

# INFORMATION SHEET

FOR STUDENTS • ACADEMIC YEAR 2024–2025

INCOMING TEAM WELCOMES YOU  
to study and enjoy the Arctic!

**LAPIN AMK**  
Lapland University of Applied Sciences

Ms. Sanna Moisanen  
Kemi/Tornio

Ms. Maria Palokari  
Rovaniemi

Erasmus code: SF ROVANIE11

incoming@lapinamk.fi  
www.lapinamk.fi/en  
www.lapinamk.fi/en/Applicants/  
Exchange-Students



FOLLOW  
US



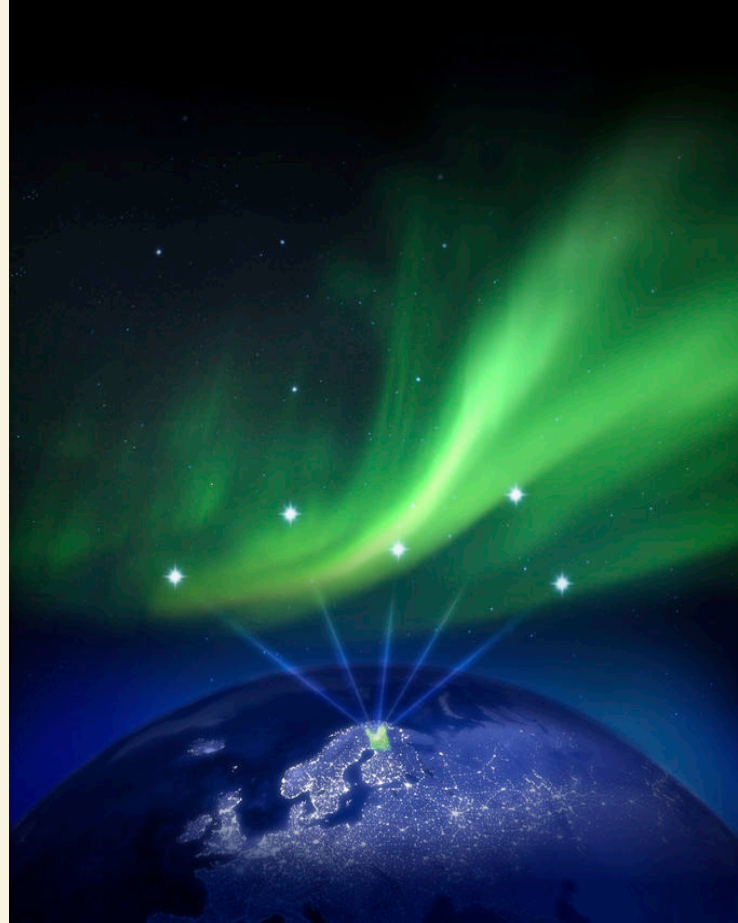
# ACADEMIC YEAR 2023–2024

## AUTUMN SEMESTER 20.8.–13.12.2024 (preliminary dates)

August 19	Recommended arrival day
August 20–26	Orientation programme for international students
October 14–18	Self Study Week
December 13	End of the semester

## SPRING SEMESTER 7.1.–31.5.2025 (preliminary dates)

January 6	Recommended arrival day
January 7–10	Orientation
3.3.– 8.3.2024	Self Study Week
18.4.–21.4.2024	Easter Break
May 31	End of the semester



# Study above ordinary

## APPLICATION GUIDELINES FOR EXCHANGE STUDENTS

1. Apply for an exchange at your home university.
2. After the nomination from your university, we create a profile for you in SoleMOVE system.
3. You will receive an e-mail from SoleMOVE with instructions on how to apply to Lapland UAS.
4. Create your application in SoleMOVE. Enclose:
  - Transcript of Records
  - Learning Agreement
  - CV (for practical training)
  - Housing application (Kemi and Tornio Students)After you have completed the application, please remember to send it.
5. You will receive an e-mail with admission decision after the application period.

More info on applications at  
<https://www.lapinamk.fi/en/Applicants/Exchange-Students/Application-process>

### Application deadlines:

Autumn semester: 15th May

Spring semester: 31st October

Exchange students can choose courses from one studyfield only (listed below) and from the common studies given for each semester.

