University of Wisconsin-Eau Claire

Study Abroad
Faculty-Led Immersion

Sustainable Societies:
FINLAND and ESTONIA
Summer 2020

Program Guide
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CONGRATULATIONS on being accepted to the UW-Eau Claire study abroad program: Sustainable Societies: Finland and Estonia during Summer 2020! Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Building upon existing foreign language skills
- Gaining new perspectives on a chosen academic field
- Increasing understanding of different cultures
- Enhancing personal development
- Developing different perspectives on U.S. culture
- Gaining self-confidence and independence
- Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

This program guide is to be used together with the Faculty-Led Study Abroad Handbook that you also received prior to orientation. The Handbook has information that is valid for all study abroad programs, but this guide will provide you with specific information for the Sustainable Societies: Finland and Estonia summer program. It is designed to complement the Study Abroad handbook, study abroad orientation, and your individual pre-departure preparations.

Please realize that although this guide was written to help you better prepare for your time abroad, and that all of the information available at the time of printing has been used, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the study abroad staff, and other students on campus with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

1) What are YOUR goals for this experience? Common objectives of students abroad include advancement in future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.

2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is to truly be immersed in another culture, yet the program is quite short, how can you best meet your goal?

The information in this guide was current at the time of printing, though changes may occur at any time.
**GENERAL INFORMATION**

The Program

This four-week program will be led by Geography professors, **Dr. Paul Kaldjian** and **Dr. Doug Faulkner**. This exciting sustainability-focused program will begin and end in Helsinki, the capital city of Finland, while including an excursion to neighboring Estonia during the middle of the program.

The Intercultural Immersions Team is the administrative home for students on the Sustainable Societies: Finland and Estonia program. Contact information for coordinators and the faculty leaders later is in this guide.

The Location

Finland is regularly recognized as an international leader in social wellbeing (e.g., education, health care, human rights) and environmental protection and enhancement (e.g., clean energy practices, green transportation planning, sustainable development). From architecture, design, and technological innovation to orchestra conductors, heavy-metal bands, and ice-hockey goalies, Finland is known for its support of the arts, applied creativity, and close relationship between society and the environment.

In 2010, Finland's Ministry of Social Affairs and Health presented a strategy to achieve a socially sustainable society. In 2018, the City of Helsinki set its aspirations on becoming the world's most functional city—a humane city that puts people first. In 2019, the government of Finland made a socially, economically, and environmentally sustainable Finland the center of their national agenda.

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**Tentative Program Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 27</td>
<td>(Wed) Students depart from USA</td>
</tr>
<tr>
<td>May 28</td>
<td>(Thurs) Arrive Helsinki Airport; Check in to Hostel in Suomenlinna</td>
</tr>
<tr>
<td>May 29</td>
<td>Orientation to Helsinki &amp; <strong>Public Transportation</strong></td>
</tr>
<tr>
<td>May 30</td>
<td>Orientation to Helsinki; <strong>National Museum of Finland; Suomenlinna World Heritage Site; Oodi Library</strong></td>
</tr>
<tr>
<td>May 31</td>
<td>(Sun) Tuomiokirkko; Get bicycles; Orientation to bicycling in Helsinki;</td>
</tr>
<tr>
<td>June 1</td>
<td>Check in to Myö Hostel; <strong>Ateneum Finnish National Gallery</strong></td>
</tr>
<tr>
<td>June 2</td>
<td>Helsinki City Government</td>
</tr>
<tr>
<td>June 3</td>
<td><strong>Lukukeskus; Finnish Reading Center</strong></td>
</tr>
<tr>
<td>June 4</td>
<td>Bike Ride Haaga (<strong>Alppiruusu-puisto/Rhododendron Park</strong>)</td>
</tr>
<tr>
<td>June 5</td>
<td>Research Day</td>
</tr>
<tr>
<td>June 6</td>
<td><strong>Arabianranta (Also) and Vantaanjoki Bike Tour</strong></td>
</tr>
<tr>
<td>June 7</td>
<td>(Sun) Work-Rest Day</td>
</tr>
<tr>
<td>June 8</td>
<td>Nuuksio Nat. Park (<strong>Haltia Nature Center</strong>)</td>
</tr>
<tr>
<td>June 9</td>
<td>Social Well-Being, Education, and Health Care in Finland</td>
</tr>
<tr>
<td>June 10</td>
<td>Depart Helsinki for Tallinn, Estonia; Check in to Cloister; Medieval Old City</td>
</tr>
<tr>
<td>June 11</td>
<td>Estonian Institute</td>
</tr>
<tr>
<td>June 12</td>
<td>Depart Tallinn for Helsinki; Check in to apartment in Sörnäinen</td>
</tr>
<tr>
<td>June 13</td>
<td>Research Day</td>
</tr>
<tr>
<td>June 14</td>
<td>(Sun) Work-Rest Day</td>
</tr>
<tr>
<td>June 15</td>
<td>Parliament</td>
</tr>
<tr>
<td>June 16</td>
<td>Bank of Finland</td>
</tr>
<tr>
<td>June 17</td>
<td>Research Day</td>
</tr>
<tr>
<td>June 18</td>
<td>Research Day</td>
</tr>
<tr>
<td>June 19</td>
<td>Program ends / Depart Helsinki</td>
</tr>
</tbody>
</table>

