



jamk.fi

# Experience Finland!

Exchange at JAMK University of Applied Sciences

Apply: 15 Mar - 15 May and 15 Sept - 31 Oct

# Welcome to Finland!

For an international student, Finland is both an exotic and safe target country. We have one of the most advanced educational systems in the world, and as a result of our innovative mind-set and investment in education, we enjoy a high standard of living and quality of life. We breathe clean air, and drink clean tap water. Experience crisp white winters and long spring/summer days in Jyväskylä, Finland!

“I loved the school and its facilities, it’s a great place to be and I really enjoyed my time there.”

## Jyväskylä

Helsinki	3 hrs.
	1 hr.
Stockholm	2 hrs.
St Petersburg	4 hrs.
	2 hrs.
Paris	4 hrs.
London	4 hrs.
Frankfurt	3 hrs.





JAMK has  
8 500 students  
from over 70  
countries

## Lively and Energetic JAMK

JAMK is a very energetic and lively environment with 8 500 students from 70 countries and 700 staff members. It is possible to complete over 30 different degrees in the Schools of Business, Health and Social Studies and Technology and study at the Teacher Education College to gain a teacher's qualification.

The facilities at JAMK are nicely designed with high technology and classrooms are cosy with a relaxed atmosphere. Our international students report that the teaching is excellent and our staff is very supportive.

# Studies for Exchange Students

The study programmes and courses offered for exchange students are mainly bachelor level programmes. Every study programme for exchange students provides a wide variety of interesting courses taught in English in the specific study field concerned. See more information about available courses from: <http://www.jamk.fi/en/JAMK-information/international/For-incoming-exchange-and-double-degree-students/Study-Programmes-and-Courses-offered-for-Exchange-and-Double-Degree-Students/>

## School of Business

- International Business (Business Administration)
- Tourism and Service Business
- Entrepreneurship (Team Academy)
- International Business Management / Entrepreneurship and Business Competence (Master's level)

## School of Technology

- Logistics Engineering / International Logistics
- Mechanical Engineering
- Construction and Civil Engineering
- Information Technology
- Agricultural and Rural Industries

## School of Health and Social Studies

- Music Pedagogue
- Nursing
- Physiotherapy
- Rehabilitation Counselling
- Social Services
- Occupational Therapy

## Teacher Education College

- Teacher Education

Find general information about being an exchange student at JAMK from:

<http://www.jamk.fi/en/JAMK-information/international/For-incoming-exchange-and-double-degree-students/>





## Housing

Student accommodation is provided by the Central Finland Student Housing Foundation KOAS. Some cell apartments are furnished (bed, mattress, desk, chair, a kitchen table and chairs). The rents are very reasonable and include water, electricity and free laundry facilities. Read more from [www.koas.fi](http://www.koas.fi).

## Campus Life

JAMK has a very lively multicultural campus life. We offer a variety of services. Library services for all students and staff. The library is one of the largest in Central Finland and most of the library services are free of charge. IT-Services include Computer Labs, wireless networks around the campus. Student restaurants serve lunch for the price of 2.60-4.50€ (warm meal) and a variety of cafeteria products during the weekdays. Gym, located at main campus

## Services for Exchange Students

There are many services available to exchange students to help the process go as smoothly as possible. JAMK's trained tutors help students in matters concerning studies and getting adjusted to a new culture and country. An orientation is offered at the beginning of each semester and provides useful information on living in Jyväskylä and studying at JAMK. The Friend Family Programme brings international students together with Finnish families, introducing students to Finnish culture. A survival kit is available from JAMKO, the student union, which offers the basic necessities for living such as basic kitchenware, a blanket and pillow as well as sheets for rent.

## Cultural and Social Activities

While studying at JAMK, students have a great opportunity to take part in various cultural and social activities in Jyväskylä, Finland and the neighbouring countries. For example, it's easy to travel to Russia, Sweden, Estonia, or parts of Finland such as Lapland. JAMKO, arranges trips and activities throughout the year. This is a great opportunity to study, travel and gain new experiences, both cultural and work related, while making many international friends and memories to last for a lifetime!



Helsinki Cathedral



St. Petersburg, Winter Palace







Stockholm, Old Town



Lapland, Finland



Monthly, Henry uses money for...

ACCOMMODATION	300 euros	
FOOD AT SCHOOL AND AT HOME	300 euros	
• BUS TICKETS	60 euros	
• LEISURE	150 euros	

*living in Finland*

rent	300
food	300
+ bus	60
<hr/>	
	660€



# Let Jyväskylä Get You Inspired!

Every 4th person that you pass in Jyväskylä is a student. The city is very dynamic.

- a pocket size metropolis with a lively urban centre
- all the services, shops, schools and work are close at hand
- a wide variety of leisure and sport activities
- a modern centre for industry and learning
- population 133 000
- a beautiful city full of nature, situated between lakes and hills and surrounded by forest.

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[www.jamk.fi/en/JAMK-information/international](http://www.jamk.fi/en/JAMK-information/international)  
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