Welcome to Helsinki Metropolia University of Applied Sciences!

Metropolia is the biggest university of applied sciences in Finland, with some 16,000 students and a staff of over 1,200. The education, research and development and services it provides have been designed specifically for the needs of the Helsinki metropolitan area and its labour market needs. At Metropolia, students get a look at Finnish cutting-edge technology, the labour market and international cooperation. We are located in the cities of Helsinki, Espoo and Vantaa.

Helsinki is the World Design Capital of the year 2012. The designation was announced by the International Council of Societies of Industrial Design. This year is very important also to Metropolia, which is one of the official partners of the World Design Capital 2012.

Helsinki Metropolia University of Applied Sciences has four fields of study: Culture, Economics and Business Administration, Health Care and Social Services, and Technology. Helsinki Metropolia University of Applied Sciences is international, providing education in English in all faculties. What's more, the number of degree programmes providing education exclusively in English has also increased.

Metropolia offers students an international and stimulating, multidisciplinary learning environment with close connection to working life. All curricula have been reformed to meet the challenges of rapidly changing working life. Metropolia also focuses on lifelong learning because it will in many areas be a prerequisite to stay attractive to the labour market. At Metropolia you will get practical insights and useful skills to build the future!

I hope you will learn and discover a lot of new things and find many new friends, both among our Finnish and foreign students during your stay. I am sure you will find living in Finland and studying at Metropolia an exciting and stimulating experience, something to look back at home.

We look forward to meeting you in Helsinki Metropolia University of Applied Sciences!

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International Coordinator:
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International Coordinator:
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International Coordinator:
Biomedical Laboratory Science, Emergency Care, Nursing (Nursing, Public Health Nursing, Midwifery), Nursing (tuition in English), Oral Hygiene, Radiography and Radiotherapy, Clinical Expertise (Master’s Degree), Development and Leadership in Health Care and Social Services (Master’s Degree), Emergency and Critical Care Nursing (Master’s Degree)

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International Coordinator:
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International Coordinator:
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International Relations

Metropolia promotes a learning environment that encourages international cooperation and cultural awareness through many international degree programmes (both Bachelor and Master level), student and staff mobility, R&D&I, and projects and programmes in several countries together with partner institutions. Metropolia students are also immersed in Internationalisation at Home activities. Metropolia takes part in various teacher and student exchange and trainee programmes, e.g. Erasmus within the Lifelong Learning Programme, First (Russia), North-South-South (developing countries), Nordplus (Nordic and Baltic countries), Tempus (countries surrounding the EU) and within the scope of numerous bilateral agreements.

In 2011, about 350 exchange students came to complete a part of their degree in Helsinki Metropolia University of Applied Sciences (UAS). In addition, another 900 international degree students study at Metropolia. The language of instruction is English in 15 degree programmes of the nearly 70 degree programmes in total. In the same year 2011, the number of outgoing Metropolia students who went to study or work abroad through different exchange and trainee programmes was over 500 (for the exchanges which lasted longer than 3 months).

In addition to mobile students, our staff is very global-minded: about 550 teachers or experts took part in staff exchange and seminars abroad, and 200 teachers were welcomed from the international partners in 2011.

Studying at Metropolia

Fifteen degree programmes in English, extensive student and teacher mobility and various projects play an essential role in the international studies at Metropolia.

Bachelor’s Degree Programmes Conducted in English

- Environmental Engineering – Bachelor of Engineering
- Information Technology – Bachelor of Engineering
- Media Engineering – Bachelor of Engineering
- Electronics Engineering – Bachelor of Engineering
- Civil Engineering – Bachelor of Engineering
- Nursing – Bachelor of Health Care
- Social Services – Bachelor of Social Services
- European Management – Bachelor of Business Administration
- European Business Administration – Bachelor of Business Administration
- International Business and Logistics – Bachelor of Business Administration

Master’s Degree Programmes Conducted in English

- Information Technology – Master of Engineering
- Industrial Management – Master of Engineering
- Health Business Management – Master of Engineering
- Business Informatics – Master of Engineering / Master of Business Administration
- Emergency and Critical Care Nursing (Erasmus Mundus)

In addition, Metropolia and FHTW Berlin jointly run the international Master’s Programme ConREM – construction and real estate management.

How to Apply

Incoming Exchange/Double Degree Students

Metropolia has signed mobility agreements based on study fields. Before applying for student exchange period, please check that your institution and faculty have a mobility agreement with a corresponding Metropolia study field or degree programme. After your home institution has accepted your student exchange period and has informed Metropolia about it, please fill in the electronic application form within the application period.

If there is no student exchange agreement between Metropolia and your home university, you cannot apply as an exchange student. However, you can apply to study at the open university of applied sciences (as non-exchange and non-graduate student).

- Student exchange www.metropolia.fi/exchange
- Open studies www.metropolia.fi/en/degree-programmes/open-studies

Student Exchange Application Periods 2012–2013

- Autumn semester 2012: 15 March – 1 May, 2012
- Spring semester 2013: 15 September – 1 November, 2013

Information about the online application and a link to the electronic form is on Metropolia student exchange website www.metropolia.fi/exchange

After filling in the online application, please include your Learning Agreement (LA) and Transcript of Records to the electronic application system. Please check also from the Metropolia student exchange website if there are any special documents required for your study period at Metropolia.
When you have read through the detailed information on the chosen degree programme or study module please fill in the Learning Agreement to list the courses you will study at Metropolia. Once in Helsinki Metropolia UAS, you may have to modify the Learning Agreement for a variety of reasons: timetable clashes, unsuitability of chosen courses (in level or content), etc. Changes to the Learning Agreement can then be done.

Transcript of Records

Transcript of Records lists the study units and courses that you have completed prior to exchange. A Transcript of Records in English should be included in the electronic application system.

At the end of your period of study at Metropolia, you will get another Transcript of Records listing the study units and courses you have completed at Metropolia. This Transcript of Records will then be the main document to support your claim for full academic recognition of the courses taken and the ECTS credits received at Helsinki Metropolia UAS.

Special Documents Required for

- Students applying for Health Care and Social Services:
  - Curriculum Vitae (CV)
  - There may be some special requirements for international students

- Students applying for Field of Culture:
  - Curriculum Vitae (CV)
  - Music students: a CD or a minidisk demonstrating your skills
  - Design students applying to Tikkurila unit: a portfolio (in print form)
  - Media students applying to Tikkurila unit: a portfolio (in print or electronic form)

- Students applying for project work or work placement period in Field of Technology:
  - Curriculum Vitae (CV)
  - Proposed project topic

Students will receive an automatic confirmation after sending the online application successfully. Within a month after the application period has ended all the students accepted for student exchange will receive further information regarding their exchange from the International Coordinator.

There are some public holidays during the academic year when there is no tuition. Public holidays in Finland in 2012-2013 are the following:

- All Saints' Day    3 November
- Independence Day   6 December
- Christmas    24–26 December
- New Year's Day   1 January
- Epiphany   6 January
- Easter   29 March – 1 April
- May Day   1 May
- Ascension Day   9 May
- Midsummer Eve and Day  21–22 June

The assessment scale is as follows:

- excellent  5
- very good   4
- good  3
- very satisfactory 2
- satisfactory  1
- fail    0
- pass   H

Degree programme studies can consist of theoretical lectures, exercises, group work, laboratory work, independent studies, project work and work placement / clinical practice / internship. The methods vary from field to field, and from course to course.

Course assessment criteria are specified in the course implementation plan. The teacher in charge of the course will be responsible for the assessment. Students will be informed at the beginning of the course on the assessment principles, which must be based on the course objectives.

Assessment applies to the students who have registered and been accepted on the course. If the course consists of several components, the teacher may point this out in the assessment principles contained in the implementation plan. Different components of a course may be assessed individually.

The assessment scale is as follows:
The grade of an approved course cannot be upgraded in a re-sit. Students that fail a course may re-sit the exam twice on specified dates. Students will be provided with feedback and assessment within four weeks of their course performance and in any case well before the next possible re-take. The teacher in charge of the course will ensure that the course grades are entered in the study credit register after the assessments have been made public.

Grades for successfully completed courses that have been entered in the study credit register cannot be erased. The course coordinator or teacher files the documents used as the basis for student assessment for six months, counting from the publication of the assessment.

ECTS CREDITS
The course extent is determined as credit points in Finland. Credit points equal with the ECTS credits. The extent of studies for one academic year is an average of 60 credit points, which translates to some 1,600 hours of work. Lectures, exercises, assignments, seminars, and other forms of instruction as well as independent course-related research are all regarded as credit point work. For one semester students usually study for 30 credit points.

CHANGES TO STUDENT EXCHANGE
Should there be any changes or cancellation to your student exchange, you are obliged to inform your International Coordinator at Metropolia immediately.

FINNISH LANGUAGE COURSES
Each semester survival courses in the Finnish language, culture and history are organised for exchange students. In these courses the students learn some basics of the language as well as useful phrases and small talk.

Outside Helsinki Metropolia UAS, you can take Finnish courses at the University of Helsinki Language Centre: www.helsinki.fi/kkic/language.services/english/

REGISTRATION TO STUDIES
Once you have received your Metropolia username and password, you can register to courses via WInha-Wille system. In some fields of study you receive your username before your exchange; in others you receive it when you arrive to Metropolia.

After registering to courses, you can see how your weekly schedule looks like by using the Schedule Machine. Links to both WInha-Wille and Schedule Machine can be found when logging in to the Tube Intranet: tuubi.metropolia.fi

SUMMER SCHOOLS, INTERNATIONAL PROJECT WEEKS
In the Field of Technology, the Degree Programme in Information Technology organises every August a Summer School with international lecturers before the start of the academic year. The courses are taught in English - information on the courses is on Metropolia’s website. The tuition of the Summer School is free of charge for the students from Metropolia’s partner institutions.

Metropolia Business School organises an International Project Week every spring semester. The topic of the IPW is Business Ethics, and the course lecturers are teachers from Business School partner institutions. Business School exchange students can select the course as an elective.

The Faculty of Health Care and Nursing organises an International Week every spring semester with a different topic each year. During the week there are many lectures as well as poster sessions to choose from. All exchange students studying at the Faculty of Health Care and Nursing can attend these lectures.

The Faculty of Welfare and Human Functioning also organises an International Week every spring semester. The students and teachers from the partner universities have a chance to exchange knowledge and experiences in form of lectures, workshops and seminars. One part of the programme is offered to a wider audience, and another part of the programme is specific to a study field or degree programme. The International Week has a different themes every year. The exchange students and visiting students in the Faculty of Welfare and Human Functioning participate in the programme of the week.

INTENSIVE PROGRAMMES (IP’S)
Many of Metropolia’s degree programmes participate actively in Intensive Programmes, mostly under the Erasmus programme. Metropolia is acting as a coordinator in four IP’s funded by Erasmus (two in Technology, one in Health Care and one in Culture) and as a partner in 10 different Erasmus IP’s. Worth mentioning is also participation in numerous IP’s funded by Nordplus in Nordic and Baltic countries and North-South-South Programmes in African countries.

Some IP’s are multidisciplinary, and enable students from different degree programmes to participate. Hundreds of students have had a chance to take part in these versatile programmes - more information can be obtained from the degree programmes.

The “side-effects” of IP courses, such as interdisciplinary collaboration, international and intercultural competences development, and acquired language skills, have an important impact. The IP’s usually use internet-based tools for project communication.
The Student Union METKA is an organisation for all students enrolled at Helsinki Metropolitan University of Applied Sciences. The basic task of the student union is to represent the students within the university administration and to improve their studies as well as living conditions. However, METKA doesn't forget the fun part: especially the division ESN METKA organises interesting trips and parties. All exchange students are automatically members of the student union and the student association of their own field of study.

The student union is politically and religiously unaffiliated.

**TUTORING**

Every semester new student tutors are trained to meet the incoming exchange students. When you arrive at Metropolia, you will be appointed a tutor who is ready to help you settle in. The tutor will assist you in any practical matters puzzling you at your arrival. Your tutor will contact you before your arrival, if you registered in time in the electronic arrival form. Please let him or her know your arrival date as early as possible.

**Electronic Arrival Form: eaf.edu.metropolia.fi**

Metka representatives are prepared to answer all kinds of questions, also those you might think as silly! In addition, the representatives are here to help you communicate with the University of Applied Sciences – if you have questions regarding your study experience that they cannot answer, they can direct you to the correct representative or officer in Metropolia.

