

Handbook for international students



KRISTINESTAD
KRISTIINANKAUPUNKI

Need to know
information!

Warm welcome to Kristinestad!

We are happy that you have chosen
to move to Kristinestad to study.

This handbook serves as a support
for students who have moved here.

We wish you succesfull studies and
pleasant moments in our city!

City of Kristinestad



KRISTINESTAD
KRISTIINANKAUPUNKI

Living in Kristinestad



On the Visit Kristinestad's website you can find information about our city

Visit Kristinestad

You can find information about leisure activities in Kristinestad on our official website

Leisure activities in Kristinestad

Kristinestad also has official Instagram and Facebook accounts where information about current events and programs are published. You can find all the social media accounts of the city via this link:

Kristinestad on Social Media

Tips to make your every day life easier in Kristinestad

Open a bank account (if you are 18 years old or older)

You need a debit card, bank account and online banking services to make it easier to manage your day-to-day finances and to identify yourself at the electronic services of different authorities.

To open a bank account in Finland, you will need the following documents:

1. Passport
2. Certificate of student status from your educational institution (acceptance letter)
3. Finnish personal identitycode
4. Residence permit

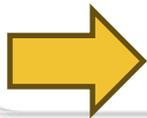
Open a bank account (if you are 15-17 years old)

You need a debit card, bank account and online banking services to make it easier to manage your day-to-day finances.

To open a bank account in Finland, you will need the following documents:

1. Passport
2. Certificate of student status from your educational institution
3. Finnish personal identitycode – ID card
4. Residence permit
5. The guardians declaration

When you have turned 18 years old you can identify yourself at the electronic services of different authorities.



Contact the [Outreach youth worker](#) if you have questions about opening a bank account

Tips to make your every day life easier in Kristinestad

To apply for municipality of residence (kotikunta)

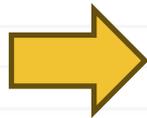
If you have a municipality of residence in Finland, you can:

- Apply for Finnish ID-card for scholarships and bonus cards
- Receive a job voucher for the young (fi: nuorisotyöseteli)
- Obtain a driving license
- In the future, apply for Finnish citizenship and a Finnish passport

If you have come to Finland and your studies will last over a year, you can get a municipality of residence in Finland.

Note that you can apply for a municipality of residence only after you have resided in Finland for one year as a student.

You apply for a municipality of residence through the Digital and Population Data Services Agency DVV.



Contact our [integrationscoordinator](#) when applying for municipality of residence

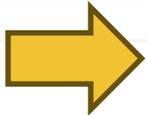
Identity card

Finnish identity card

You can apply for Finnish identity card (ID-card) when you have municipality of residence in Finland.

An identity card is a document that certifies your identity when you use different services and it has a chip that allows you to use online services.

Apply for an identity card



Contact our resource person/international coordinator when applying for identitycard och FPA-card.

KELA card

If you move to Finland, you can apply for a Kela card once you have received a municipality of residence. You can also apply for a limited Kela card before you have obtained a municipality of residence in Finland. With a limited Kela card, you can, for example, receive a discount on prescription medicines.

The application is submitted in [OmaKela](#) if you have access to strong electronic identification. Please note that you need to submit two applications in OmaKela: the application for the Kela card and the notification that you are moving to Finland!

You can also apply by post by filling in forms:

- Kela card SV 157e
- Notification of moving to Finland or working in Finland Y77e

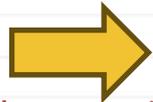
The forms can be found here:

<https://www.kela.fi/fpa-kortet>

<https://www.kela.fi/fpa-kortet>

Contract of employment

When you start a new job in Finland, you usually sign a written employment contract with your employer.



It is recommended to request a written contract that specifies your working hours, job duties and salary.

More information:

Information about employment contract

Information about wages and working hours

Occupational safety and health

End of employment

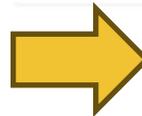
Tax card

In Finland you pay tax on your salary and other incomes. The amount of tax depends on your income.

If you earn a salary, your employer will deduct the tax from your salary and pay it directly to the tax administration. That's why your employer needs your tax card. The tax card is a document that indicates your tax percentage, i.e. how much of your salary will be deducted for taxes.

You can order a tax card by calling the Tax Administration's phone service weekdays 9-16:

029 497 025 (in english)



If you have questions about employment contracts and tax cards, you can contact your study counselor

How to find an apartment in Kristinestad

During the first year of studies, you are offered the opportunity to live in the city's shared student housing, which has a more affordable rent.

