Exchange tutors are trained degree students of JYU, who will help you settle in a new study and living environment, organize activities and tours, assist in practical matters, and share information.
- Exchange tutors are reimbursed for taking care of tutor tasks – don't hesitate to contact them if you have any questions!



Student tutors 2/2



- Tutor's main tasks:
 - contacting students via email in advance
 - meeting students on arrival in Jyväskylä and escorting to student apartment
 - advising students and helping with practical issues (course registration, library use, student cafeterias)
 - organizing meetings for the tutor group and facilitating group formation
 - turn to your tutor with questions related to university and student life!
- In Learning Agreement- and study-related questions, contact your [faculty-level international coordinator](#)
- If you have questions about tutoring or encounter any shortcomings, contact intl-tutoring@jyu.fi

Info desks 1/2



- **International Office Info Desk**

- Signature of arrival/departure certificates, guidance about student mobility
- Tuesday 10:00 – 11:00 and Thursday 12:00 – 13:00 University Library Lähde, 1st floor, room B154 Kuvasto (+ today C-building lobby 14:30 – 16:00)
- Telephone: +358 40 805 4345, Monday-Friday 10:00-15:00 PM

- **Student Service Desk**

- Advice and guidance related to studies, e.g. registration, and SISU matters. They can also enter your Finnish identity code into the study register.
- Tuesday 10:00 – 11:00 and Thursday 12:00 – 13:00 University Library Lähde, 1st floor, room B154 Kuvasto
- Telephone: +358 40 805 4345, Monday-Friday 10:00-15:00 PM

Info desks 2/2



- **Digital Services Help Desk**
 - JYU digital services and systems, issues related to user account
 - Service hours: Monday-Friday 10:00 - 14:00 PM, University Library Láhde, 3rd floor, room [B 315](#)
 - Telephone: +358 29 441 8030, Monday-Friday 9:00 – 15:00



HelpJYU Service Portal

- JYU uses a service portal called HelpJYU, where you can get help with many questions related to exchange, studies, JYU credentials, etc.
- [Service catalog](#)
- [Form for student exchange at JYU](#)
 - studies at JYU and Learning Agreements
 - problems with course registration
 - arrival certificates
 - Etc.



Student exchange at JYU (1-2 semesters)

Ask about studying at JYU as an exchange student (1-2 semesters)



With this form, you can ask about applying to JYU as an exchange student, about your studies at JYU and about the support services offered to exchange students. This form is for long-term exchange students (1-2 semesters). We have a separate form for short-term mobilities (5-30 days).

Please see further information at: [Student Exchange at JYU](#) and [New Student Handbook](#).

Kindly note that during holiday periods (July and December) our response times are longer. Thank you for your patience!

In order to access more forms and view your previous requests, register or log in. If you log in, some fields will be automatically filled in to make sending the request easier.

* First name

* Phone

* Last name

* Email

Note! Please use an email address that you have access to, as notifications about your request will be sent to this email address. If you can not access your JYU email or do not have one, use your personal email address. Please double check spelling!

* Home university

* Field of study at home university

* Select the topic of your question or request

* Subject of your question or request

* Describe your question or request in detail

When you submit this form, your personal information will be saved onto the HelpJYU service. The information must be saved in order for us to contact you concerning your request. Afterwards you can log in to view your previous requests.

Submit

Add attachments



Questions?

Thank you for listening!