**ESN-METKA (Erasmus Student Network)**

ESN-METKA is the division of the student union that serves Metropolia's exchange students. ESN-METKA organises various sports courses at a student-friendly price. With a sports pass, you'll get a discount for these courses. You can participate in fitness kickboxing, climbing, marathon training group, zumba, aerobics, acro-dancing, yoga & Pilates, water exercising, scuba diving, and self-defence. You can also reserve a badminton court and a sports hall for your own use.

In the autumn semester MetroSport, a big sports event at the Olympic Stadium, gives you a chance to try out different sports and learn about well-being and health. You will have lots of fun and get to know other Metropolia students.

**For the latest news on ESN-METKA’s activities, check the website at esn.metkaweb.fi**

The ESN-METKA group is also available both in Facebook and the Metropolia Intranet Tube. If you have a free weekend, just ask your tutor or check Facebook for an event or activity to join.

**METropolIA STUDENT SERVICES**

**STUDENT AFFAIRS OFFICE**

Student Affairs Services have six offices located on different campuses of Metropolia. Student affairs offices help students with study-related matters such as study right and enrolment. In addition, they provide students with study certificates, transcript of records and discount ticket applications for public transportation.

Student Affairs Offices are open as follows:
- Mon–Tues, Thurs–Fridays 9–12
- Wed 12–17

**opintotiloimisto@metropolia.fi**

**LIBRARIES**

Metropolia has its own library at nine campus locations, and three libraries in cooperation with other institutions. The library services include book and journal collections, lending services, PCs for the students, information services and interlibrary services. Most of the services are free for all library users. Numerous electronic information sources (such as reference databases and full-text magazines) can be accessed via the library's web page. In addition to Metropolia's own library services, the Helsinki Metropolitan Area cities offer an extensive network of public libraries and numerous university libraries that everyone is welcome to use.

**www.metropolia.fi/en/services/library**

**Public libraries www.helmet.fi**

**HELPdesk SERVICES**

In the beginning of your studies you will be provided with a computer user account at Metropolia. The user account gives you access to the school computer network. There are several computer classrooms and separate workstations at different Metropolia campuses and libraries for you to use. HelpDesk services have prepared a list of tips and manuals online:

**wiki.metropolia.fi/display/itservices/Student+IT+tip**

HelpDesk Services also have a telephone service and several helpdesk service points in various Metropolia locations.
STUDENT CAFETERIAS
The campus cafeterias offer hot meals, snacks and coffee at moderate prices. You get the low student prices only by presenting a valid student cafeteria card, which you will get upon your arrival or in the exchange student orientation. The card entitles you to student prices also at many student cafeterias outside Metropolia locations. Some of the University of Helsinki student cafeterias are open late in the evenings and also on Saturdays.

STUDENT WELL-BEING
Well-being in Metropolia stands for safety and equality. Metropolia promotes and encourages student well-being in all areas of life by providing support in studies and learning as well as professional and personal development. Student well-being functions are planned, implemented and assessed by team of professionals. No matter whether your need physical repair or mental support, all conversations are always confidential.

WELL-BEING SERVICES AT METROPOLIA INCLUDE
- School nurses
- Reception hours at several campus locations
- Counselling psychologist and student well-being advisors by appointment, free of charge
- College chaplains
- Pastors from the Evangelical Lutheran Church, offering support regardless of any particular religious affiliation or none
- Crisis help line
  open during office hours, tel. +358 20 783 6777,
  e-mail: krisiaparvysys@metropolia.fi

For contact details and further information about student well-being, please see the Tube intranet or the Study Guide, General Information for Students, at: opinto-opas.metropolia.fi/en/

FINNISH HIGHER EDUCATION SYSTEM
The Finnish higher education system consists of universities and universities of applied sciences (UAS). The universities conduct scientific research and provide undergraduate and postgraduate education based on it. Students at universities may take a lower (Bachelor’s) or higher (Master’s) academic degree and take part in postgraduate education, comprising licentiate and doctoral degrees. Universities also arrange further education and Open University teaching.

The universities of applied sciences, like Metropolia, are regional higher education institutions which provide instruction in subjects from several sectors, and which emphasize a connection with working life. The UAS provide Bachelor’s and Master’s degrees with a professional emphasis. The UAS also carry out R&D which supports instruction and promotes regional development and industry connections. In addition, the UAS offer Bachelor studies as evening studies, and Open UAS studies. Universities of Applied Sciences are sometimes also called “polytechnics”.

There are universities and UAS all over Finland, and the ultimate aim is to ensure that all prospective students have equal opportunities for study, regardless of where they live, and to respond to the labour market needs. Higher education is provided by 16 universities and 27 UAS. Finland invests 5.5 % of its GDP in education of all levels. This is above the average figure within the OECD countries.

More information about the Finnish education system is on the webpages of the Ministry of Education: http://www.minedu.fi/minedu/education/
The following information is aimed at helping you to get through the formalities before entering Finland. Please remember to leave enough time to complete all the necessary formalities, such as arranging insurance, visas and other permits and obtaining a passport, before leaving your home country. Please check the following sections to see which ones apply to you and note that all the information on these pages is subject to change. The latest information about the arrival procedures is always available from the officials.

Information on the Internet:
- Finnish Immigration Service www.migri.fi
- Ministry for Foreign Affairs of Finland www.formin.fi

EU citizens and citizens of Liechtenstein and Switzerland do not need a residence permit, but they must register their right to reside in Finland at the local police station if their stay lasts for longer than three months. The police register the right of residence in the Register of Aliens and issue a registration certificate. The registration costs approximately 50 euros and is done at the police department of the student’s place of residence (in the city you live in, e.g. Helsinki, Espoo or Vantaa). Take with you to the police department:
  - EU registration form (obtained online at www.poliisi.fi or at the police station when registering)
  - National proof of identity or passport
  - European Health Insurance Card
  - Certificate of study from Metropolia
  - Information on the applicant’s means of support

Citizens of the Nordic countries (Sweden, Norway, Denmark and Iceland) have to register at a Register Office if they stay in Finland longer than six months.

WORK PERMIT
EU citizens and citizens of Iceland, Liechtenstein, Norway and Switzerland can freely work in Finland if the work lasts less than three months. After that they must register their right to reside in Finland at the local police department. The police register the right of residence in the Register of Aliens and issue a registration certificate. Sometimes a health certificate is required.

NON-EU CITIZENS: TRAVEL DOCUMENTS
The Ministry for Foreign Affairs website has a list of countries showing what travel documents are required and what agreement each country has with the Schengen member states: www.formin.fi - section Services > Foreign nationals arriving in Finland.

VIAS
Students who are not citizens of EU/EEA or Switzerland (or a country that Finland has an agreement on the abolition of visas) need to obtain a visa from a Finnish embassy or mission before entering Finland. It may be difficult in some cases, because individual embassies and diplomatic institutions have the right to reject a visa application for various reasons. For further information on applying for a visa, the validity periods of visas and visa application fees, as well as a list of countries whose citizens do not need visas, see the website of the Ministry for Foreign Affairs of Finland www.formin.fi - section Services > Foreign nationals arriving in Finland.

RESIDENCE PERMIT
Exchange students, who are non-EU citizens or of a comparable status, must acquire a residence permit before entering Finland, if their studies in Finland last for longer than three months. The first residence permit should be applied for from a Finnish embassy or mission within the applicant’s native country. The embassy provides application forms and further information on the application process.

In order to obtain a residence permit, the student must have proof of sufficient financial means of supporting him/herself. In addition, the student must have comprehensive health insurance cover with a reliable and solvent company or institution. Comprehensive insurance cover means insurance which includes the types of treatment and costs that are covered by municipal health care services and the health insurance system.

For studies of less than two years in duration, a student must have private insurance which primarily covers the costs of medical treatment up to 100,000 euros. Most Finnish universities and universities of applied sciences, Metropolia among them, have negotiated insurance packages with Marsh/ISIP for incoming.
international students. For more information, including insurance prices, see:

studyfinland.fi > Living in Finland > Before Your Arrival > Insurance and Health > International Student Health Insurance.

A residence permit may be either temporary or permanent. The student residence permit is always temporary. It is usually granted for a year at a time at the most, and expires as soon as the studies end. Students with residence permits can reside and travel in Finland for as long as the permit is valid.

WORK PERMIT
To be able to work in Finland, non-EU citizens must apply for a residence permit already before coming to Finland. Persons who have a residence permit granted on the basis of studying may work without restrictions when the work consists of practical training or diploma work as part of a degree. During study terms when actual instruction is being given, students are allowed to do an average of 25 hours of part-time work weekly. During holidays, i.e. during summer and Christmas holidays, students can work fulltime without hourly restrictions.

To be able to work more than 25 hours per week, the student must apply for a work permit. The application should be delivered to either the local employment office or the local police. The employment office where the work permit is applied for makes the decision on whether to grant the permit.

For more information, please see:

Espoo Police Department
Nihtisillankuja 4, 02630 Espoo (Kilo).
Tel: +358 71 87 30281
Open: Mon–Fri 8.00–16.15

Helsinki Police Department
(the Immigration Police)
Viljatie 2, 00700 Helsinki
(Railway station Malmi, entrance from the Kauppatori side)
Tel: +358 71 877 3220
Open: Mon–Fri 8.00–16.15

Vantaa Police Department
Kielotie 15, 01301 Vantaa (Tikkurila).
Tel: +358 71 8730 291
Open: Mon–Thu 8–16.15, Fri 9–16.15

NOTIFICATION OF MOVE
To help the Post office deliver your mail, we recommend you to fill in a notification form called change of address notification form at the local Post Office, in Finnish Posti. To inform the officials of the change of address, it is also possible to call the Move Service Line Mon – Fri 8 a.m. to 6 p.m. on +358 200 71000 (local call charge / mobile charge).

FOR RESIDENCE AND WORK PERMITS CONTACT:
www.poliisi.fi/english

For further information see:

Helsinki-Vantaa Airport www.helsinki-vantaa.fi
Finnish Railways www.vr.fi

ACCOMMODATION
Helsinki Metropolitan area is a fun place to live in, but finding suitable accommodation in the capital region can be challenging: there are relatively few rental apartments available and the price level is high.

However, there are some options that are suitable for the exchange students’ needs. Please read more below about HOAS student housing and other providers of short-term accommodation.

HOW TO GET TO HELSINKI METROPOLITAN AREA?
Most international visitors arrive at Helsinki-Vantaa International Airport. Helsinki-Vantaa Airport has good connections to all the European capitals and to the USA and Asia. The airport is 20 kilometres away from the city centre of Helsinki, and you can get there in about 30 minutes by bus.

You can take the local bus number 615 to the Helsinki Central Railway Station. The bus leaves from right outside the arrivals terminal. There are also Finnair shuttle buses which also arrive at Helsinki Central Railway Station. The Finnair shuttle bus is slightly more expensive than the local bus. In addition, there are taxis available at the airport, including special Airport Taxis or Yellow Taxis, which have cheaper rates for groups of clients going in the same direction.

Apart from flying, you can also arrive in Helsinki by sea from Sweden, Estonia, Germany and Poland. There are also international train links to Helsinki from Moscow and St. Petersburg in Russia.

For further information see: Helsinki-Vantaa Airport www.helsinki-vantaa.fi
Finnish Railways www.vr.fi
The biggest demand for affordable housing is at the beginning of each academic year, so apply early and reserve time for finding the apartment. Please make sure to have a place to stay for your first few nights and most definitely for your whole stay in Finland before arrival!

1. HOAS
Most Metropolia exchange students live in apartments owned by HOAS, a non-profit Foundation for Student Housing in the Helsinki Region. HOAS has approximately 17,000 students living in their apartments and a certain number of furnished apartments have been reserved for the incoming exchange and double degree students of each institution of higher education in this area.

ACCOMMODATION OPTIONS AT HOAS
You can apply for a furnished room, studio apartment or shared studio apartment at HOAS. The most common option is applying for a room: then you share a kitchen, bathroom and a common room with 2–5 other students. The studio apartment is an open space room with a kitchenette and a bathroom, and there are some studios that can be shared with another student. Further information about student apartments, different locations, prices and house regulations etc. can be found on the webpage of HOAS (please see the section for Exchange Students).

The price is fixed in furnished apartments and the rent in all HOAS locations includes Internet connection, water, heating, electricity and basic furniture i.e. a bed with a mattress, a table and chair. Cooking and eating utensils, or blankets and pillows are not provided in HOAS rooms. All housing areas have shops, public transportation and other services nearby.

