

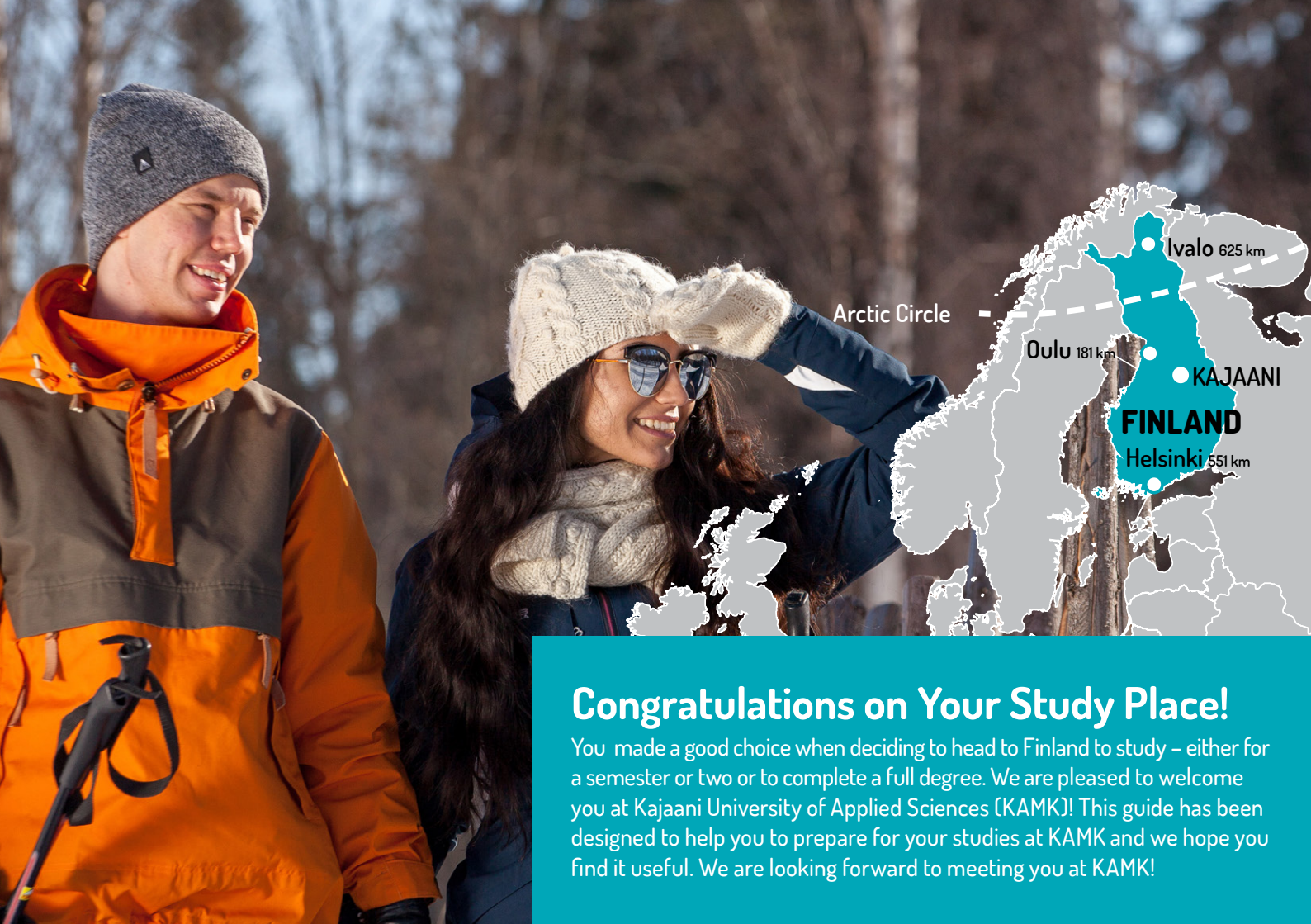


KAMK • University
of Applied Sciences



Kajaani University of Applied Sciences

Guide for International Students



Congratulations on Your Study Place!

You made a good choice when deciding to head to Finland to study – either for a semester or two or to complete a full degree. We are pleased to welcome you at Kajaani University of Applied Sciences (KAMK)! This guide has been designed to help you to prepare for your studies at KAMK and we hope you find it useful. We are looking forward to meeting you at KAMK!

