



Guide for International Students

Arctic Mines Summer School 27.7-19.8.2020

Three vivid northern towns (Kajaani, Saariselkä and Oulu), beautiful nature, and modern mines wait for you in Finland in the summer. Did you know that Finland is one of the fastest growing mining regions in the world?

Preparing for your stay in Finland

Visa

A visa is a permit to enter the country for a short-term or temporary period of residence lasting no more than 90 days. Non-EU-citizens normally need a visa to enter Finland.

The documents needed for the visa are

- Visa application
- One photograph
- A passport
- Travel Insurance (minimum coverage 30 000 eur)
- Invitation / acceptance letter

You can apply for the a visa 3 months in advance at the earliest.

Please see further details and the requirements from <https://um.fi/visa-to-visit-finland>

Insurance

Your travel insurance (required for the visa) must be in force for the period of the validity of the applied visa and cover the entire Schengen area. The minimum coverage of the policy must be EUR 30,000 and the insurance must cover expenses arising from a sudden illness and accident (also the patient's repatriation) and repatriation expenses in case of death.

Medication

If you need continuous medication, you must bring your medication with you or make sure before your arrival, that you are able to obtain the same medication in Finland. Also have the doctor's prescription with you, Please note that it is strictly forbidden to receive medication by post from outside EEA-countries.

Travelling

Arrival

To start your journey to Finland, book a flight to Helsinki and continue from Helsinki to Oulu (1,5 hr flight). Transportation from Oulu to Kajaani (approx. 2,5 hrs by bus) will be provided on Sunday, 26th of July.

Departure

At the end of the Summer School, the participants will be transported back to Oulu airport on 19th of August.

During the Summer School

The service package includes transportation between the summer school locations that are mentioned in the programme.

Lunches are included in the service package, but students should arrange other meals by themselves. It is possible to cook food at the offered accommodation.



**Summer School theme 2020:
Sustainable Mining and Circular
Economy**

Living in Kajaani

Accommodation

The summer school students will be provided with accommodation on KAMK campus in Kajaani. These student apartments offer accommodation for five (5) students in one apartment, each of them having their own room with fridge and sharing kitchen and bathroom. Internet connection is included. There is a laundry room and sauna in the facilities.

There are blankets, pillows, bed linen and towels in the rooms. The rooms are available from 26th July.

Leisure Activities

Kajaani is a small town with 38 000 people. The campus is located approximately 1,5 km from the town centre.

During your stay in Kajaani, the social programme will include a traditional Finnish evening, Finnish culture evening and also a visit to Vuokatti, an all-year-round sports resort half an hour away from Kajaani.

Living in Saariselkä and Oulu

Saariselkä:

Accommodation is arranged in cottages.

Saariselkä is Europe's northernmost holiday resort where travellers can experience the mystery of Sami culture. During the stay in Saariselkä, you will visit a gold museum, but also have a chance to try out gold panning.

For the trip to Saariselkä, please pack the following items with you:

- Backpack for transporting personal items
- Raincoat, waterproof hiking shoes
- Hat /cap, gloves
- Warm clothing with
- Personal Hygiene Supplies/ Personal toiletry
- Thermos bottle, a cup

Oulu:

The City of Oulu is the capital of northern Finland. Nowadays the Oulu Region is well known for its technology, the hi-tech growth having started after the establishment of Oulu University in 1958

Please note that in Finland, the tenants are responsible for keeping the apartment clean. Each tenant is responsible for his/her own room, but the common areas must be kept clean by all tenants of the apartment.



Photo: Shutterstock.com

Finland Welcomes You!

Finland is situated in northern Europe and is the seventh largest country in Europe. It is the second northernmost country and a member of the European Union. A quarter of its total area lies north of the Arctic Circle. Finland is the home to the happiest people on the planet!

There are almost 200,000 lakes in Finland and two thirds of the country is covered by forest. The population of Finland is approximately 5.5 million. The vast majority of Finns live in the larger cities. Since the countryside is so sparsely populated the sense of space is amazing.

The Finnish way of life

As a nation Finns love quizzes and competitions of all kinds and it may be this characteristic that underlies our craze for sports. We are also crazy about coffee! Together with coffee, the custom is to have a piece of "pulla", which is something between bread and cake, slightly sweet, traditionally baked at home.

Telephone Services

Finland is a country of mobile phones and therefore no pay phones are available. If you have a mobile phone with you, you can buy a prepaid connection locally and the connection starts working immediately after purchase.

When meeting people

Hand shaking is common when being introduced in business meetings, on arrival and departure. Both at work and at school the atmosphere is informal and first names are used, even between teachers and students.

Sauna is an essential part of Finnish Culture

There are five million inhabitants and one and half million saunas in Finland. For Finnish people sauna is a place to relax with friends and family. Please note that it is not customary for men and women to go to sauna together, unless they are members of the same family or particularly close friends. Also public saunas are separated by gender.

Finnish Cuisine

Traditional Finnish cuisine is a combination of European, Fenno-scandinavian and Western Russian elements, table manners are European. The food is generally simple, fresh and healthy. Fish, meat, berries and root vegetables are typical ingredients whereas spices are not common. The typical breakfast is oatmeal or bread. Lunch is usually warm meal and the lunch time is normally from 11.00 to 13.00. Dinner is eaten at around 16.00 - 18.00 at home.



Kajaani University of Applied Sciences

Mr Risto Oikari, PhD (Tech), eMBA, Principal Lecturer

risto.oikari@kamk.fi