



# LAU REA

Together we  
are stronger

## WELCOME

**to Laurea University of Applied Sciences**

*Information for Exchange Students*



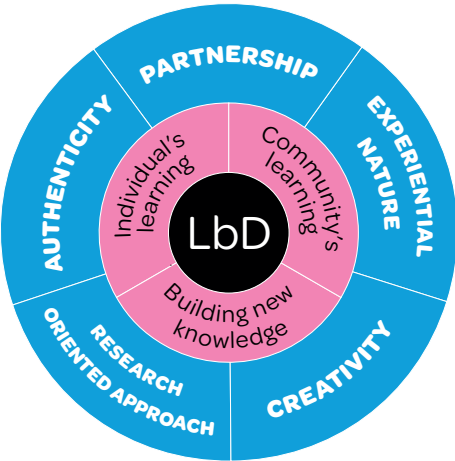
Erasmus+



# Learning by Developing in Laurea University of Applied Sciences

WITH AROUND 7800 students, Laurea UAS is one of the biggest university of applied sciences in Finland. The campuses of Laurea are located in and around Finland’s capital region. Its location close to the capital city – Helsinki, gives exchange students great opportunities for entertainment and exploration. Over the past few years Laurea has been ranked high in the evaluations of Finnish Universities of Applied Sciences, and it has been recognized many times in categories such as quality of education. Laurea can proudly say that it belongs to the top when it comes to success in Finland’s education field.

WHAT MAKES LAUREA UAS stand out? Laurea’s learning model is called **Learning by Developing (LbD)**. In broad strokes this unique learning model means focusing on practical projects with real-life companies and organizations. Laurea participates in societal and business development both domestically and internationally, creates innovations,



supports entrepreneurial projects and much more in intercultural and international environments. In all these undertakings the students are present, working and learning through practical experience.

LAUREA’S LbD model emphasizes individual freedom and responsibility, equality, co-operation with organizations and teamwork. In Laurea you are not alone, you have your team around you. Having strong connections to the working world throughout the extent of their studies means that the employment rate of Laurea’s graduated students is the highest of all of Finland’s universities of applied sciences.

LAUREA OFFERS a dynamic, vibrant and innovative environment for its students with both Finnish and English-language degree programmes.

Laurea offers Bachelor’s degree programmes as well as Master’s degree programmes in English and Finnish.

## Studies in English

LAUREA HAS SIX campuses in the Helsinki metropolitan area. The campuses are situated in Hyvinkää, Leppävaara (city of Espoo), Lohja, Otaniemi (city of Espoo), Porvoo and Tikkurila (city of Vantaa). Two campuses, Tikkurila and Leppävaara, offer full degree programmes in English (six Bachelor

programmes and three Master programmes). All study programmes in Finnish also offer courses in English which makes exchanges possible in all programmes. Incoming students have the opportunity to take studies in the following degree programmes:



Beauty & Cosmetics



Business Information Technology



Service Business Management



Hospitality Management



Nursing



Physiotherapy



Safety, Security and Risk Management



Social Services



# Student exchange and traineeships

LAUREA’S WIDE RANGE of studies in English attracts international students from around the world to come study at Laurea. International students enjoy the friendly atmosphere and community feeling, as well as the working life orientated, competence-building studies. Every year Laurea welcomes exchange students from over 30 countries and international degree seeking students from over 70 different countries around the world.

EXCHANGE STUDENTS AND trainees can study/train at Laurea during the autumn semester, spring semester or for the whole academic year. Orientation is organized in the beginning of the autumn and spring semesters, and is open for all exchange students and trainees to participate in.

A GOOD COMMAND of English is needed to study/train at Laurea. Laurea’s recommendation for English language skills is level B2 in the Common European Framework of Reference for Languages.

STUDENTS WHO WISH to study at Laurea on exchange programmes should turn to the international office at their home institution in order to be selected to a programme before filling in the application to Laurea.



More information concerning student exchange is available on Laurea’s web page: [www.laurea.fi/en/international/exchange-students-and-trainees/](http://www.laurea.fi/en/international/exchange-students-and-trainees/)





## Housing



**LAUREA DOES NOT** have its own student dormitories or other housing for students. Student accommodation is available through student housing associations and companies close to most Laurea campuses.

Read about the different accommodation options for students studying on different Laurea campuses on our website:

[www.laurea.fi/en/international/exchange-students-and-trainees/housing/](http://www.laurea.fi/en/international/exchange-students-and-trainees/housing/)

**EACH STUDENT IS** responsible for applying for accommodation independently. We strongly recommend finding an apartment before arriving to Finland.