APPLYING FOR A HOAS APARTMENT
Unfortunately, there are not always enough rooms for all the incoming exchange students available at HOAS, so it is important that you apply for flat in time. Please send your housing application via HOAS webpages for exchange students preferably as soon as you have sent your exchange application to Metropolia. The sooner you send your housing application, the better chances HOAS has with offering you the best available location and the preferred flat type. However, please remember that applying on time does not necessarily guarantee that you will get a room from HOAS by the time your studies begin. Most of the HOAS housing offers are sent out by the beginning of July for students who come to Metropolia for an academic year or autumn semester, and by the beginning of December for students who come to Metropolia for spring semester. If you have not received a housing offer by then, be sure to apply also via other channels.

ACCEPTING HOUSING OFFER AND HOAS RULES
Once HOAS has found you a room they will send you a Housing Offer directly to the e-mail account that you wrote on the housing application. Please read the Housing Offer and the accompanying Confirmation Letter very carefully, because the housing confirmation is a valid tenancy agreement. The agreement will be made for a fixed period of time and it cannot be terminated before the end of agreement.

HOAS will offer you the best available housing, so when you receive an offer, please confirm that by the deadline – you will not get a second offer! To accept the housing offer, please pay a deposit of 500 € and send HOAS the receipt of the paid deposit and the signed housing confirmation form.

About a week after HOAS has received your housing confirmation documents you can expect a final confirmation email from them. You will get the keys to your room earliest on the first weekday after the rental agreement begins. If you have registered your arrival information to Metropolia through the Electronic Arrival Form early enough, a tutor may bring your HOAS keys for you upon arrival.

The due date for paying the HOAS rent is always the 6th of each month – please remember to use your personal reference number in each payment.

» HOAS webpage for Exchange students www.hoas.fi

2. OTHER ACCOMMODATION POSSIBILITIES IN HELSINKI
If you don’t want to apply to a HOAS student housing at all, another option is the private market. However, we would like to warn you that it might be difficult or even impossible to find furnished accommodation for a short period of time from the private market, and the prices are high in the capital region.

Please note that the International Office at Helsinki Metropolia UAS cannot offer assistance in finding accommodation elsewhere. Instead, you can visit the student online portal Lyyra Rentals, where you can search for housing in the private market and look for flat mates to share a rental apartment with. Be cautious in accepting a rental apartment from a private owner though – there have been scams in the market. For further information please see the Housing Guide on the Lyyra webpage.

» Lyyra Rentals: www.lyyra.fi/assunot

You can also take a look at the following websites to compare some other companies that provide temporary housing: HOAS Guest Room Services www.hoas.fi (Applying -> Guest Room Service)

The Finnish Youth Hostel Association – SRY
www.hostelli.fi
Stadion Hostel www.stadionhostel.fi
Eurohostel www.eurohostel.fi
Hostel Erottajanpuisto www.erottajanpuisto.com
Summer Hostel Academica www.hostelacademica.fi

HOTELS:
Omanahotelli www.omena.com
Hotel AVA www.ava.fi
Private Hotel Bed and Breakfast www.hotelbedandbreakfast.com
Hellsten Hotel Apartments www.hellstenhotels.fi

Forenom accommodation service www.forenom.fi
Citykoti www.citykoti.com
Kotihotelli www.kotihotelli.fi
Suomen Majoltusmestari www.majoltusmestari.fi
Stadihome www.stadihome.com

In case you arrive some days before the beginning of your tenancy agreement, or if you are not able to get the keys on the day of your arrival, there are some places where you could make a reservation to:

YOUTH HOSTELS:
The Finnish Youth Hostel Association – SRY
www.hostelli.fi
Stadion Hostel www.stadionhostel.fi
Eurohostel www.eurohostel.fi
Hostel Erottajanpuisto www.erottajanpuisto.com
Summer Hostel Academica www.hostelacademica.fi

HOTELS:
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Citykoti www.citykoti.com
Kotihotelli www.kotihotelli.fi
Suomen Majoltusmestari www.majoltusmestari.fi
Stadihome www.stadihome.com

In case you arrive some days before the beginning of your tenancy agreement, or if you are not able to get the keys on the day of your arrival, there are some places where you could make a reservation to:
All tuition is free of charge at Helsinki Metropolia University of Applied Sciences. You may, however, have to pay for some of the study material, literature, and work clothes, depending on the course.

Students from outside the EU/EEA must have private insurance to cover the duration of the visa / residence permit and the Schengen area before they enter Finland. The insurance must cover the treatment and health care provided by municipal health care services, cases of illness or accident, and include travel costs to home country as well as liability insurance. The health insurance must cover the costs of medical care up to 100,000 Euros.

The euro is the official monetary unit since April 2002.

The cost of living in Finland, on average, is comparable to the rest of Europe. For basic expenses such as food, rent and transportation you should count 800-1000 € month. This could be divided, for example, as follows:

- Rent 400–600 €
- Food 250 €
- Transport 25–50 €
- Leisure 100 €

All this of course depends on your personal spending habits. Be prepared to have more expenses in the beginning of your stay - for the deposit for your apartment, the student card, text books, etc.

Consider also budgeting some money for travelling both in Finland and abroad, for example to Stockholm, Tallinn, St. Petersburg...

Some Prices:

- Lunch at the student restaurant: 2.5 €
- Milk (1 l): 1 €
- Cheese (1 kg): 9 €
- Apples (1 kg): 2 €
- Coffee (500 g): 5 €
- Bread (loaf): 2 €
- Cinema ticket: 8–14 €
- Museums (student price): 6 €
- Beer in a pub (0.5 l): 5–6 €
- Wine bottle in Alko: 7 €
- Pizza: 8 €

Remember to bring the valid insurance policy with you!

Injuries, and other medically necessary treatment. Any costs you incur outside the system you will have to pay on your own.

Note that the European Health Insurance Card is not valid during your travels to and from Finland and during any excursions to a third country. Therefore, citizens of the EU and EEA countries must also have a private insurance in addition to the European Health Insurance Card.

Students from outside the EU/EEA must have private insurance to cover the duration of the visa / residence permit and the Schengen area before they enter Finland. The insurance must cover the treatment and health care provided by municipal health care services, cases of illness or accident, and include travel costs to home country as well as liability insurance. The health insurance must cover the costs of medical care up to 100,000 Euros.

It is a precondition for obtaining a residence permit that the student has valid health insurance cover with a reliable and solvent company or institution for the whole residence time in Finland. Insurance policies that meet these requirements are available in international insurance companies. For travel outside Finland, make sure the insurance is valid in these countries as well.

Most Finnish universities and universities of applied sciences, Metropolia among them, have negotiated insurance packages with Marsh/SIP for incoming international students. For more information, including insurance prices, see:

> studyinfinland.fi > Living in Finland > Before Your Arrival > Insurance and Health > International Student Health Insurance
DISABLED STUDENTS

Kynnys, “Threshold” is an organisation raising awareness and offering information and counselling for disabled people in Finland. 

www.kynnys.fi/kynnys/english.html

Disabled students have been taken into consideration also in planning and renovating the premises at Helsinki Metropolia University of Applied Sciences. However, Metropolia does not have special facilities or services for students with a visual or hearing impairment. Should you need special assistance during your studies in Helsinki, please contact your international coordinator.

WHEELCHAIR ACCESS

In Finland special efforts have been made to take into account the needs of disabled persons. In order to increase accessibility ramped access, wide doors and WC’s for disabled persons have been built in many places. Airplanes, ferries and trains have wheelchair access, and when the personnel have been notified in advance (i.e. when booking the ticket) the services involve no problems. Local traffic and when the personnel have been notified in advance (i.e. when booking the ticket) the services involve no problems. Local traffic

There are two parallel systems in Finland: the public sector health care, which the municipalities finance, and the private sector health care. Both sectors are available to all, but students coming from EU/EEA or Nordic countries without a European Health Insurance Card and students outside EU/EEA and Nordic countries will pay a higher fee for the services. Please note that the private sector services might be more expensive, although special services are more extensive, and accessibility is faster.

Students coming from EU/EEA countries are entitled to medical care while staying temporarily in another EU/EEA country. An official document / European Health Insurance Card is needed for all health services in Finland. In case of emergency, the card entitles you to the same benefits as the local population. You should get the card at the local health institution in your home country before coming to Finland. You can also have private travel insurance as an additional security. If you have travel insurance, you can contact the private health stations in the area. Your insurance will reimburse the treatment expenses according to your contract.

Students from outside the EU/EEA are entitled to immediate care. Other health care can be provided depending on the case, but in both cases the student him/herself must pay the actual costs. For this reason it is important for students outside EU countries to have insurance.

For doctor’s appointments, the students coming from outside the EU/EEA area are suggested to contact the private health stations in the area. They are provided only with urgent medical care at the city health stations and they are charged according to the real costs of the treatment. Emergency health care is also charged according to the real costs. For example, the fee for an appointment with a doctor is then about 100 € and for an appointment with a public health nurse about 48 €. Depending on the insurance, the costs are sometimes charged first directly from a patient. Notice also that the costs at the private sector might even be lower.

IF YOU GET ILL (IF NOT URGENT)

- Make an appointment to your local health care centre / private health station.
- If you do not know where to call, please call the health service information number +358 (09) 10023 first.
- Take your insurance form, ID card and study certificate with you.

IF YOU GET ILL (URGENT)

- No appointment is needed.
- Find the closest emergency health care centre or hospital.
- If you do not know where to call, please call the health service information number +358 (09) 10023 first.
- Take your insurance form, ID card and study certificate with you.

24 HOUR ON-CALL HEALTH SERVICE INFORMATION
NUMBER +358 (09) 10023: A NUMBER TO REMEMBER!

From this number, you can get information about health, illnesses and health care services in the Helsinki Metropolitan Area (Helsinki, Vantaa, Espoo and Kauniainen). The service is provided by professional nurses with long experience in health care. You can obtain information about health services 24 hours a day from this number. The service costs the price of a normal telephone call. You can call +358 (09) 10023 for example:

- You are unsure about which health station you belong to
- You wonder about whether and where an ailment or illness should be treated. The Telephone Health Service guides you to the right place of treatment also during emergency duty hours.
- You need any information about the health, illness or health care services in Espoo, Helsinki, Kauniainen or Vantaa
**Hospitals**

**For emergency health services in the evening and night time and during the weekends**

**Helsinki:**
- Haartmanin sairaala / Haartman Hospital
  - Haartmaninkatu 4, building 12
  - Tel. +358 (0)9 310 5018
  - Emergency clinic: Tel. +358 (0)9 310 63231

- Marian sairaala / Maria Hospital
  - Lapinlahdenkatu 16, building 15 C
  - Tel. +358 (0)9 310 67204, +358 (0)9 310 67468

**Vantaa:**
- Peijaksen sairaala / Peijas Hospital
  - Sairaalantie 1
  - Tel. +358 (0)9 4716 7060

**Espoo:**
- Jorvin sairaala / Jorvi Hospital
  - Turuntie 150
  - Tel. +358 (0)9 4711

**Private medical centres**

There are a number of private health care centres in Espoo, Helsinki and Vantaa. For example, the following companies have several centres in the metropolitan area.

- Mehiläinen www.mehilainen.fi
- Suomen Terveystalo www.terveystalo.fi

**Dental care**

On weekdays, in urgent need of dental care, call the Dental Clinic of your district. In other times in urgent need of dental care, or if you do not know which dental clinic to call, the health service information number +358 (0)9 10023 for getting further information of other municipal or private emergency dental clinics.

**Pharmacies**

Medicine is sold only at pharmacies (apteekki). Some medicines are sold without a prescription, but for stronger medication you need a doctor’s prescription. Most pharmacies display a notice giving the address of the nearest pharmacy on night duty.

**In case of an emergency**

The national emergency telephone number is 112.

**SOS Centre-Unit for foreigners**

In case of crisis situations, there are certain service numbers that one can call, for example the SOS Centre-Unit for Foreigners. It assists with mental health and social problems free of charge:

Tel. +358 (0)9 4135 0501
In 2010, American Newsweek magazine ranked Finland in its survey as the best country to live in the whole world. The study compared one hundred countries based on their education, health, quality of life, economic competitiveness, and political environment. Finland is ranked as the “Best Overall” country. If you haven’t visited Finland yet, this is a good reason to consider it!

Read more at www.newsweek.com/feature/2010/the-world’s-best-countries.html

FINLAND ON THE MAP
Finland is situated in northern Europe between the 60th and 70th parallels of latitude. It is the second northernmost country in the world. A quarter of its total area lies north of the Arctic Circle.

Finland is the seventh largest country in Europe by its 338,145 square kilometres. Finland’s neighbouring countries are Sweden, Norway and Russia, which have land borders with Finland, and Estonia across the Gulf of Finland.

