



Buddy Programme at your service!

Welcome to Turku!

The aim of the Buddy Programme is to assist international staff members and researchers to settle down in Turku and getting started at the University of Turku.

- A flexible and engaging programme.
- A chance to join the international community of the university.
- A smoother integration into Finnish working culture.

What to expect from the programme

- A local contact who can provide you info and tips about life in Turku when arriving in Finland.
- In person or online meetings with your Buddy as agreed together.
- Plan activities with your Buddy such as grabbing a coffee, visiting the city or joining an event organised by the Buddy Programme.

Reminder

- A Buddy is **not an HR specialist or a legal advisor**. If you have questions about tax, bank, Finnish ID requirements, occupational healthcare matters, please contact your faculty's HR service.
- A Buddy is a **volunteer** who helps you during their free time. Don't expect them to be able to answer 24/7.
- Don't hesitate to contact the Buddy team if needed!



How to make the most out of the Buddy Programme?

- Discuss about your expectations
- Be curious and ask questions
- Respect each other's boundaries

BUDDY TEAM'S CONTACT

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Learn more about the programme and sign up!