## Cost of living



**THE COST OF** living is comparable to the rest of Europe on average. The monthly living expenses of a single student are around EUR 700-900 per month. Please note that there are always unexpected expenses for any international traveller.

**TEMPORARY EXPENSES INCLUDE** the housing deposit, which will be refunded at the end of the tenancy period. The expense for textbooks is very low, since most of the course books can be borrowed from libraries.



**LAUREA STUDENTS ARE** entitled to discounts on catering. Students should pay a maximum of EUR 3.00 for lunch. Subsidized lunches can be obtained with a valid student card. Students are also entitled to certain discounts on public transport with the student card from Laurea.

**MORE INFORMATION ABOUT** Living in Finland on our website:  
[www.laurea.fi/en/international/exchange-students-and-trainees/living-in-finland/](http://www.laurea.fi/en/international/exchange-students-and-trainees/living-in-finland/)

## Tutoring and assistance

**INTERNATIONAL PLANNING OFFICERS**, together with student affairs offices and faculty, assist exchange students in academic questions, i.e. studies and studying, and provide information especially related to exchange.

**THE STUDENT UNION LAUREAMKO** and its student tutors also provide exchange students orientation and assistance. This includes help from the tutors with practical arrangements, student cards, social activities, trips and introduction to Finnish language and culture. Laureamko will contact all exchange students prior to their arrival.

**THROUGH LAUREAMKO INCOMING** exchange students have opportunities to explore Finland and its culture as well as visit e.g. Russia and Lapland. Board game nights, sports events, student parties and other fun activities are arranged by the student union every month. Laureamko also offers students the possibility to purchase a sports pass which grants access to a wide variety of sports services in the capital region.



Visit [laureamko.fi](http://laureamko.fi) for more information



# Experience Finland

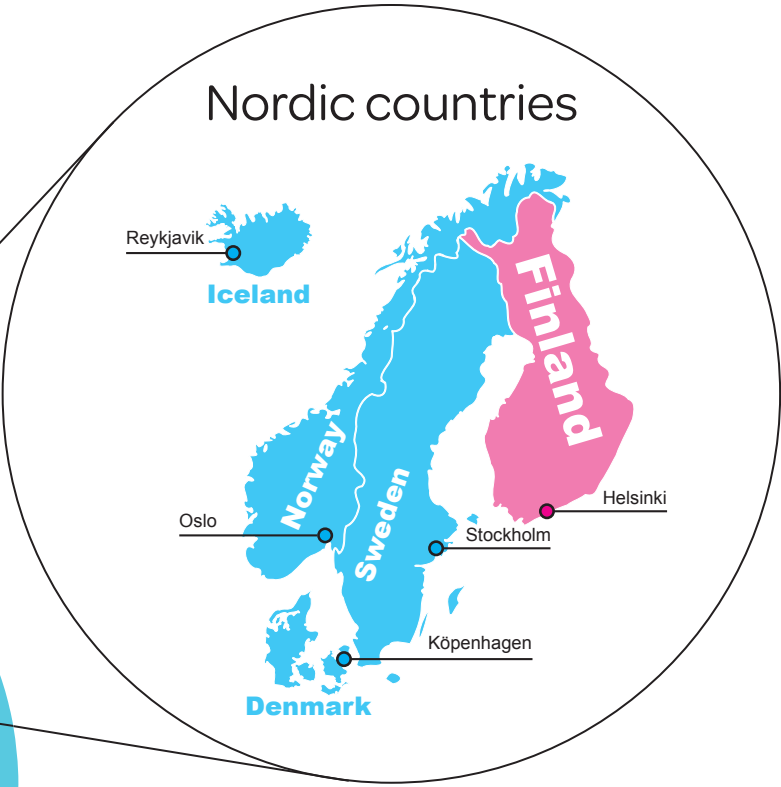
**FINLAND IS ONE** of the Nordic countries and shares a border with Sweden, Norway and Russia. The standard of living in Finland is high and the country has topped the charts for years in education, wellbeing and safety. The people of Finland have their own unique culture and are known as Finns. Finns are very polite and helpful, but you need to get to know Finns before you can enjoy their full social potential.

**FINNS ARE ALSO** passionate about their food and they know how to celebrate it. You should definitely try traditional dishes such as salmon soup with rye bread or even reindeer served with mashed potatoes. These dishes are eaten throughout the country, in all seasons. Also not to be missed in Finland: Salmiakki (salty liquorice) and Finnish milk chocolate.