Make sure to reserve enough time to find a new place to live after the first study year.

Apartments in the center of Kristinestad are very popular and are quickly rented out. When you find a suitable apartment, contact the landlord and request a viewing. If you, after seeing the apartment, decide to rent it, you should quickly inform the landlord about your decision.

In Kristinestad there are both municipal housing companies and private property owners who rent out apartments.

You can find available apartments here:

KRS bostäder
Vuokraovi.com
Oikotie.fi



When renting an apartment



- Rental Agreement

When you rent an apartment in Finland, you must always sign a written rental agreement. The rental agreement includes information about for example the monthly rent, the security deposit and how and when the agreement can be terminated.

If you are a minor (under 18 years old), you can not sign a rental agreement by yourself; your guardians must sign it for you.

Rent is usually paid once a month. It must be paid by the due date specified in the rental agreement. You must pay the rent via bank transfer to the landlord's account. You can not pay the rent with a credit card or in cash.

Security deposit

Pay the security deposit by the date agreed upon in the rental agreement. Generally, you will get the keys to the apartment once you have paid the deposit.

When the rental agreement ends, a final inspection of the apartment is conducted. The security deposit will be returned to you in full if you have

- taken good care of the apartment
- paid all the agreed fees to the landlord.

If you or your house guest have broken something or you haven't paid the full rent, you will not receive the full security deposit back.



It is a good idea to take pictures of the apartment's condition before you move in and save the photos until you move out.

Electricity contract

You usually need to make your own electricity contract for your apartment. The contract can be made by persons who are over 18 years and have a Finnish social security number.

To find the best price, you can compare the rates of different electricity companies.

<https://www.sahkonhinta.fi/>

<https://xn--halvinshksopimus-1nb04a.fi/sahkon-kilpailutus/>

If you are under 18 years old, you must ask the landlord if he/she can make an electricity contract in his/her name and bill you for the electricity you use. If the landlord is not willing to do this, you need to find another apartment.



If you have questions about housing, rents, and electricity contracts, you can contact the resource person/ international coordinator.

Water fee

You often need to pay a water fee for your apartment. Pay the water fee to the landlord's or housing company's account at the same time as you pay the rent. The amount of the water fee usually depends on the number of persons living in the apartment. If there is a water meter in the apartment, the water fee is determined based on water consumption (you will receive a bill according to how much water you have used).

Home insurance

In Finland, most landlords require you take out home insurance when you rent an apartment. Home insurance covers damages to furniture and other belongings in case of fire or water damage. You can request quotes from several insurance companies. Make sure that the insurance is valid for the entire duration of your stay in the apartment.

Moving notification

When you move to a new residence, you must submit a moving notification.

You can submit the notification at the earliest one month before the moving date and at latest one week after you have moved.

You can submit the move notification to the Digital and Population Data Services Agency (DVV) online or using a paper form.

In Kristinestad you can get paper forms here:

- Post Office at K-supermarket Selleri
- Post Office at K-Market Lappfjärd
- Service Point at Sjögatan 47

Change of address notification

Do you need help with the change of address notification? Visit our integration coordinator at the Service Point





POP **VAKUUTUS**



Here are the contact details for companies offering home insurance:

LähiTapiola
Kauppatori 4
64100 KRISTIINANKAUPUNKI
<https://www.lahitapiola.fi/sv/person/>

POP Vakuutus (only in Finnish)
<https://www.popvakuutus.fi/yhteystiedot>

IF
<https://www.if.fi/en/private-customers>



If you need help with signing up for home insurance, you can contact the international coordinator

Checklist when moving

- I have submitted a moving notification so that I get my mail to the right address.
- I have notified my landlord and property manager (isännöitsijä) about my moving.
- I have terminated my previous tenancy agreement.
- I have packed my belongings and arranged for moving help on the moving day.
- I have terminated my previous electricity contract.
- I have made a new electricity contract for my new apartment.
- I have either taken out a new home insurance or checked that my current insurance is valid for my new apartment.

- I have cleaned the previous apartment and ensured that I have taken all my belongings with me.
- I have returned all keys to the landlord or property manager.

Do you need furniture?

