



SAVONIA
UNIVERSITY OF APPLIED SCIENCES



SAVONIA UNIVERSITY OF APPLIED SCIENCES

Guide for incoming exchange students



Welcome to Savonia

International skills can be achieved only by international mobility activities and by international cooperation. To be able to operate internationally you need not only foreign language skills but also experiences abroad, knowledge of different cultures and ability to think in a global way. The best way to learn these skills is to study and work abroad. It is also very important for us to learn international skills from our foreign incoming students. In active interaction with foreign students and their universities we will understand better other cultures and we can see them as a part of increasing international development. The interaction between people from other countries is the most essential tool in building organizations more international.

At Savonia University of Applied Sciences we try to increase our international cooperation. We must be able to receive more students from abroad so we are very happy of your arrival in Savonia.

The European Community promotes studies abroad by improving the quality of academic cooperation bringing benefits to students and higher education institutions.

Incoming students from abroad will be looking for:

- study programmes which are relevant to their final degree,
- full academic recognition which ensures that they will not lose time in completing their degree by studying abroad.

To help students make the most from their studies abroad we have European Credit Transfer System and Accumulation System (ECTS), which provides a way of measuring and comparing learning achievements, and transferring them from one institution to another.

ECTS helps higher education institutions to enhance their cooperation with other institutions by:

- improving access to information on curricula,
- providing common procedures for academic recognition.

At Savonia University of Applied Sciences we are strongly involved in the challenges of internationalisation and we personally hope this guide to be useful for reaching these objectives.

FINLAND IN BRIEF

There are several excellent web sites from which you can find facts and figures, cultural considerations as well as everyday facts concerning Finland and the Finnish way of life. Here are some good ones:

- This is Finland <http://finland.fi>
- Visit Finland <http://www.visitfinland.com>
- Everyday Life in Finland from A-Z (by CIMO) http://www.cimo.fi/from_a_to_z
- Discover Finland <http://www.studyinfinland.fi>
- Finnish Education System <http://www.minedu.fi>

SAVONIA UNIVERSITY OF APPLIED SCIENCES

Savonia University of Applied Sciences was established on August 1, 1992 Savonia University of Applied Sciences is one the largest and most versatile Universities of Applied Sciences in Finland. Our organization of experts educates strong professionals in six different fields of study. Our versatile Degree Programmes offer the students the opportunity to study as a fulltime student or alongside their job (Master's Degree and specialised studies) or flexibly in the Open University of Applied Sciences. Our campuses are located in Kuopio, Iisalmi and Varkaus.

Introduction and general information on Savonia Campuses and Schools are to be found here. <http://www.savonia.fi>

Savonia's International Coordinators are to be found here. <http://portal.savonia.fi/amk/en/contact-information/international-coordinators>

Savonia's Student Advisors for student mobility are to be found here. <http://portal.savonia.fi/amk/en/contact-information/student-services-mobility-affairs>

DEGREE PROGRAMMES CONDUCTED IN ENGLISH

The following degree programmes are conducted at present in English at Savonia University of Applied Sciences and are available for exchange students during the academic year 2015 – 2016:

- Degree Programme in Information Technology, Bachelor (Kuopio)
- Degree Programme in Mechanical Engineering, Bachelor (Kuopio)

- Degree Programme in Industrial Management, Bachelor (Kuopio)
- Degree Programme in International Business, Bachelor (Kuopio)
- Multipro Broad Programmes (Iisalmi)
- Wellpro Health Care Programmes (Kuopio)
- Degree Programme in Design, Bachelor (Kuopio)
- Master of Social Services and Health Care (Kuopio)

PRACTICAL INFORMATION ON STUDIES

ACADEMIC YEAR

Academic Year 2015 – 2016 comprises two terms, autumn and spring term. Autumn term starts on 1 September 2015 and finishes on 18 December 2015. Spring term starts on 7 January 2015 and finishes on 3 June 2016.

Please note that ending dates may vary on different campuses and some campuses have divided the terms further into shorter scheduling periods. Detailed schedules for each degree programme are to be found here. <http://portal.savonia.fi/amk/en/node/616>

LEARNING AGREEMENT

Learning Agreement is an individual study plan made for the exchange student and accepted by the sending and receiving institutions. Exchange student has to make a preliminary course selection before arriving at Savonia University of Applied Sciences.

