



## Quick guide to living and working in Finland

- 5.3 million inhabitants; 17 people per sq. km
- neighbouring countries: Sweden, Norway, Russia, Estonia
- languages: Finnish (91%), Swedish (5.5%)
- parliamentary republic since 1917
- member of the EU since 1995
- 2.8 persons live in an average household
- education: 74.6% of the population aged 25 to 64 have completed upper secondary or tertiary education and 33.2% (the highest percentage in the EU countries) have university or other tertiary qualifications
- 99% of households have cell phones, 77% of Finnish households own a personal computer, 75% have an internet connection and 66% broadband, 72% own a digital television
- religions: Evangelical-Lutherans (80.7%), Orthodox (1.1%)
- major cities: Helsinki Area (1 million), Tampere (209'000), Turku (175'000), Oulu (137'000), Lahti (100'000)
- currency: euro

## Job seeking in Finland

### Starting point - Check the basic information from the Internet

As a first step, it is a good idea to check the basic information on the job seeking procedure, working conditions and vacancies in Finland from the Internet.

EURES – the European Job Mobility portal provides you with information on the living and working conditions in all the European countries, in your own language. You can also find information on the labour market situation and check open vacancies in 31 countries, including Finland, from the portal at: [eures.europa.eu](http://eures.europa.eu).

Check also the Finnish employment services web site which contains information on jobs, services and employment opportunities at: [www.mol.fi](http://www.mol.fi).

More detailed information on the rules of working life, the Finnish working culture, employment contracts, minimum wages, taxation and social security can be found at: [www.mol.fi/finnwork](http://www.mol.fi/finnwork).

## **Next step – contact the nearest EURES Adviser**

EURES, EUROpean Employment Services, is a network of experts on labour mobility issues which aim is to inform, guide and provide advice to potentially mobile workers on job opportunities as well as living and working conditions in the European Economic Area. All EU/EEA-countries belong to the EURES network. There are more than 700 advisers in Europe. If you have any questions regarding working in Finland, you can always contact your nearest EURES Adviser. You can find their contact details from the EURES portal.

## **General information on living and working in Finland**

### **Accommodation**

The availability of rented apartments varies from one locality to another; in the capital area and in other bigger cities it can be difficult to find suitable accommodation. Also, the rents in Helsinki and in other bigger cities are considerably higher than in the rest of Finland; in these cities the rent may be up to 30 % of the monthly salary.

### **Recognition of Qualifications**

If your degree was obtained within the EU or the EEA, you can request the recognition of your degree from the Finnish National Board of Education ([www.oph.fi/english](http://www.oph.fi/english)). The equation and recognition of degrees are subject to a fee.

### **Studying Finnish**

In almost every job at least some knowledge of official languages (Finnish or Swedish) is required. Only some executive or highly skilled experts can be exceptions from this. In these cases fluency in English is required. Many local educational institutes offer Finnish language courses and links to some of these can be found from the following website: [finland.cimo.fi](http://finland.cimo.fi) (→ Studying Finnish) and [www.selma-net.fi](http://www.selma-net.fi).

### **Registrations**

EU citizens must register their residence with the local police if their stay in Finland lasts more than 3 months. More information, check the homepage of the Police: [www.poliisi.fi](http://www.poliisi.fi).

### **More information**

Working in Finland – guide offers basic information on employment and Finnish working life, with useful links. The guide has been translated in several languages and you can find it from the Ministry of Employment and the Economy's web site at: [www.mol.fi/finnwork](http://www.mol.fi/finnwork) (English - Living and Working in Finland).

Basic information on the functioning of society and opportunities in Finland in several languages can be found at: [www.infopankki.fi](http://www.infopankki.fi).

The National Helpline (Työlinja) may also advice you on the employment opportunities in Finland, on +358 10 60 76766 or e-mail: [tyolinja@mol.fi](mailto:tyolinja@mol.fi).

Before leaving, check also the list of Finnish diplomatic missions (Embassies) abroad and in Finland at the web site of Ministry for Foreign Affairs at: [formin.finland.fi/english](http://formin.finland.fi/english).