

study
estonia

survival guide

For international students in Estonia



European Union
European Regional
Development Fund



Investing
in your future



VOCABULARY



HELLO

Good afternoon/evening

Good bye

Thank you

Please

How are you?

I'm doing fine

Bon appetit

My name is ...

1, 2, 3 ... 10

Yes

No

Excuse me

Where is ...?

I do not speak Estonian

What are you doing tonight?

You have beautiful eyes

Cheers

I love you

I like Estonia

I love you all!

One beer, please!

Bus stop

Dormitory

TERE

Tere päevast/õhtust

Head aega/Nägemiseni

Aitäh/Tänan

Palun

Kuidas läheb?

Mul läheb hästi

Head isu

Minu nimi on ...

Üks, kaks, kolm, neli, viis, kuus,
seitse, kaheksa, üheksa, kümme

Jah

Ei

Vabandage

Kus asub ...?

Ma ei räägi eesti keelt

Mida sa täna õhtul teed?

Sul on ilusad silmad

Terviseks

Ma armastan sind

Mulle meeldib Eesti

Ma armastan teid kõiki!

Üks õlu, palun!

Bussipeatus

Ühiselamu

**"IN EVERY PORT IN THE WORLD,
AT LEAST TWO ESTONIANS
CAN BE FOUND."**

- Ernest Hemingway

DEAR INTERNATIONAL FRIEND,



Study in Estonia team is happy to have you over in our small and wonderful country! We believe you made a great choice coming here and you will enjoy your time spent – be it only months or maybe even a lifetime! We put together this book for you so you can find your way around easier and get your adventure started quicker. But if your back pocket only fits your phone, you can also download this **Survival Guide as an app: www.studyinestonia.ee/app**. There's loads more info there and a Bucket List – your way of making sure you've taking the most out of your stay in Estonia! So, enjoy, experience and survive!

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ESTONIA

EESTI IN ESTONIAN

LOCATION ASUKOHT



The capital of Estonia is **Tallinn**, located by the **Baltic Sea**. It is the **smallest** of all three **Baltic states**. Over the sea to the north is Finland and the distance from Tallinn to Helsinki is around 80 km, while to the west is Sweden whose capital Stockholm is about 380 km from Tallinn. Our southern neighbour is Latvia whose capital Riga is only 310 km from Tallinn and 245 km from Tartu by car, and Russia is our eastern neighbour with Saint Petersburg lying 370 km from Tallinn. The land area of Estonia is 45,227 km².

NATIONAL SYMBOLS

RAHVUSLIKUD SÜMBOLID



The blue, black and white Estonian flag

The Estonian coat of arms

Cornflower (rukkilill), our national flower

Barn swallow (suitsupääsuke), our national bird

Limestone (paekivi), our national stone





THE ESTONIAN NATIONAL ANTHEM
EESTI RIIGI HÜMN

MU ISAMAA,
MU ÕNN JA RÕÕM

music Fredrik Pacius

lyrics Johann Voldemar Jannsen

1 Mu isamaa, mu õnn ja rõõm,
kui kaunis oled sa!
Ei leia mina iial teal
see suure, laia ilma peal,
mis mul nii armas oleks ka,
kui sa, mu isamaa!

2 Sa oled mind ju sünnitand
ja üles kasvatand;
sind tänan mina alati
ja jään sull' truuiks surmani,
mul kõige armsam oled sa,
mu kallis isamaa!

3 Su üle Jumal valvaku,
mu armas isamaa!
Ta olgu sinu kaitseja
ja võtku rohkest õnnista,
mis iial ette võtad sa,
mu kallis isamaa!

**SING
WITH
US!**

MY NATIVE LAND, MY JOY, DELIGHT

My native land, my joy and delight,
How fair thou art and bright!
And nowhere in the world all round
Can ever such a place be found
So well beloved as I love thee,
My native country dear!

My little cradle stood on ground soil,
Whose blessings ease my toil.
With my last breath my thanks to thee,
For true to death I'll ever be,
O worthy, most beloved and fine,
Thou, dearest country mine!

May God in Heaven thee gave birth to me,
My best, my dearest land!
May He be guard, may He be shield,
For ever may He bless and wield
O graciously all deeds of thine,
Thou dearest country mine!

PEOPLE INIMESED

POPULATION:

1.3 MILLION

- About 100 different nationalities and ethnic groups.
- 70% of population is ethnic Estonians, 25% ethnic Russians and 5% other nationalities (Ukrainians, Belarusians, Finns etc.) according to Statistics Estonia.

RELIGION: Lutheran Christianity; large numbers of Orthodox Christians. Estonia is one of the least religious countries in the world with only 16% of the population considering religion an important part of their daily life (according to Gallup Poll).

ESTONIANS AND THEIR CHARACTER:

- Estonians are reserved and composed people, although the better you get to know them, the more friendly they become.
- Estonians are open-minded.
- Estonians don't smile much, probably because of the weather.
- Estonians are hard-working and honest.
- Estonians like to use hi-tech gadgets and have high expectations of technology when visiting other countries.

DID YOU KNOW?

Estonia is the fourth smallest country by population in the EU (after Malta, Luxembourg and Cyprus).



LANGUAGE KEEL

- The **Estonian language** belongs to the **Finno-Ugric language family** and is closely related to Finnish.
- Although Estonian is a distinct language, it uses words borrowed from Swedish, German and Russian.
- It's a melodious language.
- There are 14 cases in Estonian.
- There are present and past tenses but there is no grammatical future tense.
- There is no grammatical gender and no distinction is made between 'he' and 'she'.
- Native Estonian words and adapted loanwords have stress on the first syllable.
- In south-east Estonia, people speak a separate **Seto language**.

Languages widely spoken in Estonia:

ENGLISH
GERMAN
FINNISH
RUSSIAN

DID YOU KNOW?

Estonian is one of the Uralic languages, just like Finnish and Hungarian. Most Northern Estonians understand basic Finnish, Finnish people however, for some reason, don't understand Estonian.



CLIMATE AND NATURE

KLIIMA JA LOODUS

WEATHER FORECAST:

www.ilmateenistus.ee/?lang=en

Estonia's weather offers as many surprises as the country itself.

CLIMATE:

- Is temperate and mild, with warm summers and fairly severe winters.
- Is often breezy and humid due to the Baltic Sea.
- Has four distinct seasons: spring, summer, autumn and winter.
- Is famous for **white nights** with more than 18 hours of light in summer.
- Has almost 19 hours of full daylight on the longest day of the year on June 21.
- Usually sees snow from December to March.

AVERAGE DAILY TEMPERATURE IS:

-4.7° C (22° F) in February but can go below -30 °C in winter

16.7° C (62° F) in July but can rise to 30 °C and above in summer

RECORD TEMPERATURES:

HIGH 35.6 °C (11/08/1992, Võru)

LOW -43.5 °C (17/01/1940, Jõgeva)

DID YOU KNOW?

The annual number of hours of sunshine varies between 1600 and 1900.



NATURE:

- Almost half of Estonian territory is covered by forest and woodland.
- About one fifth of Estonia is covered **with swamps and bogs**.
- Millions of birds stop in Estonia on their migratory paths.
- In Estonia you can find wild bears, wolves and lynx.
- There are many national parks including **Lahemaa, Soomaa, Vilsandi, Karula** and **Matsalu**.
- The highest point is **Munamägi** (Big Egg Mountain) at 318m, which is the highest point in the entire Baltic region.
- The largest rivers are **Narva** and **Suur Emajõgi**, the longest river is **Võhandu**.
- The highest artificial waterfall is **Valaste** (30.5 m), the highest natural waterfall is **Jägala** (8 m).
- The deepest lake is **Rõuge Suurjärv** (38 m) and the biggest lakes are **Peipsi**, which is the 4th largest lake in Europe, and **Võrtsjärv**.
- There are 2222 islands, of which the biggest are **Saaremaa** and **Hiiumaa**.



SWAMPS
AND BOGS

ECONOMY MAJANDUS

MINISTRY OF FOREIGN AFFAIRS: www.vm.ee/en

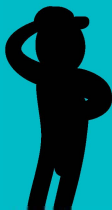
STATISTICS ESTONIA: www.stat.ee/en

BANK OF ESTONIA: www.eestipank.ee/en

- The economy is liberal and innovative.
- Estonians tend to prefer products produced by local companies.
- IT is one of the most popular areas of business with the main focus on simplification, innovation and customer-friendliness
- One of the highest internet penetrations in the world with 80% of the population being internet users
- The tax system has a 21% flat income tax, zero tax on reinvested corporate profit, and VAT of 20%
- Estonia's main trading partners are Finland, Sweden and Germany
- The Wall Street Journal and Heritage Foundation's Index of Economic Freedom 2015 ranks Estonia as one of the freest economies in the world – 9th out of 178 countries
- The World Bank ranks Estonia 17th in its ease of Doing Business in 2014 report, which covers 189 countries.

