

STUDENT SERVICES AND STUDY-RELATED MATTERS 2019 – 2020

This information sheet includes information on practical matters related to starting your studies and studying at Kajaani University of Applied Sciences (KAMK). After starting your studies, you will receive further details.

Canteen

There is a student restaurant (Fox) and three cafés on campus. A warm lunch is available from Monday to Friday in the student restaurant Fox. Students will need either a KELA-card (Finnish students) or a student card (foreign students) to be eligible for the discount price.

Computer services

There are several computer classrooms available for students. Students will receive a personal username and email address at the start of their studies. Use of the computer network is free of charge; however the amount of free printouts is limited. It is however recommended that the students bring their own laptops as it is needed in the studies.

Credit System

Higher education studies are measured in credits. Study courses are quantified according to the work load required. One year of studies is equivalent to 1600 hours of student work on average and is defined as 60 credits. The credit system complies with the European Credit Transfer and Accumulation System (ECTS).

Friend Family Programme

Kajaani University of Applied Sciences runs Finnish Friend Family programme for our international students and Finnish families. KAMK wants to offer international students the chance to get to know Finnish culture and the language better by pairing participating students with families from the Kainuu area.

As an *international student* of Kajaani University of Applied Sciences, you are welcome to apply for the Friend Family Programme. *Finnish students* who are interested in making friends with an international student can join the programme as well.

Health Services and Student's Wellbeing

Students can use their own health centre known as Health Centre Vital, located on campus. All public health centre nurse services are free of charge to all students regardless of their home municipality. In Vital there are public health nurses' services available daily and a doctor available three times a week. There is a fee for using the doctor's services.

In addition to student health care, there are student welfare officer and study psychologist services available for students on campus free of charge.

Study Office, International Office

The Study Office and the International Office are located on campus, in building Tieto 1. The Study Office helps and guides you with practical matters related to your studies and life in Kajaani. When you're planning to go for student exchange or wondering if the practical training abroad is for you, the International Office is the place to go to.

Proficiency Tests

Kajaani University of Applied Sciences supports learning in many different ways. At the beginning of the studies, proficiency surveys using tests in languages and mathematics are organised. The aim of the test is to establish whether students have the basic competence and skills to study in their chosen degree programme. Consequently, teaching also includes preparatory coaching or longer basic courses in the form of contact teaching.



Student Accommodation

A company called "Kiinteistö Oy Kajaanin Pietari" provides accommodation for students in Kajaani. Students should apply for accommodation themselves, the application can be sent online at www.kajaaninpietari.fi.

Kiinteistö Oy Kajaanin Pietari
Address: Linnankatu 18 A, FI-87100 Kajaani
Tel. +358 8 615 52069
Internet: www.kajaaninpietari.fi

Please note that furnished apartments are only available in the student accommodation.

Student Grant

For Finnish students, it is possible to receive student aid from Kela (The Social Insurance Institution of Finland) during your studies. *Non-citizens of Finland* are eligible for student aid for studies in Finland if they live in Finland on a permanent basis for other purposes than studying.

Finnish students: Applications can be submitted online at www.kela.fi/asiointi (Finnish and Swedish only) or by completing a regular financial aid application form OT2. If you are submitting your application on paper, file the application and enclosures with your school or with Kela.

Student Union KAMO

The Student Union KAMO arranges the tutoring students to meet and greet new international students on arrival. Different kinds of free-time activities are arranged throughout the academic year by KAMO Activities. By joining the Student Union KAMO you will get a student discount card, which will entitle you to a student discount when traveling by train or bus in Finland plus other benefits. Membership costs approximately € 20 / year. Discount is available only after studies have started.

Further information:

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