

SAMK – SHARP TOP OF FINNISH EDUCATION

FACTS AND FIGURES

- Campuses: 4
- Cities and towns: Pori, Rauma, Huittinen, Kankaanpää
- Maintained by Satakunta University of Applied Sciences Ltd.
- Staff members: 400
- Over 30 degree programmes
- Total number of students: 6,000
- Annual intake of students: 1,000
- Degrees awarded yearly: 1,000

THE DNV Business Assurance Management System Certificate has awarded an ISO 9001:2008 certificate to the teaching, research and regional development activities of SAMK and the supporting services in April 2012.

INTERNATIONAL SAMK

SAMK is part of a world wide partners' network and that gives our lectures, staff and students a wide range of choices where to do their exchanges. In addition, SAMK is an established destination for incoming international students. Every year we welcome an increasing number of exchange and degree students. We are happy to host our visiting lectures from around the world.

RDI – RESEARCH, COOPERATION AND INNOVATIONS

In SAMK you can participate in several RDI activities (research, development, innovation) during your studies. If you are interested in, e.g. automation, accessibility or smart energy solutions, you can join the research groups and get comprehensive experience in international cooperation. Different transnational projects can improve your skills and competences and provide valuable reference for application of jobs after graduation.



Satakunta University of Applied Sciences | International Office
www.samk.fi/en



COME AND JOIN US!

SATAKUNTA UNIVERSITY OF APPLIED SCIENCES

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WELCOME TO SAMK!

Satakunta University of Applied Sciences (SAMK) is located on the western coast of Finland, in the Satakunta region. There are about 6,000 students in total and more than two hundred international students studying in our campuses every year. Are you ready to join us?

SAMK is a higher education institution authorized by the Government of Finland. We offer both bachelor's and master's degrees in the faculties of Health and Welfare, Logistics and Maritime Technology, Service Business and Technology.

We have campuses in the biggest cities in the Satakunta region. Pori, Rauma, Kankaanpää and Huittinen offer spacious and safe living conditions, a lot of green nature and excellent opportunities for leisure activities.

The cities are big enough to offer all the necessary services but also small enough to have a cozy and friendly atmosphere.

SAMK is known for its quality of education: our students have ranked us to be among the five best universities of applied sciences in Finland and the majority of the students find a permanent job right after graduating from SAMK.

Read more about the programmes and courses offered and get ready to join us – for a shorter period or for doing your whole degree! www.samk.fi/en



THE BEST EDUCATION

HIGHER EDUCATION IN FINLAND

The Finnish system of higher education comprises universities and universities of applied sciences. The universities of applied sciences offer tailored education to the practical needs of the employment market – an appropriate mix of theory and practice.

In addition to instruction, their tasks include applied research and development as well as regional development. The universities of applied sciences award both Bachelor's and Master's degrees. It takes 3.5 to 4.5 years to complete a Bachelor's degree and 1.5-2.5 years to complete a Master degree while working. After three

years' work experience, a student may commence studies leading to a Master's degree.

The students' workload is measured by ECTS credits based on the European Credit Transfer System. An annual workload of 1,600 hours is worth 60 ECTS credits.

The extent of a Bachelor's degree is 210–270 ECTS credits, depending on the field of study and the extend of a Master degree is 60–90 ECTS depending on the field of study.

“I REALLY LIKE LIVING HERE BECAUSE IT IS VERY PEACEFUL AND QUIET. MY LIFE IS VERY BUSY SO IT GIVES ME A CHANCE TO GET BACK IN TOUCH WITH THE NATURE.”

**JAMES SELFE, PROFESSOR
PHYSIOTHERAPY**



TEACHERS' EXPERTISE AND A FRIENDLY ENVIRONMENT

Professor James Selfe is a lecturer and researcher from Manchester Metropolitan University. His area of interest is musculoskeletal physiotherapy with particular regard to patella-femoral pain and spinal problems.

He has a long history with SAMK. “I think I have been into every programme taught in English language since it started, so I have been coming for more than 20 years now” – he concedes – “and I keep coming back partly because I like the teaching environment at SAMK, partly because I made some really good friends amongst the staff”.

The teachers' expertise and a friendly environment: these two aspects are the main reasons why Professor James Selfe would recommend SAMK to students and visiting teachers. In addition, he suggests that one of SAMK's assets is the experience that teachers and staff have developed in the years of dealing with international people: “They have got a huge amount of experience in terms of what kind of issues, what kind of problems people living abroad may feel” – he acknowledges – “I would say that this would be a really great place to go, since that kind of

understanding helps people to settle into a new programme: it eases the transition into a new culture a lot”.