**The sites and activities represent activities in which we will engage. However, exact details and dates are tentative and will change as we develop and confirm our program.**
ACADEMICS

Program Prerequisites
To participate in this study abroad program, you must be in good academic standing and have the minimum 2.3 GPA required. The Immersions Office checks grades at the end of the semester prior to departure. If you are on probation, we will need to check with the faculty leader to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program.

Pre-departure Orientation & Coursework Before You Leave
You are currently taking the two-credit spring semester required preparatory course, Geography 491. In the course, students will develop a foundation for the learning through the field experience. In addition to learning about Finnish geography (environment, culture, society, language, etc.) and history, students will participate developing research projects based on individual interests. These, in turn, will be used to inform the summer itinerary. The course is designed to include people and places linked to unique student interests.

Attendance at the March 14th orientation is required. Orientation will cover topics such as health & safety, money abroad, course credit and payments, packing tips, and much, much more!

Summer Course
For students in catalog years through 2015-16, GEOG 366 fulfills GE-III and 3 credits of Foreign Culture upon successful program completion (students earning a B.A., B.F.A. or B.M degree in the College of Arts & Sciences cannot use study abroad to fulfill their foreign language/foreign culture requirement. See the university catalog for details). Any necessary translations / interpretation between Finnish and English will be provided as needed by your faculty leaders.

For students in catalog years through 2016-17 and later, and upon successful completion of the program, you will earn 3 credits of GEOG 366: Sustainable Societies: Finland and Estonia. Because the course is connected to this Immersion program, GEOG 366 fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments (students earning a B.A., B.F.A. or B.M degree in the College of Arts & Sciences cannot use study abroad to fulfill their foreign language/foreign culture requirement. See the university catalog for details).
MONEY MATTERS

Information about how payments are made, when they are due, withdrawal / refund deadlines, financial aid, scholarships, budgeting, and how to access money abroad is in your Study Abroad Handbook.

Costs Paid to UW-Eau Claire

<table>
<thead>
<tr>
<th>Cost</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition/Fees (WI res, 3 credits)</td>
<td>$1,073</td>
</tr>
<tr>
<td>Program Fee</td>
<td>$2,325</td>
</tr>
<tr>
<td>Application Fee</td>
<td>$30</td>
</tr>
<tr>
<td>Total</td>
<td>$3,428</td>
</tr>
<tr>
<td>FLIIIE Funding</td>
<td>-$2,000</td>
</tr>
<tr>
<td><strong>Total Estimated Payment to UWEC</strong></td>
<td><strong>$1,428</strong></td>
</tr>
</tbody>
</table>

Minnesota students add reciprocity; residents of other states add non-resident fees for 3 credits.