**THE WEATHER IN** Finland during the four seasons is very distinct. The wintertime in Finland is cold and snowy and you can make the most of it by going skiing, building a snow castle or having a huge snow fight with your friends! During the beautiful spring

time and summer you can enjoy sunshine and serene lakesides that take your breath away and can compete with anything the rest of the world has to offer in terms of sheer beauty. Although autumn means darkening days and cooling weather it is also the season known as 'ruska' when the forests fill up with autumnal colours in beautiful shades of red, brown and yellow.

**COME AND EXPERIENCE** this exceptional people, all four seasons of the year and a unique mixture of fresh nature and clean cities in Finland!



## Exchange student experiences

Laureamko organized lots of events which were always well organized and a lot of fun. Don't miss St. Petersburg and Lapland. Great experiences. Don't forget to check out all the nice spots in Helsinki and Helsinki area. Rent a car and make a road trip if possible. You will get a nice impression of Finland. Enjoy the nature and the quietness.

Finland has a very good education system. The lecturers at Laurea speak good English so I had no problems to communicate and understand the contents of the courses. The relationship with the lecturers was very nice and helpful.

I had a great time at Laurea. I met a lot of friends, I improved my language skills, I studied in a multicultural environment, I learned a lot of new things and I believe that I will fully utilize my experience from Laurea in working life. It was an unforgettable experience.

## FINLAND HAS



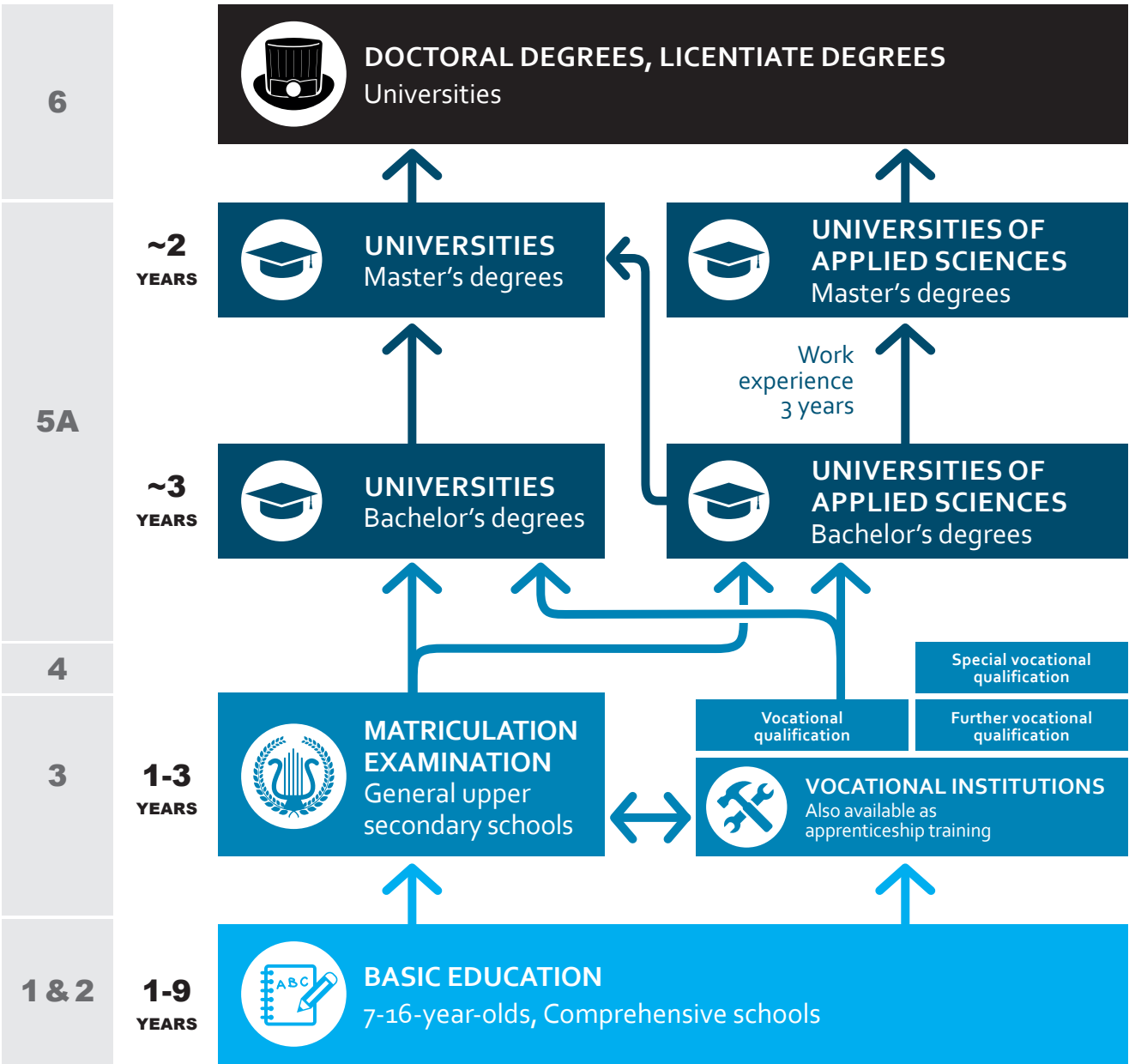
**13** universities and **23** universities of applied sciences (UAS)