Living in Finland and the Finnish environment are some additional positive aspects that Professor Selfe highlights when asked about coming to SAMK: “When I am in the UK, I like spending a lot of time outdoors and so the environment here in Finland really suits me. Going into a Finnish sauna and then for a swim in a lake is one of the best experiences you can have” – he reveals – “I really like living here because it is very peaceful and quiet. And a lot of my life is very busy so it gives me a chance to get back in touch with the nature”.

The Finnish language does not seem to be a problem at all “one of the reasons is that the whole point of my coming to Finland was to teach and speak in English. You can cope with English everywhere also outside of the work environment, so I never had a particular incentive in learning the language” – he admits – “and since I like spending a lot of time out in the forest, the trees could understand English just as much as they could understand Finnish!” – he chuckles.



KIRJURINLUOTO is an island and a park in the delta of Kokemäenjoki river in the city of Pori in Finland. It is best known for the Kirjurinluoto Arena, an open-air concert park which hosts the annual Pori Jazz festival. Kirjurinluoto is a part of the Pori National Urban Park. There are several facilities like café and restaurant, a playground for children, a beach, a disc golf course and a summer theatre on Kirjurinluoto island.

Satakunta invites you to enjoy your studies and time off

WELCOME TO SATAKUNTA

The Satakunta region is located on the west coast of Finland. The total population of the region is about 225,000 people. The largest cities of the region are Pori, which has more than 83,000 inhabitants and Rauma which has about 40,000 inhabitants.

The Satakunta region is one of the oldest inhabited areas in Finland; the earliest residents arrived in the Stone Age. Besides the sea and lakes, the landscapes of the Satakunta region are characterized by the river Kokemäenjoki, which is the fifth longest river in Finland and flows into the Gulf of Bothnia. The region offers many nature experiences and excellent opportunities for sports.

Pori and Rauma are harbor towns as well as cultural towns. Both coastal towns are also rapidly developing centres of education and culture.

Pori Jazz festival and the other music and culture festivals gather tens of thousands of music lovers in Pori every summer. Rauma is most famous for its UNESCO World Heritage Site Old Rauma and numerous cultural events, such as the Lace Week, Rauma Blues and Blue Sea Film Festival. An important part of the culture in the region is ice hockey. When the teams of Pori and Rauma meet, the atmosphere in the stadium is indescribable!

READ MORE ABOUT FINLAND, SATAKUNTA AND THE CITIES:

- >> www.finland.fi: Virtual Finland, your window on Finland
- >> <http://finland.cimo.fi>: Discover Finland, Information on study opportunities in Finland
- >> www.visitfinland.fi: Visit Finland, Finnish Tourist Board
- >> www.satakunta.fi: Satakunta Region
- >> www.maisa.fi: Maisa, Pori Regional Tourist Agency
- >> www.visitrauma.fi: Information about Rauma Region



SAMK-campus Rauma

"AS SOON AS I STARTED STUDYING I HAD FRIENDS FROM ALL OVER WORLD – CANADA, SPAIN, AUSTRALIA, USA, ESTONIA, ITALY, UK, ISRAEL AND OF COURSE FINLAND. THEY MADE STUDYING AT SAMK MEMORABLE. AS FOR THE STAFF AND TEACHERS´ AT SAMK, YOU CANNOT ASK FOR BETTER PEOPLE THAN THEM: THEY ARE ALWAYS THERE TO HELP YOU IN YOUR STUDIES AND IN YOUR PERSONAL LIFE IF NEEDED. "



WESAM AL-OZAIBI

DEGREE STUDIES AT SAMK

Bachelor's degree programmes lead to a Finnish "ammattikorkeakoulututkinto" which is similar to the first degree in the European Union three cycle system. SAMK offers also a master level, second cycle degree programmes totally in English.

Bachelor's degree programmes in English (application period in January):

- Industrial Management
- International Business
- Logistics
- Nursing
- Physiotherapy
- Sea Captain
- Tourism (applicaton period in 2018)

Master's degree programmes in English (application period in March or September but not every year)

- Business Management and Entrepreneurship
- Information Technology
- Maritime Management
- Welfare Technology

The full list of degrees programmes and application time are available at www.samk.fi/apply

Fine Arts Campus, Kankaanpää



We are happy to welcome the students of our partner institutions to join us for a semester or two!