Studying in a Finnish University of Applied Sciences

The Finnish higher education system consists of two complementary sectors: universities of applied sciences and universities. Higher education institutions in Finland are municipal or private institutions, which are authorised by the government. Universities, which are academic or artistic institutions, focus on research and education based on research whereas universities of applied sciences offer

work-related education in response to labour market needs. Thus studies at a UAS in Finland offer a practical alternative to a traditional university education. Degree studies provide students with both a higher education qualification and practical professional skills. The Ministry of Education and Culture closely oversees the quality of teaching in higher education institutions in Finland.

Kajaani University of Applied Sciences

Facts

- 3 400 students, approx. 250 members of staff
- Schools:
 - School of Business and Tourism
 - School of Information Systems
 - School of Engineering
 - School of Health, Social Services and Sports
 - Master School
- Bachelor and master level programmes delivered in both Finnish and English
- Passed the quality audit by Finnish Education Evaluation Centre in 2021
- Sports facilities on campus available for all students
- All services in one campus area; study facilities, sports facilities, restaurant and cafés, Library
- For years, KAMK has been among the top five UAS in Finland to offer high quality student guidance and counselling.

Preparing for Your Stay in Finland

Residence Permit

Residence permits are regulated and processed by the Finnish Immigration Service MIGRI (www.migri.fi).

EU-citizens do not need residence permit to stay in Finland. If your stay exceeds three (3) months without interruption, you must apply for EU registration after arrival at Kajaani.

Non-EU citizens who have a valid residence permit for studies issued by another EU Member State, have the right to carry out part of the studies in Finland with a Mobility Notification (generally exchange students).

Otherwise, **non-EU citizens** need a residence permit for studies in Finland. Students must apply for their first residence permit for study purposes from the Finnish Embassy in their home country.

In case your studies last for less than 90 days (short-term exchange studies), you should apply for a visa. Check if your home country is a visa-free country or not.

Working in Finland

A student who has been granted a residence permit for studies is allowed to work in paid employment in any field for an average of 30 hours per week. However, please note that a student's main priority should be studies that are generally considered full-time.

Finding a job in Finland and especially in smaller cities can be challenging and take time. Generally working in Finland often requires Finnish language skills, so take the Finnish language studies seriously from the beginning of the studies.

Insurance

Check the insurance requirements related to the residence permit separately.



Accommodation

A company called "Kajaanin Pietari" provides student accommodation in Kajaani. The available options vary from shared student accommodation to so-called "family apartments".

Some of the accommodation is located on KAMK campus and other housing is located 1–3 km from campus. Due to short distances, most students walk or ride their bicycle from one place to another.

Further information on available accommodation can be found at **[www.kajaaninpietari](http://www.kajaaninpietari.fi)**.

After applying for the accommodation / being accepted for exchange, the students will receive an accommodation offer by email.

In shared student apartments, the basic furniture is available in the apartment. Students usually have a room on their own and share kitchen and bathroom.

It should be noted that in family apartments there is no furniture and there might be no electricity before agreed separately. These should be arranged by the student.

Rent and costs

The rent varies from 270 - 330 euros per month in the shared student apartments and goes up to 1000 euros per month in the family apartments.

A deposit worth approximately one month's rent must be paid in advance. If the deposit is not paid on time, the room reservation will be cancelled.

None of the apartments include things such as bed linen or towels. A blanket & pillow set can be bought from the Student Union KAMO on arrival. Please note that you must make arrangements for this in advance!

Please note!

- Students coming to study for a full degree must apply for accommodation themselves.
- For exchange students KAMK reserves a certain amount of rooms on a yearly basis.

In Finland, tenants are responsible for keeping the apartment clean. Each tenant is responsible for his or her own room, but the common areas must be kept clean by all the tenants of the apartment.



Arrival in Kajaani

Most students fly to Helsinki when coming to Finland. The easiest way to travel to Kajaani from Helsinki is to travel by train (approx. 7 hours) but you can also travel by bus (8-10 hours) or take a flight to save time (approx. 1 hour).

Flights: www.finnair.fi

Train timetables: www.vr.fi

Bus timetables: www.matkahuolto.fi

Once you have secured your residence permit and the accommodation, inform KAMK of your arrival date and time. Our tutoring students will offer welcoming service and arrange taxi and accommodation keys ready for you.

Be prepared to have cash (euros) or an international payment card with you especially for the first weeks. There are always additional costs at the beginning of the stay and it will take several weeks to open a bank account in Finland.

