

## INSTITUTIONAL DETAILS

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| Name of Institution | <b>Lahti University of Applied Sciences (LAMK)</b><br>Lahden ammattikorkeakoulu |
| Head of Institution | Mr Turo Kilpeläinen, The President and CEO                                      |
| Erasmus Code        | SF LAHTI11  |
| Erasmus Charter     | 29588-EPP-1-2014-1-FI-EPPKA3-ECHE   |
| PIC Number          | 949269355   |
| Website             | <a href="http://www.lamk.fi/en">http://www.lamk.fi/en</a>                       |

## GENERAL INFORMATION

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| Exchange Student Guide                      | Instructions for exchange students are available at<br><a href="http://www.lamk.fi/en/exchange-student-guide">http://www.lamk.fi/en/exchange-student-guide</a>                           |
| Academic calendar                           | Autumn semester: September – December<br>Spring semester : January – May   |
| Application deadlines for exchange students | Autumn semester and the whole year: <b>15 April</b><br>Spring semester : <b>15 October</b>   |
| Orientation programme                       | <b>Orientation Programme</b> for new incoming exchange students is arranged twice a year, at the beginning of each semester. It is highly recommended to participate in the orientation. |

## INTERNATIONAL RELATIONS

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| <b>EDUCATION COOPERATION</b><br>Bilateral agreements<br>Teacher and staff exchange<br>International weeks | <i>Ms Sari Horn</i> , International Relations Coordinator<br>sari.horn@lamk.fi, +358 50 387 1900  |
| <b>STUDENT EXCHANGE SERVICES</b><br>Services for incoming and outgoing exchange students                  | studentexchange@lamk.fi<br><br>Ms Miia Tuominen, Student Exchange Coordinator<br>+358 447080748<br><br>Ms Pia Puonti, Student Exchange Coordinator<br>+358 44 7080983 |
| Postal Address  | P.O. Box 214, FI-15101, Lahti FINLAND   |
| Visiting Address  | Mukkulankatu 19, FI-15210 Lahti, FINLAND  |

## FACULTIES

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| <b>Faculty of Business and Hospitality Management</b><br><a href="http://www.lamk.fi/en/business-and-hospitality-management">www.lamk.fi/en/business-and-hospitality-management</a> | <b>Faculty of Technology</b><br><a href="http://www.lamk.fi/en/faculty-technology">www.lamk.fi/en/faculty-technology</a> |
| <b>Faculty of Social and Health Care</b><br><a href="http://www.lamk.fi/en/social-and-health-care">www.lamk.fi/en/social-and-health-care</a>  | <b>Institute of Design</b><br><a href="http://www.lamk.fi/en/institute-design">www.lamk.fi/en/institute-design</a>       |

## STUDIES AT LAHTI UNIVERSITY OF APPLIED SCIENCES

| Study methods        | <p>The independent nature of UAS studies in Finland presupposes that students show initiative and take responsibility for the planning of their studies and for keeping to their own schedules. LAMK being a university of applied sciences also means that the approach is very practical, including less theory and more projects. The study methods at LAMK support self-guided development, which creates a basis for comprehensive learning: lectures, teamwork, projects, reading assignments and essays.</p> <p>In addition to face-to-face lectures, LAMK also offers many online courses in <i>Moodle</i> learning platform.</p>   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
|----------------------|---|--------------------|--|-------------|---|-------------|---|--------|---|----------------|---|--------------|---|--------|--|
| Exams                | <p>Please note that there is <b>no specific exam period</b> at the end of the term; exams are held throughout the academic year.</p>  |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| Language requirement | <p>English language requirement minimum level is B2.</p>  |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| Grading system       | <p>Finnish higher education institutions use numeric grading scales. At LAMK, the scale is from 5 (excellent) to 1 (sufficient). Every course and examination at LAMK is recorded on the student's personal transcript. Below is a comparison table with other ECTS grading scale.</p> <table border="1" data-bbox="446 1646 1284 1971"> <thead> <tr> <th>LAMK grading scale</th> <th>European grade definition (not official equivalents)</th> </tr> </thead> <tbody> <tr> <td>5 Excellent</td> <td>A</td> </tr> <tr> <td>4 Very good</td> <td>B</td> </tr> <tr> <td>3 Good</td> <td>C</td> </tr> <tr> <td>2 Satisfactory</td> <td>D</td> </tr> <tr> <td>1 Sufficient</td> <td>E</td> </tr> <tr> <td>0 Fail</td> <td></td> </tr> </tbody> </table> <p>Please note that some courses are without grading on a <b>pass/fail</b> basis. In this case the mark 'pass' appears on the transcript.</p> | LAMK grading scale | European grade definition (not official equivalents) | 5 Excellent | A | 4 Very good | B | 3 Good | C | 2 Satisfactory | D | 1 Sufficient | E | 0 Fail |  |
| LAMK grading scale   | European grade definition (not official equivalents)  |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 5 Excellent          | A   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 4 Very good          | B   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 3 Good               | C   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 2 Satisfactory       | D   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 1 Sufficient         | E   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |
| 0 Fail               |   |                    |  |             |   |             |   |        |   |                |   |              |   |        |  |