STUDY EXCHANGE

As an exchange student you are able to construct your own study programme according to your needs and wishes.

In addition to the Bachelor's degree programmes in English (see page 9), SAMK offers several courses in English in the following fields:

- Automation/Electrical Engineering (Pori)
- Business Administration (Pori)
- Environmental Engineering (Pori)
- Information Technology (Pori)
- Tourism (Pori)
- Physiotherapy (Pori)
- Nursing (Pori)
- Social Services (Pori)
- Fine Arts (Kankaanpää)

- Business Logistics (Rauma)
- Industrial Management (Rauma)
- International Business (Rauma)
- Logistics Engineering (Rauma)
- Maritime Management (Rauma)

The application time is twice a year: in April–May for those coming for the autumn semester or whole academic year and in October–November for those coming for the spring semester. Please note that before applying as an exchange student at SAMK, you must be nominated by your home university.

For a complete list of courses offered, please see:

samk.solenovo.fi/opsnet/disp/en/welcome/nop?kieli=1&menuid=0



THE GRADING SYSTEM

		ECTS GRADE	SAMK GRADE
5	A	Excellent	Outstanding performance with only minor errors
4	B	Very good	Above the average standard but with some errors
3	C	Good	Generally sound work with a number of notable errors
2	D	Satisfactory	Fair but with significant shortcomings
1	E	Sufficient	Performance meets the minimum criteria
0	F	Fail	Considerable further work required



KALLO, a lighthouse on the rocks is a popular place for excursions.

"STUDYING IN FINLAND IS STUDENT-CENTERED. WE ENHANCE LEARNING BY DOING, PROJECT LEARNING AND PROBLEM SOLVING. THIS DEMANDS A SPECIFIC ATTITUDE TO LEARNING FROM A STUDENT, ESPECIALLY SELF-DISCIPLINE, TIME MANAGEMENT AND COMMUNICATION SKILLS."

**DANIELA TANHUA, SENIOR LECTURER
INTERNATIONAL BUSINESS**



STUDYING AT SAMK

ACADEMIC CALENDAR

The academic year usually starts in the end of August and lasts until the end of May:

- Autumn semester: August – December,
- Spring semester: January – mid-June,
- Summer semester: mid-June – August

ASSESSMENT

The forms of assessment are essays, reports, homework, virtual tasks, presentations and tests. There are no separate examination periods, but the examinations are agreed upon between the students and the instructors. If a student fails a performance, there is a chance to re-sit during the semester.

ACADEMIC CULTURE

The relationship between the students and teachers can be described as informal. Students do not use the teachers' title but their first name. They are also encouraged

to ask questions inside and outside the classroom as well as comment on things they disagree with.

TEACHING METHODS

Teaching methods usually take the form of lectures, group work, group discussions and individual study. Attendance in the lectures is highly recommended and a minimum attendance percentage is often required to get the right to take an examination.

TUITION FEE

There is no tuition fee for students coming from the EU area. If you come from outside this area, please check www.samk.fi/en



“THE TEACHERS ARE VERY HELPFUL AND THEY TRY TO HELP US, EXCHANGE STUDENTS, IN EVERY WAY POSSIBLE IN ORDER TO GET A FULL UNDERSTANDING OF THEIR COURSES.”

SHIZE WANG

FINLAND LOOKS LIKE AN AMAZING PLACE WHERE TO STUDY!

Student Shize Wang, Tony, is a 20-year-old student from Changzhou University where he is attending a Degree Programme in Environmental Engineering. He is spending one semester at SAMK as an exchange student “but I won’t leave before the end of December in order to experience the Christmas time here in Finland. I have heard that it is amazing! I didn’t know much about Finland, but for sure I knew that Santa Claus is from here”.

In Tony’s opinion, the decision to come to Finland and study at SAMK was easy “as soon as my teacher at my home university presented us the possibility to have an exchange here, I was excited: I really wanted to come to Finland. It looked like an amazing place where to study!” – he reveals. Now he has started his studies at SAMK and he is thankful about that choice: “Finland is wonderful, with a lot of forests and nature. Nearby where I live there is a wood where I spend a lot of time in order to find peace of mind. And I was amazed by how you can literally pick berries straight from the bushes and just eat them”.