INDUSTRY:

- Machinery and engineering 25%
- Wood and wood products 15%
- Light industry: textile, cotton fabrics 10.9%
- Agriculture 5%, plus a related food industry producing dairy, meat and fish products, and alcoholic beverages
- Telecommunications equipment
- Chemicals
- Tourism



CURRENCY VALUUTA

THE OFFICIAL CURRENCY
OF ESTONIA IS THE

€URO

DID YOU KNOW?

Estonian euro coins feature a silhouette map of Estonia. The design was chosen in a public vote.

- Major foreign currencies can easily be exchanged in banks and exchange offices (open Mon–Fri 9–18.00; Sat 9–15.00, Sundays open in the city centre)
- Cash can be withdrawn from ATMs
- Credit cards like Visa and Mastercard and many international debit cards are widely accepted
- Use TransferWise when transferring money abroad. It saves you a lot of money on bank charges. The company was started by young Estonian entrepreneurs and is now supported by Sir Richard Branson!

TIME KELLAEG

Estonia is on Eastern European Time, which is **2 hours ahead of Greenwich Mean Time**: EET (UTC+2).

POLITICAL SYSTEM POLIITILINE SÜSTEEM

ESTONIAN PARLAMENT

www.riigikogu.ee/en/

- Estonia is a parliamentary republic and the Parliament is called the Riigikogu (with 101 members).
- The Head of State is the President, who is elected by the Riigikogu for a five-year term.
- The Head of Government is the Prime Minister, who is appointed by the President and approved by the Riigikogu.
- The Government system is parliamentary democracy.
- The highest judicial body is the Supreme Court.

DID YOU KNOW?

The President of Estonia, Kersti Kaljulaid is the first female head of state of Estonia since the country declared independence in 1918, as well as the youngest ever



MEMBERSHIP OF INTERNATIONAL ORGANISATIONS:

- United Nations UN (17 Oct 1991)
- World Trade Organisation WTO (1 Jan 1999)
- North Atlantic Treaty Organisation NATO (29 Mar 2004)
- European Union EU (1 May 2004)
- Organisation for Economic Co-operation and Development OECD (9 Dec 2010)

ESTONIAN PRESIDENTS: Kersti Kaljulaid (2016–...)

Toomas Hendrik Ilves (2006–2016), Arnold Rüütel (2001–2006),

Lennart Meri (1992–2001), Konstantin Päts (1938–1940)

New president will be elected in 2021.

HISTORY AJALUGU

ENCYCLOPAEDIA ABOUT ESTONIA:

www.estonica.org/en/

The oldest known traces of human settlement in modern Estonian territory date back to 9000 BC

1030 – First mention of Tartu by chroniclers of Kievan Rus'

1154 – First mention of Tallinn by Arab geographer Al-Idrisi

1248 – Tallinn is granted Lübeck law

13th cent. – Trading guilds operate as part of the Hanseatic League

13th cent. – Livonian order and Danish rule

1558–1582 – Livonian War

1558–1710 – Estonia under Swedish rule

1632 – The University of Tartu is founded

1700–1721 – Great Northern War, beginning of Russian rule

1869 – The first song festival is held in Tartu

24 Feb 1918 – First Estonian Declaration of Independence

1918–1920 – Estonian War of Independence

2 Feb 1920 – The Tartu Peace Treaty is signed

1941–1944 – German rule

1944–1991 – Estonia is part of the Soviet Union

1989 – The Singing Revolution

20 Aug 1991 – Re-Independence of the Estonian Republic

1 May 2004 – Estonia joins the EU

DID YOU KNOW?

The first public Christmas tree in Europe was put up in the old town square in Tallinn in 1441.

JOKES ABOUT ESTONIA AND ESTONIANS **NALJAD** **EESTI JA EESTLASTE KOHTA**



YOU KNOW YOU ARE FROM ESTONIA WHEN... **SA MÕISTAD, ET OLED PÄRIT EESTIST, KUI...**

- You declare your taxes on the internet like all modern people
- 'Kohuke' belongs to your menu
- You would agree that wife-carrying is a real sport (at least as long as Estonians are winning)
- You want WiFi to be free of charge everywhere
- You use the word 'normal' if something is OK
- You say 'Noh' even when you speak English, just to confuse people
- You know that going to the sauna is 80% about networking and 20% about washing
- Potato to you is the same as rice to a Japanese
- You know very well what "mhmh" means
- Swimming in +18 C water is a perfectly normal summer activity for you
- When summer does come around, you tend to be working that day



- Your best friend's girlfriend is your English teacher's daughter and they live next door to your grandparents, who were colleagues with your advisor, who is friends with your...
- You have ever worn or seen anyone wear "karupüksid"
- You grin when someone you know says that they bought a BMW
- When someone says "Estonians are so beautiful" you answer almost without emotions "I know"
- You don't think that "terviseks" is a funny word
- You know the moves to "Kaerajaan" and "Põdra maja"
- You can speak with pride of Estonia's highest mountain
- You can't imagine your life without Kalev and Vana Tallinn, :) especially while having a deep look at the Tall Hermann and Oleviste sitting in the cafe inside the Old Town...



- You wait for a green light at a pedestrian crossing even when there is no traffic to be seen
- You are crazy about tanning at Pärnu Beach
- “Ühesõnaga” (In a word) means that a really long explanation is coming
- You are proud that Estonians carry on like usual even with metres of snow covering the streets because other countries like the US would call it a “snow day” which basically means they have no work or school

TRY TO PRONOUNCE:

“JÜRIÖÖ ÜLESTÕUS”

“VEOAUTO”

“TÄIEÕIGUSLIK”

“JÄÄ-ÄÄR”

„VANAPAGANA

RAHAPADA”



- You also know that if there is going to be another Ice Age the Estonian people will more likely survive better than the South or Western Europeans
- You don't even expect a victory from the Estonian football team, but you still follow the game with high hopes
- You eat pea soup and a bun with whipped cream on Vastlapäev every year
- You prefer Pirita and Pärnu beach to Miami and Club Hollywood (Tallinn) and Sunset (Pärnu) to Pacha (Ibiza)
- You wear reflectors during winter
- You feel butterflies in your belly when you hear Tõnis Mägi's song "Koit"
- You undress yourself as much as possible when the sun is shining
- You go looking for a fern flower on Jaaniõhtu
- No, there are no polar bears in Estonia



ARRIVAL IN ESTONIA SAABUMINE EESTISSE

DID YOU KNOW?

The name Tallinn comes from the words “Taani linn” (“Danish town” in Estonian).

TALLINN AIRPORT: www.tallinn-airport.ee/en/

TARTU AIRPORT: www.tartu-airport.ee/eng

You probably got your first view of Estonia from the plane or boat. All means of transport bring you to the Tallinn city centre.

INTERNATIONAL TRANSPORT RAHVUSVAHELINE TRANSPORT

BY PLANE: Lennart Meri Tallinn Airport (TLL) has direct connections to more than 30 cities

- Air Baltic, Finnair, Ryanair, Turkish Airlines, Lufthansa and many others fly to Tallinn
- The airport is only 4 km from the city centre
- In addition to Tallinn, you can also use the airports of Tartu, Kuressaare and Pärnu

BY BOAT: many ferries run from Helsinki and Stockholm

- Ferries are operated by Tallink, Viking Line and Lindaline, Eckerö Line

- The port is a 15 min walk or 3 min by public transport from the city centre

BY TRAIN: daily service to Moscow

- The railway station is in the city centre

BY BUS: buses connect to many European cities

- Services are run by Eurolines with WiFi in many buses, Ecolines and Simple Express
- The bus station is just a few stops by public transport from the city centre

PUBLIC TRANSPORT ÜHISTRANSPORT

In Tallinn, you can use trolleybuses, buses, trams and minibuses. Tartu is smaller and only has buses. To get to other towns, you can use buses, minibuses and trains. Taxis are widely available.

TALLINN: www.soiduplaan.tallinn.ee/#bus/en

As of 2013, all residents of Tallinn, including international students who have registered their residence in Tallinn, are entitled the right of free travel by Tallinn public transport.

In order to travel free of charge, you need to get yourself an electronic Smartcard (Ühiskaart); the Smartcard can also be replaced with an ISIC card.



FOR MORE INFORMATION, PLEASE SEE:

www.tallinn.ee/eng/pilet/The-Right-of-Free-Travel

TARTU: www.tartu.ee/?lang_id=2&menu_id=9&page_id=1651

BETWEEN TOWNS:

BUSES: www.tpilet.ee/en **TRAINS:** www.elron.ee/en

FINDING ACCOMMODATION

MAJUTUSE LEIDMINE

APARTMENTS FOR RENT:

www.city24.ee

www.kv.ee

www.pindi.ee

www.uusmaa.ee/?lang=en

The places of residence for international students are mostly provided in student dormitories with single, double or triple rooms.

You can also find private apartments for rent in newspapers, internet advertisements or real estate agencies. The International Relations Office can also help you and give advice.

