

## Causeur Théo, Helsinki, Finland– Laurea University of Applied Sciences.

### 1 - Overall Feeling After My Semester Abroad

I would give this Erasmus the grade of 5 because it was simply the best experience of my Life

My six months in Finland as an Erasmus student were amazing. Living there allowed me to experience a new culture and beautiful landscapes, from lakes and forests to the Northern Lights. The Finnish education system impressed me with its focus on student well-being and innovative teaching methods. I enjoyed my courses and the collaborative environment.

Socially, I met people from all over the world and made lasting friendships. We explored Helsinki and took trips to nearby countries. Despite some challenges, like the cold weather and adapting to a new city, these experiences made me more resilient.

Overall, my semester abroad in Finland was a fantastic journey that enriched my life. It boosted my academic skills, made me appreciate different cultures, and left me with unforgettable memories.

### 2 - Before the Travel

#### A. Preparation

##### 2.1 Visa

I did not need to get a visa for my Erasmus, however we had to get a local social security number if we had to stay for more than 3 months in the country. If you travel to other countries even for one day then your 3 months period starts again.

##### 2.2 The Flight

The flight was a bit weird but I wasn't alone so it was fine but be prepared for the change and especially when you land in your new country.

##### 2.3 My Luggage

I took 2 full suitcases with me, but did the mistake of bringing mainly warm clothes that were a bit unnecessary. If you have a good jacket, gloves and a beanie then you will

survive in Finland.

#### 2.4 Bank Account

Personally I kept the same bank I had because my membership allowed me to do so but it depends on your bank.

#### 2.5 Insurance

I kept the same insurance as in France.

### B. Housing

#### 2.6 Where to Live ?

For the housing we had to answer a questionnaire or something that the university gave us where we had to put what we wanted. Either an individual apartment, a shared apartment or only a room. According to the information you give such as the maximum price you can pay for rent that will send you different housing offers.

If you don't want to live on campus you can try to find an apartment yourself, some of my friends did so but you have to search a lot and it can take a lot of time.

#### 2.8 Cost

Regarding the cost, once again it depends on what you choose but it goes from 450 ( on campus ) to 1000 or even more ( if you take an apartment by yourself )

## 3 - When I Arrive at the University

### A. Inscription at the University

The inscription at the university was very easy, almost the same as in France.

### B. Information on the University

You can find every information you need on the website of the university you are going to join, or with the contact that MOMA will give you. The university of Laurea was exceptionally good regarding the help provided to students. Everything was very helpful and especially when you are an Erasmus student.

### 3.1 Class

I had only 4 classes and unfortunately 3 of them switched to online classes. However the quality of the course was still very good. The classes are no difficult and most of the work is done in groups. For the exam its mostly MCQ's and you have 2 tries to pass every exam, sometimes even more.

### 3.2 Organization of the Class

It depends on the class.

### 3.3 List of Courses and Recommendations

Digital marketing was my favorite one but you have to put the work into it.

Don't take service design if you want free time.

### 3.4 Exams

As i said exams are mostly MCQ's but I know some of my friends had final exams such as an essay or something.

## 4 - When I lived There

### 4.1 Safety

In Finland safety is the best I have ever encountered. You can go out and be safe at anytime.

### 4.2 Phone and Internet

You can keep your phone membership from France depending on the one you have and for internet you just have to buy an ethernet cable for the house.

### 4.3 Events

There is a few events organized by the BDE of Laurea but did not go to a lot of them so can't really tell you if it's good or bad.

### 4.4 Sports

Sport in Finland is very important you can practice every sport you want. I recommend you to try local sports such as hockey, ice skating and cross-country skiing.

### 4.5 Eating

The food is a lot more expensive over there and especially for meat and fish but otherwise it's fine. It is not as good as in France obviously but it is ok. To save money and time you

can eat at the university restaurant which is around 2,80 per meal and you can fill your plate as much as you want.

#### 4.6 Transportation to the University: Bus, Car, Bike

Usually if you live on campus it's just a 10 min walk and otherwise transports in Helsinki are perfect, almost no delays except on heavy snow days.

#### 4.7 Travels

Travelling was definitely the best part of this Erasmus. You have so much free time, use it to discover next countries. I visited 6 new countries and travelled across Finland 3 times as well. If you have to only do 1 trip do the one to Lapland, it may seem expensive but it's worth it.

## 5 - After Your Semester Abroad

### A. What Are You Planning to Do?

Next year I am going to join a master degree at Paris panthéon sorbonne.

### B. In Which Master's Program Were You Accepted?

I was accepted in different programs but chose management quality, security and environment.