### Rovaniemi Campus

Information and Communication Technology  
Tourism and Hospitality Management  
International Sustainable Business  
International Sports Business Management  
Sports and Leisure Studies  
Physiotherapy  
Nursing (practical training)  
Rural Industries  
Forestry  
Land Surveying Technology  
Civil Engineering

### Kemi Campus

Social Services  
Nursing  
Mechanical and Production Technology

### Tornio Campus

Fine Arts (Autumn semester)  
Information Processing (Autumn Semester)  
International Business (Spring Semester)  
International Business Management (Master)

### COURSE OFFER:

<https://opinto-opas-amk.peppi4.lapit.csc.fi/offerings/9?lang=en>

## STUDYING IN ENGLISH AT LAPLAND UAS

Each faculty offers a wide selection of courses taught in English. See the current course offer from:

<https://opinto-opas-amk.peppi4.lapit.csc.fi/offerings/9?lang=en>

Recommended study load per semester is 30 ECTS unless otherwise agreed with the sending institution and students coming for a traineeship have to complete minimum of 10 ECTS.

## ENGLISH LANGUAGE REQUIREMENTS

The recommended language level for students is B1 based on the Common European Framework of Reference for Language (CEFR). Sending institution is responsible for the evaluation of student's language competence. The level of competence is marked in the learning agreement.

## LEARNING AGREEMENT

As part of the application process you need to prepare a learning agreement (LA). LA is needed to make sure that your planned studies are based on the Lapland UAS study offer and that they are accepted by your home university.

### Non-Erasmus+ students

Learning Agreement form is available on our webpage <https://www.lapinamk.fi/en/Applicants/Exchange-Students/Application-process>

You can use LA form provided by Lapland UAS or your home university.

### Erasmus+ students

Lapland UAS endorses Erasmus+ Online Learning Agreement (OLA). During the transition period, we accept learning agreements both via OLA or as printed versions. In both cases the student has to upload PDF - version of the LA in her/his application in Solemove, our mobility application tool.

### Online Learning Agreement

- allows the Learning Agreement to be prepared online
- is shared with both the home and host universities and signed electronically

### LaplandUAS OLA information

Country "Finland"

Host institute "LAPLAND University of Applied Sciences"

Add the faculty/unit: Your faculty at the Lapland UAS

Contact person:

Rovaniemi: Maria Palokari,

Kemi/Tornio: Sanna Moisanen

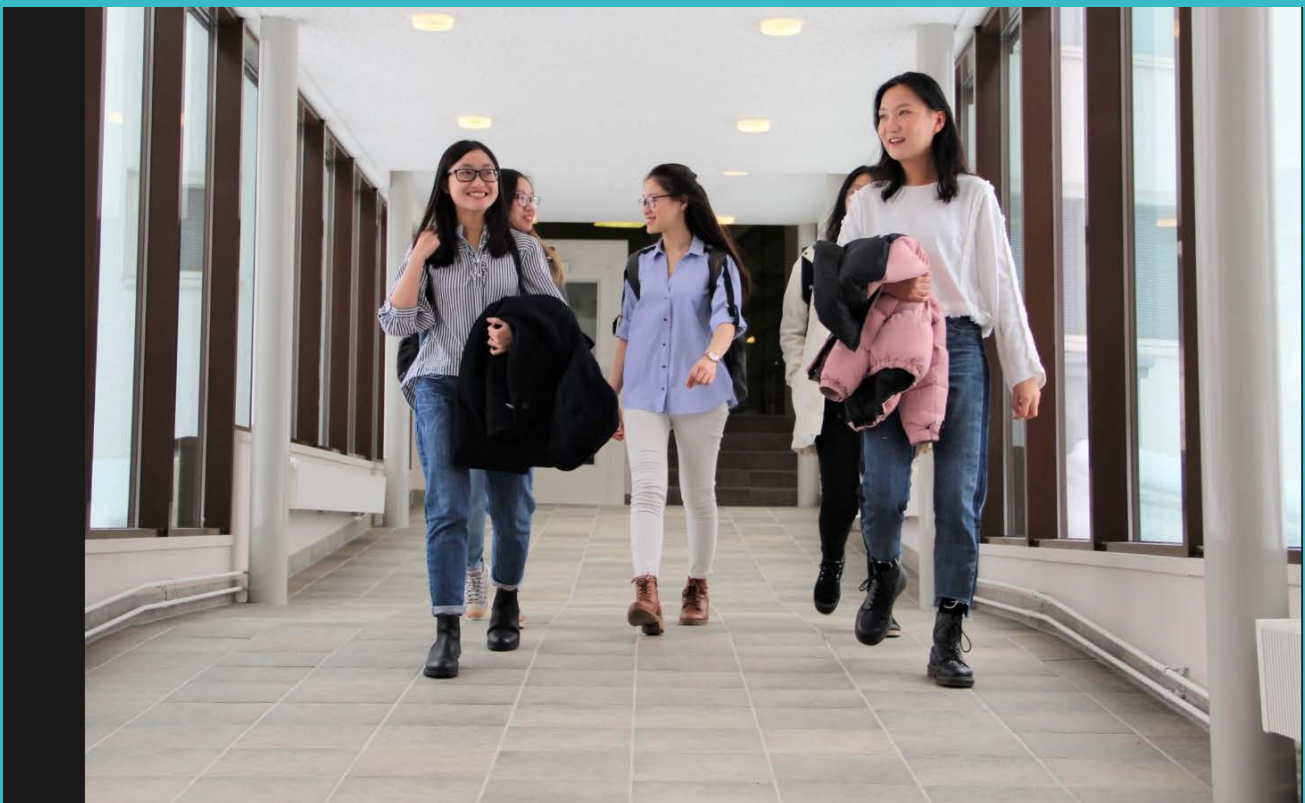
Email [incoming@lapinamk.fi](mailto:incoming@lapinamk.fi)