HOUSING COSTS: depend on the **location and quality** of the accommodation. Monthly rent can vary from €70 in the dormitories to about €400 for a single bedroom private flat in Tallinn. Of course, prices in the city centre might be higher. Dormitories usually require a deposit. Real estate agents usually take a commission fee equal to one month's rent.

DONT FORGET

to contact the international relations office (or student service) or host institution before arrival!

COUNSELLING

AT YOUR UNIVERSITY

NÕUSTAMINE OMA ÜLIKOO LIS

- Many institutions of higher education offer their students **academic and professional counselling**
- **Tutors** – 2nd or 3rd year students who know about university procedures, student rights and student organisations
- **Student Organisations** like ESN (Erasmus Student Network), the **International Club** or the **Student Council**
- **Student Career Service**



At the beginning of the semester, universities run **Orientation Days** (usually in August and in January) for all incoming international students to introduce them the university and explain any academic and study related issues.

**DON'T
MISS IT!**

RESIDENCE PERMIT FOR STUDIES

ELAMISLUBA ÕPPIMISEKS

All students who are not Estonian citizens or EU citizens (including EEA countries and Switzerland) need a temporary residence permit for study.

EU citizens should obtain a temporary residence permit in Estonia. The temporary residence permit is usually granted for the period of 1 year.

In order to obtain a temporary residence permit, the student should register their place of residence at the Local Government Authority of the place of residence within 1 month from the day that residence received notification of being granted temporary residence permit.

In addition, the student has to apply for an Estonia ID-card within 1 month from obtaining the temporary residence permit. More information can be found on the Estonian Police and Border Guard Board website:

www.politsei.ee/en/teenused/residence-permit/tahtajaline-elamisluba

Students who are third country nationals (not EU citizens) have to apply for a temporary residence permit for study at the Estonian embassy in their home country (or, if you don't have an Estonian Embassy in your country, at the nearest Estonian embassy). If you're a master's or a PhD student, you can also enter the country with a visa and apply for a temporary residence permit in Estonia.

A temporary residence permit is valid for a maximum of one year and should be renewed at least 2 months before the date of expiration at the Police and Border Guard Board. The Estonian



ID-card issued to a student is a document stating that an international student was issued a temporary residence permit for studies in Estonia. Contact your international office for details about where to renew your temporary residence permit.

Students from third countries have to register their place of residence at the Local Government Authority within 1 month from the arrival to Estonia on the basis of residence permit for study.

WITH AN ID CARD, YOU CAN:

Travel within EU

Use it as an identity document

Use Digi-ID



WITH A TEMPORARY RESIDENCE PERMIT, YOU CAN:

Use it as an identification document within Estonia

Use Digi-ID

Travel within EU

For additional information, please visit these web pages:

ESTONIAN MINISTRY OF FOREIGN AFFAIRS: www.vm.ee/en

ESTONIAN POLICE AND BORDER GUARD BOARD:

www.politsei.ee/en/teenused/residence-permit

CITY GOVERNMENT IN TARTU: www.tartu.ee/en/?lang_id=2

CITY DISTRICT GOVERNMENT IN TALLINN:

www.tallinn.ee/eng/Population-register

Should you need any help – you can always turn to your university. The international offices will always help you!

ROAD MAP:

HOW TO BECOME AN INTERNATIONAL DEGREE STUDENT IN ESTONIA

PHD APPLICANTS

Find a suitable supervisor for your PhD thesis from the chosen university. PhD's admission office will assist you.



FIND THE MOST INTERESTING AND SUITABLE STUDY PROGRAMME(S) IN ESTONIA

BA, MA APPLICANTS

Visit the programme specific websites.

Read about programme(s) requirements and deadlines.

Contact the university. Prepare the needed documents (certified copies of previous education documents, proof of English etc.).



Go to **www.estonia.dreamapply.com** and start your online application. You can apply to different universities and programmes with one online application.

Upload required documents and fill out the needed information.
Submit your application!

If the programme(s) you applied to require an application fee, then cover it. Application fee is paid once per applicant per university.

**BOOK YOUR TICKETS
AND SEE YOU
IN ESTONIA IN FALL!**

**CHECK OUT STUDY IN ESTONIA'S
ROAD MAP FOR COMING TO ESTONIA:
VISA AND TEMPORARY RESIDENCE
PERMIT FOR STUDYING (TRP).**

If you are applying for a **programme with tuition fee**, pay it in advance if required so by the chosen university.

Confirm your acceptance in the online system if you have been accepted.

Check your admission results in **DreamApply** system.

IF YOUR FEEDBACK IS POSITIVE,
print out the application, sign the confirmation page and post it with all required certified documents to your 1st choice university by the deadline.

IF YOUR FEEDBACK IS NEGATIVE,
please contact the university. Maybe additional documents are needed or you have entered incorrect information.

WAIT FOR FEEDBACK FROM THE UNIVERSITY



HEALTH AND SECURITY



TERVIS JA TURVALISUS

HEALTH INSURANCE AND MEDICAL CARE TERVISEKINDLUSTUS JA ARSTIABI

If you are insured by the Estonian Health Insurance Fund, you will receive medical service like as an Estonian citizen. If you are a citizen of an EU-country and have a certificate about European medical insurance, you can get free medical service for medical emergencies and health problems which occur during your stay in Estonia. In other situations, you have to pay for medical services by yourself.

International students who do not work in Estonia do not have the Health Insurance Fund coverage! You can get health insurance with one of the insurance companies listed below. If you need any help, turn to your international relations office for assistance.

International students are strongly encouraged to keep up any **social and health insurance** payments that they make **in their home country**.

DID YOU KNOW?

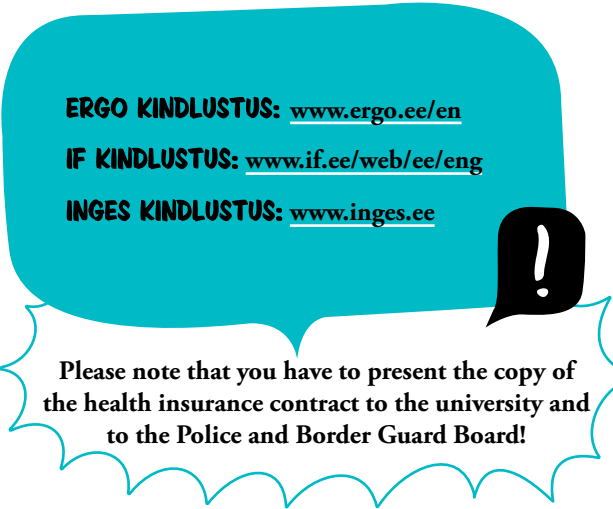
Estonian Mud (Peloid) is used for health treatments and is highly active.

Students who have applied for the temporary residence permit need to sign a health insurance contract **within 2 months** after their arrival to Estonia. **The Estonian Police and Border Guard Board accepts those insurance companies:**

ERGO KINDLUSTUS: www.ergo.ee/en

IF KINDLUSTUS: www.if.ee/web/ee/eng

INGES KINDLUSTUS: www.inges.ee



Please note that you have to present the copy of the health insurance contract to the university and to the Police and Border Guard Board!

All insured people have a **general practitioner** who treats minor illnesses, refers them to specialists and can make home visits if needed.

No referral is needed to visit a **medical specialist** like a psychiatrist, gynaecologist, eye specialist, dentist, lung specialist for tuberculosis, STD specialist, infection specialist for HIV/AIDS, surgeon or trauma specialist.

International students are **advised to sign up with a general practitioner** at their host institution of higher education. The International Relations Offices can give you more information.

FOR A DOCTOR'S VISIT, YOU SHOULD BRING:

- European Health Insurance Card, which is issued to European citizens by your home health institutions
- Or private insurance documents

LIST OF SOME GENERAL PRACTITIONERS WHO SERVE PATIENTS IN ENGLISH:

DR. KAIA VARBLANE

OÜ Piritakose PAK
 Address: Kose tee 59, Tallinn
 Phone: (+372) 6077740
 e-mail: perearst@piritakose.ee
www.piritakose.ee

DR. LIISI VOLTRI and DR. HIIE KARELSON

OÜ Perearst Hiie Karelson
 Address: Turu 2, Tartu
 Phone: (+372) 731 2180,
 (+372) 731 2181

DR. MONIKA VASK OÜ

Address: Turu 2, Tartu,
 (Tasku) IV floor
 Phone: (+372) 731 2260

CITY TERVISEKLIINIK

Address: Narva mnt 5,
 Tallinn 10117
 Phone: (+372) 660 4931
 e-mail: kristel@citytervisekliinik.ee
www.citytervisekliinik.ee/en/

RAVIKESKUS SL MEEDIK

Address: Pärnu mnt 48A, Tallinn
 Phone: (+372) 646 3390
www.slmeedik.ee/en/

KIBUVITSA PEREARSTIKESKUS

Aleksandra Garkusha
 Address: Pargi 30, Keila
 Phone: (+372) 56635321



IN CASE OF EMERGENCY ÕNNETUSJUHTUMI KORRAL

POLICE: www.politsei.ee/en/

RESCUE BOARD:
www.rescue.ee/?language_id=3



Estonia is a safe country to live in.