Additional Cost Estimates

<table>
<thead>
<tr>
<th>Cost</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated Round-Trip Airfare</td>
<td>$1,400</td>
</tr>
<tr>
<td>Meals</td>
<td>$800</td>
</tr>
<tr>
<td>Passport / Photos</td>
<td>$160</td>
</tr>
<tr>
<td>Personal expenses</td>
<td>$200</td>
</tr>
<tr>
<td><strong>Total Additional Estimated Costs</strong></td>
<td><strong>$2,560</strong></td>
</tr>
</tbody>
</table>

Program Cost

The program cost includes UW-Eau Claire tuition, lodging in multiple-person rooms (typically 4-8 per room), transportation between and within cities, breakfast most days, occasional group dinners, entrances / tickets to all required group activities, CISI insurance, International Student Identity Card, and UW-Eau Claire international program fees.

Not included in the Program Cost: the cost of a passport, airfare, most meals, and personal expenses. Please note that any costs incurred by taking Geography 491 during spring 2020 are also not included in the program cost.

Souvenirs & Personal Travel

The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending habits, etc. We do not expect you will spend a lot on personal travel due to our use of bicycles/public transportation and our full schedule, though we encourage you to travel before or after the official program dates.

BCDT Funding

This program is supported by Blugold Commitment Different Tuition (BGDT) Faculty-Led International Immersion Experience (FLIIIE) Funding for undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIIE experience. Graduate and non-UWEC students are not eligible to receive this funding. Blugold Commitment funding is not able to cover costs of tuition, but will contribute $2,000 per student towards the program fee.

Program Refunds from UW-Eau Claire

The $30 application fee is non-refundable. The $150 deposit is non-refundable except in the case of a documented medical or family emergency.

The withdrawal deadline for the program is March 1. No refunds are available after March 1, and if you withdraw after March 1, you will be required to pay all program costs and any funds already committed on your behalf, up to the full program cost. All withdrawals must be in writing.

Undergraduate students who withdraw will lose their BCDT funding. As such, they will be expected to pay ALL non-refundable program costs back to UW-Eau Claire. For example, as the
FLIIE funding covers about $2,000 per student, any student who withdraws after the refund deadline would be responsible for paying the $3,428 estimated cost, which is the true cost of the program without Blugold funding. Blugold Commitment program support is based on student enrollment and can only benefit students actually participating in program.

Currency Exchange
Finland & Estonia use the Euro. The exchange rate as of February 2020 is 1.00 Euro = $1.08. You can find current exchange rates at www.oanda.com/currency/converter/. It can be inconvenient to exchange U.S. $ for Euros at banks, but there are some currency exchange offices (e.g., FOREX in the main railroad station and in Stockmann’s – note that they charge a commission). Bring cash as a back up, but is best to use your ATM card for foreign currency.

Credit Cards
In addition to the information on credit cards in your Study Abroad Handbook, know that credit cards widely used in Finland, but AmEx is less widely accepted as they are in the U.S. Only major stores, tourist hotels, and travel agencies are likely to take them.

ATMs / Accessing Cash Abroad
24-hour ATMs are plentiful in the large cities you will be traveling to. The most commonly accepted U.S. credit and debit card is Visa. You can easily withdraw cash as soon as you land at the airport in Helsinki. Your bank will likely charge an international transaction fee between 1-3%, perhaps with an additional withdrawal fee. Ask your home bank if they have a partnership with any Finnish banks. Using ATMs from within your local bank’s partnership may possibly reduce the fees you pay if withdrawing from an ATM of the partner bank. Also, let your bank know you’re planning to use your card overseas, to avoid any issues paying with your card.

Financial Aid
To receive summer financial aid, you must be enrolled for at least six credits during the 11-week interim / summer period. Students can earn three credits while participating on the Sustainable Societies: Finland and Estonia FLIIE program.

Unfortunately, you are considered as "less than half-time" with this three-credit course. Consequently, room and board expenses cannot be considered in your financial aid budget. Less than half-time students are also not eligible for a Direct Ford Loan, but they may be considered for a Perkins Loan.

