

Finland – Laurea University of Applied Sciences

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¹ To update the agenda just click right on your mouse



I. Your overall feeling after your semester abroad

Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?

My experience abroad was nice, and in the Covid-19 context being in Finland was the best country to stay.

If I could go back time, and if the Coronavirus wouldn't exist, it still would have come to Finland because I really wanted to experience the Nordic countries lifestyle. Helsinki is a nice city in my opinion because there is a lot of nature and there is a lot of places to visit all around.

Meanwhile, I think this finnish experience doesn't correspond to all kind of personalities. As Helsinki was my third Erasmus I appreciated it, but I don't recommend it as a first exchange because I think that they are more things to learn in other cultures.

II. Before the travel

A. Preparation

1. Visa

Help : Do I need a visa ? If yes, what is the process ?

No, Finland is in European Union.

2. The flight

Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket

I travelled with Finnair and I bought my flight ticket in November 2019, 411€ round trip with 2 check-in luggages.

My flight ticket was :

- January 4th : Paris – Helsinki,
- May 29th : Helsinki – Paris, but cancelled because of Coronavirus situation.

Therefore, I called Finnair in order to change my flight and I will travel on June 19th from Helsinki to Paris without price change.

3. My luggage

Help : what to not forget in the luggage (what was useful and what you would like to have taken)

In order to leave in Finland, you don't have to forget :

- Warm coat

- Warm shoes
- Swimsuit (for sauna !)

4. Bank account

Help : did you have to change bank? To respect some amount requirement on the bank account etc.

No.

5. Insurance

Help : What insurance did you subscribe to ?

I just used my French insurance and ask to be insured in Finland during my stay.

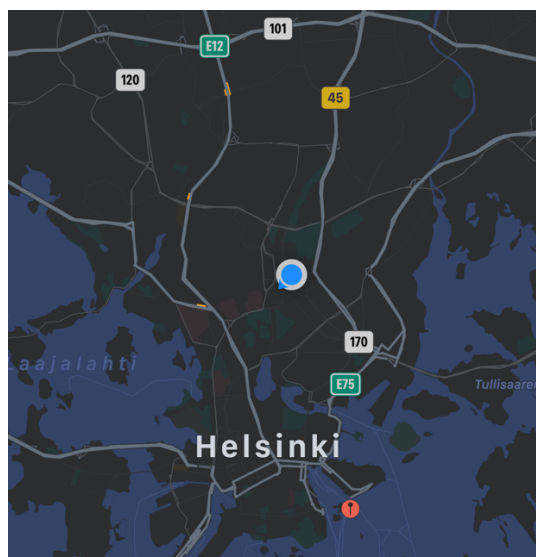
B. Housing

1. Where to live

Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)

There isn't any area I don't recommend to live except the ones where there is no bus/metro/tram/train stop close. In Helsinki all the neighborhoods are nice.

I was staying in Junailijankuja 5, Ita-Pasila (blue point) and it was a very nice area because just next to a train station.



2. Find a flat or a room

Help : How did you find your flat? Do you have any recommendation

HOAS is student real estate agency, it proposes nice apartment in an affordable price. I think it is the best way to find a flat, and they contact you directly as an exchange student in Laurea university.

3. Cost

Help : How much should I plan for a room?

I used to pay 423€ for my room in a shared appartement with 6 other girls in exchange. I think you should plan for around 400€.

III. When I arrive at the university

A. Inscription at the university

Help : How was the process, what did you have to do?

My inscription was already done when I was in France so I had a welcome day but not an inscription day.

B. Information on the university

1. Class

Help : for each class tell us how was the class, what did you like and not like, would you recommend it for the next student?

I'm going to grade those classes up to 5.

Corporate Social Responsibility : 5/5. Very interesting online class, I learned a lot, I recommend it.

Digital Service Business and Marketing : 2/5. I was disappointed because when I arrived, they told us that it was an online class. There wasn't much content to learn and the teacher was a bit lazy in my opinion. I don't recommend it.

International Marketing Project : 4/5. The real name of this class should be "Marketing Project in a International group", I was a bit disappointed at the beginning because I really thought that we would explore marketing in an International point of view. But still, it was an interesting experience and the project was nice. Without the Covid-19 crisis it would have been even better. 4/5.

Multicultural and Multidisciplinary Competences : 5/5. I really liked this classes which was full of positivity. We learned a lot about our differences and how to manage them, how to manage a sustainable socially and environmentally all together.

2. Exam

Help : How was the exam?

Because of Covid-19 crisis, exams were online or were documents to return. Meanwhile, the exams were fine.



IV. When I life there

A. Safety

Help : Is it safe? Is there areas or times I should avoid

Helsinki is safe.

B. Phone and Internet

Help : How to be able to call and have internet

You can buy a router to have internet.

C. Events

Help : How to know about the events?

The student organization has an app where you can find a lot of events. You can also look at the Facebook events.

D. Sports

Help : What sport can I do ? and how?

You have a lot of free sports proposed by the university, including free gym. They are also a lot of outside sport all around Helsinki (outside gym, football grounds, basketball grounds...).

E. Eating

Help : Any recommendation? Or good tips (e.g. aninternational house buffet)

Don't go to finnish restaurants: it's expensive and the food is not really good. You should better eat in foreigner's restaurants.

F. Go to the university : bus, car, bike

Help : How did you get access to the bus, car or bike

HSL company get access to bus, train, tram, metro. You can also ask for bike access as an option.

I haven't used a car and I don't think it's necessary.

G. Travels

Help : What do you recommend and what do you not recommend

I recommend Lapland (1 week), Turku (2 days) and Tampere (1 day) in Finland.

You can also travel in Russia, Estonia, Lithuania, Latvia and Sweden because it's close.

Usually, student organizations propose travels.

H. Any other information you would have liked to know about

Help : What would I liked to know if I could have gone back in time

I would have like to know that we should take seriously the "9am-3pm sun" during winter.
We need to take D vitamins.

