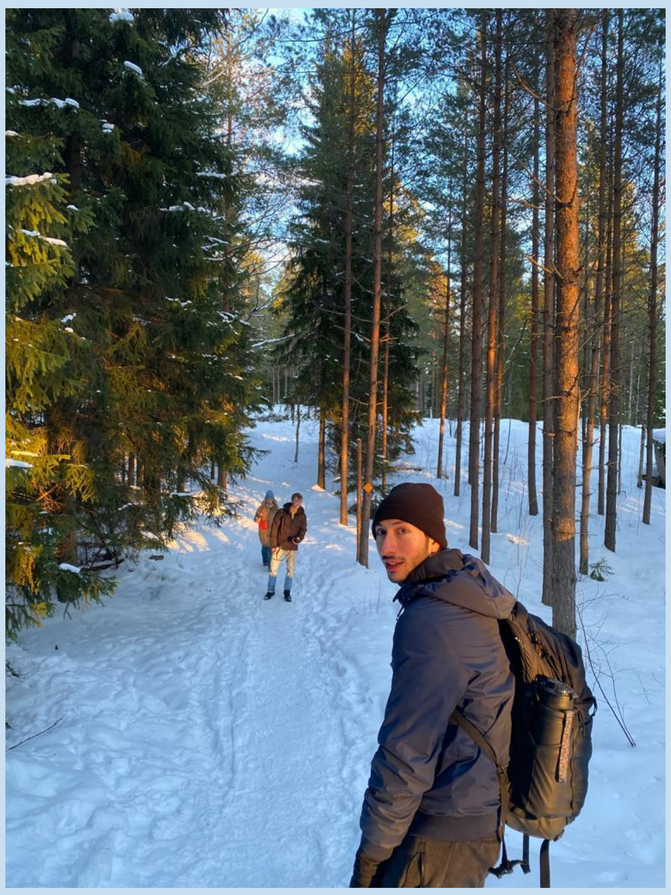
University of Helsinki

Adam El Kholy



Student life

- Cheap, healthy and delicious Unicafe food available daily
- Extremely lively student culture, constant events and socials weekly
- Student overalls – Every student in Finland has a pair of overalls, the colour depending on degree, and patches from events are sown on for decoration
- Vappu – A student holiday on mayday, seeing thousands of students partying in the city centre all day and night
- Free art galleries and museums every week
- Chance to make friends from all over the world and meet people you never could otherwise





Studies

- Lectures all in English
- 4 “periods” per year, essentially our semesters split in half, courses running between 1-4 periods
- Multiple campuses across and around the city, with lectures spread between them
- Opportunity to learn Finnish, mutta suomea on vaikea kieli!
- Beautiful libraries and cafes for studying
- Chance to study a little outside of your course, I took History of Philsophy 1 and 2



Activities and Opportunities

- Finland has 1 sauna for every 2.5 people, we had one in our apartment building we used regularly
- Hiking: 2 gorgeous national parks we frequently hiked, a simple bus away from our accommodation
- Travel: While in Helsinki I took a uni organised cruise to Stockholm, spent a week in Lapland, and took the 2 hour ferry over to Tallinn in Estonia
- Frequent ice swims and sauna sessions in the winter (surprisingly nice beaches in Finland)