## FINNISH UAS PROVIDE



**100** Bachelor's degree programmes and over **20** Master's degree programmes in English

ISCED\*



\*ISCED-CLASSIFICATION 1997

- 1-2 Primary education or lower secondary education
- 3 upper secondary education
- 4 Post-secondary non-tertiary education
- 5 First stage of tertiary education
- 6 Second stage of tertiary education

**MORE INFORMATION ABOUT FINLAND:**

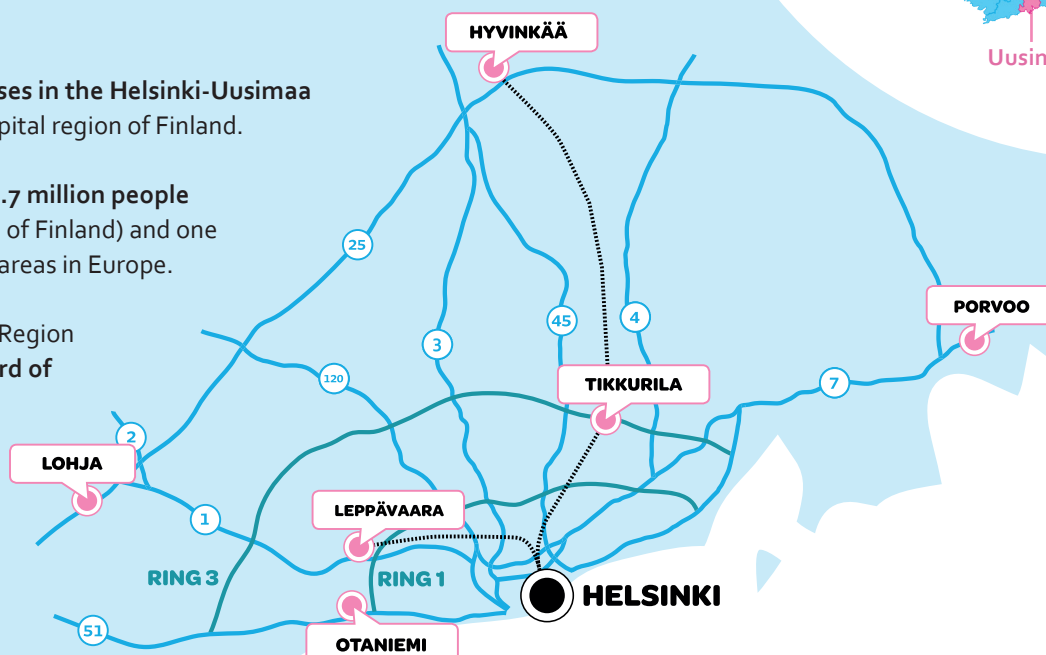
This is Finland [www.finland.fi](http://www.finland.fi)  
Study in Finland [www.StudyinFinland.fi](http://www.StudyinFinland.fi)  
Application [www.Studyinfo.fi](http://www.Studyinfo.fi)

## Where we are located

Laurea has six campuses in the Helsinki-Uusimaa Region which is the capital region of Finland.

It is home to around 1.7 million people (30% of the population of Finland) and one of the fastest growing areas in Europe.

The Helsinki-Uusimaa Region produces over one third of Finland's GDP.



## Laurea University of Applied Sciences contact information

Contact information of International services: [intl.info@laurea.fi](mailto:intl.info@laurea.fi)

[www.laurea.fi/en/international/exchange-students-and-trainees](http://www.laurea.fi/en/international/exchange-students-and-trainees)

### LEPPÄVAARA CAMPUS

Vanha maantie 9,  
02650 Espoo

### OTANIEMI CAMPUS

Metsänpojankuja 3,  
02130 Espoo

### HYVINKÄÄ CAMPUS

Uudenmaankatu 22,  
05800 Hyvinkää

### LOHJA CAMPUS

Nummentie 6,  
08100 Lohja

### PORVOO CAMPUS

Taidetehtaankatu 1,  
06100 Porvoo

### TIKKURILA CAMPUS

Ratatie 22,  
01300 Vantaa

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[www.laurea.fi/en](http://www.laurea.fi/en)