CLIMATE
There are four distinct seasons in Finland.

Autumn begins to make its presence felt in September. An umbrella and good footwear are to be recommended at this time of the year. There is often snow on the ground in late November and December, but the days can be mild enough. The winters are not usually terribly cold, averaging around –4 °C or so. However, great fluctuations are possible during the winter, and temperature can sink to –20 °C during January–February. During this time even the Baltic is usually in the grip of ice strong enough to walk on. In the deepest winter a warm jacket, boots, mittens and a hat are necessary. In the far north, beyond the Arctic Circle, during the dark winter period, the sun remains below the horizon for 51 days, creating the polar night known in Finnish as kaamos.

The sun takes a stronger hold again in March and spring begins to arrive. The average temperature in the Helsinki Metropolitan Area is about 18 °C in summer, but it can rise to almost 30 °C during the occasional heat wave, most often in July. Beyond the Arctic Circle the sun does not set for about 73 days, producing the white nights of summer.

On weather see e.g. Finnish Meteorological Institute en.ilmatieteenlaitos.fi/

POPULATION
The population of Finland is approximately 5.4 million inhabitants. The population density is low, 17 persons per square kilometre. Most Finns, some 65 %, now live in urban areas, while 35 % remain in a rural environment. The three cities, Helsinki, population 588,549, Espoo, 247,970, and Vantaa, 200,055, form the fast-growing Helsinki Metropolitan Region, which is now home to roughly a fifth of the country’s total population. Other important cities are Tampere, 213,200, Turku, 177,286, and in the north Oulu, 140,480 inhabitants.

In Finnish families the average number of children is 1.8. In 2008, 70 % of work-aged (18–64) women actually went to work. Women on average outlive men in Finland: average life expectancy for females is 83 years and for males 77 years.

Statistics on Finland www.tilastokeskus.fi

LANGUAGES IN FINLAND
Finland is a bilingual country, both Finnish and Swedish being official languages. Around 5 % of the population speak Swedish as their native language. Most of the Swedish speakers live along the south and west coasts. Sámi languages are spoken by about 2,000 people.

English dominates as the most widely studied foreign language, followed by German and French. You can get by in most situations with English, including almost all public offices, shops, restaurants and bars.

FACTS ABOUT FINLAND

GOVERNANCE IN FINLAND
Finland is a democratic republic, independent since 1917. Finland has a president as the head of state. The Finnish unicameral parliament is elected every four years.

In the parliamentary elections of 2011 women won 43 % of the 200 seats. The largest parties in the 2011 elections were the National Coalition Party, the Social Democratic Party, and the True Finns party.

}> Read more at www.newsweek.com/feature/2010/the-world’s-best-countries.html

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READING AND CULTURE

Finland's literacy rate is 100%. About 80% of Finns are regular public library visitors – Finns visit the library 10 times a year on average. The Finnish public libraries have the most books per capita compared to other European countries, and more books are borrowed per capita than from other European systems. Finns are also very fond of buying and reading newspapers – Finland is among the top 3 countries in newspaper circulation.

The most famous literary characters from Finland must be the Moomin trolls, created by Tove Jansson. More recent Finnish international favourites include e.g. Sofi Oksanen with her novel Purge. Finland is also home to many famous conductors, and the new Music Centre and the National Opera in Helsinki are good locations to listen to classical music.

Finnish culture can also be found from most mobile phones – the hit game Angry Birds is a Finnish invention!

FINNISH NATURE

On Finland's coast there is an abundance of islands. The archipelago (group of islands) off south-west Finland is the biggest in the world measured by the number of islands in it, with more than 20,000 islands. There are also many islands on the Helsinki and Espoo coast which can be visited by commuter boats.

The Finns call a lake a lake when its surface area is at least 500 square metres. On that basis, Finland has 187,888 lakes, their average area 18 hectares.

Forest covers 70% of Finland's land area, the highest proportion in Europe. It is not surprising, then, that Finland is one of the leading exporters of forest products in the world. In exports of paper and paperboard Finland is the sixth in the world. There are 37 national parks in Finland, where visitors can hike and camp.

In the northern part of Finland is Lapland, an area where Sámi people have traditionally lived. Lapland is not limited to Finland, but spreads out also to Sweden and Norway. In Lapland there are fell mountains and a northern nature, including reindeer packs. And of course Santa Claus, or Father Christmas, lives there as well, on the Korvatunturi fell.

Survival Vocabulary in Finnish

- **FINNISH ENGLISH**
  - Metropolia Ammattikorkeakoulu Helsinki
  - Metropolia University of Applied Sciences
  - tutkintokeskus degree
  - kursus, opintokursse course
  - opintopiste credit
  - tentti exam
  - moli heltertervel hello hi!
  - kyllä yes
  - el no
  - kiitos thank you (also please)
  - anteeksi sorry
  - ole hyvä here you are
  - huomenta good morning
  - hyvää päivää good afternoon
  - Minun nimeni on Jukka. My name is Jukka.
  - Miltä kuidas? How are you?
  - Minä rakastan sinua. I love you.
  - N=naiset ladies’ room
  - M=miehet men’s room
  - posti post office
  - apteekki pharmacy
  - sairaala hospital
  - asema station

- **SURVIVAL VOCABULARY IN FINNISH**
  - Ministry of Education and Culture www.minedu.fi
  - Finnish Public Libraries www.libraries.fi

FINNISH INDUSTRY

Before World War II Finland was predominantly an agricultural country with a rather narrow industrial sector; exports came only from the wood processing industry.

The subsequent development into a complex market economy took place very rapidly after World War II. Alongside the wood industry the main manufacturing areas are now the metal, electronics and chemical industry. The overall structural change of the economy has brought about a dramatic expansion in the service sector: two thirds of the total output is generated in the service sector.

Finnish design, too, is well known: classical examples are Marimekko textiles, Iittala glass and Fiskars scissors. The main trading partners of Finland are Sweden, Germany, Russia, the United States, the Netherlands, and China.

- **Information on Finnish economy and industry on Finnfacts www.finnfacts.com**
- **World Design Capital Helsinki 2012 wdc.helsinki2012.fi**
- **Finnish Design Forum www.designforum.fi**
This one will come as no surprise, since “sauna” is originally a Finnish word. Finland has the world record in the amount of saunas per capita. There are 1.6 million saunas in Finland altogether – nearly one for every three inhabitants. Many of them are built close to the country’s almost half a million vacation cabins which are usually by a lake, a river or the sea.

The sauna has to be experienced, because no attempt to describe it can get the message across fully. No visit to Finland can be complete without enjoying a sauna that is as authentic as it can get. HOAS student apartment buildings have saunas, and also some Metropolia campuses. In the Helsinki region, there are many traditional public saunas, and there are also saunas in the Finnish public swimming pools.

It is customary to give the visitors of the sauna a small cloth to sit on. Be sure to use it (or even a towel), because sitting down on the bare wooden bench might be somewhat too-memorable an experience due to the heat!

It is best to protect long hair from the heat of the sauna by wrapping a towel around your head. Do not go into the sauna if you have ordinary conditioner in your hair; rinse it out first.

If the air feels too dry, as can happen in an electrically heated sauna, it helps to splash water onto the walls. Do not immediately throw a lot of water onto the hot stones, but instead let the heat build up and ladle on small amounts of water.

An inexperienced sauna bather should not stay in the heat too long. Do not show bravado in an effort to impress your host; any host that would let you do so is a bad one.

Except at home, saunas are very seldom mixed. Women and men have separate saunas in fitness centres, swimming halls and other public places.

**SAUNA**

**BEGINNER’ S GUIDE TO SAUNA**

**HELSINKI, ALONG WITH THE NEIGHBOURING CITIES OF VANTAA, ESPOO, AND KAUNIAINEN, CONSTITUTES WHAT IS KNOWN AS THE CAPITAL REGION, OR HELSINKI METROPOLITAN AREA, WITH OVER 1,000,000 INHABITANTS.**

As well as being the political centre, it is the cultural, economic, and commercial centre of Finland. Helsinki Metropolia University of Applied Sciences is located in the cities of Helsinki, Espoo and Vantaa.

Helsinki was founded in 1550 by the Swedish king Gustavus I as a trading port. The sea has always been a focal point of Helsinki’s life. In addition to the industrial traffic that makes use of Helsinki’s harbours, it is possible to take pleasure cruises around the islands and to board some of the world’s largest passenger liners, which make daily trips to Tallinn in Estonia and Stockholm in Sweden.

The city of Espoo, immediately to the west of Helsinki, covers a relatively large, mostly residential area. Espoo is a young city that has mainly developed from the mid-20th century. In addition to its residential areas, Espoo has its own ‘Silicon Valley’, a large concentration of information technology. Nearly 500 international companies are established in Otaniemi, Espoo, including the headquarters of Nokia.

Although some of the earliest settlements in Finland were located in Vantaa, as a city it is relatively young. Vantaa has been built around the railway line from the late 19th century onwards. The city of Vantaa, located to the north and to the east of Helsinki, is still growing. Vantaa is the location for many industry and commercial enterprises. The international Helsinki-Vantaa airport is also located in Vantaa.

**CITIES ON THE WEB:**

- City of Helsinki [www.helsinki.fi](http://www.helsinki.fi)
- City of Espoo [www.espoo.fi](http://www.espoo.fi)
- City of Vantaa [www.vantaa.fi](http://www.vantaa.fi)
- City of Kauniainen [www.kauniainen.fi](http://www.kauniainen.fi)
EVENTS IN THE METROPOLITAN AREA

In January, in the middle of the winter, the DocPoint Document Film Festival is organised in Helsinki. In February you can enjoy winter happenings – in Korkeasaari Zoo there is the annual Art Meets Ice contest for ice sculptures. In the end of February or the beginning of March Helsinki celebrates Shrovetide by sledging down hills and slopes. Students have an event in Kaivopuisto Park where student groups compete on who has the most creative sledge.

In April the April Jazz Festival is organised in Espoo. The last day of April is the beginning of Vappu celebrations. Vappu (May 1st) has traditionally been the spring festival of students and workers, but the entire nation celebrates with equal fervour. Thousands of people gather in the Helsinki city centre on Vappu eve, and the next morning in the Ullanlinnanmäki Park for a picnic and to sing and toast with champagne.

In end of May, Helsinki celebrates its internationality with the World Village Festival. There are concerts, food from different countries, and games. In addition, many organisations have stalls there.

A bit of the rest of Finland takes up residence in the Senate Square for a while in early June. Tents, marquees, stalls and platforms are erected in the square and every year a new region puts its best foot forward with its finest foods, handicrafts and other products and services.

Helsinki Day is celebrated on 12 June to mark the city’s birthday. Admission to many museums and exhibitions is free of charge and events are arranged in parks, squares and other public places. Espoo Day is organised in the end of August and Vantaa Urban Festival in May.

At the end of June, juhannus, Midsummer, is celebrated all over the country on the longest day of the year. Many people move out to the countryside for their holidays in July and the city quiets down to a more relaxed pace for the month.

The tempo quickens again in August when people return from their summer holidays and the Helsinki Festival starts with a programme of orchestral and chamber music, opera, dance, theatre, jazz, rock, art exhibitions and film.

As August draws on, open-air performances and other events stretch out the evenings. The Art goes Kapakka series (“Kapakka” is a Finnish slang word for “bar”) takes music and other disciplines of the arts to clubs and restaurants, free of charge. The Helsinki Festival reaches its culmination during the “Night of the Arts” when art institutions, galleries, many museums and bookstores are open until the early hours of the following day.

At the end of August the Espon Ciné film festival shows an ambitious selection of films. In September cultural events continue with e.g. Helsinki Comics Festival and the 2-week long Helsinki International Film Festival.

In December the Tuomas (“Thomas”) Christmas Market opens in the Senate Square. Home-made mulled wine glögi and spiced cakes are in demand. There are also many design and arts and crafts fairs around Christmas time. On December 13 Helsinki celebrates St. Lucia, bearer of light, by selecting a young lady to represent Lucia.

And on the last evening of December, the crowds always gather in the Senate Square to listen to a concert and to welcome the New Year.

All year, the students in the Degree Programmes of Metropolia’s Field of Culture produce plays and concerts. Information on Metropolia events are on Metropolia’s web pages, www.metropolia.fi.

HELSENKi REgIoN wELCOMe wEEKs

In early September, international students and other internationally-minded people are invited to the Helsinki Region Welcome Weeks, organised by the cities and the higher education institutions of the region, among others. The purpose of the Welcome Weeks is to give information about practical issues as well as bring the new and old residents of the area together. There are many social and informative events, opportunities to try different sports and occasions to get familiar with different organisations. You can also participate in Hidden City Race to discover the “hidden treasures” and most important sites of the region.