Studying at Kajaani University of Applied Sciences

Academic Calendar

The academic year in Finland starts at the end of August and ends in late May. It consists of two semesters, the autumn and spring semester. There are four weeks of independent study when there is no teaching (mid-October, Christmas and early March).

Degree Programmes and Group Codes

KAMK offers several degrees leading to a Bachelor's degree or a Master's degree delivered in English.

Students in these degree programmes are divided into groups based on their starting year. Each group has its own group code.

LBi = Bachelor's Degree in International Business

ASL = Bachelor's Degree in Sports and Leisure Management

ATA = Bachelor's Degree in Tourism

LBE = Bachelor's Degree in Esports Business

GBMY = Master's Degree in Global Business Management

Group codes are formed with the code and the starting year, for example LBi23S for International Business students who started their studies in 2023. The group code for exchange students has an X in it (such as LBX23).

Credit System

The degrees and courses are measured in credits (cr, ECTS). A student's annual workload of 1,600 hours is worth 60 credits. One credit means approximately 27 hours of a student's work, half of which consists of lessons and the other half of independent work. Most courses are worth 3 – 5 credits, meaning 81 – 135 hours of student work.

Study Programmes

Degrees vary in duration between 210 and 240 credits depending on the field of study and take 3,5 – 4 years to complete. In general, a student completing an English taught Bachelor's degree for 7 semesters will study for 3,5 years. The extent of studies is 210 credits and the studies consist of

- Basic Studies
- Professional Studies
- Free-choice Studies
- Practical Training
- Thesis

Tuition fee

The tuition fee for non-EU-citizens taking the full degree varies from 7 000 to 11 500 euros / academic year.

Study Facilities and Services

International Study Office

The International Study Office attends to practical matters related to studies. The International Study Office also helps foreign students with issues concerning cooperation with the local authorities such as renewing residence permits, obtaining health care, obtaining a social security number and home municipality.

Computers and Email

Students are expected to bring their own devices (laptop) for studies. However, there are some computers with internet connection available for students on the KAMK campus. The campus library also has computers for student use.

Each attending student will be issued with a personal user id (network username) enabling logging on to information systems and computers within the campus area. All students are also provided with a personal email address. Email is the foremost means of communication at KAMK. It is commonly used for communication between teachers, staff and students.

Library

KAMK library is located on campus and it provides students with a wide selection of course books and an extensive amount of online-databases.

Sports Hall and Gym

KaMove offers sports services accessible for all skill levels for students on campus. There are sports facilities on campus and KaMove also offers instructed group fitness lessons on different themes.

The sports services are available with the Sports sticker. A semester sticker worth 30 euros per semester provides you with unlimited access to all sports activities on campus.

Tutoring Students and Student Union KAMO

The Student Union KAMO plays an active role in arranging get-togethers, parties and other events for students. They also organise tutoring activities at KAMK. Tutoring students help new students to get started with their studies and everyday life in Kajaani.

Student Restaurants and Cafés

There is a student restaurant and three cafés on campus. A warm lunch in the student restaurant costs at present approx. 3.10 Euro (incl. salad, bread, water/juice/milk and a warm meal).

Tuudo

Tuudo is a mobile application that brings the university's most important services and information to your mobile device. After receiving the username and password from KAMK, download Tuudo and log in. In Tuudo you will see for example your study schedule, campus map and can follow up on your course grades.

Tuudo also provides you with the Student ID card that entitles you for student discounts in restaurants and travelling.

KAMO and Student Discounts

By becoming a member of the Student Union KAMO, students are entitled to the official student card. The student card entitles the holder to receive further national and local discounts.

Student Health Care

Bachelor and Master students are entitled to use services of the Finnish Health Service (FHS) during the semesters they are registered as present. The healthcare fee is approx. 40 euros per semester and is paid directly to KELA according to their instructions.



How to Study

Study Administration System PAKKI

PAKKI is the student administration desktop for students to monitor their completed studies, update their personal study plan, register for each semester, enroll for courses, edit their personal data, print their study certificate and transcript of records, apply for credit transfer and contact the responsible teacher about their credit transfer applications through the agreement bank tool.

Right to Study and Enrolment (degree students)

The normal period of study for the English-taught degrees is 3.5 years (210 credits). Full-time students must complete their chosen degree programmes at the latest within one year of the time stipulated in the UAS regulations governing degree programmes (3.5 years + 1 year).

Students must register as attending or non-attending each semester. Attending means that the student intends to complete the studies normally. Absence (non-attending) means that the student will not pursue his/her studies and during the absence, he/she is not entitled to any student benefits nor is he/she entitled to a student's residence permit. The registration period takes place at the beginning of each semester.