Information on the whole application process are to be found here. <http://portal.savonia.fi/amk/en/about-savonia/international-cooperation/student-exchange/incoming-student-exchange/information>

INTERNSHIP

Internship is an essential part of studies. Training enables students to apply the knowledge they have learned to practice and familiarize themselves with various professions, duties and tasks. In case you wish to complete your internship in Finland, have discussion about it with your contact person at Savonia.

ECTS – EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM

Savonia University of Applied Sciences uses the ECTS system. The aim of the ECTS (European Credit Transfer and Accumulation System) is to facilitate the planning and implementation of degrees and study modules, and to improve mutual recognition of credits and grades in Europe in order to make student mobility easier. The use of this system increases the transparency of both curriculums and students' credits, and their mutual comparison. The main ECTS documents are the Study Guide, Application Forms, Learning Agreement and Transcript of Records. They all are in use at Savonia UAS.

In the ECTS system the study point is credit (cr). The Finnish credit (op, cr) is equal to the ECTS credit. The average annual student work load is 60 credits.

DETAILED DESCRIPTIONS ON COURSES

Detailed descriptions on courses are to be found here. (<http://portal.savonia.fi/amk/en/about-savonia/international-cooperation/student-exchange/incoming-student-exchange/information>)

ASSESSMENT

Assessment includes the student's entire learning process during the course. It focuses on checking to what extent the student has acquired knowledge and skills in accordance with the course objectives. The student's attitude and motivation are also taken into account in the assessment.

The grading scale is following:

ECTS grading scale	Savonia UAS grading scale
A excellent	5 excellent
B very good	4 very good
C good	3 good
D satisfactory	2 satisfactory
E sufficient	1 sufficient
FX fail	0 fail
X fail	fail is not specified

STUDENT UNION

Student Union Savotta organizes different kinds of activities, such as parties and sport happenings. Membership of the union is voluntary. More information on Savotta's activities will be available at the beginning of studies.

Information on Savotta are to be found here. (<http://portal.savonia.fi/amk/en/studies/student-union-savonia-uas-savotta>)

TUTORING

Tutoring and student guidance is provided to help students with practical matters, to ease the study process, and to help them to utilize the available teaching resources in the best possible way.

An orientation is arranged for new full-time students at the beginning of each academic year. This is to introduce school and its degree programmes and deal with practical issues.

For exchange students, there are also tutor students. They are students of Savonia University of Applied Sciences who have volunteered to assist exchange students after their arrival. They help exchange students in completing the necessary forms etc. Tutor students may also help the exchange students in finding leisure time and social activities.

STUDENT'S HEALTH CARE

Students can use the general health services. The school nurse will help students if the student becomes ill or needs some mild medicine e.g. for headache or information and help concerning other medical services received.

Information on Savonia's student health care are to be found here. (<http://portal.savonia.fi/amk/en/studies/wellbeing-services/student-health-care>)

EMERGENCIES

In case of emergency, the free of charge general emergency number **112** must be called (ambulance, fire department, police, SOS service).

In an emergency situation, please remember when calling **112**:

- Always try to call personally and give your name and location
- Say first what has happened and where
- Answer the questions asked
- Act as directed by the emergency center
- Do not hang up the phone until you are given permission by the emergency centre

In case of poisoning but not an emergency, call (09) 471 977 (Myrkytystietokeskus).



SAVONIA UNIVERSITY OF APPLIED SCIENCES IN KUOPIO, VARKAUS AND IISALMI

KUOPIO

The Kuopio region is located in central Finland, in the province of North Savo. The region can be reached in less than hour by air from Helsinki, the capital of Finland, and by road or rail the journey takes only a few hours. Kuopio is surrounded by lake Kallavesi.

Kuopio is the centre of commerce, whose wholesale and retail services cover the whole Eastern Finland. There are many important administrative centres and institutions in Kuopio, for example the University of Eastern Finland, the Savonia University of Applied Sciences and the Orthodox Church Council of Finland.

Kuopio and the surrounding districts offer many interesting experiences throughout the year. Various museums provide an insight into the local heritage and way of life. You can admire the spectacular Lakeland scenery from the Puijo tower or you can go on sightseeing tour by bus. There are special events, theatre and music, as well as many other opportunities for fun, relaxation and retreat.

In Kuopio region you can meet the Finnish way of life that combines all the advantages of high-tech society with the vast expanses of unspoilt nature.

More information: <http://www.kuopio.fi>

VARKAUS

Varkaus is a small, modern city of ca. 23,000 inhabitants in Finland's lake district. You can enjoy the beautiful scenery, the warmth and treatments at the spa, high quality cultural and sport services, interesting visiting sites and numerous leisure activities.