Helsinki Region Welcome Weeks
www.welcomeweeks.fi

WORLD DESIGN CAPITAL HELSINKI 2012

In 2012, Helsinki has the honour to act as the World Design Capital. The year is co-hosted by the cities of Espoo, Vantaa, Kauniainen and Lahti. The design capital year programme includes many exhibitions, workshops, design shows, etc.

Metropolia is also an official partner in the World Design Capital year with design projects including e.g. Hspace, which is a project for new spaces for learning and leisure that combine physical and digital presence, and LAD, which creates environmentally viable solutions concerning public transport, cycling and pedestrianism.

wdc2012helsinki.fi

Photo: City of Helsinki Image Bank
**INTERNATIONAL CULTURAL CENTRE CAISA**

Caisa is an International Cultural Centre that serves as a meeting point for foreigners and Finns. It is situated in Kaisaniemi in the centre of Helsinki. The centre serves as an aid in ‘settling in’ and organises various occasions open to the public: festivities from different cultures, culture evenings, discussion forums, art exhibitions and concerts.

**GREEN CITIES**

The Helsinki Metropolitan Area offers many possibilities to enjoy nature. Helsinki is bisected by the Keskuspuisto (Central Park), which runs north-south and is largely forest. The river Vantaa, which flows through Vantaa and Helsinki, has good fishing grounds. There are unique nature reserves in the Viikki-Vanhankaupunginlahti area in Helsinki and Naulaiso National Park in Espoo.

**NEIGHBOURING COUNTRIES**

The Helsinki Metropolitan Area is a good base from which to make trips to Finland’s neighbouring countries. Large ferries which are like floating hotels provide daily services to Stockholm and Tallinn. St. Petersburg is only a ferry, train or bus trip away. Naturally, all three cities are also well connected by air with Helsinki.

**SPORTS**

About the sports possibilities offered by Meila Student Union, please see page 12.

In general, exercise and sports facilities in Helsinki Metropolitan Area are comprehensive, of a high standard and within easy reach of all. You can cycle, walk or jog, sail, skis, or swim. In winter, there are 180 kilometres of ski trails, which are well-maintained and in many cases illuminated. For skaters there are both natural and artificial rinks. Both skis and skates can be rented.

For outdoor activities and recreation for winter and summer, see, e.g., www.hel12.fi/keskuspuisto/eng/2sports/

It’s a good idea also to experience spectator sports Finnish-style - go and see for example an ice hockey match! Ice hockey matches are always a big discussion topic in Finland, which has one of the best national teams in the world. In Helsinki, you can go watch a Finnish Ice Hockey League game at the Hartwall Arena or Helsinki Ice Hall in Helsinki or Barona Arena in Espoo.

For more information on sport facilities, sports clubs, etc., see the Sports Departments of the cities of Helsinki, Espoo and Vantaa.

www.hel.fi/hki/Liv/en/etusivu
www.espoo.fi/liikunta
www.vantaa.fi/en/services/sports

**OPENING HOURS**

In Finland, most grocery stores, shops and department stores are open from Monday to Friday from 9 to 21 (9 p.m.), on Saturdays from 10 to 18 (6 p.m.) and on Sundays from 12 to 18. There are variations though: there are some shops that have shorter hours and don’t operate on Sundays at all, and some are open until 23 every day.

Banks are open Monday–Friday from 10 to 16.30 (4.30 p.m.), but they are closed on Saturdays and Sundays. ATM cashpoints are open around the clock every day, and they are available in most neighbourhoods. Bank services can also be available at some post offices.

**SAFETY**

The Helsinki Metropolitan Area is fairly cosy and safe in its atmosphere. Public services function effectively and promptly in emergency situations.

The Helsinki area has no actual “no-go” neighbourhoods that a visitor would be well-advised to avoid. As in any city, it is, however, always good to exercise some caution, especially late in the evenings.

**SAFE CITIES**

Post offices are open from Monday to Friday usually in between 9–18 or until 20. The opening hours vary depending on the office. Stamps for letters are also available at R kiosks and some book shops and paper shops. Second class mail can be dropped for collection in the orange post boxes, and first class mail in the blue post boxes around the city.

www.posti.fi

**BANKS AND CREDIT CARDS**

When you arrive in Finland it is advised that you open up a Finnish bank account for the period of your stay. In order to open a bank account you need your passport and a study certificate from Metropolia. When opening a bank account, you will receive a bank card which will give you access to every cashpoint in the country (ATMs are called “pankkiautomaatti” or “Otto” in Finnish). In addition, you can check your balance. The banks also offer opportunities for Internet banking. Service fees may vary from bank to bank.

The big banks in Finland include:

Nordia www.nordia.fi
Oso Challenge www.cop.fi
Sampo Pankki www.sampopankki.fi
Ålandsbanken www.alandsbanken.fi

Money transfers to and from abroad require an extra commision fee that depends on the destination — please remember to add this fee e.g. in case you will be paying your rent from a bank account outside Finland.

**BANKS**

Major credit cards (Visa, Eurocard, Maestro, Diner’s Club, American Express) are accepted throughout the country. In addition on these, Visa Electron is widely accepted. ATM cashpoints accept Visa and Visa Electron.

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**INTERNATIONAL CULTURAL CENTRE CAISA**

Caisa is an International Cultural Centre that serves as a meeting point for foreigners and Finns. It is situated in Kaisaniemi in the centre of Helsinki. The centre serves as an aid in ‘settling in’ and organises various occasions open to the public: festivities from different cultures, culture evenings, discussion forums, art exhibitions and concerts.

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Mikonkatu 17 C / Vuorikatu 14 / Kaisaniemi Metro Station, Helsinki

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**GREEN CITIES**

The Helsinki Metropolitan Area offers many possibilities to enjoy nature. Helsinki is bisected by the Keskuspuisto (Central Park), which runs north-south and is largely forest. The river Vantaa, which flows through Vantaa and Helsinki, has good fishing grounds. There are unique nature reserves in the Viikki-Vanhankaupunginlahti area in Helsinki and Naulaiso National Park in Espoo.

**NEIGHBOURING COUNTRIES**

The Helsinki Metropolitan Area is a good base from which to make trips to Finland’s neighbouring countries. Large ferries which are like floating hotels provide daily services to Stockholm and Tallinn. St. Petersburg is only a ferry, train or bus trip away. Naturally, all three cities are also well connected by air with Helsinki.

**SPORTS**

About the sports possibilities offered by Merika Student Union, please see page 12.

In general, exercise and sports facilities in Helsinki Metropolitan Area are comprehensive, of a high standard and within easy reach of all. You can cycle, walk or jog, sail, skis, or swim. In winter, there are 180 kilometres of ski trails, which are well-maintained and in many cases illuminated. For skaters there are both natural and artificial rinks. Both skis and skates can be rented.

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OTHER USEFUL INFORMATION

TIME DIFFERENCE
In winter, Finnish standard time is two hours and in summer three hours ahead of GMT (Greenwich Mean Time). The change from standard (winter) time to summer time is made in the end of March, and the switch back in the end of October.

TELEPHONES/PUBLIC TELEPHONES
In the land of Nokia cell phones, the network of public telephones does not exist anymore.

MOBILE PHONES
If you wish to get a mobile phone, contact the providers of mobile phone networks: i.e. DNA, Elisa, Saunalahti, Sonera. There are small differences in the prices of subscriptions and calls so it is worth comparing. Many international students choose the pre-paid system of phone cards, which you can get from mobile phone operators and R-kiosks. A pre-paid card is usually the easiest option for people who only stay in the country for a short period of time.

It is advisable to check that you can use the pre-paid SIM card in your mobile phone. Sometimes operators sell the mobile phones connected with a specific SIM card, preventing the use of other SIM cards in the mobile phone.

CALL ABRROAD
There are several operators in Finland who provide international calls e.g. Sonera (access code 990) and Saunalahti (access code 991). There are also other operators who usually expect you to have a credit card to call abroad. The prices may differ a lot depending on the operator you use, which country you are calling, at what time of the day, etc. Take a closer look at the different possibilities before you start calling. Skype programme is also a good alternative in making international calls via Internet.

The international prefix for Finland is +358 followed by the area code (without the zero) and the wished telephone number. For example, to call to the number 123 456 in Helsinki, dial +358 9 123 456. Inside Finland, the area code for Helsinki Metropolitan Area is 09.

ELECTRICITY
The voltage is 220 – 230 AC (50 cycles). Plugs are two-pin continental sizes.

DRINKING WATER
The tap water is safe, drinkable and good-tasting throughout Finland.

INTERNET CONNECTIONS
Metropolia exchange students have everyday access to wireless internet at their campus and HOAS apartment. Other times, all public libraries offer a free internet connection or free WLAN for your laptop (you need a library card with a PIN code). You can of course also find free internet connections in many cafés or department stores. Also the trams have a free WLAN connection.

SMOKING
Smoking is forbidden in public places such as offices, shops, buses, cinemas etc. In long-distance trains smoking is allowed in smokers’ compartments only. In pubs and restaurants smoking has not been allowed since 2007. According to Finnish etiquette, if you wish to smoke and are not sure whether it would be permitted, it is polite to ask first. In private homes, the custom is usually to step outside, e.g. onto the balcony, for a smoke. Smoking is forbidden from people under 18 years.

DRUGS
In Finland, the drug legislation principle is zero tolerance. All drug dealing is strictly forbidden and the use or possession of drugs is against the law, and carries heavy penalties.

Helsinki, Espoo, Vantaa and Kauniainen are linked together with an excellent public transport system. Helsinki has its own tram and metro networks covering both downtown and the residential areas. The local train is the fastest route to Helsinki from many locations in Espoo and Vantaa – it takes less than 20 minutes from Lepasvaara (one of the Metropolia campuses) to the Central Railway Station in Helsinki. Espoo and Vantaa are also connected to Helsinki by numerous bus routes.

Tickets in the area are valid for any form of public transport. Single tickets can be bought on buses and trams, ticket vending machines, at R-kiosks and at entrances to metro stations.

In the Helsinki metropolitan area, internal tickets (sisäinen lippu) are valid for any one of the municipalities (Helsinki, Espoo, Kauniainen, or Vantaa). If you cross a municipality border, you must buy a regional ticket (seutulippu). Please indicate your destination to the driver to obtain the correct ticket. Timetables and route maps are available free of charge from the HSL Service points.

To find out routes and suitable buses, see the Journey Planner: http://www.reittiopas.fi/en/

TRAVEL CARD
The Travel Card can be used on public transport services in Helsinki, Espoo, Kauniainen, and Vantaa buses, commuter trains, the metro and trams, and also the Suomenlinna ferry. The card can be loaded with a travel period (time) or value (money), or a combination of the two.

The travel period can be either internal or regional. An internal ticket entitles you to travel within one city only. A regional ticket entitles you to travel in Helsinki, Espoo, Kauniainen and Vantaa.
The loaded value can be used for paying both regional and internal value tickets, which is cheaper than buying a single ticket from the driver. Holders of a Travel Card can charge both value and travel period on their cards at R-kiosks, for example.

Students, who are under the age of 30, are entitled to a 50% discount for both period and value tickets. Documents needed when applying for a Travel Card are the following:

- An official identification with a photograph (an official identity card or a passport)
- Travel Card application bearing the stamp and signature of the International Coordinator of Metropolia

There are two travel card types: Personal or Multi-user.

A personal Travel Card is the most economic choice for students, who are regular users of public transport (for example for journeys to and from campus). A personal Travel Card can only be used by the owner who belongs to the same customer group. Please note that you cannot get student discount for a multi-user Travel Card.

A multi-user Travel Card is well suited for joint use for a group of people. A multi-user Travel Card can be used by any person holding the card who belongs to the same customer group. Please note that you cannot get student discount for a multi-user Travel Card.

Students, who are under the age of 30, are entitled to a 50% discount on their cards at R-kiosks, for example.

Travel cards are sold in main R-kiosks, travel card service points and multi-ticket machines. In Helsinki, it is also possible to buy a single ticket for the tram or the metro on a mobile phone. The ticket is valid for an hour within Helsinki city boundaries.

**SINGLE TICKETS**

You can purchase a single ticket from the driver in a bus or tram. For the metro and train, tickets can be bought from vending machines or at ticket offices of the stations. For local trains, tickets are sold only in carriages bearing the ticket symbol. You can also buy a tourist ticket which is valid for 17 days, depending on your choice.