But as in all countries, accidents can happen:

- Most accidents are caused by drunk driving. If you have been drinking, then do not drive. Estonian police and locals have a zero-tolerance policy when it comes to drinking and driving.
- Don't leave valuables and bags in your car
- There have been a few rare racist attacks
- There are many pickpockets operating, especially in Tallinn, so be careful in public transport and public places.

Emergency numbers are the same and free of charge from all phones, including mobiles, anywhere in Estonia. Please report **What happened? Where did it happen? Who is calling? Is somebody injured? What is their condition? Can somebody give first aid?**

If you are contacting the police, you should describe as precisely as possible the people and/or vehicles involved. Remain calm and answer any additional questions you might be asked. Do not end the phone call before you have been told to do so.

COMMUNICATION

SUHTLEMINE/ KOMMUNIKATSIOON

Estonia first adopted information and communications technologies (ICT) in the early 1990s. **Estonian enthusiasm for ICT innovation and development is one of the reasons why Estonia is often referred to as the Baltic Tiger.**

When you come to Estonia, you will find all kind of new IT solutions: identity cards with electronic chips, bank accounts that you can open in five minutes, mobile phone car parking payments, online voting in elections, e-health system and much more.



INTERNET INTERNET

You can access the Internet very easily in Estonia. The number of wireless hotspots is growing constantly, and **wireless Internet can be found in countless pubs, hotels, parks, petrol stations and public buildings.**

There are public internet access points in most libraries. Using a computer is generally free, or there may be a small fee and a time limit.

ICT STATISTICS:

- 80% of the Estonian population aged 16–74 are Internet users
- Most users use the Internet at work, followed by school and then at home
- Lots of Estonians conduct their everyday banking over the internet, making bank transfers, paying service fees and taxes, and communicating with the Estonian Tax and Customs Board
- **e-Estonia** is known for its **e-schools**, **e-government**, **e-elections**, **e-health**, **mobile-payments**, and **ID-card functions**

**NATIONAL INTERNET
DOMAIN EXTENSION:** .ee

COMPUTERS AND STUDENTS:

- All universities have computer labs that offer university support for computing and networking and free computer use for students and university staff. Most universities in Estonia have free WiFi.
- Students in Estonia and student organisations use email to communicate and pass on information. Email is commonly used for communication between teachers and students.



POSTAL SERVICES **POSTITEENUSED**

ESTONIAN POST: www.omniva.ee

It is nice to send your family and friends a **hand-written letter** or a **postcard** with a picture of a beautiful place in Estonia. Look for the orange post-boxes. Before returning to your home-country, it might be a good idea **to send** some of your stuff **by post** so as to avoid excess baggage charges at the airport.

Post offices are usually open: **MON-FRI 9-19 / SAT 9-15**

TELEPHONE **TELEFON**

www.telia.ee • www.elisa.ee • www.zen.ee • www.tele2.ee

CALLING TO ESTONIA: 00 372 + the subscriber's number.

Estonia has mobile phone network access almost everywhere: you can even use your phone in the forest, on the smaller islands and at sea.

LOCAL CALLS: You can buy a local mobile calling card such as Smart, Simple, Super, Zen and Diil. Some student organisations have special deals with telephone providers. It is advised to make a contract with the mobile company. This will allow you to call and send SMS cheaper than with a pre-paid calling card.

YOU CAN ALSO USE SKYPE:

- **Free calls over the internet** to anyone who also has Skype
- Calls to a traditional landline or mobile phone at a low rate

DID YOU KNOW?

SKYPE was created by Estonian developers.

DID YOU KNOW?

Postimees, the oldest Estonian-language newspaper still published, first appeared in 1857.

MEDIA MEEDIA

There are two news agencies operating in Estonia: Baltic News Service, BNS, which is a regional news agency covering Estonia, Latvia and Lithuania, and the Estonian Public Broadcasting (Eesti Rahvusringhääling).

LOCAL NEWSPAPERS: Postimees • Eesti Päevaleht • Äripäev
Eesti Ekspress • Öhtuleht • Baltic Reports

You can also find **The Baltic Times** in some shops, as well as many other newspapers in different languages.

NEWS WEBSITES: news.err.ee • news.postimees.ee
www.delfi.ee • www.estonianfreepress.com

LOCAL TV CHANNELS: ETV1 & ETV2 • Kanal2 • TV3

CABLE OPERATORS:
Starman • STV • Telset • Telia

RADIO STATIONS:
Raadio2 • Klassikaraadio
Vikerraadio • Raadio Uuno
Raadio Elmar • Sky Plus
Sky Radio (in Russian)
Russkoe Radio (in Russian)
And many more stations...



LIVING IN ESTONIA

EESTIS ELAMINE

DID YOU KNOW?

From 1549 to 1625, the 159-metre spire of St. Olav's Church made it the highest building in the world.

The lifestyle of Estonians comes from their character, the weather and the different seasons.

- In winter, Estonians are more home-centred and work-focussed
- In summer, they find more time for open-air activities and holidays in the countryside or abroad
- Some even say that winter Estonians and summer Estonians are different persons

SOME TIPS:

- Don't cross the road unless the pedestrian light is green because you can be fined for it
- You should wear a reflector to make you visible on the streets during the dark time of the year. A reflector is obligatory when visibility is low or when it's dark. Police can fine you for not having a reflector!
 - Most food stores and shopping centres are open until 22.00 or 23.00 every day
 - If you want a taxi, it is best to call a taxi company, giving your name and the place you are waiting or you can use the app Taxify or Uber
 - Every taxi must have a meter, and if you think you have been over-charged, ask



STUDY in
ESTONIA
.ee

for a receipt. If the taxi driver does not give you a receipt you have the right not to pay.

- In the pubs, you normally need to order at the bar
- All take-away alcohol sales are prohibited from 22.00 to 10.00
- Kitchens in pubs are usually open from 09.00 to 23.00
- Tap water is drinkable in the whole country
- In a formal situation, Estonians usually greet each other with nothing more than a handshake or sometimes a hug; kisses are very rare
- Take off your shoes when indoors
- Fastening your seatbelt in a car is mandatory (even in the back seat and in a taxi).

COST OF LIVING ELAMISKULUD

A student wishing to travel and lead an active social life should expect to spend a **few hundred euros per month**.

- At a minimum, students need **300 euros per month** in addition to housing costs.
- Estonians usually buy all their food and general goods from supermarkets (Prisma, Rimi, Selver etc.). Bakeries and butcher's shops are not common.

SOME PRICES

White bread: €0.60

1 kg of **cheese:** €5-7

1 kg of **tomatoes:** €1.50-2

1 kg of **potatoes:** €0.90

1 kg of **bananas:** €1.20

1 l of **milk:** €0.60

2 l of **Coca-Cola:** €1.40

0.5 l of **beer:** €1 (shop,)

€2.20-3 (bar)

1.5 l of **mineral water:** €1

1 l of **juice:** €1

1 l **yooghurt:** €1.50

The prices might change depending on the season and the region in Estonia. For example, prices in Tallinn are higher than in Tartu.

OPENING A BANK ACCOUNT PANGAKONTO AVAMINE

SEB: www.seb.ee/eng

SWEDBANK: www.swedbank.ee

DANSKE BANK: www.danskebank.ee/en

NORDEA: www.nordea.ee

LHV: www.lhv.ee/en/



Bank opening hours:
MON-FRI 9-18
SAT 10-16
SUN CLOSED
but there are exceptions!

The Estonian banking system is modern and efficient and uses advanced **Internet** and **telephone banking**.

IT IS VERY SIMPLE TO OPEN A BANK ACCOUNT IN ESTONIA:

- Choose which bank you want and find the nearest branch
- Bring your personal identification document (passport or ID-card)
- You may need a signed letter from the university proving that you're a student
- It will take a maximum of ten minutes to open an account
- You can apply for an ISIC student bank card in SEB and in Swedbank – in this case, your card combines two cards in one: student and bank card
- Don't forget to get Internet bank access as well
- If you lose your bank card, contact your bank straight away
- ATMs of larger banks can be found everywhere
- Use the ATMs of your own bank because there is a fee for using those of other banks
- Closing your bank account is free of charge

Debit and credit cards are widely used but cheques are almost never used in Estonia.

YOUR STATUS AS A STUDENT GIVES YOU A LOT:

- Discounts in shops, bars and restaurants
- Travel discounts
- Discounts on tickets for transport and entrance to concerts and museums
- Leisure time discounts

YOU CAN GET MOST OF THE DISCOUNTS BY PRESENTING:



AN ISIC CARD

A NOOREKAART for the under-25s, which is a bank card issued by Swedbank

AN ESN CARD

ISIC CARD INFO: www.isic.org
NOORTEKAART INFO: www.swed.ee
FEDERATION OF ESTONIAN STUDENT UNIONS: www.eyl.ee

DID YOU KNOW?