## INCLUSION AND ACCESSIBILITY

Lapland UAS seeks to be an accessible place where any barriers to studying, physical or otherwise, are removed, as far as is reasonably practicable.

Lapland UAS is committed to promoting equality of opportunity to study and supports setting up individual study arrangements to ensure that the opportunity is realized.

In case you have inclusion or accessibility needs, please contact us [incoming@lapinamk.fi](mailto:incoming@lapinamk.fi) well in advance to confirm availability of the support services at Lapland UAS.



# What awaits me in Lapland after my arrival?

**Where will I stay? And how will I get there?  
How will I find my way around the Lapland UAS?**

## STUDENT TUTOR

You will be assigned a fellow student, so-called tutor, who will help you with your first steps. Your tutor will contact you by email to agree all the details regarding your arrival.

### He or she will:

- ✓ meet you at your apartment and explain the basics of living at local student flats
- ✓ help you to find your way to the LaplandUAS and the nearest grocery store
- ✓ answer your questions about the LaplandUAS and student life in Rovaniemi/Kemi/Tornio
- ✓ help you find a right person you can turn to if you e.g. run into some kind of problems and need advice from a local.

If your tutor does not contact you before your arrival, please let us know at: [incoming@lapinamk.fi](mailto:incoming@lapinamk.fi)

## ORIENTATION PROGRAMME

Each semester starts with an Orientation Programme for new international students. Definitely do participate, it will make your start here way easier and even fun!

## ACCOMMODATION IN ROVANIEMI

As an exchange student of Lapland UAS, in ROVANIEMI you may apply for accommodation from DAS (student housing foundation) - you just need to fill in and submit an online application. The local student housing foundation, Domus Arctica (DAS), offers an off-campus accommodation to both Finnish and international students. There are shared apartments, studios, and family apartments. The monthly rent varies depending on the size, condition, and level of the furnishings of the room. After DAS has offered you an apartment, you need to pay a refundable deposit in order to confirm the accommodation and to be able to receive the key to your apartment when you arrive.

Find out more about DAS at [www.das.fi/en](http://www.das.fi/en)

## ACCOMMODATION IN KEMI AND IN TORNIO

As an exchange student of Lapland UAS, in Tornio or in Kemi you need to apply housing when filling up the SoleMOVE application. The apartments are rented by the private sector. Apartments are usually 2-3 furnished rooms, shared kitchen and a bathroom (kitchen utensils and blankets in the room, nobedlinen/towels). The monthly rent varies depending on the size, condition and location of the housing.

