

**WELCOME**

**TO**



**TALLINNA  
TERVISHOIU  
KÕRGKOO**

**TALLINN HEALTH CARE COLLEGE!**

**GUIDE FOR EXCHANGE TEACHERS AND STUDENTS**

**2012-2013**



**Edited by Tiina Juhansoo, Eve Epner  
Tallinn Health Care College 2012**



**OUR STAFF:**



**Tallinn unit**



**Structural unit at Kohtla-Järve**



## OUR CONTACTS:

Address: Kännu Str. 67, 13418 Tallinn, ESTONIA

Web: [www.ttk.ee](http://www.ttk.ee)

## INTERNATIONAL OFFICE:

**Tiina Juhansoo** Vice Rector of Development and International Relations

E-mail: [tiina.juhansoo@ttk.ee](mailto:tiina.juhansoo@ttk.ee)

Phone: (+372) 6711 730

**Eve Epner** Assistant to Vice Rector of Development and International Relations

E-mail: [eve.epner@ttk.ee](mailto:eve.epner@ttk.ee)

Phone: (+372) 6711 713

**ACADEMIC CHAIRS:**

<b>CHAIR of NURSING</b>
<b>CHAIR of MIDWIFERY</b>
<b>CHAIR of OPTOMETRY</b>
<b>CHAIR of PHARMACOLOGY</b>
<b>CHAIR of OCCUPATIONAL THERAPY</b>
<b>CHAIR of DENTAL TECHNOLOGY</b>
<b>CHAIR of HEALTH PROMOTION</b>

## **HISTORY AND TODAY**

Continual training for health care specialities in Estonia started in 1940 when the Nurses' School was opened. After consolidation with the Assistant Physicians' school, the Tallinn Medical Secondary School was established. October 16 1940 is the official birthday of our college.

As Tallinn Republican Medical Secondary School from 1945, the school offered study programmes in 5 specialities: assistant physician, midwife, assistant pharmacist, dental technician and nurse. From 1964 up to 2005, the school was renamed as the Tallinn Medical School. During the history, professional education has been provided in 11 health care specialities. Since 1992, the admission of students is accepted only on the bases of secondary education. In 1996 the training of nurses at higher vocational education level started, during the following years the same level was achieved in midwife, pharmacist and dental technician specialities. During 1998-2000, the training of optometrists, occupational therapists and radiology technicians was launched. In cooperation with Estonian Nurses' Association and the Ministry of Social Affairs, the advanced study course for nurses was started in 1998, advanced studies for midwives and dental technicians followed in 2002.

In the autumn of 2002, all study programmes were approved by the Ministry of Education and Research as professional higher education study programmes. During the academic year 2003/2004, the training of nurse assistants at the level of secondary vocational education was started again. All study programmes are also internationally accredited as professional higher education programmes for the period of 5 years.

From 2005, the school was reorganized into applied higher education institution, and from Feb. 2009 our title is Tallinn Health Care College. Today, the college provides professional higher education in 8 fields, currently the training of nurses and health nurses, midwives, dental technicians, optometrists, assistant pharmacists, occupational therapists and health promotion specialists is under way. The increasing number of students is currently more than 1200 students. We also do international cooperation in education programmes like Lifelong Learning Programmes Erasmus, Leonardo da Vinci, Grundtvig, Nordplus, Tempus, Interreg etc.



**SPECIALITIES: NURSE**



The aim of the study programme is to educate nursing staff at the level of applied higher education needed in health care institutions, which will make the assumption to practice in all health care areas and will form the foundation for professional education developing professional competency, academic degree and advanced training. Prerequisite for becoming a nurse is the passing of nursing tuition recognized by the state and getting a diploma in nursing. A nurse can work independently in health care institutions or at homes. Length of studies: 3 years 6 months.



**SPECIALITIES: PHARMACIST**



**Pharmacist knows medicaments, their compositions and production technologies; medicinal plants, their agents and principles of use; the effects of medicaments and medicinal plants, and the use of medicinal plants for the prevention and treatment of diseases. Pharmacist is able to evaluate the quality of medicaments organoleptically and by means of physical and chemical methods; deals with preparation and dispensing of medicaments at pharmacy and counselling on medicaments.**

**Professional activity of pharmacists is related to work at pharmacy; however, their professional knowledge enables them to work also at wholesale and manufacturing enterprises dealing with medicaments, at educational or scientific institutions related to pharmaceuticals, laboratories dealing with pharmaceutical analysis and other enterprises. The nominal length of studies in the study-programme is 3 years.**