The ISIC card is valid in 130 countries and gives 125,000 discounts, and there are 4.5 million ISIC cardholders.

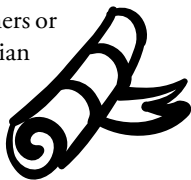
The **ISIC International Student Identity Card** is most commonly used in Estonia as a proof of student status. You can get the card from your University Student Council, the Estonian Student Union, Swedbank, or SEB bank.

An **ESN card** proves your international or exchange student status and gives you many advantages. You can get one from ESN <https://esn.ee/tallinn/esncard> The card costs 10 €.

Some universities in Estonian also have their own student cards – **find out more from your university!**

FINANCING YOUR STUDIES - SCHOLARSHIPS ÕPINGUTE RAHASTAMINE - STIPENDIUMID

The Estonian Government offers a number of scholarships intended for university students, researchers or lecturers studying and doing research at Estonian public universities and institutions. Most scholarships are for master's and doctoral students, but some bachelor's scholarships are also available.



Most of universities in Estonia offer scholarships for international degree programmes. It is possible to use other international scholarships (for example, Compatriots' scholarships, Erasmus Plus, your government scholarships, funds, grants, companies, etc.)

Doctoral studies and Internationalisation Programme „Dora Plus“ activities are intended for master’s students, doctoral students and members of teaching staff who are already working or studying at Estonia higher education institutions, or are planning to do so.

For further information,
contact the universities or
check the section “scholarships”
on web page

[WWW.STUDYINESTONIA.EE/
SCHOLARSHIPS](http://WWW.STUDYINESTONIA.EE/SCHOLARSHIPS)



WORKING IN ESTONIA EESTIS TÖÖTAMINE

DID YOU KNOW?

Birthday celebrations at work are surprisingly elaborate and formal, involving line-ups, handshakes and speeches.

POLICE AND BORDER GUARD BOARD:

www.politsei.ee

International students in Estonia do not need an additional working permit to work while studying and they are allowed to work on the condition that it does not interfere their studies. All non-EU students can also stay to Estonia for additional 6 months after their graduation (with the permission of the university) to look for a job in Estonia. Upon finding a job after graduation, they can use this time to apply for the temporary residence permit for work.

Although Estonian language is required for many jobs, Estonian job market also offers various (local and international) positions which require only English language skills or a number of different language skills (Swedish, Finnish, Chinese, French, Spanish, Turkish etc.). This gives international students a great career advantage.

MORE INFORMATION:

- Estonians work **40 hours** per week
- The working day is usually **08.00–17.00** or **09.00–18.00**
- Salaries are usually **paid once a month**
- Salary is usually **paid to your bank account**, not in cash

HOW TO FIND A JOB?

KUIDAS LEIDA TÖÖD?

JOB OFFERS:

www.workinestonia.com

www.cv.ee • www.cvkeskus.ee • www.tudengiveeb.ee

In Estonia, it is usual to **email** a potential employer; phone calls may work but are not normally preferred. You should send a CV, and a motivation letter is often requested. Be ready for an interview. The employer might ask for a preferred salary.

Most Estonian students work and study at the same time. Having a **part-time job** is very common.

PLACES WHERE YOU CAN LOOK FOR JOB VACANCIES:

- Career centres and info desks at universities
- Websites
- Friends, classmates and local students
- Direct contact with someone from the company, which can be made from the company's website

HOW MUCH WILL THEY PAY ME?

- average monthly salary: **€1153 gross per month** (March 2017) for a full time work
- minimum salary: **€470/month gross** (2017)



STUDYING ÕPINGUD

Universities that offer international degree programmes in English in Estonia:

PUBLIC UNIVERSITIES:

Academy of Arts: www.artun.ee/en

Estonian Academy of Music and

Theatre: www.ema.edu.ee/index.php?lang=eng

Estonian University of Life Sciences: www.ema.edu.ee/en/

Tallinn University: www.tlu.ee/en

Tallinn University of Technology: www.ttu.ee/en

University of Tartu: www.ut.ee/en

PRIVATE UNIVERSITIES:

Estonian Business School: www.ebs.ee

UNIVERSITIES OF APPLIED SCIENCES:

Estonian Entrepreneurship University of Applied Sciences:

www.euas.eu

Estonian IT College:

www.itcollege.ee/en/

Euroakadeemia:

www.euroakadeemia.ee/en/

DID YOU KNOW?

The University of Tartu was founded in 1632 by the Swedish king Gustavus Adolphus.

For more information about degree programmes, check the websites of universities or www.studyinestonia.ee

STUDENT LIFE TUDENGIELU

Student life in Estonia is active and full of events. There are many events for students in Tallinn and Tartu including conferences, workshops, visits, sporting competitions, parties and much more.

Tartu is well-known as a student town – fifth of its citizens are students of higher education.

Estonians say that your **student years are the best part of your life**. And it's true!

ACCORDING TO
INTERNATIONAL STUDENT
BAROMETER 2014,
85% OF INTERNATIONAL
STUDENTS WOULD
RECOMMEND ESTONIA AS
A GREAT PLACE TO STUDY
(GLOBAL AVERAGE IS 83%).

STUDENT EVENTS TUDENGIÜRITUSED

THERE ARE EVENTS FOR STUDENTS FOR EVERY TASTE:

- Autumn and Spring Student Days (in Tallinn and Tartu) Winter Student Days (in Pärnu). Many events are organised by students and for students over four or five days, including a traditional student parade, a night singing festival, parties and sports. Many museums are also open for free for students. Definitely visit Student Days in all the cities!
- Jaanipäev – Midsummer celebration on June 23rd
- Winter science conferences
- Summer/Autumn science schools
- Student camps
- Student summer sports days
- Peda folk, your chance to play music or sing for an audience
- Student fancy dress parties in various clubs
- Events organised specially for international students
- Sporting competitions

DID YOU KNOW?

In 2016/2017 more than 5000 international students were studying in Estonia from all over the world.



STUDENT ORGANISATIONS

ÜLIÖPILASORGANISATSIOONID

ESN: www.esn.ee

Whatever your hobby in your home country, you are sure to find something similar in Estonia, or you might like to try something totally new. Many student organisations will help you find what you want. Members of all student organisations deal with foreign students each semester, so they will be happy to welcome you and you don't need to worry about not speaking Estonian.

- ESN Tallinn/ESN International Clubs in Tallinn
- ESN Tartu
- BEST
- AIESEC in various cities in Estonia
- AEGEE in Tallinn and Tartu
- Choirs
- Music groups and orchestras
- Theatre
- Many dance groups for folk, modern, Latin and ballroom dancing.
- Science clubs including robotics, motors, sustainable development or geology.
- Sports teams for football, volleyball, handball or other sports.
- Academic student organisations – fraternities and sororities, plus a few similar student organisations (mostly connected to the University of Tartu, but many have representatives in Tallinn as well).



FREE TIME

VABA AEG

HOBBIES HOBID

SPORT:

- All universities have well-equipped sport centres
- Universities run many different sport teams
- Throughout the year, many Estonians do **Nordic walking** (kepikõnd in Estonian)
- Throughout the year, there are many marathons for keen runners
- In summer, you can go cycling or roller-skating by the sea or in the forest
- Estonians are especially keen on basketball. Cross-country skiing, volleyball, football and motor sports are also popular
- A well-known winter event is the 63-km **Tartu skiing marathon**
- In winter, you can go sledging or **cross-country skiing**
- Downhill skiing and snowboarding are possible in the south of Estonia
- **Open-air skating rinks** are open in the winter, with many indoor skating rinks open all year round
- For Estonians, the forest is not just a nice place for a walk but also the place for **picking mushrooms and berries**

DID YOU KNOW?

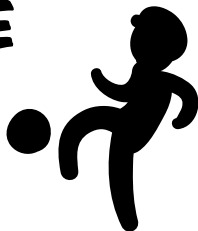
Estonians like to be punctual, so be on time or call ahead if you're late.

