

## FINLANDE – Laurea University of Applied Sciences

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<sup>1</sup> To update the agenda just click right on your moose

## I. Your overall feeling after your semester abroad

*Honestly, I'd definitely go back on Erasmus. I think that whatever the destination, the experience is just incredible and unforgettable. Helsinki has something magical about it, you get to the snowy days and discover the very short hours of sunshine and then spring comes and you discover nature buried under the snow and then comes the start of summer, sunshine and endless days where the sunset never comes! life is really beautiful, don't hesitate!*

**GRADE : 5**

*=> 0 (I do not recommend this semester abroad to my best friend) - 5 (I totally recommend this semester to my best friend)*

## II. Before the travel

### A. Preparation

#### 1. Visa

*I didn't require a visa. Finland is part of the Erasmus program so no need to get a visa.*

#### 2. The flight

*I took an Air France flight from Montpellier to Helsinki with a stop at Paris Charles-de-Gaulle. It took me about three hours of flight. I took my flight tickets maybe two weeks before the departure as I didn't receive yet the confirmation of my accommodation. I should advise you to take your round trip directly as soon as you can, it can be expensive at the end of the Erasmus semester to go back in town!*

#### 3. My luggage

*In your luggage, the essential is obviously everything related to snow clothing: warm jacket, ski trousers, gloves, scarf, hat, boots, warm clothing, warm socks but you will need also swimsuit and flip-flops for sauna sessions! Do not forget to be dressed warmly the day of the arrival, be careful of the negative temperatures!*

#### 4. Bank account

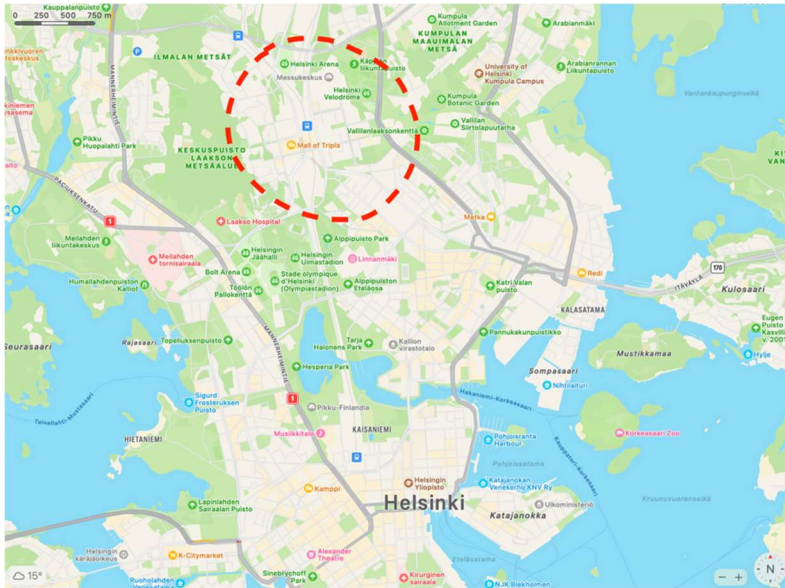
*I didn't need to change bank. I had an internationally card for payments abroad.*

#### 5. Insurance

*I didn't subscribe any insurance, the house insurance was provided in your rental agreement and for liability insurance you are supposed to have one already.*





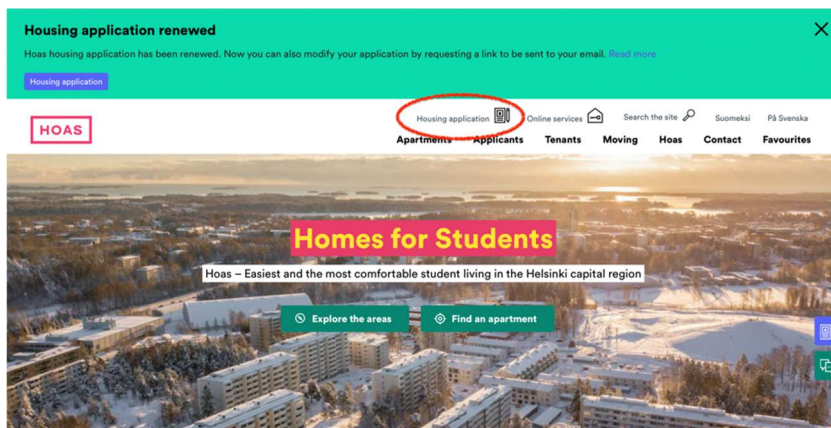


*This neighborhood is Pasila Bôle. It is the nearest neighborhood before Helsinki. The accomodation are just close to a big mall where you can find everything.*

## 2. Find a flat or a room

*You need to contact Hoas by filling in a form on their website.*

<https://hoas.fi/en/>



## 3. Cost

*You should plan for a shared flat between 400€ and 500€.*

## III. When I arrive at the university

### A. Inscrition at the university

*Montpellier Management's International Relations Department will send your official nomination to the partner university. The university will then contact you and ask you to register online.*

**WWW.MONTPELLIER-MANAGEMENT.FR**

*The host university will send you an official letter of acceptance once the online application process has been completed.*

*You should then after filling in the Learning Agreement which is different from the contrat d'études ⚠*