If financial aid eligibility is an important factor in your study abroad budget, you may wish to enroll for an additional three or more credits on campus during the 2020 summer session. With at least six credits, you have "half-time or more" status for aid. Room and board can then be considered in your budget, and you may be eligible for a Direct Ford Loan. Consult the Financial Aid Office if you have questions about summer financial aid for study abroad.

HEALTH & SAFETY
Additional information on these issues, as well as on CISO insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.
**Immunizations**

The CDC recommends that travelers to Finland and Estonia discuss several routine vaccinations with a doctor at least four-six weeks prior to travel. No vaccines are required for Finland or Estonia. But you can find additional health information about each country here:  
wwwnc.cdc.gov/travel/destinations/traveler/non\_e/finland (Finland)  

There are very few required vaccinations for travelers anywhere in the world. Requirements can only be placed by the government of the particular country, and because such requirements often discourage tourists, governments are reluctant to establish them. CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

UW-Eau Claire's Student Health Services offers immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee at: (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. **If your immunizations are not covered by your health insurance and you receive financial aid, you may want to meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.**

**Other Keys to Staying Healthy**

- Wash hands frequently, with soap.
- Finland has an exceptionally well-regulated and safe food system, but gastro-intestinal ailments occur. Over the counter medications are available and the Finnish diet is high in fiber.

**Alcohol and Drugs**

**Alcohol:** The legal drinking age for consuming beer and wine is 18 years old in Finland – 20 years for spirits. If you are of age to drink, it is recommended that you take precautions to be safe while drinking – such as never leaving your drink unattended, ordering drinks containing ice cubes, or accepting drinks from strangers.

**Drugs:** Marijuana and other ‘recreational’ drugs are illegal and have no place in FLIIIE programs.

**Sexual Harassment & Assault**

**Harassment:** When travelling in the USA and abroad, women may be subject to various levels of harassment, from staring to catcalling to non-consensual touch. Such incidents can occur in crowded areas such as marketplaces, bus / train stations, places where alcohol is consumed, or in more isolated areas. No place is immune from sexual harassment and misogyny, and women in Finland are advised to be observant of surroundings and local practices as a way to keep themselves safe.

**Assault:** Crimes against women including rape have also been reported in various countries in Europe. Suggestions to maintain stringent security precautions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Restrict evening entertainment to well-known venues and neighborhoods.
- Avoid isolated areas any time of day.
• Keep your hotel and room number confidential.
• Lock your hotel room and use deadlocks/door chains while inside and/or sleeping.
• Hire only reliable cars and drivers. Avoid traveling alone in cabs or ride-shares at night.
• When alone, keep conversations with unknown men brief and to the point – sincere conversations with unknown men can be mistakenly interpreted as a sign of sexual interest.

Bicycle Safety
As bicycles will be one of our primary forms of transportation in Helsinki and Tallinn, participants are expected to be confident and practiced at riding bicycles. In Finland and Estonia, participants will be required to wear helmets and follow local bike regulations.

Emergency Contacts
General emergency procedures are described in the Study Abroad Handbook, and the UW-Eau Claire faculty member will be available for consultation if difficulties arise. You will receive an emergency contact card at orientation with Kaldjian’s and Faulkner’s cell phone numbers; be sure to keep it with you at all times. The information is also on the last page of this guide.

Visa for Finland and Estonia
A visa is official permission to temporarily reside in another country and is granted by the government of that country. A visa is official permission to visit a country and is granted by the government of that country. **U.S. citizens do not need visas for any of the countries visited on the seminar since you will be staying for less than 90 days.**

If you are not a U.S. citizen, or you plan to travel in other countries while you are abroad, you should verify visa requirements for each country by contacting the nearest consulate or your travel agency. Most European countries do not require U.S. citizens to have a visa for tourist travel of less than three months.

PACKING TIPS
In addition to the general packing information in the Study Abroad Handbook, you should know the following about Finland.

Clothing & Weather
For clothing, **bring the minimum that you can mix and match and layer for both informal and semi-formal occasions.** You should plan to wear the same clothes more than once (or twice) between washing! Europeans generally dress less informally than do Americans.