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| Credit system<br>Work load / year | Finnish higher education institutions use ECTS credit system. The estimated workload for full time student in one <b>academic year is 60 ECTS</b> credits, meaning 30 ECTS credits per semester. <b>Please note that a credit does not refer to the duration of a course, but to the estimated amount of work required.</b> One credit refers to approximately <b>27 hours of work</b> by the student. Credits are used to <b>define the extent</b> of a given course. Lectures, projects, assignments and other forms of studies are all taken into consideration when the number of credits for each course is calculated. |
| Finnish language courses          | LAMK offers courses in intercultural communication and interdisciplinary courses in our focus areas of design, environmental engineering and welfare as well as courses about Finnish language and culture, such as <i>Survival Finnish and Finnish Culture</i> .  |

## PRACTICAL ARRANGEMENTS

|                                |   |             |
|--------------------------------|---|-------------|
| Accommodation                  | <p>LAMK cooperates with the local student housing organisations <i>Lahden Asunnot Oy (c/o Lahden Talot Oy)</i> and <i>Forenom</i> and helps with the housing arrangements <b>for all incoming exchange students who apply on time</b>. Further and up-to-date information on accommodation available at <a href="http://www.lamk.fi/en/accommodation">www.lamk.fi/en/accommodation</a>.</p> <p>Student apartments are different locations in Lahti. Apartments are <b>usually shared</b> by 2-3 persons and <b>the monthly rent for a single room varies from 332€-390€ / person</b>, depending on the size, condition, furniture etc. Studio about 462€/month.</p> <p><b>Lahden Asunnot Oy tenancy agreements are always fixed periods:</b></p> <ul style="list-style-type: none"> <li>• 1 Aug – 31 Dec for the autumn semester</li> <li>• 1 Jan – 31 May for the spring semester</li> </ul> |             |
| Approximate expenses per month | Accommodation   | 340€ - 462€ |
|                                | Lunch at student canteens   | 50€ - 80€   |
|                                | Self catering   | 90€ - 120€  |
|                                | Local transportation  | 50€ - 60€   |
|                                | Other expenses  | 100€ - 150€ |
|                                | Total   | 630€ - 780€ |
|                                | Please note: This estimate does not include social activities, travel or clothing. It has been estimated that an average Finnish student spends 700€ per month.   |             |
| Visas and permits              | <ol style="list-style-type: none"> <li>1. <b>Citizens of the Nordic countries</b> need not apply for a residence permit but have to register at a Register Office if they stay in Finland longer than six months. Please see also <a href="#">HalloNorden!</a> -Information pages for possible practices of your home country.</li> <li>2. <b>Citizens of other EEA countries</b> need to register their right of residence in Finland if they plan to stay in Finland for more than 3 months non-stop. They can do the</li> </ol>  |             |

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|           | <p>registration at the Finnish Immigration Service office in Lahti within 90 days of their arrival to Finland. Please see information on <a href="http://www.migri.fi/eu_registration">http://www.migri.fi/eu_registration</a>.</p> <p>3. <b>Persons from outside the Nordic and the EEA countries</b> who intend to stay in Finland for more than 3 months need a residence permit which should be acquired before arrival in Finland at the nearest Finnish embassy or consulate. Please see the Finnish Immigration Flowchart: Residence Permit for Studies at <a href="http://www.migri.fi">www.migri.fi</a>.</p> <p>4. Each student need to do registration into Population Information System in Finland. This is advised and done during the Orientation Programme.</p> <p>LAMK only provides the above information as general guidance regarding residence permits and visa issues and is in no way responsible for official rules and regulations regarding their distribution. As immigration policy is subject to change, all international applicants should consult the <a href="http://www.migri.fi">Finnish Immigration Service</a> for up-to-date information regarding residence permits.</p> <p>More information at <a href="http://www.lamk.fi/en/exchange-student-guide/residence-permit">http://www.lamk.fi/en/exchange-student-guide/residence-permit</a>.</p> <p>All international students need to apply Finnish Personal Identity Code. Student entering Finland with residence permit can apply Finnish PIC within the residence permit application. Finnish PIC can be applied from Local Register Office once arrival. Instructions are given within the Orientation Programme.</p> |
| Insurance | <p>All students are responsible for their own insurance arrangements and we strongly recommend taking a comprehensive insurance for the stay in Finland. Health insurance is a requirement for obtaining a residence permit for studies in Finland.</p> <p>More information at <a href="http://www.lamk.fi/en/exchange-student-guide/insurance">http://www.lamk.fi/en/exchange-student-guide/insurance</a>.</p>   |