**SPECIALITIES: DENTAL TECHNICIAN**

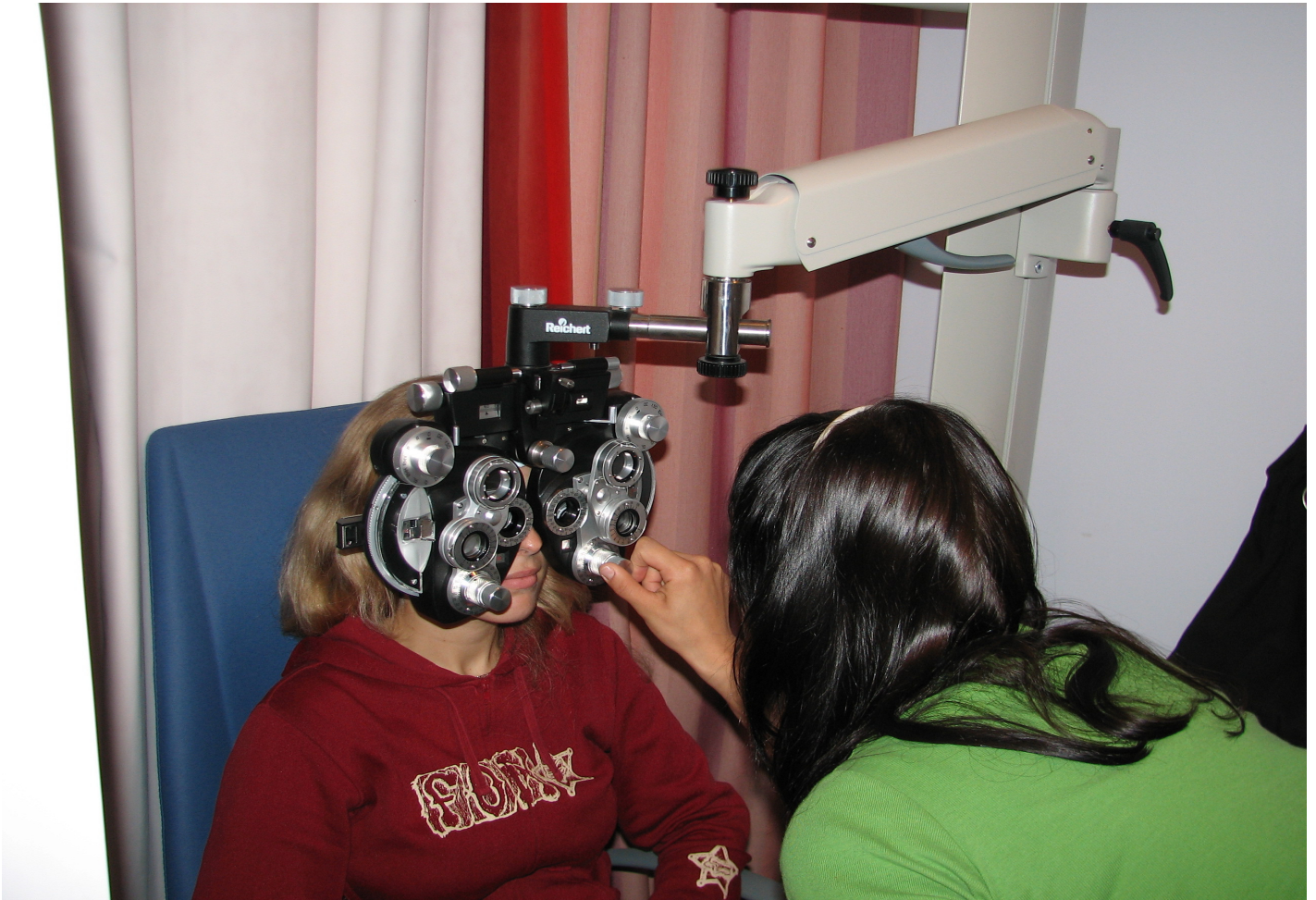


Dental technicians are health care professionals who produce dental appliances following specifications and instructions provided by dentists. Studies take place in auditoriums and dental technology laboratories with modern equipment, using high quality materials and tools. Knowledge and skills are practically applied in practical training bases after the ending of every basic subject under the supervision of qualified and experienced dental technicians.

The work of a dental technician can include designing, building, repairing and adjusting dental devices for patients who have lost teeth or require assistance in correcting the appearance and performance of their teeth. To be a dental technician you should have excellent manual dexterity, be able to concentrate for long periods of time and pay good attention to detail, be able to interpret technical instructions. Nominal length of studies is 3,5 years.



**SPECIALITIES: OPTOMETRIST**



**Optometrist is a health care specialist, whose main tasks include independent eye examination and correction, prescription and fitting of glasses, contact lenses or other optical aids. Based on the results of the eye examination, an optometrist must be able to assess the health status of the examined eyes and refer the customer to further medical examinations as needed. Preparation of glasses, instruction and counselling of customers on the use of visual aids are important parts of the daily work of the optometrist. An optometrist operates as an expert on the solution of vision problems that arise from the environment and require knowledge on the perception of light, colour and shapes. Nominal length of basic studies is 3,5 years.**



**SPECIALITIES: HEALTH NURSE**



The specialist of health nursing possesses a wide range of professional knowledge and skills that are applied in offering health promotional and health supporting nursing aid to people in all ages on first level of health care. In one's activity, health nurse proceeds from the necessity of promoting the health of individuals, family, community and society, preventing diseases, and supporting the coping of aforementioned social groups. A health nursing specialist can teach and instruct nursing students, nurses, patients and their family members, and can also solve complex speciality problems. A health nurse can also create and manage a multiprofessional health team, to assist other team members by consulting and teaching them. A health nurse offers independent outpatient nursing aid service at family health centers, health centers, pre-school children institutions, schools, organizations offering occupational health care services etc, cooperating also with family doctor and other members of health care team, being the connecting link between different institutions and family in health issues.



