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 the Savonia UAS to engage with the international community. In active interaction with international students and our partner universities our understanding of other cultures and the globalized world will grow. That is why 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. To help students make the most from their studies abroad the Savonia UAS uses the European Credit Transfer and Accumulation System (ECTS), which provides a way of measuring and comparing learning achievements, and transferring them from one institution to another.

This guide gives you practical information on the system of studies and the student life in Finland. We at the Savonia UAS hope that this guide will help you reach your academic goals as well as with your daily life on our campuses.
FINLAND IN BRIEF

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

❖ This is Finland www.finland.fi
❖ Visit Finland www.visitfinland.co
❖ Discover Finland www.studyinfinland.fi
❖ Finnish Education System www.minedu.fi

SAVONIA UNIVERSITY OF APPLIED SCIENCES

Savonia University of Applied Sciences was established in 1992 and it is today 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 students an opportunity to study as a full-time 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.

IMPORTANT LINKS

Introduction and general information on Savonia Campuses and Schools:
www.portal.savonia.fi/amk/en

Savonia’s International Coordinators
www.portal.savonia.fi/amk/en/contact-information international-coordinators

Savonia’s Student Advisors for student mobility:
www.portal.savonia.fi/amk/en/contact-information student-services-mobility-affairs

INTERNATIONAL STUDIES

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 2018 – 2019:

❖ Bachelor of Business Administration, International Business
❖ Bachelor of Engineering, Mechanical Engineering
❖ Bachelor of Engineering, Internet of Things (IoT)
❖ Bachelor of Health Care, Nursing
❖ Master in Digital Health (online studies)
■ Master in Energy Engineering (part-time)

In addition, Savonia UAS offers international three-months study modules for exchange students:

❖ WellPro (Kuopio; Health Care)
❖ MultiPro (Iisalmi; Social Services, Health Care, and Agriculture and Rural Industries)

and several individual courses for exchange students in the fields of Design, Music, Hospitality, Tourism and Engineering which are listed at: www.portal.savonia.fi/amk/en/applicants/student exchange/incoming-students

PRACTICAL INFORMATION ON STUDIES

ACADEMIC YEAR


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 at https://portal.savonia.fi/amk/en/students/academic-calendar

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.

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.
SAVONIA UNIVERSITY OF APPLIED SCIENCES

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 the 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
Course descriptions:

ASSESSMENT
Assessment includes the student’s entire learning process during the course. If 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:

<table>
<thead>
<tr>
<th>ECTS grading scale</th>
<th>Savonia UAS grading scale</th>
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</thead>
<tbody>
<tr>
<td>A excellent</td>
<td>5 excellent</td>
</tr>
<tr>
<td>B very good</td>
<td>4 very good</td>
</tr>
<tr>
<td>C good</td>
<td>3 good</td>
</tr>
<tr>
<td>D satisfactory</td>
<td>2 satisfactory</td>
</tr>
<tr>
<td>E sufficient</td>
<td>1 sufficient</td>
</tr>
<tr>
<td>FX fail</td>
<td>0 fail</td>
</tr>
<tr>
<td>X fail</td>
<td>fail is not specific</td>
</tr>
</tbody>
</table>

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 and at


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
Kuopio municipal student health care provides health care services for students enrolled in the Savonia University of Applied Sciences. The aim is to promote the students’ health and welfare and to enhance their ability to study and to work in the future.

Savonia’s student health care:
https://www.kuopio.fi/ammattikorkeakoulu

The student health care unit serves students from Mon-Fri during their service hours in Tulliportinkatu 15, I, 4th floor. In case you get seriously ill during their service hours, you can call to a 24-hour regional health care service telephone line at 116 117 and then if needed, visit the emergency Puijo Hospital (Kuopio University Hospital), Puijonlaaksontie 2.

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:

 الدفاع عن نفسك
Explain 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 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.

Kuopio is the centre of commerce, whose wholesale and retail services cover the whole East-ern 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.

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 deep-water 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 technolo-gy. One of the innovations include an experimental biodiesel plant and a lithium battery fac-ty.

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 interna-tional backdrop to cityscape, and similarly the educational institutions and students with their youthful attitude to life energise 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.

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.

In case you need temporary housing for a short period, Airbnb offers affordable choices for you.

KUOPIO

The Kuopio 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 is not run by the Savonia University of Applied Sciences. More information: 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. www.tekman.fi/en

The Hostel Hermanni offers temporary housing option conveniently located just 1 km away from the city centre www.hostellihermanni.fi/en

VARKAUS

Students living in Varkaus may apply for accommodation in the apartments through Rentrooms Varkaus or Wartalo Kodit: https://www.wartalo.fi/housing-for-students/ http://www.visitvarkaus.fi/en/majoitus/rentrooms-varkaus/

IISALMI

In Iisalmi the students can apply for accommodation in the student housing units of the City of Iisalmi: https://www.iisalmi.fi/In-english/Services/For-Students/Living-in-Iisalmi

LIVING EXPENCES

Monthly costs for students are roughly estimated to be:

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation</td>
<td>€ 250–600</td>
</tr>
<tr>
<td>Lunch at student canteens</td>
<td>€ 45–75</td>
</tr>
<tr>
<td>Self-catering</td>
<td>€ 90–150</td>
</tr>
<tr>
<td>Other expenses</td>
<td>€ 90–200</td>
</tr>
</tbody>
</table>

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.

BEFORE ENTERING FINLAND

When a student plans to study in Iisalmi or Kuopio, more information can be obtained from the International Coordinators or contact persons of the school where she/he is going to study.

If a student comes from outside the EU, Iceland, Liechtenstein, Norway or Switzerland, you need to apply for your residence permit online and then visit the closest the Finnish Embassy in your country before entering Finland.

> Residence permits & visas

Finnish immigration service: www.migri.fi

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 (www.tulli.fi/en) provides details on importing personal belongings and the insurance policies related to them.

RESIDENCE PERMIT

A student from the EU, Iceland, Liechtenstein, Norway or Switzerland, 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. (www.migri.fi/studying_in_finland)

INSURANCES

You can take out insurance from an insurance company in your home country. Alternatively, you may ask for suitable insurance from an international insurance company. You can see some examples of insurance companies offering students insurance contracts that meet the requirements for granting a residence permit for studies at: https://migri.fi/en/insurance
We wish you enjoy your stay in Savonia!