These tickets are sold in main R-kiosks, travel card service points and multi-ticket machines. In Helsinki, it is also possible to buy a single ticket for the tram or the metro on a mobile phone. The ticket is valid for an hour within Helsinki city boundaries.

**Using a Travel Card**

If you have bought period on your Travel Card, it has to be shown to the card reader every time you board a bus. On trams, trains and metro it is not necessary to show the card to the reader if there is a valid period or value ticket on the card. If you have value on your Travel card, you have to show your card to the reader and purchase a ticket each time you travel.

Any passenger travelling without a valid ticket or Travel Cards is liable to a fine of 80 €. Ticket inspectors, who may be in a uniform or civilian dress, make regular spot checks - and are fluent in many languages.

**Bicycling**

Facilities for cycling are good in the Helsinki Metropolitan Area, and they are improving all the time. There are 1,200 kilometres of bike paths in Helsinki. A comprehensive map of city cycle paths is available at the tourist offices of Helsinki, Espoo and Vantaa. The tourist offices can also help you with bike rental. If you want to buy a bike, check the bike shops and recycling centres for cheap second-hand bikes. When cycling, remember your helmet – it has been obligatory since 2003. Also remember to lock your bike when you are not riding it.

**Driving**

A driver’s licence (joikkartti) which has been issued in one of the Nordic countries or EU countries is also valid in Finland. If you have a valid driver’s licence from one of the countries which have signed the Conventions of Geneva or Vienna (check with your local police station) and its official translation in either Finnish or Swedish you may drive for a year in Finland, counting from the date of your entry in Finland. You also have to fulfil the Finnish age requirement to drive such a vehicle. After the year, you have to get a Finnish driver’s licence from the police station. If you come from one of the countries that have not signed the Conventions you should get a Finnish driving licence.

In Finland we drive on the right lane and overtake on the left. Main roads are in good condition throughout the year, but special winter tyres are compulsory from November to March. Headlights are used even during the day. It is compulsory to wear a seatbelts, front and back.

Tyres are compulsory from November to March. Headlights are used even during the day. It is compulsory to wear a seatbelts, front and back.

**TAXIS**

**Taxi by phone**

Helsinki Taxi Center
Tel. +358 (0)100 0700
Tel. +358 (0)100 7777 by mobile phone, if you don’t know the exactly location where you are in Helsinki. The call will be forwarded to the nearest available taxi.

Helsinki Region Taxi Center
Tel. +358 (0)100 7300 (Espoo, Vantaa)

For more information on Helsinki Metropolitan Public Transport: www.hsl.fi/en

For cycling and walking: http://pk.hsl.fi/en

For Helsinki Metropolitan Public Transport: www.hsl.fi/en

For getting a Finnish driver’s licence: www.kauppa.hsl.fi

For a lost or stolen Finnish driver’s licence: www.politiikka.fi

For more information on driving in Finland: www.autotointi.fi

**Taxis**

Taxi can be obtained by phone, at taxi stations, or sometimes on the move. All taxis display a yellow sign marked TAXI or TAKSI: when the sign is lit, the taxi is free. Generally speaking taxis are quite expensive in Finland. There is a basic charge, and the fare rises on a kilometre basis, as indicated by the meter. You do not need to add a tip but it is certainly welcomed by the taxi driver.

Note that driving under the influence of alcohol is strictly forbidden. There is an exact limit of 0.5 per mille for alcohol in the blood, and infringement of this rule nearly always means a penalty in the form of a fine or imprisonment. The heavy penalty is imposed after the limit 1.2 per mille.

**Rautatieaseman metro Station:** Mon–Thu 7.30–19, Fri 7.30–17, Sat 10–15
Within Finland there are good rail, bus and air networks. There are also ferries and boat connections where necessary. Timetables vary slightly on public holidays, weekends and during the summer.

**Trains**

Students are entitled to a 50% discount for both single and return tickets on long-distance trains. You have to show the Student Union METKA’s student card in order to get the discount, both when buying the ticket and on the train for the ticket inspector. If you do not have the METKA student card you can get a card entitling to the discount from the railway company. To get the card you need a signed certificate from Metropolia, one photograph and proof of ID. The railway company student card costs 8 €, and is valid on both long-distance buses and trains.

The train is cheaper with an Advance Ticket, which you should buy at least 7 days before your travel. You can buy your tickets from the railway stations. If you have a credit card or a Finnish debit card, you can buy tickets from the ticket machines at the railway stations or on the Internet.

**Train services:** [www.vr.fi](http://www.vr.fi)

**Buses**

Students are granted 50% discount on long-distance coaches if the one-way trip covers at least 80 km. If the trip covers less than 80 km, the percentage of the discount depends on the length of the trip and the average discount is about 30 percent. If you do not have the METKA student card you can get a card entitling to the discount for the buses from the Matkahuolto bus company ticket service in Kampi Centre in Helsinki. To get the card you need a signed certificate from Metropolia, one photograph and proof of ID.

The bus company student card costs 8 €, and is valid on both long-distance buses and trains.

The buses usually have a lavatory and some magazines. Smoking is forbidden on all Finnish buses.

**Long-distance coach services:** [www.matkahuolto.fi](http://www.matkahuolto.fi)

**Ferries**

Massive ferries belonging to the Tallink-Silja and the Viking Line ply the busy route between Helsinki and Stockholm. The ferries leave every evening and arrive in Stockholm the following morning. The return trip starts on the evening of the same day and the ferry reaches Helsinki the following morning. Thus a typical round trip lasts about 40 hours, with two nights on board and a day in Stockholm.

A large number of vessels of all shapes and sizes operate to Tallinn each day. Many people from Helsinki make day trips to the Estonian capital. Ask the cruise lines for special student prices.

It is also possible to travel to Germany and Poland with Finnlines ferries.

**Viking Line** [www.vikingline.fi](http://www.vikingline.fi)

**www.tallink-silja.com**

**www.finnlines.com**

**To check before departure**

- Check that you have a valid passport
- Check the arrival formalities at the Finnish Embassy or legation
- Take a private travel and/or medical insurance especially if you come from outside EU/EEA-countries
- If you are from EU/EEA-countries, get the European Health Insurance Card for the health care services
- Bring along the acceptance/offer letter from your home institution confirming that you are an exchange student or a certificate from your home institution confirming that the work placement is part of your studies
- Reserve several passport size photographs
- Change some cash and reserve enough with you / a credit card to cover accommodation costs and possible rental deposit fee
- Bring along information material from your own institute (e.g. study guide, other leaflets) and from your country and hometown
- Remember warm clothes, long johns, hats, gloves, shoes; winters in Finland can be long and cold
- Take also bed linen, towels and personal belongings
Degree programme in the field of Business and Administration

International Coordinator
Ms. Eija Tamminen
P.O. Box 4071 (Leiritie 1, Vantaa)
tel +358 20 783 5044
e-mail: eija.tamminen@metropolia.fi

Degree programmes in English

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Degree programme in English

Specialisation:
• European Management
• European Business Administration
• International Business and Logistics

Extent of the programme: 4 years, 210 ECTS credits.

Courses offered in English for exchange students
Exchange students may choose 2nd, 3rd and 4th year courses from European Management syllabus. The syllabus concentrates on various aspects of management and leadership in the international arena and also on topics related to the European Union.

Degree programme in Finnish

Specialisation:
• European Management has a strong management emphasis which helps you to work in human resource or managerial positions.

Extent of the programme: 4 years, 210 ECTS credits.

Courses offered in English for exchange students
European Business Administration is a unique Bachelor’s double-degree programme that is taught in cooperation with our double-degree partner universities. Students study the third year at one of the partner universities and will be awarded a degree from both Metropolia Business School and the partner university.

Degree programmes in Finnish

Specialisation:
• Financial Administration
• Marketing and Logistics
• Leadership and Organisation Development

Extent of the programme: 3.5 years, 210 ECTS credits.

Courses offered in English for exchange students
European Business Administration concentrates on the core competences in international business. It has a mix of subjects that every business professional needs – economics, law, marketing, communication, management, IT and of course, the European Union related topics.
Specialisation: Logistics is the management of the flow of goods, information and other resources and is one essential area of the modern business world. This programme gives you good hands-on knowledge and the ability to work in international logistics.

Extent of the programme: 3.5 years, 210 ECTS credits.

International Business and Logistics is our newest programme and our first students started in August 2008. IBL is a single degree programme but we encourage students to do their work placement abroad and/or go on study exchange abroad and we offer lots of opportunities for that.

Courses offered in English for exchange students
Exchange students may choose from 2nd and 3rd year courses from the International Business and Logistics syllabus. The student will study marketing, management, trade and business law, economics and IT to get a comprehensive understanding of international business principles. Since this programme concentrates on logistics in international business the students will be studying subjects such as purchasing, logistics management, supply chain management and project management.

Master’s Degree Programmes in Finnish are:
- Master’s Degree Programme in Supply Chain Management
- Master’s Degree Programme in Entrepreneurship and Business Competence

Extent of the programme: 2.5 years, 90 ECTS credits (part-time programme).

The tuition is in Finnish.

Master’s Degree Programmes in English:
- Master’s Degree Programme in Business and Informatics

Deeper insight into business management areas such as accounting, management and leadership, logistics, as well as marketing, are offered, each linked to the corresponding ICT systems. The student will become a competent analyst and user of business intelligence in decision-making, in business operations as well as in business development. The scope of studies is international.

Extent of the programme: 2.5 years, 90 ECTS credits (part-time programme).

The tuition is in English.

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Coordinator International Relations in the degree programmes in Helsinki:
- Classical Music
- Cultural Management
- Film and Television
- Performing Arts
- Pop and Jazz Music

Coordinator International Relations in the degree programmes in Vantaa:
- Conservation
- Design
- Fashion and Clothing Industry
- Media
- Performing Arts
- Pop and Jazz Music

Ms Maria Antikainen
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tel. +358 20 783 5039
e-mail: marika.antikainen@metropolia.fi

Ms Tia-Maria Sjöblom
P.O. Box 4040 (Hämeentie 161, Helsinki)
tel. +358 20 783 5045
e-mail: tia-maria.sjoblom@metropolia.fi
DEGREE PROGRAMME IN CLASSICAL MUSIC

Specialisation:
- Classical Music Education (Music Educator)
- Classical Music (Musician)

Extent of the programme: 4.5 years, 270 ECTS credits.

Study areas available for exchange students in the Degree Programme in Classical Music

The Degree Programme welcomes exchange students both for the autumn and spring term and for a full academic year. For instrument studies the knowledge of Finnish is not generally required. The exchange students of the department can easily join also in orchestra and chamber music. Most music theory courses are given in Finnish. Opportunities for some, e.g. pedagogical studies, in English, vary. An individual study package will be tailor-made for each music exchange student.

DEGREE PROGRAMME IN CULTURAL MANAGEMENT

Extent of the programme: 4 years, 240 ECTS credits.

Study areas available for exchange students in the Degree Programme in Cultural Management

The language of teaching is basically Finnish, but there are some courses offered in English for exchange students. This applies only for the spring term.

DEGREE PROGRAMME IN DESIGN

Specialisation:
- Industrial Design
- Interior Design
- Textile Design

Extent of the programme: 4 years, 240 ECTS credits.

DEGREE PROGRAMME IN FASHION AND CLOTHING

Extent of the programme: 4 years, 240 ECTS credits.

Study areas available for exchange students in the Degree Programme in Fashion and Clothing Industry

The language of teaching is basically Finnish. Some courses are computer-aided where the programmes are in English. Some courses are projects or practicals where the students can have guidance in English.

DEGREE PROGRAMME IN FILM AND TELEVISION

Specialisation:
- Image and Editing
- Sound
- Production
- Scriptwriting
- Television and radio work

Extent of the programme: 4 years, 240 ECTS credits.

Study areas available for exchange students in the Degree Programme in Film and Television

Courses in English are offered to exchange students only for the spring term. Courses are practice-based and related to areas of cinematography and editing, sound studies, productions, scriptwriting and television and radio production. Exchange students can collect a study package of 30 credits in English.

DEGREE PROGRAMME IN MEDIA

Specialisation:
- 3D Animation and Visualisation
- Graphic Design
- Digital Media

Extent of the programme: 4 years, 240 ECTS credits.