Teaching Arrangements and Exams

The obligation to attend lectures depends on the requirements of each course. In addition to contact teaching, there is always independent work included in each course. There are also courses that are completed independently. In this case, courses are completed by sitting exams, producing written work (assignment/s) and/or online studies.

The assignments and course work must be returned within the time specified by the lecturer. A lower grade may be given if the assignment is returned late. Courses are assessed according to a scale of 5 – 0: excellent (5), good (4-3), satisfactory (2-1) and fail (0). Courses can also be assessed on a Pass/Fail basis without numerical grading.

In case a student fails a course exam, there are two retakes/exam. There are general exam dates set in each period for this purpose. The lecturer announces the dates for the retake at the beginning of each course. Students must register for the retake using the appropriate procedure.

Cheating during exams or plagiarism is a serious offence and is not acceptable under any circumstances. Your exam or work will be rejected if plagiarism or cheating occurs.

Finland Welcomes You!

Finland is situated in northern Europe and is the seventh largest country in Europe. It is the second northernmost country in the world after Iceland and a member of the European Union. A quarter of its total area lies north of the Arctic Circle. Finland has frontiers with Sweden, Norway and Russia and a long coastline. There are almost 200,000 lakes in Finland. Two thirds of the country is covered by forest called our "green gold". 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, and even small towns are built over a wide area. Finland is a bilingual country, both Finnish and Swedish being the official languages but English is also commonly spoken.

Exotic Climate

The four seasons of Kainuu present a set of striking contrasts. The highest daytime temperature in Kajaani during the summer occasionally rises over 24 degrees centigrade. During the winter months, temperatures of minus 20-30 degrees centigrade are not uncommon. Due to low humidity, however, Finland's climate is actually not as cold as temperature readings might seem to indicate.

In the Kainuu area, the first snow settles in late October or in November, and the landscape will usually be covered with snow in December. The first signs of spring can be seen in March, and during April the snow gradually starts melting away.

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. You will rapidly get used to the fact

that when Finns get together for a chat, coffee is part of the scene. But note that coffee in Finland is usually not as strong as in Central and Southern Europe. 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.

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 a half million saunas in Finland. For Finnish people the 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 (fitness centres, swimming halls) 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 a full warm meal, in a work or school canteen, lunch time is normally from 11.00 until 13.00. Dinner is eaten at around 16.00 to 18.00 at home.

Telephone Services

Finland is a country of mobile phones and therefore student residences do not have a pay phone. If you have a mobile phone with you, you can buy a prepaid connection locally and the connection starts working immediately after purchase.

Electricity

The voltage is 230 AC (50 cycles). Plugs are two-pin continental size.

Money Matters

The Finnish monetary unit is euro (€). One euro is divided into 100 cents.

All major credit cards are accepted and you can use your card to withdraw cash from cash-points anywhere in the country. Cheques are not in general use and payment cards are also more common than cash nowadays.

Other Matters

In Finland strong alcohol such as wine and spirits can only be bought in a special shop called ALKO. Low-alcohol content drinks such as beer and cider are sold in stores, supermarkets, gas stations and kiosks. The legal drinking age is 18 for milder drinks, while to buy hard liquor from Alko you need to be 20.

Smoking is forbidden indoors. Most trains have special rooms for those who wish to smoke. In some pubs and restaurants there are also separate rooms for smokers and non-smokers. When visiting private homes and also in student accommodation, the custom is to step outside for a cigarette.

In Finland, all drug dealing is strictly forbidden. The use or possession of drugs is against the law, and carries heavy penalties. The acquisition and receipt of drugs and medication by post from beyond the EEA is strictly prohibited.



Useful links:

www.visitfinland.com

<http://thisisfinland.fi>

Kajaani – the Provincial Capital of the Kainuu Region

Kajaani is located in the province of Oulu, 600 km from the capital city Helsinki. Kajaani is home to 38,000 people. Student life in Kajaani is easy living: distances are short and services are of a high standard. The town has all the necessary services, yet is small enough to feel safe. Four distinct seasons provide a variety of settings ideal for a wide range of interesting experiences.

Leisure Activities

Kajaani offers excellent free-time fitness activities, both indoors and out. There are good sports facilities on campus available for all the students. Vimpelinvaara is a popular outdoor leisure and sports area which is conveniently situated right next to the campus area of KAMK. Most of the recreation and leisure facilities are all within walking or cycling distance from the campus, as is the town centre. If you feel brave, you can try a popular Finnish winter activity: take a dip in the river through an ice-hole in Onnela, near the city centre!