Facebookroskalava

Kirppis Engellan

Aster Second Hand

Moving help

alpo.ulfves@pp.inet.fi

Cleaning services

<https://www.hemby.fi/kotisiivous-kristiinankaupunki>

To remember when renting an apartment



Fire safety

- If a fire starts, call the emergency number 112.
- A smoke detector can save your life. If a fire starts in your home, the smoke detector will emit a loud alarm signal giving you time get out from your apartment.
- Many Finnish homes have a sauna. Even if you don't use the sauna, never place anything above the sauna heater, because it can cause a fire.
- Do not dry laundry above or near the sauna heater. Do not store items in the sauna. Always turn off an electric sauna heater after use.
- Never leave burning candles unattended! Do not burn candles near curtains, even if you are in the room.

- Before leaving your home, remember to check that the kitchen stove, oven and for example iron are turned off.
- Ensure that you have a fire blanket in your home. It is good to keep the blanket for example near the stove.
- Never leave food unattended on a hot stove. Be especially careful when cooking at night.
- Do not store items on the stove.
- If grease catches fire when you are cooking, smother the flames with a pot lid or a fire blanket. Do not use water.
- Always turn off your electrical devices after use. Unplug the iron from the wall socket.
- Do not use electrical devices that are in poor condition or have damaged cables.
- Do not leave electrical devices charging overnight or when you are not at home.

How to avoid water damage

- Do not leave the washing machine or dishwasher on when leaving your home.
- Regularly check the water pipes in your home for leaks and ensure that water does not leak on the floor from household appliances.
- Always turn off the washing machine and dishwasher valves when you don't use them.
- Regularly check drains to ensure that they are not blocked by hair or grease.
- If a water leak occurs in your home, report it immediately to the housing company's service emergency number for the or the landlord.
- Do not put trash, food scraps or chemicals down the drain (toilet).

School health care

School health care promotes and supports the health and development of students.

School nurse at Kristiinankaupungin lukio

☎ 040 545 0337

Monday 9-15 and Friday 9-13

School nurse at Kristinestads gymnasium

☎ 040 545 0337

Tuesday 9-15

The preventive work of school health care

- conducts health check-ups including growth and development monitoring
- posture, sight and hearing
- provides support for students' mental development
- offers guidance and healthy lifestyle habits
- follows up and administers vaccinations
- provides advice on contraceptives
- monitors and supports students who have health risks
- collaborates with parents/guardians, teachers and other student welfare personnel
- evaluates the physical, psychological and social environment of the school
- offers nurse reception

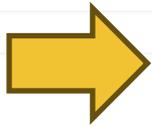
Health care

If you are sick and need to see a doctor, you should call the assessment of need for care to get an appointment.

Assessment of need for care in Kristinestad
☎ 06 2186 019

The assessment of need for care at the health care center in Kristinestad is not open every day and not 24/7. If it is closed, you should call:

Coordinated accident and emergency services (Vaasa) ☎ 116 117



Always call the care needs assessment first

In case of emergency:

112



We recommend that you download the "112 Suomi" app on your mobile phone (The app locates your position in case of emergency).

Dental care

As an international student, you need to use private dental care. Once you have obtained a municipality of residence, you may use public dental care.

Public dental care in Kristinestad

Read more and book an appointment:
<https://selkamerenterveys.fi/sv/tandvarden/>

Private dental care

In Kristinestad there is at the moment no private dental care.

Private dental care in Närpes:

Tandläkare Närdent oy ab

City dental

Alueen hammas



School social worker

You can talk to the school social worker about any big or small things you are worried about. You can also talk to the school social worker if you are worried about a friend, classmate or other relationships.

In Kristinestad there are two school social workers: one for Swedish schools and one for Finnish schools.

Swedish-speaking school social worker:

☎ 050 475 8176

Finnish-speaking school social worker

☎ 040 3558 803



You can also contact the school nurse and school social worker by sending a message via Wilma.

Help in crisis situations

In case of
emergency:



In non-urgent
situations, you can
contact different
services, e.g.

If you are feeling mentally unwell and need
to talk to someone

MIELI Crisis Helpline

☎ 09 2525 0116



In serious situations

e.g. after a fire, violence or accident when
you need urgent help

Social and Crisis Emergency Service
in Ostrobothnia

☎ 06 218 9555 (24 h)

after you have been subjected to sexual
assault or sexual harassment

Seri support center

☎ 040 589 4752 (24h)



Anything about bullying,
love, sex, relationships,
studies, housing, financial
matters e.g.



Read and ask:

Decibel.fi

When you have been victim of a crime
Victim support Finland

☎ 116 006



Legal Advice

☎ 0800 161 177 (Mon-Thu 17-19)

Do you want to talk?
You can find help here!



More information:

Welcome to Finland guide

Kristinestad



A good place to live in!