All your belongings should fit into medium-sized suitcase with wheels or a travel backpack. You will need to carry everything with you on and off the train, on public transits in the city, and up and down stairs at the hostel or hotels. There is very limited luggage space on trains. Please make sure that you are ready and able to carry everything that you pack.

**REQUIRED DOCUMENTS**

**Passport**
General passport information is found in your Study Abroad Handbook, but you will need a valid passport with an expiration date more than six months after the end of the program.
We recommend that you **pack light**, bringing comfortable casual clothing and good all-purpose walking shoes. In June and July, average temperatures range from 50 to 75 degrees F. Summers in Finland are cooler than summers in Wisconsin, so you will need a sweater or two and a light jacket. You should also expect rainfall. Your faculty leaders will tell you what type of clothing is ideal for biking.

You will be traveling on bikes for much of the program, so please do not worry about fashion. The group will all be wearing the same clothes over again. You can do laundry at the hostel in Helsinki. If you bring old clothes that you decide not to bring home, you will have more room in your bag for souvenirs!

### Plan for all types of weather
It may be extremely hot, or cool and rainy; bring an umbrella and a jacket as well as clothes that are comfortable in hot weather that dry quickly.

<table>
<thead>
<tr>
<th>Helsinki</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avg. Temperature (°C)</td>
<td>0.7</td>
<td>14.7</td>
</tr>
<tr>
<td>Min. Temperature (°C)</td>
<td>5.5</td>
<td>10.6</td>
</tr>
<tr>
<td>Max. Temperature (°C)</td>
<td>14</td>
<td>18.9</td>
</tr>
<tr>
<td>Avg. Temperature (°F)</td>
<td>40.5</td>
<td>59.5</td>
</tr>
<tr>
<td>Min. Temperature (°F)</td>
<td>41.9</td>
<td>51.1</td>
</tr>
<tr>
<td>Max. Temperature (°F)</td>
<td>57.2</td>
<td>66.0</td>
</tr>
<tr>
<td>Precipitation / Rainfall (mm)</td>
<td>36</td>
<td>47</td>
</tr>
</tbody>
</table>

### Specific Items to Pack

**Shoes**: Flip-flops/sandals for showers and swimming; good walking/active shoes, and a pair of nicer shoes. **Make sure all shoes are well broken in** – we may walk 10,000 to 20,000 (or more) steps a day!

**Sleepwear**: Pajamas & lightweight bathrobe or something that you can wear between your room and the bathroom, since some hostels have shared bathrooms and showers.

**Swimming Suit**: For swimming and sauna.

**Bicycle Gear**: Jackets & protection for riding bicycles in rain and cool weather. Bicycles and helmets will be provided by the program.

**Health**:
- Over-the-counter medications for headache or digestive disturbances are readily available in Finland, but consider bringing your own.
- Sunglasses, Sunscreen, Band-Aids
- Prescription medication, in original container.
- Clear and legible copies of prescriptions, with generic name of drug, for any medicine that you are taking.
- Inform co-leaders of allergies or prescriptions associated with serious medical conditions.

**Personal Hygiene**: Unless you have specific needs or preferences, all personal hygiene items are widely available, you will want to bring the following:
- Feminine hygiene products (widely available, but maybe different)
- Your preferred shampoo, soap, toothpaste (also widely available)
- Handkerchief, tissues, or wipes
- Bag for own dirty laundry. We’ll find laundromats and share laundry detergent.

**Equipment**:
- Backpack for day trips, bicycle trips, and two-night trip to Estonia
- Durable, refillable water bottle
- Secure pouch for passport and cash
- Laptop for working on research projects
- Smart phone for transportation and museum e-tickets, maps, GPS, and communication. Check with your provider about the best costs and plans.
**Appliances & Electronics**
The standard electric current in Finland and Estonia is 220 volts. U.S. appliances such as plug-in clocks, hair dryers, curling irons and electric razors run on 110 volts. These appliances require both a converter and plug adapters for the various countries. One recommendation is to buy (and maybe share) what you need in Finland, perhaps from a charity shop.