One of the most versatile tourist destinations in Finland, Vuokatti, is located about 30 km from Kajaani. The Vuokatti area is a popular international centre for holiday makers and top sports men and women alike. In Vuokatti you can even ski in a tunnel during the summer, or try the ski centre facilities and slopes in winter. In Vuokatti, you will also find the Katinkulta spa and leisure-centre offering a wide range of recreational and sports facilities.

Shopping

Smaller shops in the town centre close normally earlier and are closed on Sundays. The grocery shops and bigger markets are open from 8 am up to 9 pm throughout the week.

How Much Does it Cost?

Students should pay for food, lodgings, social life etc. themselves. The average living costs of a single student is about 600 - 800 euros/month. Living expenses are relatively high in Finland, though comparable to the EU average. It is not easy to find a part-time job in Kajaani, but some opportunities exist – please note that for most jobs language skills in Finnish are required.

Be prepared for more expenses at the beginning of your stay. Also consider budgeting some money for travelling in Finland and abroad to such as Stockholm and Tallinn.

Other Costs

Non-EU citizens are subject to tuition fees. In addition to tuition fees, the students must pay for their study books and materials and their own living costs.

Scholarships

Normally international students do not receive scholarships from Finland. It is best to look and apply for possible scholarships in your home country before leaving for Finland. The tuition fee paying students may apply for a scholarship from KAMK based on application.



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Welcome to Kajaani and Kajaani University of Applied Sciences!

Kajaani University of Applied Sciences

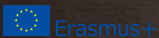
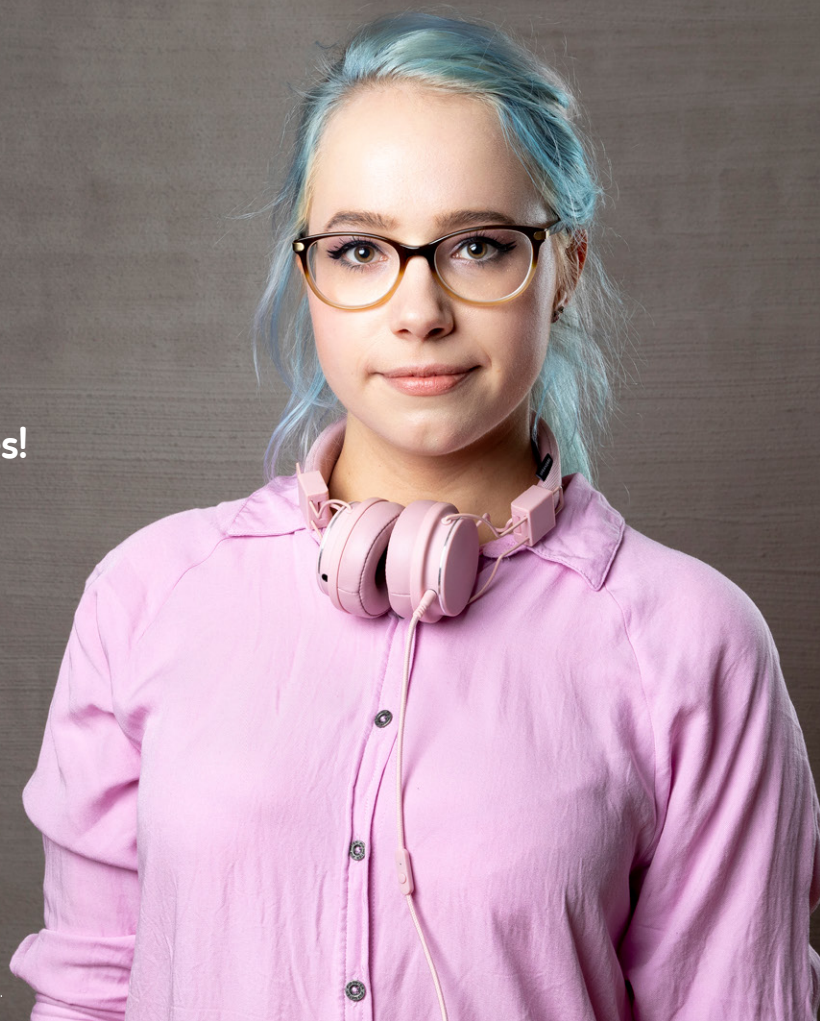
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