#STUDYINLAPLAND

# Studying in Lapland UAS

**Should I prepare myself for a big shock?  
(SPOILER: No, you'll be just fine.)**

## STUDIES AT LAPLAND \*J 6H\*

In the Finnish system of studying the courses start and end at various times during the semester. Therefore, there is no fixed exam period at the end of the semester. Exams (if there is one) are simply held at the end of each course.

Studying in Lapland UAS is practical and working life oriented. The learning process links together theoretical, practical and experienced based information and strenghtens problem solving and decision making skills. Projects focus in real working life problems.

## CREDITS

The estimated work load for full time student in one academic year is 60 ECTS credits, meaning 30 ECTS credits per semester. One credit refers to approximately 27 hours of work by the student.

Credits are used to define the extent of a given course.

Lectures, exercises, seminars and other forms of instruction (e.g. the writing of essays; lecture journals; preparation for examinations, etc.), as well as independent research, are all taken into consideration when the number of credits for each course is being calculated.

Please note that a credit does not refer to the duration of a course, but to the estimated amount of work required.

## PEPPI – STUDENT INFORMATION SYSTEM

In Peppi you can:

1. view your own, individual timetable
2. check the grades and number of credits,
3. give feedback on courses,
4. order an official transcript of records to your e-mail





## How about my budget?

Am I subject to any fees? If so, which ones?  
And how much will I pay to keep myself warm and well-fed?

### TUITION FEES

- Exchange students: no tuition fees

### STUDENT UNION ROTKO MEMBERSHIP FEE

- Exchange students: membership is voluntary, 20€/semester + 15€ with a physical card

Benefits:

- discounts on train and long-distance bus tickets
- discounts at youth hostels, in museums and theaters, at concerts, swimming pools, ski resorts, some restaurants
- discount for the events planned by ROTKO
- discount for the patches etc. material sold by ROTKO

### LIVING COSTS

Check the living costs from: [www.numbeo.com](http://www.numbeo.com).

Estimated monthly budget:

#### Rent

DAS Housing ROVANIEMI

Depending of the accommodation type	EUR 220–350
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Private Housing in Kemi

Shared apartment/single apartment	EUR 380-600€
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#### Other expenses

Food	EUR 200
Leisure, other expenses, transportation	EUR 196

Please note that part time job opportunities are available in Lapland especially during tourism season November-March.

**“Studying in Lapland UAS is practical, this is something that I would like to take to my home country with me. It is much easier to learn from practice than only from the books.”**



# How do I enter Finland?

What things do I need to organize prior to / after my arrival?

## MANDATORY INSURANCE

- All international students need an insurance policy that is valid throughout your stay at the LaplandUAS. Insurance must cover medical care and personal injury, and should also contain liability coverage for loss or damage. Proof of a valid insurance coverage is required upon registration at the Lapland UAS.
- For residence permit, your insurance must cover both sickness and accident related medical expenses up to at least 120,000€.
- For EU students, public health care will offer urgent medical care if it is required during your temporary residence in Finland. In order to use public health care, you need to obtain the European Health Insurance Card (EHIC) from your local authorities before leaving your home country. Have it with you at all times.  
Please note, that this card covers only emergency treatment and obtaining an additional insurance coverage is strongly recommended.
- Additional information can be found here: [www.eu-healthcare.fi/know-your-rights/](http://www.eu-healthcare.fi/know-your-rights/)

## RESIDENCE PERMIT

**Citizens of the EU, EAA and the Nordic countries** do not need a residence permit or any other permit prior arrival to Finland.

**Non-EU/non-EAA citizens:** Apply for a residence permit prior to your arrival in Finland by filling in the residence permit application. Please, tick the box for acquiring Population Registration and Finnish PIC. In case you forgot to do so, you can apply for it after your arrival at the DVV. For detailed and up-to-date information please see Finnish Immigration Internet Service: [www.migri.fistudying\\_in\\_finland](http://www.migri.fistudying_in_finland).

**Studying at  
Lapland UAS  
is practical  
and  
work-oriented.**

*I'm fire. I'm ice.  
I'm a storm. I'm calm.  
I'm strong and sensitive.  
I have the Northern Factor*