Rechargers for cell phones and laptops usually only require a plug adapter, not a converter. Be sure to read the instructions on the recharge cord of your device and look for an indication of something like 110 / 220V, which indicates your device works for both 110 volts and 220 volts.

**ARRIVING IN FINLAND**

**Fox Travel**
All students on faculty-led immersion programs sponsored through UWEC are expected to purchase their international flights through Fox World Travel. Please contact a Fox World Travel agent (open 7:00am-5:30pm on weekdays) through one of the options below:
- Call toll-free 866-230-8787 (option 4)
- Email uwgroups@foxworldtravel.com with Group Code in subject line

Have ready:
- Name exactly as it appears on your passport
- **GROUP CODE: 09UW5166**
- Current passport number & expiration date
- Credit card number to charge
If you are traveling on the regular dates (May 27 and June 19), just give Fox Travel the Group Code and they will book your flight for you.

**Travel to and from Helsinki**
It is your responsibility to make travel arrangements to arrive at Helsinki Airport on May 28 (this means leaving the U.S. on May 27). In the past many participants have traveled as a group. Your UW-Eau Claire faculty leaders will already be in Helsinki and will meet you at the airport. If you are planning independent travel prior to the program, the faculty will tell you where and when to meet the group.

Your UW-Eau Claire faculty leaders will already be in Helsinki and will meet you at the airport. If you are planning independent travel prior to the program, the faculty will tell you where and when to meet the group.

Whenever you buy your ticket, be sure it has a low cancellation fee; UW-Eau Claire will not reimburse students for tickets should the program be cancelled. You may wish to purchase travel or trip cancellation insurance when you purchase your ticket, in case your plans change unexpectedly. Discuss your options with your travel agent and be sure you know exactly what the policy covers. Many policies are very restrictive in what they will reimburse.

**Lodging**
During the program, you will stay at a few different types of hostels and hotels while traveling. All costs for accommodations are included in your program fee which you will pay directly to UW-Eau Claire. Below are the names and Web sites of the hostels and apartments we will stay during the program:

**Hostel Suomenlinna** (Helsinki)
Dates: May 28 – June 1, 2020
www.hostelhelsinki.fi/en
Myö Hostel (Helsinki)
Dates: June 1 – June 10, 2020
www.myohotel.com

Pirita Convent Guesthouse (Tallinn, Estonia)
Dates: June 10 – 12, 2020
www.birgittaguesthouse.ee/

Hiisi Homes / Sörnäinen (Helsinki)
Dates: June 12 – 19, 2020
www.hiisihomes.fi/hiisi-homes/hiisi-homes-helsinki-sornainen/

**Lodging & House Rules**
Much of the success of UWEC’s Immersion programs can be attributed to fantastic groups of faculty and students and to the longstanding relationships abroad, some with the hostels and hotels where the group has stayed for years. It is important to be mindful of the group’s reputation. Remember that you represent UW-Eau Claire and the U.S. at all times.

Most hostels have rules that guests are expected to follow. Please read the rules when you check into your hostels and hotels. Rules often include quiet hours, no smoking, and restriction of alcohol and / or food in rooms or on the premises, to name a few. In all hostels, you will be responsible for paying for any damages incurred. Thank you for keeping this in mind while on the program.

**MEALS**
Breakfast is included at hostels while on the program, but not in the apartment for the last week of our stay. Most dinners and lunches are your responsibility. Some hostels and the apartment have kitchens to store & cook food.

**Common Foods Found in Finland**
- Coffee – everywhere, all the time.
- Sweet rolls and baked goods.
- Fresh sandwiches and soups.
- Fish – esp. salmon, shrimp, Baltic herring.
- Makkara (sausages)
- Juusto (Cheese).
- Chocolate, licorice, candy.
- Fast food, cafes, street food, ethnic (e.g., sushi buffets, kebab restaurants).
- Hot, prepared, and ready-to-eat food from grocery stores

**COMMUNICATION**
*Information on accessing/forwarding your UW-Eau Claire e-mail address, which you need to check while abroad, as well as internet calling through Skype, is in your Study Abroad Handbook.*

**Web Access / Email**
Most hostels are equipped with Wi-Fi that you can connect your smartphone or laptop. Both of these will be necessary for program activities. While we will have our smartphones with us each day when we go out, laptops can be safely secured in our hostels and apartment.