Study areas available for exchange students in the Degree Programme in Media

Courses in English are offered to exchange students only for the spring term. Exchange students can collect a study package of 30 credits in English. The courses in the study package are practice-based and combined from the specialisation options of:
- 3D Animation and Visualisation
- Graphic Design
- Digital Media
Study areas available for exchange students in the Degree Programme in Performing Arts

The Degree Programme welcomes exchange students both for the autumn and spring term and for a full academic year. Students majoring in Performance are preferred. The language of instruction is Finnish in principle, but it is possible to receive advice and guidance in English. The exchange students of the Programme can easily join in band workshops and ensembles. Some music theory courses etc. can be given in English. Students and teachers may mutually agree on the language they will use in one-to-one lessons, i.e. major and minor instrument lessons. An individual study package will be tailor-made for each pop and jazz music exchange student.

Study areas available for exchange students in the Degree Programme in Performing Arts

The Degree Programme welcomes exchange students both for the autumn and spring term. At autumn term we offer International Module in the theme of ‘Meeting Masks, Sharing Stories’. This module is 24 ECTS and with independent study projects the total can be 30 ECTS. In the spring term exchange students can attend regular courses in different forms of applied theatre.

Extent of the programme: 4,5 years, 270 ECTS credits.

Study areas available for exchange students in the Degree Programme in Performing Arts

The Degree Programme welcomes exchange students both for the autumn and spring term. At autumn term we offer International Module in the theme of ‘Meeting Masks, Sharing Stories’. This module is 24 ECTS and with independent study projects the total can be 30 ECTS. In the spring term exchange students can attend regular courses in different forms of applied theatre.

Extent of the programme: 4 years, 240 ECTS credits.
The Bachelor of Social Services qualifies the students to work in the field of social work with all service user groups. Their work can consist of supervision, guidance, co-ordination of services and managerial work in communities or in a residential setting. Multicultural working skills are emphasised. Working together with their clients of all ages the Bachelors of Social Services support individuals’ and communities’ resources.

The framework of the curriculum is social pedagogical: the approach aims at preventing exclusion and promoting inclusion and social pluralism. It focuses on the empowerment of citizens’ activeness, initiative, self-help and on social influence.

The curriculum consists of core requirement, professional and elective studies, practical training and a thesis. The students earn during the 3,5 years of studies the Bachelor of Social Services qualification. The whole programme is offered in English.

A variety of pedagogical teaching methods include lectures, classroom discussions, learning assignments, projects, work-shops etc.

The Bachelor of Social Services is in partnership with a number of universities and institutions of higher education in many European countries, in Africa, Asia and the USA. Activities include student and staff mobility and various kinds of international short-term student group projects. E-learning study modules are being developed to enable international study environment also in a home country.

Since the language of instruction is English there are annually several exchange students participating in the courses of their choice.
Study areas available for exchange students in the Degree Programme in Midwifery
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Public Health Nursing
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Occupational Therapy
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Optometry
The language of teaching is basically Finnish. The exchange students have an opportunity to carry out clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Occupational Therapy
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Oral Hygiene
The language of teaching is basically Finnish. The exchange students have an opportunity to carry out clinical practice in English.

Study areas available for exchange students in the Degree Programme in Podiatry
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.

Study areas available for exchange students in the Degree Programme in Physiotherapy
The language of teaching is basically Finnish. The exchange students have an opportunity to carry out clinical practice in English.

Study areas available for exchange students in the Degree Programme in Prosthetics and Orthotics
The language of teaching is basically Finnish. The exchange students have an opportunity to carry out clinical practice in English.

Study areas available for exchange students in the Degree Programme in Radiography and Radiotherapy
The language of teaching is basically Finnish. The exchange students have an opportunity to do clinical practice and project work in English.
Degree Programme in Social Services

Extent of the programme: 3.5 years, 210 ECTS credits.

Study areas available for exchange students:
The language of teaching is basically Finnish. The exchange students have an opportunity to carry out clinical practice in English.

The Master’s Degrees

The Master’s Degree Programme is aimed at persons with UAS (polytechnic) degrees in health care/social services or with other completed corresponding studies and who possess a minimum of three years’ working experience within their field of expertise.

Master’s Degree Programmes in English are:
- Health Business Management
- Erasmus-Mundus Emergency and Critical Care Nursing

Master’s Degree Programmes in Finnish are:
- Clinical Expertise
- Development and Leadership in Health Care and Social Services
- Health Promotion
- Rehabilitation
- Social Services

International Coordinators

Ms Kaisa Meghjee / Helsinki unit
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Coordinating International Relations in the degree programmes in Helsinki:
- Automotive and Transport Engineering
- Business Informatics, Master of Engineering, Master’s degree (tuition in English)
- Civil Engineering
- Civil Engineering: Sustainable Building Engineering (tuition in English)
- Construction and Real Estate Management, MSc-Programme (run jointly with HTW Berlin, Germany) (tuition in English)
- Construction Site Management
- Electronics (tuition in English)
- Electrical Engineering
- Electronics (tuition in English)

Ms Tiina Piipponen / Leppävaara unit
Address: PO Box 4070, 00079 Metropolia / Vanha maantie 6, 02650 Espoo
Tel:+358 20 783 5043
Fax:+358 20 783 5047
E-mail: tiina.piipponen@metropolia.fi

Coordinating International Relations in the degree programmes in Leppävaara (Espoo):
- Media Engineering (tuition in English)
- Information Technology (tuition in English)
- Construction Site Management
- Industrial Management and Engineering
- Building Services Engineering, Master’s degree

Ms Elina Värtö / Myyrmäki unit
Address: PO Box 4071, 00079 Metropolia / Leiritie 1, 01600 Vantaa
Tel: +358 20 783 5157
E-mail: elina.varto@metropolia.fi

Coordinating International Relations in the degree programmes in Myyrmäki (Vantaa):
- Automation Engineering
- Automation Technology, Master’s degree
- Biotechnology and Food Engineering
- Chemical Engineering
- Environmental Engineering (Tuition in English)
- Materials and Surface Treatment Technology

Degree Programmes in the Field of Technology

International Coordinators

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Tel:+358 20 783 5043
Fax:+358 20 783 5047
E-mail: tiina.piipponen@metropolia.fi

Coordinating International Relations in the degree programmes in Leppävaara (Espoo):
- Media Engineering (tuition in English)
- Information Technology (tuition in English)
- Construction Site Management
- Industrial Management and Engineering
- Building Services Engineering, Master’s degree

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- Automation Engineering
- Automation Technology, Master’s degree
- Biotechnology and Food Engineering
- Chemical Engineering
- Environmental Engineering (Tuition in English)
- Materials and Surface Treatment Technology
DEGREE PROGRAMMES IN ENGLISH ARE:

- CIVIL ENGINEERING: Sustainable Building Engineering
- Electronics
- Environmental Engineering
- Information Technology
- Media Engineering
- Business Informatics, Master of Engineering, Master’s degree
- Industrial Management, Master’s Degree
- Information Technology, Master’s Degree
- Construction and Real Estate Management, MSc-Programme (run jointly with HTW Berlin, Germany)

INTERNATIONAL SEMESTERS/MODULES IN BACHELOR’S DEGREE PROGRAMMES

- Industrial Management: international Semesters
- Technology Business Module

DEGREE PROGRAMMES IN FINNISH ARE:

- Architecture Engineering: Sustainable Building Engineering
- Electronics
- Environmental Engineering
- Information Technology
- Media Engineering
- Business Informatics, Master of Engineering, Master’s degree
- Industrial Management, Master’s Degree
- Information Technology, Master’s Degree
- Construction and Real Estate Management, MSc-Programme (run jointly with HTW Berlin, Germany)

INTERNATIONAL SEMESTERS/MODULES IN BACHELOR’S DEGREE PROGRAMMES

- Industrial Management: international Semesters
- Technology Business Module

DEGREE PROGRAMME IN CIVIL ENGINEERING

Specialisation
- Sustainable Building Engineering

Extent of the programme: 4 years, 240 ECTS credits.

This international programme focuses on sustainable building engineering. The programme contains a total of 240 credit units, including construction engineering, indoor environment and energy efficiency, life cycle engineering and facility management. General engineering skills such as mathematics, physics, chemistry, information and communication technologies (ICT), computer aided design (CAD) and building information models (BIM) will be taught as well. A significant part (over 60 credits) of the studies will be carried out in real working life projects and work placement, starting from the first study year and ending to a final work, usually commissioned by our partners in industry. An international exchange will be included in the third year curriculum.

Studies in English: All tuition in this degree programme is in English. During the academic year 2012-2013 we offer first and second year studies. International exchange students are welcome to participate in the activities of this international programme.

DEGREE PROGRAMME IN ELECTRONICS

Extent of the programme: 4 years, 240 ECTS credits.

The Degree Programme in Electronics provides the learners with practical experience and professional knowledge in the field. The degree gives a solid basis to work as an engineer anywhere in the world, as the student will become familiar with intercultural aspects due to the multi-cultural study environment and student community.

In order to be a specialist in electronics engineering you should have a profound knowledge in mathematics and physics together with a broad understanding in different fields of electronics. Our education offering includes the following professional study modules in which you can specialise according to your interests:

- Embedded Systems
- Wireless Communication
- Sensors
- Electronics and EMC
- Power Electronics

Studies in the Degree Programme in Electronics consist of theoretical studies combined closely with practical work, such as laboratory and project work, hands-on experience in manufacturing circuits and systems and also practical on-the-job learning. The student will gain language and communication as well as business skills to enhance engineering competence.
Electronics engineers can work for example as electronics designers in research laboratories, as team leaders in factories and also in sales and marketing positions. Studying electronics in Helsinki Metropolia University of Applied Sciences gives you the keys to succeed in any of these interesting fields.

Studies in English
All tuition in this degree programme is in English. During the academic year 2012-2013 we offer first, second, and third year studies. International exchange students are welcome to participate in the activities of this international programme.

DEGREE PROGRAMME IN ENVIRONMENTAL ENGINEERING

Specialisation:
• Renewable Energy Engineering
• Water, Waste and Environmental Engineering

Extent of the programme: 4 years, 240 ECTS credits.

The Degree Programme in Environmental Engineering consists of basic, elective, and professional studies, industry-based training, and an engineering Bachelor’s Thesis. The programme educates specialists in renewable energy and waste, water and environmental engineering. Renewable energy specialisation covers bio, wind, hydropower, and solar energy technologies. We teach new and economic ways of making renewable energy from waste and biomass. In the waste, water and environmental engineering specialisation you learn how to provide clean water and how to treat municipal and industrial waste as well as how to design water and waste treatment plants.

Teaching includes normal class teaching, laboratory and project works and guided independent studying. The basis of the programme’s education is in broad understanding of natural sciences and engineering. The professional studies consist of environmental technology, pollution monitoring and environmental safety management.

Studies in English
All tuition in this degree programme is in English. International exchange students are welcome to participate in the activities of this international degree programme.

BACHELOR’S DEGREE PROGRAMMES IN INFORMATION TECHNOLOGY (IT)

Extent of the programme: 4 years, 240 ECTS credits.

Bachelor’s Degree as Daytime Studies
Specialisation options:
• Communications and Data Networks
• Embedded Engineering
• Software Engineering

The main objective of this programme is to equip the student for an international engineering career, and provide high quality instruction and skills in three different specialisation options.

The professional studies include modules in computer engineering, telecommunications, software engineering, and embedded systems. The student has a great opportunity to gain practical experience as Metropolia has substantial educational and research activities in mobile communication networks, computer-based measurement systems, real-time systems and in a network-based project learning.

The language and communication as well as business skills will enhance the engineering competence.

The student will be linked to working-life throughout their studies via industry-related projects, industrial placement periods, Innovation Project and a Final Year Project. This gives a chance to create useful networks and plan future career whilst studying.

The student will have an excellent opportunity to get to know about intercultural aspects whilst studying due to the multi-cultural study environment and student community.

In total, this degree offers a solid basis to work as an engineer anywhere in the world, and have a career in various areas of information and communications technologies. The student will have an excellent opportunity to get to know about intercultural aspects whilst studying due to the multi-cultural study environment and student community.

Bachelor’s Degree as Evening Studies (Adult Education)
Specialisation options:
• Communication and Data Networks
• Software Engineering

This programme is especially designed for people who are unable to study during the day. Courses are arranged as evening and multiform studies, and lectures held during weekday evenings and perhaps some weekends. Within this programme a successful student will also gain understanding of their impact on economy and environment.

For more information about courses and curricula, go to Metropolia’s Study Guide.

DEGREE PROGRAMME IN MEDIA ENGINEERING

Extent of the programme: 4 years, 240 ECTS credits.