When asked about SAMK, Tony admits that he has found a nice environment where to study “there is more freedom in the choice of the courses compared to other universities”

– he highlights – “the teachers are very helpful and they try to help the exchange students in every possible way in order to get a full understanding of their courses”.

The transition to a new culture was easy for Tony. He credits the student-tutor system planned by SAMK for every exchange student to be one of the main reasons: “my tutor is helping me a lot to settle in Finland and to understand his culture” – he acknowledges. In addition, Tony believes that the activities organized by SAMK are excellent when it comes to get to know Finland and other fellow students: “during the Get Together Day I was able to meet some other exchange students and I had a lot of fun with them and their tutors”.

Coming back to Finland after his studies is definitely a possibility in Tony’s plans “I will finish my degree and then start my post-graduate studies. But after that, coming back to Finland it’s an option: let’s see how things will work out”.

For sure Tony is enjoying his time as an exchange student at SAMK and in Finland “I would definitely recommend SAMK to any student looking for an exchange destination. When I will be back to my home university, I will present my experiences and I will suggest everyone to come here!”.



YYTERI BEACH, which is part of the city of Pori, has a 5 km stretch of powder-soft sand backed by dunes and pine forests. A lot of activities are available, such as surfing, beach volleyball and several other water sports. Towards the end of the summer, the water temperature is a comfortable 20 degrees Celsius or more.

SCHOOL SERVICES

BYOD - BRING YOUR OWN DEVICE

BYOD means that students make their assignments mainly with their own computers. BYOD is an operational model which is becoming increasingly common in enterprises and educational institutions. The BYOD concept includes Wlan, printing, data protection, applications, IT classrooms, virtualization, LAN, user management, operators, electric supply, communication, support, training etc.

HILL - LEARNING ENVIRONMENT

The Hill concept is a unique learning environment used at SAMK. The concept can be used for example to provide online contact classes, give counselling, give students independent work online without geographical borders and to make recordings of the above mentioned situations.

ACCESSIBILITY AT SAMK

The aim of SAMK is to provide accessible environment for all its students, personnel and visitors. It is important to offer equal access to students for education and to personnel to work despite disabilities or restrictions.

The buildings are quite easily accessible to persons with physical, visual or hearing impairments.

In addition, SAMK personnel and students are open-minded and always ready to help if needed. The atmosphere towards international students is tolerant and supportive and it is easy to join the SAMK society.

LIBRARY

The library has service centres in all campuses and they provide library and information services to students, personnel, and researchers. The library gives you an opportunity to borrow books, e-books and magazines, but it also offers information retrieval services, computer terminals for database browsing and other online information searches. Borrowing materials is free, but do not forget to return the books by the due day. samk.finna.fi

STUDENT RESTAURANTS

There is a student restaurant in each campus serving subsidized meals for students during the weekdays. Student restaurants are open from 8 am until early afternoon. There are no restaurants or canteens in the student residences.

STUDENT UNION

SAMMAKKO (in Finnish Satakunnan ammattikorkeakoulun opiskelijakunta) is a student union for all students enrolled at SAMK. SAMMAKKO is a member of the Union of Students in Finnish Universities of Applied Sciences (SAMOK). The purpose of the student union is to help students with matters related to studying and student life. There are a lot of different events for students to have fun and meet local and international students. By becoming a member, you will get an official student card (FRANK-card) which offers you many services and special student benefits. After paying the membership fee, you will receive your student card.

www.sammakko.net/en

"INTERESTING PEOPLE AND CULTURE. YOU GOT TO COME AND SEE IT YOURSELF. OH AND BTW, 09.00 REALLY MEANS 08.59, FINNS ARE EXTREMELY PUNCTUAL."

VICTOR MOLLEL

STUDENT ACCOMMODATION

Incoming exchange students:

Pori

Housing will be provided for you by SAMK. The apartment consists of two rooms (one/student), a kitchen and a bathroom. The average rent is 310 euros a month.

Rauma

Students studying in SAMK-campus Rauma are asked to look for their accommodation from private markets. Information about available housing options will be provided by their International Secretary. They will be given several options to choose from and the rent varies according to the size, location and facilities of the chosen apartment.

Kankaanpää

Housing will be provided for you by SAMK.