**SPECIALITIES: MIDWIFE**



**The aim of the study programme is to educate midwives with higher professional education. A midwife is a health care specialist who instructs, supervises, and takes care of pregnant women, women in childbirth and postpartum care; consults women with gynaecological problems; supervises the process of physiological childbirth and the care of newborn children. A midwife gives the advice how to plan a family and how to be healthy, restore health and prevent diseases. Length of studies: 4 years 6 months.**



## **SPECIALITIES: HEALTH PROMOTION SPECIALIST**



**Health promotion specialist is a person with higher education whose activity focuses on developing the health and living-standard of individuals, groups, organizations and population. The primary orientations of health promotion specialist are:**

- 1) developing the capability of localities and communities to cope with solving local health problems; developing population's health consciousness and skills;**
- 2) influencing different political decisions and legislation to achieve health-supporting decisions; developing partnership between different sectors and institutions to deal with health problems;**
- 3) launching support-groups to create a supportive environment for vulnerable groups; creating a system of health services and consulting, also analyzing people's health situation.**



**SPECIALITIES: OCCUPATIONAL THERAPIST**



**The aim of the study programme is to prepare occupational therapists with professional higher education needed in social-, health care- and educational institutions. The program will also provide students with the knowledge of modern society to improve their professional identity and competitiveness in labour market.**

**Occupational therapist is a specialist of activity and ability to act. Occupational therapy is directed at increasing the clients' independence in everyday life. The aim of this profession is to retain and promote ability of clients with functional disability; consulting, instructing and carrying out occupational therapy. Depending on individual's need the therapy may be carried out as an individual or group work. Length of studies: 4 years**



## THE STUDY ENVIRONMENT



In recent years, Tallinn Health Care College has undergone extensive reconstruction and development. Although all our plans have not been realized yet, much has been done to make our study facilities to match modern standards. Beside traditional auditoriums and lecture rooms there are special practicing classrooms for nurses, midwives, dental technicians, optometrists etc. The college has modern laboratories of botany, pharmacognosy, pharmaceutical technology and chemistry. There are 4 language classrooms for language studies.

2 computer classes with internet are at students' disposal during the time free of lectures. You can draft your written papers, search for information and use e-mail there.

## MEALS

Tallinn Health Care College has a buffet where you can have your breakfast and lunch for a reasonable price. Coffee, tea, other beverages, snacks and light meals are served at one counter; warm dishes can be bought at the other. The buffet is open on working days and closed on Saturdays and Sundays.



## LIBRARY



The college library has a collection of about 28 000 books, with a reading room for visitors. Free internet access is also available. The collection of the library has been constituted on the bases of the college's study programmes and research, containing books, dictionaries, study materials and periodicals. Some of books and materials are also available on open shelves.

There are several study places in the reading room, personal computers (with instructions for using electronic catalogue of the library and EBSCO full-text database) and coping facilities.

Using literature is free on the spot, if you want to lend out books, you should subscribe to the library. The cost of making copies is 0.13 €, a copy in A4 format, a 2-sided copy costs 0.19 €, colour printing costs 0.38 €.



## ACCOMMODATION



The college's student hostel is accommodating up to 220 students. The student hostel is situated quite near to the college main building; it takes about 15 minutes of slow walk to get to college from the hostel. The rooms are meant for four students but private accommodation is also possible.

A student home is quite moderate. A kitchen and shower are on each floor. A laundry room equipped with washing machine and a tumble dryer is located on the first floor. The student hostel has a computer room with internet. Cable-internet is available in all rooms. The price for 1 night varies from 10-20 €, in case of longer periods a favourable price will be agreed.

**ADDRESS:** Nõmme tee 49,  
11311, Tallinn, Estonia

Anne Grau      Manager of Student Hostel  
E-mail:         [anne.grau@ttk.ee](mailto:anne.grau@ttk.ee)  
Phone:         (+372) 6552 675      Mobile phone: (+372) 510 93 92

## ADMISSION

There are general requirements binding to all higher educational institutions and study programmes. Admission to the study programmes is administered by the higher educational institution. According to Erasmus rules, the exchange student should submit the following documents:

- Student Application;
- Training/Placement agreement;
- Quality Commitment;
- Student's individual studying/placement plan;
- Valid family doctor's certificate and vaccinations (Chest x-ray Thorax, BCG, tetanus, polio, diphtheria, hepatitis B, MRSA-test);
- Valid travel insurance;
- Other documents if required by Erasmus Estonia Office.

For detailed information on application procedures, please contact the international relations office: [eve.epner@ttk.ee](mailto:eve.epner@ttk.ee) or for planning your Erasmus exchange period, please also contact the coordinator in our academic chair:

Chair of Nursing:	Kristi Puusepp	<a href="mailto:kristi.puusepp@ttk.ee">kristi.puusepp@ttk.ee</a>
Chair of Dental Technology:	Tõnu Kauba	<a href="mailto:tonu.kauba@ttk.ee">tonu.kauba@ttk.ee</a>
Chair of Midwifery:	Silja Mets	<a href="mailto:silja.mets@ttk.ee">silja.mets@ttk.ee</a>
Chair of Optometry:	Vootele Tamme	<a href="mailto:vootele.tamme@ttk.ee">vootele.tamme@ttk.ee</a>
Chair of Pharmacology:	Lilian Ruuben	<a href="mailto:lilian.ruuben@ttk.ee">lilian.ruuben@ttk.ee</a>
Chair of Occupational Therapy:	Karin Lilienberg	<a href="mailto:karin.lilienberg@ttk.ee">karin.lilienberg@ttk.ee</a>
Chair of Health Promotion:	Moonika Viigimäe	<a href="mailto:moonika.viigimae@ttk.ee">moonika.viigimae@ttk.ee</a>

Academic year is divided into autumn and spring semesters, starting from the closest Monday to September 1<sup>st</sup> and ending after 40 study-weeks in June.