## B. Information on the university

### 1. Class

*As far as courses are concerned, make sure you look carefully before choosing whether the course you want to take is face-to-face or online. If the course is distance learning, this can have advantages, but don't take all your courses distance learning, as you risk finding the time long if you don't go to the campus and you'll also meet fewer people.*

### 2. Organization of the Class

*First of all, the courses are taught by two teachers most of the time. Classes last between 2.5 and 3 hours.*

*Some courses involve a fair amount of work and others less, depending on the number of credits your course has. A 10-credit course involves a lot of work, usually with a theory part to be done independently and a practical part that takes place in a group. Even the practical parts may be distance learning if your course is distance learning. This can be a little more complicated to manage, as you may find yourself with Finnish students of your own age or even students who are retraining and therefore have a busy timetable, which can be complicated when you have to organize meetings to work.*

*The teachers have a different way of teaching which is quite interesting, they're keen to understand you, and they'll know how to forgive you if there's the slightest problem. if you can't attend one of their lessons, just let them know by email or tell them about the class before.*

### 3. List of courses and recommendation

- *Service Design (10 ects)*

*Service Design is the course that took me the most time and required a lot of work. As I said, there was a theory part which started in December, even though I wasn't yet in Finland. It was to be done independently but it was very long. then the practical part was to work with a company on a project related to the course. It's interesting but I wouldn't recommend this course.*

- *Digital Marketing and Sales (10 ects)*

*This class has the same organization as Service Design, but it takes less time and is more interesting. The level of this course expected can be a bit harder than we are used to in Moma if your practical project is ambitious. The teachers are really kind, I recommend you this class.*

- *Tourism Marketing (5 ects)*

*This class was one of my favorites, it's really interesting if you do like marketing in a tourism aspect. We worked with a company, and we had to create a video to promote their company for potential partners or stakeholders. I really recommend you this class, teachers are nice and the plan of the course is really interesting.*

- *Latest Trends of Social Media and Marketing Automation (5 ects)*

*This course was not bad, but I didn't learn many new things. The course is divided into two parts: theory and practice. The theory was presented in the form of videos to watch with content that complemented what the videos said. The practical part was aimed at helping a company gain visibility on social networks.*

- *Introduction to Finnish Language and Culture (5 ects)*

*This course is an option, you can't choose this one as their credits can't be counted. But I recommend you take it as an option if you're interested in discovering and learning topics about Finland and the Finnish (their language). The course is really easy and do not require a lot of time of work.*

#### 4. Exam

*There are no exams at the end. All courses are evaluated during all the semester.*

- *Service Design:*

*3 credits for the theory part: quizzes online according to the lessons of theory part  
7 credits for the practical part: 10minutes oral presentation at the end of the semester after the realization of the project with your group in class.*

- *Digital Marketing and Sales:*

*3 credits for the theory part: quizzes online according to the lessons of theory part.  
7 credits for the practical part: online oral presentation after the realization of your project.*

- *Tourism Marketing:*

*5 credits: oral presentation in class with your group, of what you've created for the company you've worked for.*

- *Latest Trends of Social Media and Marketing Automation:*

*5 credits: online oral presentation with your group, of what you've created for the company you've worked for.*

- *Introduction to Finnish Language and Culture:*

*5 credits: - video presentation of you in Finnish.*



- Video presentation in group on a Finland topic.
- Final quiz in class on the vocabulary learned in class.

## IV. When I live there

### A. Safety

*All places are safe, you don't feel in danger around stations or in the city, and you can easily return home alone without any problems. Finland is a fearless country.*

### B. Phone and Internet

*I had an internationally phone package and for internet at home, the wifi is accessible via an ethernet cable and/or a wifi box. (you can already have one in your home from the previous students).*

### C. Events

*As far as events are concerned, everything is explained at the induction day at the beginning of the semester. There is a student office at laurea which organises evenings, activities and trips.*

### D. Sports

*I didn't do any sport at university but there was a small gym at the university (very small). Otherwise it's very easy to do sport, there are gyms everywhere in the shopping centres (Pasila Fitness24 in particular) and there's a swimming pool in Leppavara which is very good and you can also go hiking or running in the forest near your home.*

### E. Eating

*For food, I recommend shopping at Lidl or Prisma and avoid Kmarket and Smarket, which are very expensive! I don't recommend French restaurants, which are also very expensive!*

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

*For public transport, it depends on where you live, because it works by geographical zone. you have to go to Helsinki central station to the HSL office to buy your pass. with the pass you have access to all types of public transport (bus, tram, underground, train) depending on the geographical zone.*

### G. Travels

*I have made several trips: Estonia, Lapland, Budapest in Hungary, Stockholm, and Split in Croatia. If the interest is really in traveling, consider looking at planes from Helsinki, there can be some really good deals. I really recommend the trip to Lapland, Estonia is also only 2 hours 20 minutes away by boat. Stockholm I also recommend doing it in April when the sunny days arrive.*

## V. After your semester abroad

### A. What are you planning do to?

*Next year my ambition is to pass the cabin crew certification diploma to later become a flight attendant in the army.*

*I will be in a master's degree in marketing and sales at the IAE in Lyon.*