WATER SPORTS AND RELAXATION:

- Many rivers and the sea off the northern coast of Estonia are good for canoeing and kayaking
- There are swimming pools in all larger towns and cities
- During the summer, you can **sunbathe on lonely beaches** and **swim in the sea** and numerous lakes
- **Spas** are popular, such as KalevSpa and Aqua Spa in Tallinn, Toila Spa, Tervise Paradiis in Pärnu, Aqva Spa in Rakvere, and Aura Keskus in Tartu
- There are **sanatoriums** in Haapsalu, Pärnu, Toila, Värskä, Narva-Jõesuu and Kuressaare
- For Estonians, the sauna is not just a hot place for washing: it's a place to recover after a hard week of work. After the sauna, Estonians often jump into a lake, a river or even the snow. You should try not only the classic Finnish sauna, lost in the forest or with a view over the city, but also the barrel sauna (*tiinnisaun*), the Estonian smoke sauna, and the floating sauna (*parvesaun*)



OTHER LEISURE OPTIONS:



LEISURE IDEAS:

www.360.ee/en

www.veematkad.ee/?lang=en

CINEMAS at Coca-Cola Plaza, Kosmos IMAX, Artis and Solaris Cinema, Ekraan, Cinamon

THEATRE in the Estonia Opera, the Tallinn Drama Theatre or the Vanemuine theatre in Tartu

CONCERTS at the song festival grounds, Saku Suurhall and Nordea Concert Hall

SHOPPING CENTRES at Ülemiste, Rocca-al-Mare, Viru and Kristiine (in Tallinn), Tasku centre and Lõunakeskus in Tartu, and open-air markets

NUMEROUS MUSEUMS in Tallinn and Tartu, including the award-winning Seaplane Harbour, Art Museum of Estonia KUMU, Tallinn Zoo and Rocca-al-Mare open-air museum

**SUMMER BARBECUES,
FOOD FESTIVALS**

**VARIOUS THEATRES,
MUSEUMS AND CULTURAL
CENTRES ALL OVER ESTONIA**

**DID YOU
KNOW?**

Tallinn Seaplane
Harbour won the
Europa Nostra
Grand Prix award
in 2013



ESTONIAN CULTURE AND CULTURAL EVENTS EESTI KULTUUR JA KULTUURIELU

ESTONIAN CULTURAL EVENTS: www.culture.ee/en

- Estonian literature and culture is rich in **legends, myths, ghost stories, history** and **fairy-tales**. The epic poem Kalevipoeg written by Friedrich Kreutzwald is Estonia's national epic and many Estonian traditions and myths are based on this hero.
- Southern Estonia contains the **Seto region**, which has its own language and culture.
- Each region of Estonia has its own colourful national costume. You can see them on Estonian national holidays and at events like the **Song and Dance Celebration**, where around 40,000 singers, dancers and musicians come together to sing and dance for the Estonian public. The first Song Festival was held in 1869.

DID YOU KNOW?

Estonia is second only to Ireland in Europe for folk history, stories, legends and songs.

- **Jaanipäev (St John's Day/Midsummer)** is celebrated on 24th June and is the biggest Estonian holiday. On the night before Jaanipäev, it is hard to find many people in the cities, because everybody tries to escape to the countryside with friends and family to make bonfires and jump over them while making a wish, make flower crowns, dance and sing all night long and enjoy the light summer nights.

- **Christmas** is the second biggest holiday for Estonians and is mostly family-centred
- **Shrove Tuesday** is a holiday which is especially popular among students as everybody goes sledging
- **St. Martin's Eve** (9 Nov) and **St. Catherine's Day** (25 Nov) are when children in costume go from house to house, earning sweets with their singing and dancing
- **Independence Day** (24 Feb) is very important and is celebrated with a student parade in the early morning and a flag raising ceremony whatever the weather, followed by a military parade. In the evening, the majority of Estonians watch the President's reception on television
- Every summer, many open-air concerts are held on different islands, at manors houses and in other beautiful places. One of the most famous classical music concerts is the **Leigo Järveuusika Festival** at the Leigo farm in southern Estonia. The site has lakes and ponds with thousands of floating candles creating a magical atmosphere for the music.
- For Jazz music lovers there is the annual **Jazzkaar Festival** in various towns across Estonia
- Every year, film festivals like **The Black Nights Film Festival (PÖFF)** and **Tartu Love Film Festival (TARTUFF)** present many interesting films from all over the world
- Every summer, there are many festivals held in Estonia. **Õllesummer** (Beer Festival), **Saaremaa Opera Festival**, **Viljandi Folk Music Festival**, **Viru Folk**, **Juu Jääd** and **Hiiu Folk** are some of them.

For sports lovers, there are running, cycling and roller-skating marathons taking place all over Estonia. **More information:** www.tartumaraton.ee, www.jooks.ee

ESTONIAN HOLIDAYS

(shops are usually closed or open for a short period of time):

1 January – **New Year's Day**

24 February – **Independence Day**

March/April – **Good Friday**

1 May – **May Day**

May/June – **Whitsun**

23 June – **Victory Day**

24 June – **Midsummer**

20 August – **Re-Independence Day**

24 December – **Christmas Eve**

25 December – **Christmas Day**

26 December – **St Steven's Day**

NIGHTLIFE ÖÖELU

In Tallinn and Tartu, there are many clubs, pubs and bars, and the night life does not stop, especially on the warm and light summer nights. You can find good places to dance, to watch football matches on big screens, to enjoy jazz or Latin music, or to visit some underground places.

Numerous concerts take place in Estonia. Robbie Williams, Metallica, Michael Jackson, Tina Turner, Lenny Kravitz, Sting, Madonna, The Rolling Stones and many other famous artists have toured here.



"Kissing Students" fountain in Tartu

- Club Hollywood www.clubhollywood.ee
- Club Privé www.clubprive.ee
- Club Venus www.venusclub.ee
- Club Vabank www.vabank.ee
- Club Studio www.clubstudio.ee
- Levist Väljas
- Von Krahl www.vonkrahl.ee
- St Patrick's www.patrick.ee
- Pub Hell Hunt www.hellhunt.ee
- Nimeta Baar www.nimetabaar.ee
- Popular www.popular.ee

TARTU'S BEST-KNOWN CLUBS AND BARS INCLUDE:

- Club Illusion www.illusion.ee
- Club Atlantis www.atlantis.ee
- Club Maasikas www.maasikas.com
- Club Vabank Tartu www.vabankclub.ee
- Café Suudlevad Tudengid (Kissing Students)
www.suudlevadtudengid.ee
- Pub Zavood www.zavood.ee
- Pub Mõku moku.ee
- Genialistide Klubi www.genklub.ee
- Vein ja Vine www.veinjavine.ee



EATING HABITS

TOITUMISHARJUMUSED

ESTONIAN CUISINE: www.eestitoit.ee

Historically, Estonian cuisine was that of the farmer and the fisherman. Over the centuries, Danes, Swedes, Germans, Russians and Finns have influenced Estonian traditional cuisine.

Modern cuisine, eating habits, food, and ways of cooking are similar to those in other Nordic countries. Estonia's four seasons mean there is always food made from fresh, flavourful seasonal ingredients.

For a healthy mind and body, it is strongly recommended to have a balanced meal including fresh fruit and vegetables every day.

- Breakfast is traditionally savoury and cereal-based, with barley porridge with jam, fruit and bread with ham or cheese
- Lunch is eaten between 11.00 and 15.00, but normally earlier rather than later, and is the biggest meal of the day
- Estonian lunch often consists of soup or a fresh vegetable salad, a main course and a dessert; sandwiches are not very popular
- Dinner is eaten on returning home from work around 18–19 and is usually meat with vegetables, potatoes, rice or pasta
- Supermarkets and department stores: Rimi, Prisma, Selver, Kaubamaja, Solaris, Stockmann, Säästumarket, Konsum and Maxima



TYPICAL AND TRADITIONAL ESTONIAN DISHES:

- **Non-alcoholic drinks:** *kama* (made of mashed cereals) mixed with kefir; *kali*, a drink made from dark bread.
- **Alcoholic drinks:** Saku, A le Coq and Puls beers; Vana Tallinn liqueur; Liviko and Saaremaa vodka; numerous ciders; Põltsamaa berry and fruit wine. Craft beer making has recently been on the rise in Estonia.
- **Dairy products:** kefir and *pett* (fermented and bitter milk), various yoghurts and *kohuke*, made of curd coated in chocolate.
- **Fish:** Baltic anchovies (*Tallinna kilud*), smoked fish, herring, carp, sprat, eel, flounder, crayfish, many types of fish from Lake Peipsi.
- **Meat:** Estonians particularly love pork, and also game from the forest including pheasant, elk, boar and wild goat. It is even possible to find bear meat.
- **Delicacies:** marinated and salted forest mushrooms, forest berries, wild leek, sorrel, black rye bread, garlic bread, potato salad.
- **Christmas festive dishes:** blood sausages (*verivorst*), roast pork, sauerkraut (*hapukapsas*), marinated pumpkin, roast potatoes, cowberry jam, jellied meat (*sült*), gingerbread (*piparkook*), mulled wine.
- **Shrove Tuesday dishes:** pea soup, Shrove buns with whipped cream (*vastlakuklid*).
- **Student meal:** fried potatoes, pasta.

University canteens have a wide range of dishes for students at affordable prices.



EATING OUT VÄLJAS SÖÖMINE

TARTU INFO:

www.visittartu.com

TALLINN INFO:

www.visittallinn.ee

Your friends have come to visit you and you are hungry. Looking for somewhere nice to eat out?