Degree students:

Pori

Private brokers of rental apartments for example: Vuokra-asuntopalvelu Vuokraluukaali Apartments, Porin YH-Asunnot

Rauma

Students studying in SAMK-campus Rauma are asked to look for their accommodation from private markets. Information about available housing options will be provided by their International Secretary. They will be given several options to choose from and the rent varies according to the size, location and facilities of the chosen apartment.

INTERNATIONAL TUTORS

A student tutor is a fellow student who has volunteered to help new students with practical matters concerning their studies and also in general with living in a new country and city. Usually the incoming international students get a message from their tutor student before arriving to Satakunta.



▲ **SAMK-CAMPUS PORI** is a brand-new facility located in the city centre next to the railway station. The new campus is the most modern learning environment in Finland.

▶ **SAMK-CAMPUS RAUMA** has been recently renovated and it is located close to the harbour. Common services are available in Satamakatu, e.g. the library, student living room and student services. The facilities have modern presentation techniques and they can be used in a variety of ways.



LIVING IN SATAKUNTA

LIVING COSTS PER MONTH

On average, the living costs in Finland are similar to the rest of Europe. Of course the monthly expenses depend on where you live and how much you spend on your leisure time activities, food, social life, books and travelling in Finland or to the neighboring countries. You are advised to have 150 € monthly for leisure time activities, because there are always unforeseen expenses.

The monthly rent varies from one study location to another and it also depends on the size and type of the student flat in question. Usually the deposit rent is 500€ and it has to be paid before your arrival to Finland.

Food	200 €
Hobbies & leisure time	150 €

MONEY & BANKS

The currency in Finland is Euro. Credit cards (Visa, Euro card, MasterCard, American Express) and debit cards (Maestro, Visa Electron) can be used

for cash withdrawal from automatic dispensers (ATM). You can also use credit cards for payments on trains and buses. Credit cards can be used in all the shops and restaurants, but debit cards are not accepted everywhere – it depends on the store and restaurant.

Banks are usually open Monday to Friday from 10.00 until 16.30 and they are closed during the weekend. The rates of exchange are the same in all Finnish banks and it is advisable to change large amounts of money at a time to avoid service charges.

You can ask your student tutor for help in opening a bank account. You can also open a Finnish bank account for free, but you need a Finnish social security number. To have that you need to visit the Register Office. When you visit a bank in order to open an account, please remember to bring your passport with you.



OLD RAUMA Rauma is one of few medieval towns in Finland. The core of the town is Old Rauma, which is composed of about 600 buildings constructed of wood. Old Rauma is both a commercial and a residential area comprising the town area within the toll boundaries of Rauma in the 19th century. The residential houses are placed along the streets and outbuildings, such as former animal sheds and granaries, are built around narrow courtyards.

MOBILE PHONES

There are several mobile phone operators in Finland and the prices are relatively low. If you want to buy prepaid cards, you can buy them in the operator's shop or in the R-Kioski shops.

POST SERVICE

Post service points are generally located inside some grocery shops depending on the area of the city you are living in. So, the opening hours may vary depending on the shop. Stamps are available in almost every shop, kiosk and store. You'll find orange mail boxes all over the town where you can drop your stamped mail.

SHOPPING HOURS

Most shops are open until 6 pm or 8 pm on weekdays and on Saturdays they usually close between 3 pm and 6 pm. Some shops are open until 6 pm on Sundays, while others are closed.

Bigger supermarkets are open until 9 pm and smaller ones until 11 pm on weekdays, and 6 pm and 11 pm on weekends.

Exceptions occur for example on public and bank holidays.

Stores and supermarkets can be open on Sundays, too.

HEALTH CARE

If you have any kind of medical problem, you can always go to the public health nurse of the school. Consultation with the nurse is free of charge and she can advise you on further medical examinations and help you with making appointments.

TIPS TO HELP YOU UNDERSTAND THE FINNISH WAY OF LIVING

ANSWERING THE TELEPHONE

Finnish people don't usually use any greeting when picking up the phone, but answer with their name.

BE ON TIME!

Älä myöhästy! Be on time, at work as well as in social life, because Finns are very punctual.

GREETING

When greeting, especially for the first time, Finns usually shake hands and make eye contact.

AGE LIMITS

Reaching the age of 18 is very important for young people. In Finland, you have to be 18 years old before you can get your driving license, buy cigarettes, beer, wine or alcoholic drinks (under 22 % of alcohol). At the age of 20 you are able to buy spirits from the liquor store. Around the age of 20, men have to do military or alternative service. For women, the military service is a voluntary option.

