

# FSHS (Finnish Student Health Care Service) for International university students in Vaasa

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# FSHS

– for degree students at universities

- Hanken School of Economics
- Helsinki University
- Novia (Vaasa University of Applied Sciences)
- University of Vaasa
- VAMK (Vaasa University of Applied Sciences)
- Åbo Akademi University



# FSHS Health Services [www.yths.fi](http://www.yths.fi)

- General health

- Public Health Nurse
- General practitioner
- Physiotherapist
- Psychiatric Nurse
- Psychologist
- Psychiatrist

- Oral health

- Dentist
- Dental Hygienist
- Dental Nurse

- Digital health services



- Chat

- Video appointment times

- Care paths



Duration: 1 Week

### Wellbeing Path for International Students

This care path gives you information about the Finnish healthcare system and how FSHS operates. As you progress through the path, you can skip the topics that are not relevant to you at the moment. The path also includes links to additional information.



# How to use FSHS services

- Care Needs Assessment is done by a nurse on **YTHSDigi** digital service or by phone
- No drop-in
- Location in Palosaari Campus
- No emergency appointment
- Office hours Monday to Thursday 8-15 Fridays 8-14
- You will meet Public Health Nurses at your own universities during the introduction days



# Vaccinations and tuberculosis screening

- Free vaccinations following the Finnish vaccination program
- Please find out before your arrival what vaccinations you have received and when you got them → Bring the vaccination documents with you to Finland.
- If you have any questions regarding your vaccinations, or if you have not got any vaccinations in your adulthood, please contact FSHS
- If you arrive from a high risk country of tuberculosis, please contact FSHS  
→ Tuberculosis screening (Chest X-ray)

These include Africa, Asia, and Armenia, Georgia, Moldova, Romania, Ukraine, Belarus and Russia in Eastern Europe



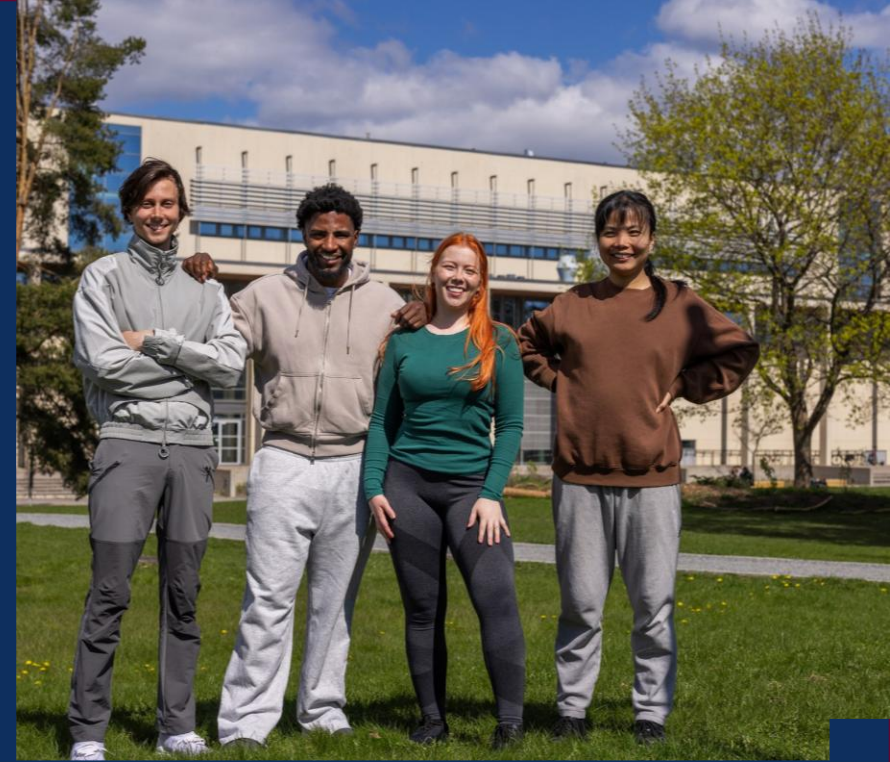
# What to take from your home country

## ➤ Health documents

- Take a copy of all your health documents in paper or digital form from your home country to Finland
- Take a copy of your vaccination documents in paper or digital form from your home country

## ➤ Medication

- Take a copy of all your prescription medication (if possible, in English)
- Take enough medication from your home country for the first few months after your arrival
- If you need regular medication, please contact FSHS as soon as possible to schedule an appointment
- Please note that you cannot buy prescription medication from a pharmacy without a Finnish prescription



# Health Care for Non-University Students

- Wellbeing Services County of Ostrobothnia  
[The Wellbeing Services County of Ostrobothnia](#)
- Private medical centers
- Private opticians



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# Thank you!

See you in Vaasa!