IN TALLINN:

- **Medieval restaurants:** Olde Hansa, Peppersack
- **Estonian cuisine:** Talukõrts, garlic restaurant Balthasar, Kuldse Notsu Kõrts, Kaerajaan, Liisu juures
- **Student-friendly places:** pancake café Kompressor, Noorus kohvik, Akadeemia kohvik, The Lost Continent
- **Pubs:** Karja kelder, Hell Hunt, Drink baar, Hopner, Pudel, Põrgu
- **Fast food:** Vapiano, McDonald's, Hesburger, Peetri pizza, Subway
- Chinese, Japanese, Vietnamese, French, Greek, Brazilian, Georgian (Pirosmani), Hungarian, Spanish, African and many **other international restaurants**
- **There are many cosy cafés in the old town to snuggle up in:** Bogapott, Kehrwieider Chocolaterie, Maiasmokk, Pierre Chocolaterie, Reval Café
- **Late night eats:** Söögiplats

DID YOU KNOW?

Tallinn's oldest and most famous café, **MAIASMOKK** has been operating since 1864.

IN TARTU:

- University Café www.kohvik.ut.ee
- Ruunipizza and Pancake Café www.ruunipizza.ee
- Metro Sandwich Café www.kiirtoit.ee
- Püssirohukelder (Gunpowder Cellar) www.pyss.ee
- Suudlevad Tudengid (Kissing Students) www.suudlevadtudengid.ee
- Cafe Trepp and Crepp www.crepp.ee
- Genialistide Klubi Kohvik www.geniklubi.ee/kohvik
- Cafe Pierre www.pierre.ee
- Vilde Lokaal & Kohvik www.vilde.ee
- La Dolce Vita www.ladolcevita.ee
- Meat Market www.meatmarket.ee

You can also find true culinary gems among the 50 Best Restaurants' list given out each year (<http://flavoursofestonia.com/eng/restaurants/>).

There are lots of interesting places all over Estonia – just keep your eyes open and do not hesitate to explore the nicest places yourself!

Around Estonia, there are many **catch-your-own fish restaurants**. The principle is simple – you catch your fish yourself and in 30 minutes it is cooked and served to you.

In Estonian restaurants, you are expected to **pay for a bottle of water**, tap water is rarely served, though you can still drink it as it meets European standards and you can ask for it from the waiter. They usually don't charge for it. If you like the service, you can tip the waiter/waitress but it's not expected. Usually, the tip is around 10%.



TRAVELLING

REISIMINE



DID YOU KNOW?

Estonia has the most meteorite craters per square kilometre in the world.

STATE FOREST MANAGEMENT CENTRE: www.rmk.ee

VISIT ESTONIA: www.visitestonia.com

ESTONIAN MAPS: www.regio.ee

PLACES TO VISIT IN ESTONIA

VAATAMISVÄÄRSUSED

Estonia is pretty small, distances are small, travel is cheap and bus connections are good. This means you can visit the whole country without spending too much money and you can do it in a short time.

- **SOUTH ESTONIA:** Tartu, Taevaskoda, Seto museums, Forest Brothers Farm, Suur Munamägi, Otepää, Meenikunno Bog, and Saatse – an Estonian village which you can reach only by a road that runs through Russia, visa-free.
- **CENTRAL ESTONIA:** Rakvere Castle, Viljandi castle ruins and Lake Võrtsjärv.
- **WEST ESTONIA:** Haapsalu, Pärnu, and Matsalu National Park.

- **NORTH ESTONIA:** Medieval Tallinn, Oleviste and Niguliste churches, Rocca-al-Mare open-air museum, the northern coast, Lahemaa national park, Viru bog, and the Jägala and Keila Waterfalls, Tuhala Nõiakaev.
- **EAST ESTONIA:** Lake Peipsi, Narva Castle, Kuremäe Convent, Valaste Waterfall, and the oil shale mines.
- **THE ISLANDS:** Hiiumaa and Saaremaa with Kuressaare, the lighthouses, the Kaali meteorite crater, Panga Cliff, Kihnu Island. Don't forget to look for typical Saaremaa souvenirs made from dolomite and juniper and to try the smoked fish and home-made beer.

There are numerous **manors and churches** around Estonia, and beautiful countryside in all seasons with national parks, **bogs**, deserted beaches, **forest camping places, hiking trails** and small villages.

There are many well-known and popular markets. **Tallinn Old Town Days** and the **Hansa Days in Tartu** are good places to listen to concerts, see medieval traditions enacted and find a good present for your relatives. **The Christmas Market in Tallinn** is famous for its charming Christmas holiday atmosphere, with the smell of hot wine and gingerbread on the streets and children singing Christmas songs.

TRANSPORT TRANSPORT

HOW TO BE SAFE ON ESTONIAN ROADS:

- In most towns, public transport runs regularly from 06.00 to 24.00
- If you want to rent a car just look for the word *autorent*
- Speed limits: **50 km/h** in built-up areas, **90 km/h** on open roads, in summer 110 km/h on some main roads
- **Headlights must be switched on** at all times
- Main types of fuel: Petrol 95, Petrol 98, Diesel
- Parking: usually the first 15 minutes are free with a parking-disc but check the rules for parking when entering the parking lot. More information: www.parkimine.ee/en
- Fastening your seatbelt in a car is mandatory (even in the back seat)



The cold winter is not a problem for Estonians, and if it is cold and freezing enough you can use **ice roads** to drive from the mainland to some of islands (usually Saaremaa, Vormsi or even Hiiumaa) – a truly unforgettable experience!

THE BIGGEST ESTONIAN TOWNS ARE: Tallinn, Tartu, Narva, Pärnu, Kohtla-Järve, Rakvere, Sillamäe, Maardu, Viljandi, Haapsalu, Valga, Võru and Kuressaare.

You can get information about tourist sites from any tourism office. They also sell tourist cards for one-day visits.

TRAVELLING ABROAD

REISIMINE VÄLISRIIKIDESSE

IN YOUR POCKET: www.inyourpocket.com

VIRTUAL TOURIST: www.virtualtourist.com

RURAL TOURISM: www.maaturism.ee

In 2004, Estonia joined the European Union, making travelling easier. Since the end of 2007, Estonia has been a member of the Schengen zone, making it much easier to travel in the Schengen area. Non-EU students studying in Estonia with a Temporary Residence Permit can travel within the Schengen Area visa free. Estonia's location makes it simple to visit neighbouring countries:

- Finland (2-3h by boat)
- Sweden (overnight boat)
- Russia (6h or overnight by bus, boat or train) – requires a visa
- Latvia (5h by bus)
- Lithuania (8h by bus)
- Poland (10h by bus)
- Central and Western Europe by long-distance international bus

DID YOU KNOW?

Lake Peipsi, the largest lake in Estonia, is the fourth largest lake in Europe and the biggest lying across a border.

BEHAVING LIKE AN ESTONIAN EESTLASLIK KÄITUMINE

If you want to integrate in Estonia and to become closer to Estonian culture, then remember these few behavioural quirks Estonians have:

- Estonians don't wear shoes indoors
- Estonians usually don't talk to strangers
- If you ask an Estonian "How do you do?", he/she will give you a longer answer because Estonians consider it more of a conversations starter than a common courtesy question

YOU SHOULD TRY AND VISIT AT LEAST ONCE:

- Hiking trails in the bogs (an app for hiking in Estonian forests: <http://rmk.ee/organisation/rmk-mobile-app>)
- Rakvere Castle
- White Lady Days in Haapsalu
- Lahemaa National Park with its fishing villages
- Islands of Saaremaa and Hiiumaa
- Camping on the shore of lake Peipsi
- Watching the Eurovision Song Contest
- Participating in the Song and Dance Celebration
- Supporting the Estonian football team

DID YOU KNOW?

Estonia has 5 capitals:

Pärnu (Summer)

Türi (Spring)

Otepää (Winter)

Narva (Autumn)

Tallinn (Year-round)

- Driving on ice roads across the frozen sea
- Sledging, snow tubing and cross-country skiing
- A hot sauna with a whipping from birch or juniper branches and ice swimming
- Throat-burning Vana Tallinn and Milli-mallikas at Valli Bar
- Kalev chocolates
- Bear or elk meat
- Looking for fern flowers and jumping over the bonfire at midsummer night

FAMOUS ESTONIAN PEOPLE

FAMOUS WRITERS: Anton Hansen Tammsaare, Eduard Vilde, Oskar Luts, Lydia Koidula, Jaan Kross, Andrus Kivirähk

COMPOSERS AND CONDUCTORS:

Gustav Ernesaks, Arvo Pärt, Veljo Tormis, Neeme Järvi, Eri Klas, Tõnu Kaljuste, Olav Ehala

FAMOUS SINGERS AND GROUPS: Ewert and the Two Dragons, Kerli Kõiv, Anne Veski, Tanel Padar & The Sun, Ivo Linna, Tõnis Mägi, Metsatöll, Ruja

ARTISTS, DANCERS AND CELEBRITIES: Carmen Kass and Karmen Pedaru (top models), Johann Urb (actor), Kaie Kõrb (ballerina), Evald Okas (artist), Eduar Viiralt (artist)

SPORTSMEN: Andrus Veerpalu, Erki Nool, Margus Hunt, Mart Poom, Jüri Jaanson, Kaia Kanepi, Gerd Kanter, Paul Keres, Jaan Kirsipuu, Markko Märtin, Erika Salumäe, Kristina Šmigun-Vähi, Rein Taaramäe, Kristjan Kangur, Martin Müürsepp

FAMOUS ESTONIAN COMPANIES THAT BEGAN AS START-UPS:

TransferWise, Fortumo, Click and Grow, Pipedrive, Erply

DID YOU KNOW?