ALCOHOL

The sale of alcohol in Finland is a monopoly which means that most alcoholic beverages (over 4.7 % of alcohol) have to be purchased from the State Alcohol Company ALKO.

COFFEE

On average, Finns drink 9 cups of coffee (kahvi) each day. If you visit a Finnish home, you will probably be offered some coffee. If you happen to dislike coffee, it is not considered impolite to decline the offer.

FOOD

Potatoes, meat balls, and pea soup are typical Finnish dishes. Vegetables and bread are usually offered with every meal. Finns also drink a lot of milk.

NO SMOKING

Smoking is not allowed in public buildings and in most restaurants. Normally people do not smoke indoors. SAMK campuses are non-smoking campuses.



PRIVACY

Finnish people mind their own business and respect other people's privacy. It has been said that Finns may be difficult to get to know, but, once you do, you have made a friend for life. The Finns also tend to require a personal space in a sense of intimacy. So, if you try to get physically too close to a Finn during your conversation, he or she will feel uncomfortable and will try to back away. For example, do not be surprised if no one sits next to you on the bus. Finns also prefer not to show their feelings in public.

SAUNA

The sauna is an important part of the Finnish way of life. Today, there are about 1.9 million saunas in the country.

Swimming in an ice hole in a lake/the sea during winter is becoming increasingly popular in Finland.

There are also several places in the Satakunta region where you can go for a refreshing swim after bathing in a sauna. It is not common for men and women to share the sauna together, unless they are members of the same family or close friends. In public saunas, men and women go to the sauna separately.

COTTAGE

A cottage (mökki) is a summer house often located near water. In summer time, when Finns have their holiday, they like to go to their cottages to relax and spend time with their families.

GENDER EQUALITY

There is a high degree of equality between the sexes in Finland. This can be seen in the relatively high number of women holding advanced positions in politics and other professions. Former President Tarja Halonen was one of the first women to become a president of a country in Europe.

QUEUING

In Finland, people stand in line and wait for their turn in banks, offices, night clubs, at the cash desk in shops and so on. So please wait for your turn and do not jump the queue.

TIPPING

In Finland the price paid already includes the service charge, so tipping is not really common.



TOP 10 THINGS I WILL MISS ABOUT FINLAND

Paige Swaffer, USA
International Relations Intern

#10 - HOW WELL EVERYTHING WORKS

Systems and services in Finland run very efficiently. I was surprised to find that I often received mail the very next day after it was sent.

#9 - SUMMERTIME SUN

The sun rises around 4 am and sets late into the night, almost 11 pm. So much sunlight makes me feel energized, happy and very productive. On the downside, I do not sleep as well at night. Who wants to go to sleep when there is still sun outside?!

#8 - FINNISH FOOD

Finnish food is not very different from the food I eat in my country, but there are some unique dishes that I will miss: pulla, rye bread and Karelian pastries. I think Finns create a dessert or bread for almost every holiday!

#7 - MY INTERNSHIP AT SAMK

I have really enjoyed my time at SAMK. Spending time with my Finnish co-workers has taught me a lot about the culture and language that you can only learn from the 'inside.'

#6 - NO SMALL TALK

It is very refreshing for me that Finns actually enjoy silence. Not talking on the train or bus is completely normal and comfortable to them.

#5 - RECYCLING

I have not recycled much in my lifetime in the US. I have learned a lot about recycling since



moving to Finland. I can recycle nearly 90 percent of my waste at my apartment in Pori, which leaves me feeling very positive and environmentally responsible.

#4 - NATURE

Nature in Finland is beautiful, where it is the emerald green in summer or the pearly white in winter. It's preserved, taken care of and trash-free. I like living in the city and still being surrounded by parks, trees and nature trails.

#3 - PUBLIC TRANSPORTATION

When I first moved here, I thought being without a car would be difficult, but it's not. You can use a train or bus to get almost anywhere. It's very convenient and reliable.

#2 - WALKING

In Finland, walking is a way of life. In the urbanized areas, you will find numerous sidewalks and, in the forests, walking trails. Finnish sidewalks are like mini roads. They are wide enough for bikers and pedestrians and nicely paved.

#1 - SAUNA!