Public internet is available everywhere, so Wi-Fi access should not be a problem. The program expectation is to avoid constant use and to engage with classmates and local surroundings.

**Snail mail**
International airmail takes 7-10 days to cross the Atlantic in either direction. You may get home before your postcards do, but people will still enjoy receiving them!
**Telephone Information**

Finland and Estonia are seven hours ahead of Eau Claire, WI.

Students will need a smart phone for use in Finland and Estonia. You need to make sure your phone is compatible with the European cellular network and if the phone needs to be unlocked before leaving the United States. Then, contact your cell service provider and see if they have an affordable international plan.

If your cell service provider does not offer a reasonable international plan, we suggest considering calling cards or using user-friendly calling apps such as **WhatsApp**. **WhatsApp allows you to communicate for free from anywhere in the world** through a Wi-Fi connection with anyone else who has downloaded WhatsApp. WhatsApp is particularly helpful when communicating with your fellow travelers from hostels, restaurants, cafes, museums, etc. WhatsApp is generally more effective than Facebook Messenger as WhatsApp requires less bandwidth and operates straight from your phone just like you would normally call, text, video call, or send images from your phone. WhatsApp is widely used throughout Europe.

The Skype app also allows you to speak for free to friends and family at home if they, too, have downloaded Skype. Be sure to bring ear buds so you can use Skype without disturbing others. Skype calls to the U.S. to people without Skype may incur a small, per-minute charge.

Students who have traveled within Europe offer these calling tips:

1) **WhatsApp**: as noted previously

2) You can find deals on international, pre-paid calling cards. Be careful when choosing a calling card- there are sometimes hidden monthly maintenance fees that jack up the price of that too-good-to-be true per minute price. Also check out [www.1stphonecard.com](http://www.1stphonecard.com) for a variety of phone cards that boast no connection fee.

3) Skype allows you to make a phone call through your computer at no charge. If you call a landline using Skype it is about $.02 per minute. If you call someone who already has Skype on their computer it is free. Check out [www.skype.com/](http://www.skype.com/) for complete information:

**From the U.S. to Finland:** You must first dial 011, which is the international dialing code. Next, you must dial 358 which is the country code for Finland, and then the rest of the number to reach a specific city and location.

**From Finland to the U.S.:** Dial 1+ area code + number.

**Phones at Hostels / Hotels:** You should **not** expect to have regular phone access while traveling and staying at hostels / hotels. Using your cell phone to make international calls is the best option.

Collect calling is VERY expensive if the call is accepted. If you choose to go this route, set up a system to have the person you are calling decline the call and call you right back at a pre-arranged number. If you do not set up a specific time to be by a phone, it is much easier for you to call others than for them to call you.
**Language and Lingo**

As you know, Finnish is the most widely-spoken language in Finland. Here are some useful Finnish words and phrases (For pronunciations [www.omniglot.com/language/phrases/finnish.php](http://www.omniglot.com/language/phrases/finnish.php)):