Varkaus is easy to reach, as both national road 5 and 23 lead into the city. Boats can use the Saimaa deepwater channel to travel to Varkaus all the way from the Baltic Sea. The flight from Helsinki to Varkaus takes a mere hour, while by car the distance is 320 km.

Varkaus is highly skilled in forestry and paper milling, energy production and high technology. One of the innovations include an experimental biodiesel plant and a lithium battery factory.

More information: <http://www.varkaus.fi>

IISALMI

Iisalmi is the main city in the region of Ylä-Savo. The services available in the city are of the highest quality and the area's wide-ranging entrepreneurial activities are very successful. The visitors to several internationally important companies create a colourful and international backdrop to cityscape, and similarly the educational institutions and students with their youthful attitude to life enliven daily lives.

Iisalmi is a great place in which to live and work. Positive outlook on life, the manageable dimensions of a small city and the seasonal changes in the beautiful environment add colour to everyday lives and maintain the city's vibrant nature.

More information: <http://www.iisalmi.fi>

ACCOMMODATION

Savonia UAS does not have its own facilities for student accommodation. However, we will assist the student on having the accommodation organized by delivering information on housing procedures.

The rooms are equipped with beds, desks and chairs. Kitchens and bathrooms are shared with 2 – 4 other students. Coin operated laundry facilities are also available. A student is responsible for cleaning her/his room.

More information: <http://portal.savonia.fi/amk/en/about-savonia/international-cooperation/student-exchange/incoming-student-exchange/information>

KUOPIO

The Student Housing Company KUOPAS provides student housing. You can apply for a room once you have received a formal letter of confirmation. KUOPAS is independent and it is not run by the Savonia University of Applied Sciences. More information: <http://www.kuopas.fi>

The Tekman Tuki ry Association runs a hostel for the students of School of Engineering and Technology Kuopio. The hostel is called TEKMA and it's located about 1,5 km way from the school. More information: <http://www.tekmantuki.fi/>.

VARKAUS

Students staying in Varkaus may apply for accommodation in the dormitory near the school (200 m). More information and booking reservations@varkausrentrooms.com

IISALMI

In Iisalmi the students can apply for accommodation in the student housing units of the City of Iisalmi. More information: <http://www.iisalmi.fi>.

LIVING EXPENCES

Monthly costs for students are roughly estimated to be:

Accommodation	€ 170 – 500
Lunch at student canteens	€ 40 – 65
Self-catering	€ 85 – 130
Other expences	€ 85 – 150

ELECTRICAL SUPPLY

The power supply in Finland is 240V AC / 50 Hz. If a student has any electrical equipment requiring a different voltage, she/he must check if it is possible to

get a transformer to be able to use equipment and avoid any possible accidents. different voltage, she/he must check if it is possible to get a transformer to be able to use equipment and avoid any possible accidents.

BEFORE ENTERING FINLAND

When a student plans to study in Iisalmi, Kuopio or Varkaus, more information can be obtained from the Student Services and/or International Mobility Affairs and International Co-ordinators or contact persons of the school where she/he is going to study.

If a student comes from outside the EU, the Finnish Embassy can be contacted to find out information about residence permits and visas or other licenses.

PERSONAL BELONGINGS

If a student intends to bring, for example, her/his own car, the driving license must also be valid in Finland. Finnish Customs (<http://www.tulli.fi/en/>) provides details on importing personal belongings and the insurance policies related to them.

RESIDENCE PERMIT

A student from the EU member state does not need to have a visa. Neither does she/he need a residence permit if the duration of her/his stay is less than 3 months. For longer stays, the residence permit must be applied for, but it does not have to be obtained in the home country before leaving for Finland. It can be applied for from the Finnish authorities, and it will be issued automatically if she/he has been accepted as a student at a Finnish institute of education and if she/he is able to finance her/his studies in Finland.

More detailed information on the residence permit procedures: Residence Permit for Studies: http://www.migri.fi/studying_in_finland

INSURANCES

Exchange students must arrange all necessary insurances for the duration of their stay before leaving their home country. Exchange students must have European Health Insurance Card or other document stating valid health insurance as well as valid accident insurance.

More information: <http://portal.savonia.fi/amk/en/about-savonia/international-cooperation/student-exchange/incoming-student-exchange/information>

*We wish you enjoy
your stay in Savonia!*