ERASMUS student, teacher and worker exchange is based on bilateral agreements between partner institutions. Tallinn Health Care College has bilateral Erasmus agreements with higher education institutions in all over Europe: Spain, Greece, Portugal, Belgium, Czech Republic, Poland, Lithuania, Latvia, Sweden, Finland, France, Slovenia and Cyprus. For more information, please see [www.ttk.ee](http://www.ttk.ee) → Cooperation.



## **ASSESSMENT AND GRADING SCALE**

**Credit system: One credit point corresponds to 40 hours (one study week) of studies performed by a student in whatever form. Contact hours comprise 50% of studies. 1 credit point equals to 1,5 ECTS credits.**

**The grades A-E are indicators of positive result, in case of the result F the examination/preliminary examination/defending is considered as failed. In case of non-differentiated assessment the positive result is defined as “Pass” and negative result as “Fail”.**

**Students who have started there studies in 2009 or later, are assessed by following criteria:**

**A (5) “Excellent” - Outstanding and exceptionally thorough acquiring level of learning outcomes, characterized by free and creative use of knowledge and skills that overcomes the level of “Very good”.**

**B (4) “Very good” - Acquiring of learning outcomes on very good level, characterized by purposeful and creative use of knowledge and skills. Non-semantic or non-principal errors may occur in relation to more specific and detailed knowledge and skills.**

**C (3) “Good” - Acquiring of learning outcomes on good level, characterized by purposeful use of knowledge and skills. Uncertainty and inaccuracy occurs in relation to more specific and detailed knowledge and skills.**

**D (2) “Sufficient” - Acquiring of learning outcomes on sufficient level, characterized by the use of knowledge and skills in standard situations; insufficiency and uncertainty occurs in exceptional situations.**

**E (1) “Poor” - Achieving the most important learning outcomes on minimum approved level, characterized by the use of knowledge and skills in standard situations in limited ways, noticeable insufficiency and uncertainty occurs in exceptional situations.**

**F (0) “Fail” - The student has acquired knowledge and skills on the level below the minimum level.**

## VISA

All students must have a valid passport or ID card for the period of study in Estonia. A student's document must prove the student's citizenship – that is why a passport is preferred to the ID-card, as the ID-card does not always prove a person's citizenship. The citizens of 40 countries, including USA, New Zealand, Australia, Japan, the Baltic States and all the EU Countries can enter Estonia visa-free for a period of 3 months. Citizens of other countries coming to study in Estonia for up to 3 months can apply for visa in the nearest Estonian Consulate/Embassy. Updated information about visa and consulates is available on the Estonian Ministry of Foreign Affairs web: [www.vm.ee](http://www.vm.ee)

If the student's period of studies is longer than 90 days, students from EU countries must register their place of stay in local government and in Migration office.

## TEMPORARY RESIDENCE PERMIT FOR STUDYING

The residence permit for study is required if an international student is going to stay in Estonia for more than three months. The residence permit must be applied for before the arrival in Estonia from the nearest Estonian embassy/consulate. Citizens of EU member states, Norway, Iceland, Switzerland, USA and Japan can apply for a residence permit in Estonia.

The requirements for residence permit (when applying in Estonia):

- official invitation for residence permit (provided by the educational institution), valid only for 2 months!
- a standard application form for a temporary residence permit (provided by the embassy or consulate)
- an additional application form (provided by the embassy or consulate)
- copy of passport or other identity document and a copy of personal data pages.

A residence permit may be issued for up to 1 year and may be extended for a year at a time. There is a varying state fee for processing an application for a temporary residence permit for studying, or for the extension of temporary residence permit (around 48 EUR).

For extending the residence permit, a student must apply at least 1,5 month before the expiration of the residence permit, and the same documents must be submitted when applying for residence permit. For working, students with a residence permit must apply for a work permit at the Citizenship and Migration Board. Additional information: [www.politsei.ee](http://www.politsei.ee)

## ESTONIA



**Official title: Republic of Estonia**

Member of **European Union** from May 1, 2004.

**NATO member state** from March 29, 2004.

## STATE

**Type: parliamentary democracy.**

**Head of State: the President, elected by parliament or an Electoral Body for 5 year term.**

**Current President: Toomas Hendrik Ilves**

**Parliament: the *Riigikogu* - a unicameral parliament of 101 members.**

**Head of the Government: Prime Minister, currently Andrus Ansip.**

**Administrative division: 15 counties, 202 rural municipalities and 39 towns.**

**Talking about Estonia, one cannot leave out Estonian e-government with the readable ID-card: the government sessions are paperless. Political documents are signed digitally with ID-card.**

## GEOGRAPHY OF ESTONIA

**Area: 45 227 square km. Estonia is a green land, forests cover around 50% of the country. Estonia is the smallest of all the Baltic States, being only slightly bigger than Switzerland or Denmark.**

**Borders: Total length - 1445.4 km, with a sea border of 768.6 km and a land border of 676.8 km.**

**Distances from Tallinn to:**

**Helsinki 85 km; Riga 307 km; St.Petersburg 395 km; Stockholm 405 km.**

**Islands: 1 521. Largest islands are Saaremaa, Hiiumaa and Muhu.**

**Estonia is a country of thousand lakes, largest of these are Lake Peipsi and Lake Võrtsjärv. Lake Peipsi is also the fourth largest and the biggest transboundary lake in Europe.**

**Highest point: Suur Munamägi (Great Egg Mountain), 318 m, being also the highest point in the entire Baltics.**

## MAIN CITIES

The capital of Estonia is Tallinn. Other large cities: Tartu, Pärnu, Viljandi, Narva, Kohtla-Järve.