<table>
<thead>
<tr>
<th>English</th>
<th>Finnish</th>
<th>Number</th>
<th>Cardinal</th>
<th>Ordinal numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please</td>
<td>Ole hyvä! Ole kiltti!</td>
<td>0</td>
<td>nolla</td>
<td></td>
</tr>
<tr>
<td>Thank You</td>
<td>Kiitos.</td>
<td>1</td>
<td>yksi</td>
<td>ensimmäinen</td>
</tr>
<tr>
<td>You’re Welcome</td>
<td>Ole hyvä!</td>
<td>2</td>
<td>kaksi</td>
<td>toinen</td>
</tr>
<tr>
<td>No problem</td>
<td>Ei kestä.</td>
<td>3</td>
<td>kolme</td>
<td>kolmas</td>
</tr>
<tr>
<td>Hi or hello</td>
<td>Hei/Moi/Terve!</td>
<td>4</td>
<td>neljä</td>
<td>neljäs</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Näräemiin/Moikka</td>
<td>5</td>
<td>viisi</td>
<td>viides</td>
</tr>
<tr>
<td>Yes.</td>
<td>Joo/Kylä</td>
<td>6</td>
<td>kuusi</td>
<td>kuudes</td>
</tr>
<tr>
<td>Yes, please.</td>
<td>Kylä kiitos!</td>
<td>7</td>
<td>seitsemän</td>
<td>seitsemäss</td>
</tr>
<tr>
<td>No.</td>
<td>Ei</td>
<td>8</td>
<td>kahdeksan</td>
<td>kahdeksas</td>
</tr>
<tr>
<td>No, thank you.</td>
<td>Ei kiitos/Kiitos, ei.</td>
<td>9</td>
<td>yhdeksän</td>
<td>yhdeksäs</td>
</tr>
<tr>
<td>Good morning</td>
<td>Hyvää huomenta!</td>
<td>10</td>
<td>kymmenen</td>
<td></td>
</tr>
<tr>
<td>Good day</td>
<td>(Hyväät) Päivää!</td>
<td>11</td>
<td>yksitoista</td>
<td>yhdestoista</td>
</tr>
<tr>
<td>Have a nice day.</td>
<td>Hyvää päivänjatkoa!</td>
<td>12</td>
<td>kaksitoista</td>
<td>kahdestoista</td>
</tr>
<tr>
<td>Have a good trip.</td>
<td>Hyvää matkaa!</td>
<td>13</td>
<td>kolmetoista</td>
<td>kolmastoista</td>
</tr>
<tr>
<td>(and) Same to you</td>
<td>Kiitos samoin!</td>
<td>14</td>
<td>neljätoista</td>
<td>neljästoista</td>
</tr>
<tr>
<td>Good evening!</td>
<td>Hyvää iltaa!</td>
<td>15</td>
<td>viisitoista</td>
<td>viidestoista</td>
</tr>
<tr>
<td>Good night!</td>
<td>Hyvää yöta! (at bedtime)</td>
<td>16</td>
<td>kuusitoista</td>
<td>kuudestoista</td>
</tr>
<tr>
<td>Be careful!</td>
<td>Ole varovainen.</td>
<td>17</td>
<td>seitsemäntoista</td>
<td>seitsemästoista</td>
</tr>
<tr>
<td>Watch out.</td>
<td>Varo/Varokaa.</td>
<td>18</td>
<td>kahdeksantoista</td>
<td>kahdeksastoista</td>
</tr>
<tr>
<td>Sorry/Excuse me.</td>
<td>Anteeksi.</td>
<td>19</td>
<td>yhdeksäntoista</td>
<td>yhdeksästoista</td>
</tr>
<tr>
<td>Stop!</td>
<td>Seis!</td>
<td>20</td>
<td>kaksikymmentä</td>
<td>kahdeskymmenes</td>
</tr>
<tr>
<td>Help!</td>
<td>Apua!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Congratulations!</td>
<td>(Paljon) Onnea!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much is this?</td>
<td>Paljonko tämä maksaa?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where’s the WC!</td>
<td>Missä vessa on?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Contact Names & Addresses
General UW-Eau Claire & CISI contact information is in your Study Abroad Handbook.

Please copy this page and leave it with your emergency contact and / or parents.

**UWEC FACULTY LEADERS**

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Web Site: https://fi.usembassy.gov/embassy/

**U.S. EMBASSY IN ESTONIA**

U.S. Embassy Tallinn
Kentmanni 20
15099 Tallinn
Estonia
Tel: (372) 668-8100
Web Site: https://ee.usembassy.gov/

**OTHER RESOURCES**

The U.S. Department of State offers useful travel information on the “Travel” section of their web site- https://www.state.gov/travel/
Check the “Travel Tips” section.

**Please note:** Faculty members will have cell phones for easy access during the program. You will receive a wallet-sized emergency contact card with this information to carry with you at all times.

**IN CASE OF AN EMERGENCY IN FINLAND**

**DIAL 112**