Gustav Faberge, creator of the world-famous jewel-encrusted Fabergé eggs, was born in Pärnu.

...NÜÜD SA OLED
TÕELINE
EESTLANE!...



ESTONIA





TALLINN



PÕHJA PST

KOTZEBUE

RANNAMÄE TEE

KOTZEBUE

SUURTÜKI

LABORATOORIUMI

TOLLI

KOPLI

RANNAMÄE TEE

KOOLI

OLEVISTE

PAGARI

UUS

KANUTI

BALTI JAAM

NUNNE

SUUR-

KLOOSTRI

AIDA

VAIMU

OLEVINÄGI

SULEVIMÄGI

VENE

INS

Euroacademy

TOOMPUJESTEE

KIRIRU PÕIK

KOHTU

RUTU

LOSSI PLATS

NUNNE

PIKK

MUNDI

APTEEGI

RAKOJA PLATS

VIRU

MÜÜRIVAHE

INS

MUNGA

SUU

INS

INS

PIKK RÄG

RATASKAEVU

DUNKRI

RAKOJA

SAUNA

VÄIKE-KARIA

PÄRNU MNT

NIGULISTE

KULLASSEPA

KUNINGA

VANA-POSTI

SUUR-KARIA

G.OTS

TEHNIKA

PALDISKI MNT

FALGI TEE

TOOMPEA

KOMANDANDI TEE

VABADUSE VÄLJAK

KODU

KEVADE

TOOMPUJESTEE

A. ADAMSONI

WISMARI

TUT IT College

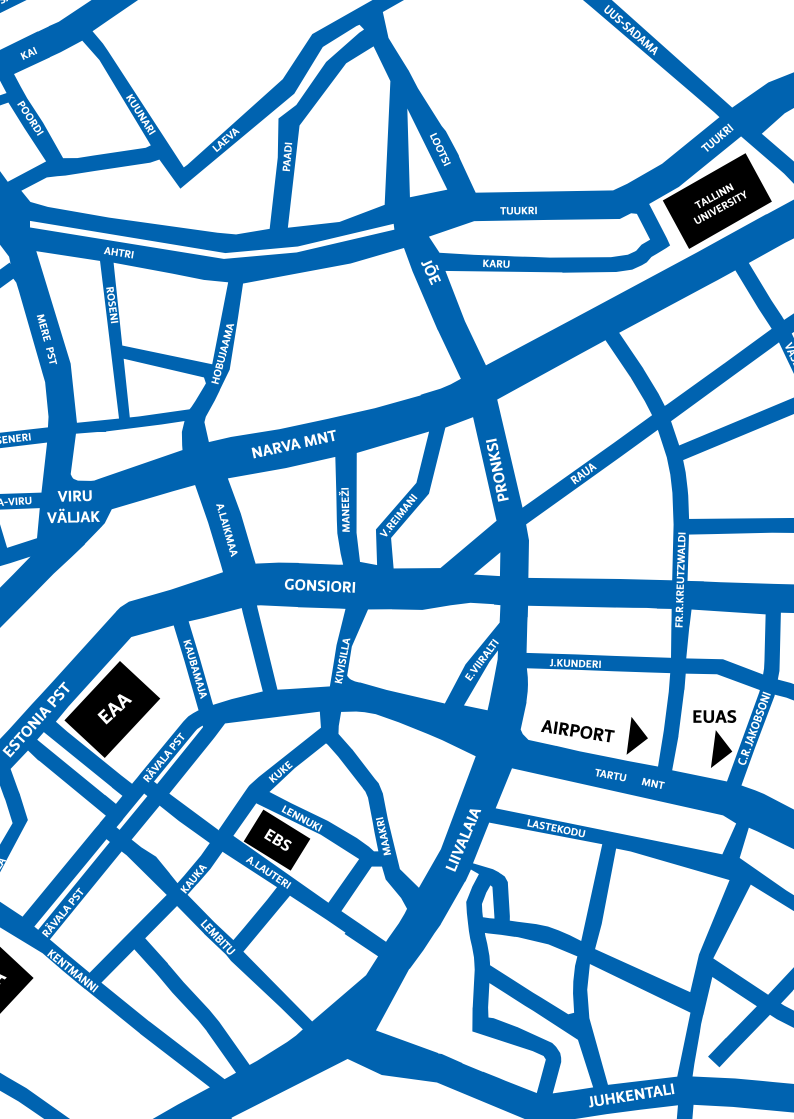
KAARLI PST

ROOSIKRANTSI

TATARI

SARKALA

EMTA



ESTONIAN UNIVERSITY
OF LIFE SCIENCES

UNIVERSITY
OF TARTU

OLD TOWN

TOWN HALL
SQUARE

POE

ÜLIKOOI

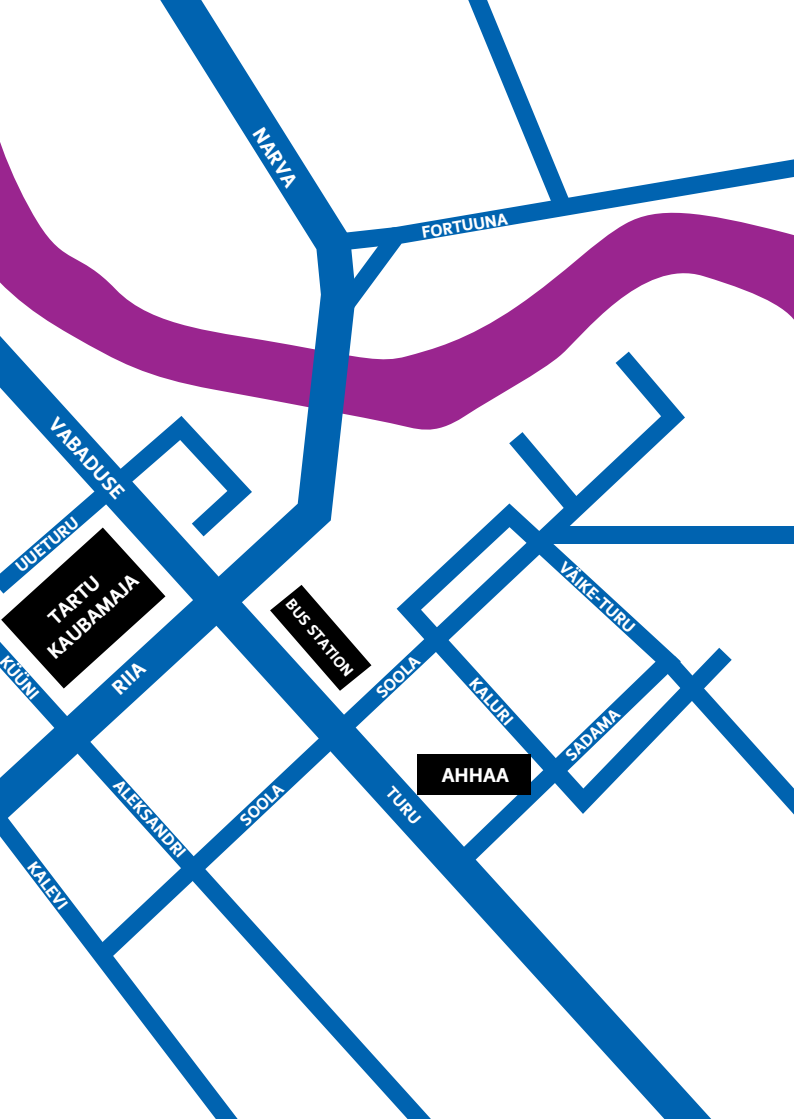
ÜLIKOOI

VANEMUISE

CONCERT
HALL

RIIA

TARTU



NARVA

FORTUUNA

VABADUSE

UUE TURU

TARTU
KAUBAMAJA

KÜÜNI

RIIA

BUS-STATION

SOOLA

KALURI

VÄIKE-TURU

SADAMA

AHHAA

TURU

ALEKSANDRI

SOOLA

KALEVI

MY SKETCHES, NOTES AND IDEAS ABOUT ESTONIA:

MY SKETCHES, NOTES AND IDEAS ABOUT ESTONIA:

**DRAW A PICTURE OF YOUR
FAVOURITE PLACE/PERSON IN
ESTONIA:**



European Union
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dear international friend,

Thank you for coming
to Estonia!

It takes a person with a brave and
big heart to survive this country in the
North. We hope you loved it!

And we will see you back here soon, right?

Enjoy your stay! Take a lot of pictures, collect
great memories and make fantastic new friends!

Hopefully, this is the beginning
of a beautiful friendship!

Thanks for everyone who contributed
to making this survival guide,
you've been a big help.

See You!
Musi-musi!

#studyinestonia