## POPULATION

Total population: 1.342 million with a further of ½ million citizens residing throughout the world in countries such as Canada, Australia and the USA. The reason for this is a large number of refugees from 1940-s, when Russians occupied Estonia and thousands of people fled to Western-Europe and later onwards to aforementioned countries.

Population density: 30,9 inhabitants per square km.

The proportion of urban population: 67.5%, rural population: 32.5%.

Ethnic composition: Estonians: 68.5% (923 000), Russians: 25.7% (346 000); Ukrainians: 2.1% (28 000), Byelorussians: 1.2% (16 000); Finns: 0.8% (11 000)

## NATIONAL HOLIDAYS

**1 January - New Year's Day**

**24 February - Independence Day** (1918), the anniversary of the declaration founding the Republic of Estonia which led to a war of independence against Soviet Russia (1918-1920) and Baltic-German forces (Landeswehr). With this war Estonia secured its borders and concluded the Peace Treaty with Soviet Russia in Tartu, 2 February 1920. In 1940 Soviet Russia occupied Estonia for the next 60 years.

**9 April - Good Friday**

**11 April - Easter Sunday**

**1 May - Spring Day**

**30 May - Pentecost**

**23 June - Victory Day** (Võidupüha) commemorates the victory of Estonian forces over the Baltic Germans` forces (led by Landeswehr) in the Battle of Võnnu (Cesis) in northern Latvia in 1919. Estonian forces thwarted an attempt to restore Baltic-German control over the region. This day is marked by important official ceremonies.

**24 June - St John's Day or Midsummer Day** (Jaanipäev) and its important Midsummer Eve is a traditional celebration held on the night of 23-24 June. The evening of the 23<sup>rd</sup> and well into the morning of the 24<sup>th</sup> is celebrated with bonfires and a traditional festive menu.

**20 August - Day of Restoration of Independence.** – After the dramatic developments in the Soviet Union in August 1991, Estonian Parliament issued a decision on the re-establishment of independence, basing on Feb.24 1918 declaration of independence.

**25 December - Christmas Day**

**26 December - Boxing Day**

## RELIGION

Since the Reformation movement in the 16<sup>th</sup> century, the Lutheran church has played the leading role in Estonia. Other larger active confessions are Greek Orthodox, Russian Orthodox, Baptist, Methodist and Roman Catholic. Estonia is the world's least religious country: 70% of the population have declared not supporting any religious beliefs.

## DISCOVER HISTORIC TALLINN!



**THE OLD TOWN** is one of the best preserved medieval European towns from 11-15<sup>th</sup> centuries with its medieval structure that has been lost in most North-European capitals. **Town Hall** is the only surviving town hall to have been built in its original Gothic style, from 13<sup>th</sup> century.

Other more famous sights in Tallinn are: **Kadriorg** - Valley of Katherine, once a residence of **Russian tsar Peter I** and his wife. Today used as the residence of **Estonian President**. The **National Art Museum (KUMU)** is also situated nearby.

Also, you must visit the legendary **Song Festival square** where thousands of Estonians sing national songs after every 5 years (see picture under Interesting Facts), and also **the Convent of St. Bridget**, both at Pirita. Don't miss **Rocca Al Mare Open Air Museum** and the **Zoo** – located close to each other.

## TALLINN - CAPITAL OF ESTONIA



All the useful information in different languages:

[www.tallinn.ee](http://www.tallinn.ee)

**Location:** Tallinn is located in Northern Europe in the eastern part of the Baltic Sea region. Area: 158 km<sup>2</sup>.

**Population:** 401 372 (1.Jan.2008)

**Nationalities in Tallinn:** Estonian 52,3%, Russian 38,5%, Ukrainian 3,9%, Byelorussian 2%, Other 5,3% (Latvian, Lithuanian, Finnish, Jewish, German, Tatar, Polish).

### USEFUL ADDRESSES:

Estonian Ministry of Foreign Affairs [www.vm.ee](http://www.vm.ee)

Islandi väljak 1, 15049 Tallinn, ESTONIA

Phone: (+372) 6317000 E-mail: [vminfo@vm.ee](mailto:vminfo@vm.ee)

Estonian Ministry of Social Affairs [www.smin.ee](http://www.smin.ee)

Gonsiori 29, 15027 Tallinn, ESTONIA

Phone: (+372) 6269700 E-mail: [smin@sm.ee](mailto:smin@sm.ee)



## ARRIVAL TO TALLINN

### BY AIR

With direct flights from 14 cities, Tallinn is easily accessible either by plane or helicopter. Tallinn's airport is located just 4 km from the city centre and provides excellent facilities and a wide variety of services to meet the needs and requirements of all customers.

### BY SEA

Ferries cross the Baltic Sea from Helsinki several times a day roughly in 4 hours. From late spring to late autumn, hydrofoils and catamarans also run, reducing travel time to an hour and a half.