Finnish sauna is world renowned. After my first time in the sauna I was sure I did not like it. Why would anyone think being hot and sweaty was fun?! But a few weeks later, I was looking forward to sauna each week. I have yet to jump in a frozen lake or roll in the snow after winter sauna and I'm not sure I ever will. But who knows, maybe one day I will like that too.



STUDENT LIFE

SPORTS

Sports (urheilu) are very important to Finns. Watching or taking part in sports is an aspect of daily life. Every town and even the very smallest villages have their own sports field, sports hall, swimming pool, etc. Common sports are Nordic walking, floorball and skiing. Ice hockey is the most important and popular sport in Finland in the winter. In summertime, many Finns play Finnish baseball (pesäpallo) or football. Pesäpallo is the national game of Finland and it is played by men and women.

NIGHTLIFE

The Satakunta region offers a great nightlife for students. Wednesday night is a student night. Friday and Saturday are popular nights for young people to go out.

If you go to the night clubs to spend your evening, please, be prepared to show your identification card. The age limit varies from club to club, but you need to be at least 18 years old and in some clubs even 22 years old.

TRAVELLING

Finland is also a gateway to Russia (Petersburg), Sweden (Stockholm) and Estonia (Tallinn). You have a great chance to travel easily and cheaply to our neighboring countries, not forgetting our beautiful Lapland.



Finnish is different – and fun!

SURVIVAL FINNISH

Our language belongs to the 10 oldest languages still spoken in the world. Finnish may not have been written down until the 16th century, but, as with any language, it has a history that stretches back far earlier than that.

Finnish is not more difficult than the other languages, it is just different. The Finnish language is a member of the Finno-Ugric language family. Almost all other European languages belong to the Indo-European family.

That's why the grammatical structure and vocabulary in Finnish is different. The

closest relatives of Finnish language are Karelian, Vepsian, Ingrian, Estonian, Votian and Livonian. Hungarian is the best-known Finno-Ugric language. There are about 25 million speakers of Finno-Ugric languages in the world.

SAMK offers an introductory course of Finnish and language studies to international students. Before attending that, you can start learning the language via the internet: www.uuno.tamk.fi/ – elementary Finnish for international students, or www.yle.fi/opinportti/supisuomea.

BASIC DICTIONARY

COMMON PHRASES

Hello	Hei/Terve/Moi	Map	Kartta
Goodbye	Näkemiin/Hei	Tourist Information	Matkailuneuvonta
What is your name?	Mikä sinun nimesi on?	Post office	Posti
My name is...	Minun nimeni on...	Museum	Museo
Good morning	Hyvää huomenta	Bank	Pankki
Good afternoon	Hyvää päivää	Police station	Polisiasema
Good evening	Hyvää iltaa	Hospital	Sairaala
Good night	Hyvää yötä	Pharmacy	Apteekki
How are you?	Mitä kuuluu?	Store, Shop	Kauppa
Fine, thank you	Kiitos hyvää	Restaurant	Ravintola
Excuse me/I'm sorry	Anteeksi	Church	Kirkko
Here you are	Ole hyvä	School	Koulu
Thank you	Kiitos	Course	Kurssi
Thank you very much	Kiitos oikein paljon	Grade	Arvosana
You're welcome	Ei kestä	Teacher	Opettaja
Nice to meet you.	Hauska tavata.	Lecturer	Luennoitsija
What time is it?	Mitä kello on?	NUMBERS	
I don't speak Finnish.	Minä en puhu suomea.	one	yksi
Do you speak English?	Puhutko englantia?	two	kaksi
I don't understand	Minä en ymmärrä.	three	kolme
I understand	Minä ymmärrän.	four	neljä
Please, speak slowly	Ole hyvä, puhu hitaasti.	five	viisi
Yes	Kyllä	six	kuusi
No	Ei	seven	seitsemän
How much does this cost?	Paljonko tämä maksaa?	eight	kahdeksan
What is this?	Mikä tämä on?	nine	yhdeksän
I'll buy it.	Minä ostan sen.	ten	kymmenen
I would like to buy...	Haluaisin ostaa...	WEEKDAYS	
Do you have...	Onko sinulla...	Monday	maanantai
Open	Avoinna	Tuesday	tiistai
Closed	Suljettu	Wednesday	keskiviikko
Train	Juna	Thursday	torstai
Bus	Linja-auto/bussi	Friday	perjantai
Train station	Rautatieasema	Saturday	lauantai
Bus station	Linja-autoasema	Sunday	sunnuntai
Airport	Lentokenttä		