In the Media Engineering Degree Programme all tuition is in English. Media Engineering graduates have the knowledge and skills to work in media production and management, digital printing, multimedia and Internet, e-commerce, audiovisual technology, digital television, mobile communications etc. They have good skills in media technology, computing, and data communications and also basic knowledge and skills in multimedia related design, production and business subjects.
Media Engineering graduates work with media content and services: information, education, news, entertainment, marketing and advertising. Typical tasks for an engineer in media are technical design, development, and customer service in the wide field of information and communication industry. An engineer of the field can work as an interactive TV and video producer, with a telecommunication service provider or in an open and distance learning institution, be a manager or a specialist in digital publishing, printing, multimedia production, Internet and mobile services. Other appropriate tasks are marketing, sales, guidance and training.

The studies include all distribution channels from paper to mobile devices and digital integration of television platform. Special emphasis is on multichannel publishing, which links different technologies. The aim is to provide strong technological know-how of information distribution through these channels, not forgetting the content production.

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

This programme offers the latest knowledge for advanced professionals who want to follow development in the field of technology and in international engineering. A successful student will gain a broad theoretical background and practice on contemporary industrial topics. The degree programme consists of Professional Studies, 30 ECTS credits and a Final Year Project, 30 ECTS credits. Professional Studies will follow the chosen specialisation option, which will interface with the specialisation option in the Bachelor’s Degree and of course with student’s own goals. As the programme is designed for people in full-time employment, these studies will enable the student to have a daytime job whilst studying.

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

The Master’s Degree Programme of Industrial Management is one-year programme with 60 ECTS credits and includes:

- Principles: Business in a services economy, and business research methods (5 credits)
- Customers, business models and innovation (5 credits)
- Services in an international context (5 credits)
- Service leadership, organisational development and teamwork (5 credits)
- Service delivery and technology architectures (5 credits)
- Strategic management, intra/entrepreneurship, alliances and venturing (5 credits)
- Master’s thesis (30 credits)

Studies in English
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- Strategic management, intra/entrepreneurship, alliances and venturing (5 credits)
- Master’s thesis (30 credits)

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

The Master’s Degree Programme in Information Technology (IT) Specialisation options:
- Media Production Ecosystems
- Mobile Programming
- Software Architecture

Extent of the programme: 2 years, 60 ECTS credits (part-time studies).

The Master’s Degree Programme of Industrial Management combines the interests of management and engineering, especially in telecommunications and service business management. The programme is conducted in English and the studies can be carried out along with regular work.

The Total Project Learning approach (TPL), which is used as the learning method, means incorporating studies into real-life learning business projects (often with the students’ employers), combined with class discussions and presentations. The faculty includes advanced researchers with practical experience and PhD degrees.

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- Customers, business models and innovation (5 credits)
- Services in an international context (5 credits)
- Service leadership, organisational development and teamwork (5 credits)
- Service delivery and technology architectures (5 credits)
- Strategic management, intra/entrepreneurship, alliances and venturing (5 credits)
- Master’s thesis (30 credits)

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

The Master’s Degree Programme in Construction and Real Estate Management Specialisation:
Specialisation studies in Metropolia are a part of the programme.

Extent of the programme: 2 years, 120 ECTS credits.

HTW Berlin and Metropolia University of Applied Sciences jointly run the international Master Programme ConREM - Construction and Real Estate Management. It is designed for professionals who wish to manage international projects for building construction and real estate in the future. Therefore it is mainly addressed to professionals in the field of architecture and civil engineering.

ConREM provides you a combination of engineering, economics, management and communication. Specific contents, like project development and project management as well as life cycle management, and general subjects, such as soft skills and leadership, are taught - all in context of international business. ConREM enables you to cooperate with people of different social, cultural and professional backgrounds, to adapt to foreign environments and to become acquainted with different mentalities and habits. Management abilities and adaptability to manage changing international conditions is a need for cooperation and teamwork in a global market on national and international level.

The student selection will be made in Berlin based on the points applicants have received of their educational background and relevant work experience.

More information on ConREM homepage
http://conrem.ft.fhtw-berlin.de/

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

The Master’s Degree Programme in Construction and Real Estate Management Specialisation:
Specialisation studies in Metropolia are a part of the programme.

Extent of the programme: 2 years, 120 ECTS credits.

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The student selection will be made in Berlin based on the points applicants have received of their educational background and relevant work experience.

More information on ConREM homepage
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All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.

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The student selection will be made in Berlin based on the points applicants have received of their educational background and relevant work experience.

More information on ConREM homepage
http://conrem.ft.fhtw-berlin.de/

Studies in English
All tuition in this degree programme is in English, in both day-time and evening studies. All exchange students are welcome to participate in these courses. Some laboratory classes may have a limit on the number of participants.
TECHNOLOGY BUSINESS MODULE (LEPPÄVÄARA)

Teaching in the Industrial Engineering and Management Degree Programme is mainly in Finnish, however the degree programme offers Technology Business Module in which the language of tuition is English. The Technology Business Module includes variety of business and management related courses directed for engineering/technology students. The incoming exchange students are welcome to take different courses from the Technology Business Module. Several courses are offered throughout the academic year totaling up to 30 ECTS credits.

Incoming exchange students interested in the international semester should choose the whole package that is offered per semester (approximately 30 ECTS), since the semesters consist of a project and courses related to the project. The Industrial Management international semesters include a lot of academic writing in English. Therefore, the students should have a B2 level of proficiency in English in European standards to be able to take part in the international semesters. Here you can find the description of the B2 level: http://europass.cedefop.europa.eu/LanguageSelfAssessmentGrid/en.

We do not require an official English certificate from our partner universities.

DEGREE PROGRAMMES IN FINNISH

DEGREE PROGRAMME IN AUTOMATION ENGINEERING

Specialisation:
• Manufacturing Automation
• Process Automation
• Information Technology in Automation
• Energy Automation

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects in English in the degree programme. Occasionally, there might be opportunities for work placements in the degree programme laboratories. Please note that the special projects are subject to availability depending on e.g. on-going projects.

DEGREE PROGRAMME IN BIOTECHNOLOGY AND FOOD ENGINEERING

Specialisation:
• Bioprocessing and Quality Management
• Biomedicine

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do laboratory courses and smaller special projects in English in the degree programme. Please note that the special projects are subject to availability depending on e.g. on-going projects.
DEGREE PROGRAMME IN BUILDING SERVICES ENGINEERING

Specialisation:
- HVAC Engineering, planning based (HVAC)
- Electrical and IT Engineering in Buildings (E)
- HVAC Engineering, production based (PB)

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects and/or Bachelor’s Thesis in English in the degree programme. Please note that the special projects and Bachelor’s Thesis opportunities are subject to availability depending on e.g. ongoing projects.

DEGREE PROGRAMME IN CIVIL ENGINEERING

Specialisation:
- Structural Engineering
- Construction and Site Management
- Environmental Construction

Extent of the programme: 4 years, 240 ECTS credits.

DEGREE PROGRAMME IN CONSTRUCTION SITE MANAGEMENT (HELSSINKI)

Specialisation:
- Construction Engineering
- Infra Construction

Extent of the programme: 3.5 years, 210 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. Occasionally, there might be opportunities for work placements in the degree programme laboratories. Please note that the special projects, Bachelor’s Thesis as well as work placement opportunities are subject to availability depending on e.g. ongoing projects.

DEGREE PROGRAMME IN CHEMICAL ENGINEERING

Specialisation:
- Process Design and Operation
- Environmental Technology

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish.

DEGREE PROGRAMME IN CONSTRUCTION SITE MANAGEMENT (LEPPÄVAARA, ESPOO)

Specialisation:
- HPAC

Extent of the programme: 3.5 years, 210 ECTS credits.

DEGREE PROGRAMME IN ELECTRICAL ENGINEERING

Specialisation:
- Electrical Power Engineering
- Electronics and Medical Engineering

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects and/or Bachelor’s Thesis in English in the degree programme. Please note that the special projects and Bachelor’s Thesis opportunities are subject to availability depending on e.g. ongoing projects. For courses in English, please see Degree Programme in Electronics.

DEGREE PROGRAMME IN HEALTH INFORMATICS

Extent of the programme: 4 years, 40 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects and/or Bachelor’s Thesis in English in the degree programme. Occasionally, there might be opportunities for work placements in the degree programme laboratories. Please note that the special projects, Bachelor’s Thesis as well as work placement opportunities are subject to availability depending on e.g. ongoing projects.

DEGREE PROGRAMME IN CONSTRUCTION SITE MANAGEMENT (HELSSINKI)
DEGREE PROGRAMME IN
INDUSTRIAL MANAGEMENT
AND ENGINEERING (LEPPÄVAARA, ESPOO)

Specialisation:
• Logistics and Business

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition during the first, second and fourth years are in Finnish.
The third year semesters are offered in English. See more from
International Semester in Industrial Management.

DEGREE PROGRAMME IN
INFORMATION TECHNOLOGY
(HELSINKI)

Specialisation:
• Telecommunications
• Software Engineering
• Data Networks

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. For courses in
English, please see Information Technology in English in Leppävaara.

DEGREE PROGRAMME IN
INDUSTRIAL MANAGEMENT
(HELSEINIKI)

Specialisation:
• Global ICT Business

DEGREE PROGRAMME IN
INFORMATION TECHNOLOGY
(LEPPÄVAARA, ESPOO)

Specialisation:
• Software Engineering
• Embedded Engineering
• Telecommunications
• Data Networks

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. The incoming
exchange students can take courses from the Information Technology
Degree Programme in English that is parallel to the Finnish
degree programme. Incoming exchange students are also offered
opportunities to do smaller special projects and/or Bachelor’s Thesis
in English in the degree programme. Please note that the special
projects and Bachelor’s Thesis opportunities are subject to availability
depending on e.g. on-going projects.

DEGREE PROGRAMME IN
LABORATORY SCIENCES

Specialisation:
• Bio Sciences
• Chemical Analysis

Extent of the programme: 3.5 years, 210 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish. However, incoming
exchange students are offered opportunities to do some studies
related to Spatial Data (Data Collection, Data Analysis, GIS and Spatial
Data Management and Quality) and/or to do smaller special projects
in the degree programme. Please note that the special project
opportunities are subject to availability depending on e.g. on-going
projects.

DEGREE PROGRAMME IN
LAND SURVEYING TECHNOLOGY

Specialisation:
• Geoinformatics
• Measurement Technologies
• Environmental Planning
• Cadastral Surveys

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish.

DEGREE PROGRAMME IN
MATERIALS AND SURFACE
TREATMENT TECHNOLOGY

Specialisation:
• Industrial Surface Treatments
• Surface Treatment of Buildings
• Materials and Corrosion Technology

Extent of the programme: 4 years, 240 ECTS credits.

Studies in English
The tuition in this degree programme is in Finnish.
**Degree Programme in Mechanical Engineering**

**Specialisations:**
- Energy and Environmental Engineering
- Machine Automation
- Production Engineering
- Machine Design Engineering

**Extent of the programme:** 4 years, 240 ECTS credits.

**Studies in English**
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects and/or Bachelor’s Thesis in English in the degree programme. Please note that the special projects and Bachelor’s Thesis opportunities are subject to availability depending on e.g. ongoing projects.

**Degree Programme in Building Services Engineering**

**Specialisation:**
- HVAC Engineering (HVAC)
- Electrical and IT Engineering in Buildings (E)

**Extent of the programme:** 2 years, 60 ECTS credits (part-time studies).

**Studies in English**
The tuition in this degree programme is in Finnish. However, incoming exchange students are offered opportunities to do smaller special projects and/or Bachelor’s Thesis in English in the degree programme. Some Graphic Technology related courses are offered in English in Media Engineering Degree Programme, see the curriculum.

**Degree Programme in Surveying Technology**

**Specialisations:**
- Cadastral proceedings
- Geoinformatics

**Extent of the programme:** 2 years, 60 ECTS credits (part-time studies).

**Studies in English:**
The tuition in this degree programme is in Finnish.

**Degree Programme in Media Technology**

**Specialisations:**
- Graphic Technology
- Digital Media

**Extent of the programme:** 4 years, 240 ECTS credits.

**Studies in English**
The tuition in this degree programme is in Finnish.

**Master’s Degree Programme in Automation Technology**

**Specialisation:**
- Special emphasis in the degree programme is given on the modern and latest automation technology, wireless networks, automation project management and the safety and quality aspects of automation.

**Extent of the programme:** 2 years, 60 ECTS credits (part-time studies).

**Studies in English**
The tuition in this degree programme is in Finnish.

**Master’s Degree Programme in Land Surveying Technology**

**Specialisation:**
- Cadastral proceedings
- Geoinformatics

**Extent of the programme:** 2 years, 60 ECTS credits (part-time studies).

**Studies in English:**
The tuition in this degree programme is in Finnish.