Ferries between Tallinn and Stockholm go every day and the trip takes approximately 15 hours. During the summer period, ferries also operate between Tallinn-Rostock. Ferry terminals are located in the city centre, just a bit outside of the Old Town area.

### BY BUS

International bus lines (Eurolines) connect Tallinn to Warsaw (Poland), St. Petersburg and Kaliningrad (Russia), Kiev (Ukraine), Riga (Latvia), Vilnius and Shiauliai (Lithuania). International bus lines arrive at and leave from Tallinn Coach Station.

### BY TRAIN

The train between Tallinn and Moscow goes every day. Trains to St. Petersburg go only on even days. The railway station is situated near the Old Town and harbour.

### BY CAR

In Estonia, as in continental Europe, the traffic drives on the right-hand side of the road. Estonian law requires an international driver's license and valid insurance policy.

During daylight hours, dipped headlights or daytime driving lights must be switched on. After dark, the main headlights must be switched on.

The driver and the passengers must wear seatbelts at all times.

International fuel stations are easy to find. The largest international fuel chains operating in Estonia are Statoil and Neste.



## PUBLIC TRANSPORT

Buses, trolleys and trams operate regularly from 6:00 to 0:00.

Make sure that you either have a valid ticket before getting on public transport or that you buy one from the driver immediately upon entering. If you need to buy a ticket, enter from the front door; tickets are only sold at stops, not while the vehicle is moving. Tickets bought from the driver have a bit higher price than those bought at kiosk. The prices: 1 € from kiosk or from the driver for 1.60 €. You can also buy a 10 ticket package for 8 € only from kiosks. The Tallinn Card holders may use unlimited free public transportation. Note that you must punch your ticket immediately upon entering. For a ride on a minivan pay the driver as you get in.

Tallinn public transport offers also 1 hour tickets as well as 1-, 3- and 5-day tickets. These tickets can be bought only at kiosks. A 1-hour ticket costs 1.20 €. A 1-day ticket (24 h) costs 4 €, a 3-day (72 h) ticket 6 € and 5-day ticket (120 h) 7 €. Electronic devices for registering these tickets are situated at the second door of the bus/trolley/tram and will print the time and the date of validity on the ticket.

If you decide to take a trip outside of Tallinn, you can travel by long-distance buses (from Central Bus Station, Lastekodu str 46 Tallinn) and by trains (from Balti Jaam, Toompuiestee 37 Tallinn, located near old town) to locations in every direction of Estonia. During summer period, travel ships go to Aegna Island. You can find nice travelling destinations here:

[www.visitestonia.com](http://www.visitestonia.com)

### Taxis

Taxis can be hailed on the street, the taxi stands or ordered by phone. Taxi stands are located at major intersections and in front of bigger hotels. Most well-known taxi-firms numbers are 1200, 1921 etc. Starting fare 1.98-3.20 €, price for 1 km is varying from 0.32 to 0.77 €. Information about public transport in Tallinn (bus, trolley and tram lines and timetables etc.) is available at:

[soiduplaan.tallinn.ee](http://soiduplaan.tallinn.ee)

## INTERESTING FACTS ABOUT TALLINN



- **The Biggest Choir of the World!** Tallinn hosts the grandest event in Estonia, the Song Festival, held every 5 years - a fantastic experience to listen to a choir of 25,000 voices singing to an audience of 100,000, taking place at Pirita Song Festival Grounds - a location worth viewing at any time of year.
- **The Oldest Capital City in Northern Europe!** Tallinn is on world map from 1154 thanks to Arabian geographer al-Idrisi. He found “*a small town like a large castle*” and a busy port here. But Tallinn was a meeting point between east and west already centuries earlier.
- **Town Hall Pharmacy** - the oldest pharmacy in the world! The oldest continually functioning apothecary in the world has been in business in Tallinn’s Town Hall Square since 1422. Today, bat powder and snakeskin potion are no longer available in the Town Hall Pharmacy. But you can still try the fine medieval claret.
- **The Best Preserved Old Town in Northern Europe!** Old Town of Tallinn, belonging to UNESCO’s World Heritage list since 1997, is the best preserved old town in Northern Europe. The authenticity of its medieval atmosphere makes Tallinn’s Old Town unique.

## ABOUT ESTONIANS

The character of Estonians has been shaped by their country's history, natural environment, long dark winters and white summer nights. Like every citizen of a northern country, Estonians at first glance seem friendly but reserved, polite and calm but serious.

## ESTONIANS...

- aren't prone to emotional extremes,
- make a clear distinction between working life and private life,
- are individualists, "put four Estonians together and you'll get five parties",
- are friendly and helpful, but need the initiative for communication from outside,
- rely more on facts than feelings,
- are quiet and don't ask many questions,
- shake hands at official meetings, but privately, they avoid both handshakes and hugging; a friendly 'hello!' is a good enough substitute.

## LANGUAGE

The official language in Estonia is Estonian language which belongs to the Finno-Ugric language family and is closely related to Finnish. Along with Finnish - English, Russian and German are also widely spoken.

## LEARN SOME ESTONIAN!

Hello!	Tere!
How are you?	Kuidas läheb?
Thank you	Tänan
Yes	Jah
See you!	Nägemiseni!
My name is ...	Minu nimi on...
What is your name?	Mis sinu nimi on?
Do you speak English?	Kas sa räägid inglise keelt?
I don't understand	Ma ei saa aru
Excuse me, where can I find...?	Vabandage, kus asub ...?
Would you like to dance?	Kas sooviksid tantsida?
Have a nice day!	Head päeva!

## **COST OF LIVING**

At a minimum, students need 200-300 EUR per month in addition to housing costs. Housing costs depend on the location and quality of the accommodation, but the prices per month usually range from 64 EUR in the dormitories to 320 EUR in private flats.

Some prices in Euros:

Bread	€ 0.6-1.3
Milk products	€ 0.5-1.28
Meat	€ 3.20-5.13 /kg
Fish	€ 3.90-11.50 /kg
Apples	€ 0.6-1.3 /kg
Rice	€ 0.96-1.28 /kg
Potatoes	€ 0.8-0.96 /kg
Cafeteria meal	€ 2.24-5.75
Tea/Coffee at a café	€ 0.96-1.60
Beer at a pub	€ 2.56-4.80
Theatre ticket	€ 5.75-16.00
Cinema ticket	€ 4.48-6.40
Nightclub ticket	€ 4.48-11.19

Shopping in Estonia is comfortable and easy. All of the bigger shopping centres and supermarkets are open from 10-21 or even 9-23. Note that there is a selling restriction of alcohol beverages in all Tallinn shops, starting from 22.00 to 8.00. Opening hours for other shops, such as those selling jewellery or sportswear, are 10-18 or 10-19, but in bigger shopping centres these may also be open longer. Smaller shops close earlier on weekends, but most supermarkets keep the same opening hours as on weekdays.

The most popular places for everyday shopping are the shopping centers Viru Keskus and Stockmann in the city-centre, Kristiine Keskus and Rocca Al Mare Keskus in the western side of the city. The most popular supermarket chains are Selver, Prisma, Rimi, and Säästumarket. Many people also like to do some of their weekly purchases at markets, which usually close at 16.00.

## **INTERESTING FACTS ABOUT ESTONIA**

Estonia could be called the homeland of the two info-technological super inventions: Hotmail and Skype. The lineage "father" of Hotmail is – then 37-year-old - Steve Jürvetson, whose father and mother escaped from occupied Estonia to Canada. Steve Jürvetson sold the product to Microsoft for 400 million dollars.

The primary code writers of SKYPE free internet telephone are Ahti Heinla, Priit Kasesalu and Jaan Tallin - all of them 32 years old then and childhood friends. Later Toivo Annus also joined the team of programmers. They created highly popular software - Skype, which enables the user to make free telephone calls over the internet.

Estonia has been named after 'Ests', the people who lived in the region in first century AD.

Estonia has one of the most democratic journalism in the world.

Estonia has the highest number of meteorite craters per land area in the world.

Estonian language is very similar to Finnish language, belonging to the Finno-Ugric languages' group

Estonia won the Eurovision Song Contest in 2001 with the song 'Everybody'.

Estonia was the first country in the world to introduce online political voting during pre-elections and to introduce a flat income tax (1994). Members of parliament can participate in sessions from remote locations all over the world.

## COMMUNICATION

### Post offices and postal charges

Post offices are generally open during normal shopping hours: from 09.00 to 18.00 hours on weekdays, and 09.30-15.00 on Saturdays. Postage on international letters and postcards is 1.00-3.30 € depending of the country.

### Telephone services

**Calls to Estonia:** the country code for Estonia is +372. Dial +372 + the area code + the subscriber's number.

**Calls from Estonia:** Calls from Estonia: Dial 00 + the country code + area code + the subscriber's number.

**Local calls:** Pay phones are rare in Estonia, the easiest way is to get a temporary mobile card (Kõnekaart). For calling inside Estonia, first dial the area code and the number. Phone cards may be purchased from kiosks, hotel reception, tourist info centers, post offices, and shops.

**Mobile phones:** In Estonia, calling to mobile phone, dial 5x xx xxx. When calling from abroad to an Estonian mobile phone, dial: your international access code +Estonian country code +372, and the phone number. The three major mobile operators in Estonia are *Elion*, *TELE2* and *Elisa*. The cheapest and most convenient (no contract needed) would be to buy the pre-paid mobile phone cards (e.g. Simpel, Smart, Zen) which are available at most of kiosks.

### Information numbers

Ekspress Hotline: tel. 1182. Telephone directory service, English spoken, can be also found on the Internet: [www.1182.ee](http://www.1182.ee)

## INTERNET

The latest surveys indicate that nearly 70% of the Estonian population regard themselves as Internet users. There are about 200 public Internet Access Points throughout Estonia, most of them are located in public libraries. The recommended Internet Search Engine in Estonia is [www.neti.ee](http://www.neti.ee)

There are wireless internet cafes all over Tallinn, just look for @ sign. For the locations in your place of stay, please see [www.wifi.ee](http://www.wifi.ee).

## **CURRENCY AND BANKING**

From Jan.1<sup>st</sup>, 2011, the official currency in Estonia is the Euro.

Foreign currencies can be easily exchanged in banks, exchange offices and bank machines. The exchange offices are in several hotels, in the port, at the airport, railway station, shopping centres etc. Note that sale and purchase rates of currencies differ from the official rate - currencies are bought at the lower rate and sold at the higher rate.

## **BANKING HOURS**

The main banks in Estonia are Swedbank, SEB, Nordea, DNB and Sampo. Banks are open from Monday to Friday between 9.00 and 18.00. Most banks are opened on Saturdays (10.00-15.00) and closed Sundays (bank machines are opened). Currency exchange offices are open from Monday to Friday from 09.00 to 18.00 hours; on Saturdays from 09.00 to 15.00 hours. Some are also open on Sundays.

## **CREDIT CARDS**

Credit cards such as Visa, Mastercard/Eurocard, Diner's Club, American Express etc are accepted in all major banks, hotels, restaurants and shops, but you should first ask.

## **ISIC STUDENT CARD**

ISIC card holder is entitled to several discounts (5-50%) in numerous Estonian organizations and businesses - cinemas, theatres, shops, beauty salons, hotels, travel agencies, pubs, night clubs, bus lines, taxes, museums etc. Further information contact the local student union.

## **TRAVELLERS'S CHEQUES**

The most widely accepted traveller's cheques in Estonia are Amex, Thomas Cook and Eurocheque.

## PUBLIC SAFETY

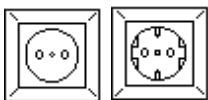
### **POLICE: 110**

The same precautions for personal safety that are recommended elsewhere in the world also apply in Estonia:

- do not wander around in unfamiliar areas alone during late hours or at nights, specially when having used alcohol,
- at night choose your way along well-lighted and busy streets,
- keep an eye on your purse, bag and other belongings,
- upon leaving your apartment, make sure the windows and the door are properly closed; keep money and valuables unexposed,
- travelling is always more fun and safe with a friend,
- park your car in guarded parking lots, always lock your bicycle
- never leave your documents and valuables in the car.

## ELECTRICAL APPLIANCES

Electricity in Estonia is produced and distributed by the national energy company Eesti Energia. Electrical appliances sold in Estonia comply with European safety standards; the European CE signs and national signs (in Estonia EEI) indicate conformity with these regulations. Outlets operate at 220 V/50 Hz.



If you rent a house or flat, the owner probably already has an energy purchase agreement, and you have to make an agreement with the owner about electricity payments. It is possible to select alternative electricity purchase packages, for example if you have a meter that measures electricity used during the daytime and at night separately, in which case the rates are also different.

## **SOCIAL SECURITY AND MEDICAL CARE**

The Estonian medical care system is based on family doctor services, i.e. every individual must be enrolled with a chosen family physician. International students are advised to sign up with a family physician in the city of the host educational institution which provides information on which medical centres offer family physician services).

When going to a doctor, have your European Health Insurance Card or valid form E111 along. According to legislation, the European Health Insurance Card is issued to international students who have lived in Estonia for more than one year. All international students, at least short-term students, are strongly encouraged to keep up any health insurance payments that they make in their home country.

## **MEDICAL SYSTEM**

Family doctor - with the Estonian health insurance card, family doctor visits and most of the services are free of charge. Otherwise, one has to pay for the visit and service. It is recommended to call beforehand and to make an appointment prior to the visit.

Specialists - all specialists' visits are organised through the family doctor except ophthalmologist, psychiatrist, dermato/venerologist, dentist, physiotherapist, and gynaecologist. In the case of a foreign student, it is advisable to choose all the specialists through the family doctor or medical advisors. In private clinics the waiting lines are short.

Ambulance service is free of charge in case of emergency or unavoidable medical aid.

## **EMERGENCY: 112**

Dentists. A regular visit may cost from € 10 upwards depending on the problem.

Pharmacies ('Apteek') - pharmacist can assist with simple medical problems. Only prescriptions made by Estonian doctors are valid in Estonia! Pharmacies are open from 8.00 or 9.00 to 19.00 hours, but every town has at least one all-night pharmacy.

## **FREE TIME**

The student board, its president and secretary are chosen every year. A lot of interesting activities are carried out under their leadership. Students can participate in various international projects that offer a chance to travel abroad and gain new experiences by working in international teams. Maybe you can join some project and find new friends!

Tallinn has 10 professional theatres, one of which is the Estonian National Opera and Ballet Theatre. The theatres are mostly traditional repertoire theatres, but recently smaller troupes and projects have emerged. Majority of operas are translated to English.

Coca-Cola Plaza and Solaris are one of the most modern multiplex-cinemas in Scandinavia. They are equipped with world class sound system (SDDS, DOLBY DIGITAL, DTS) and the most comfortable seats available. The cinema's programme is available from [www.forumcinemas.ee](http://www.forumcinemas.ee)

There are many sports clubs in Tallinn offering personalised training in various forms: aerobics, spinning and aqua aerobics; composition of exercise programmes and nutritional guides; cardiovascular tests; solarium and massage. The average fee is approximately 40-70 EUR per month.

Visitors have nicknamed Tallinn the Italy of the North, because of the city's rhythmic and passionate nightlife. Live music is easy to find in the city bars and cafés in the evenings, nightclubs offer everything from swing to hiphop.

Excursions to other cities in Estonia are available using various travel agencies. Real pleasure is to visit Tartu, Pärnu, Viljandi, Rakvere, Otepää. If you go discovering Estonian nature and landscapes - the unforgettable uniqueness of sights you see will be guaranteed!

## **SOME OFFICIAL LINKS ABOUT ESTONIA:**

[www.studyinestonia.ee](http://www.studyinestonia.ee)

[www.euraxess.ee](http://www.euraxess.ee)

[www.estonica.org](http://www.estonica.org)