

Fact Sheet

FOR STUDENTS • ACADEMIC YEAR 2022-2023



INCOMING TEAM WELCOMES YOU
to study and enjoy the Arctic!



MS VIRPI NURMELA
Advisor



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Advisor



LAPIN YLIOPISTO
UNIVERSITY OF LAPLAND

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ulapland.fi
ulapland.fi/exchange
ulapland.fi/courses

 /ulapland
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ACADEMIC YEAR 2022-2023

2022 AUTUMN SEMESTER 16.8.-17.12.2022

August 12 or August 15	Recommended arrival days
August 16-19	Orientation programme for international students
December 6	Independence day, public holiday
December 17	End of the semester

2023 SPRING SEMESTER 9.1.-31.5.2023

January 9-13	Orientation programme for international students
6.3.-10.3.2023	Skiing holiday
April 7-10	Easter holiday
May 1	Labour day, public holiday
May 18	Ascension day, public holiday
May 31	End of the semester

There are no fixed examination periods.



“As a student at Ulapland you are much more than just a ‘student number’. Never before did I enjoy my studies so much, teachers encouraged us to actively participate and made it clear that everyone’s input is valued and appreciated”

(Quote from exchange student)

APPLICATION GUIDELINES FOR EXCHANGE STUDENTS

1. Apply for an exchange at your home university.
2. After a nomination from your university, we create a profile for you in SoleMOVE system.
3. You will receive an e-mail from SoleMOVE with instructions on how to apply to Ulapland.
4. Create your application in SoleMOVE. Enclose:
 - a proof of your English language proficiency
 - a Transcript of Records
 - a Learning Agreement
 - a motivation letter
 - portfolio (applicants to Art and Design)Remember to send the application in the system.
5. You receive an e-mail with admission decision on 15th of June or November.

More info on applications at www.ulapland.fi/admissions -> exchange studies.

The application periods are:

1 April - 15 May	for autumn semester or full academic year
1 September - 15 October	for spring semester

In your application please choose a code from the International Standard Classification of Education (ISCED) list below:

EDUCATION	0110	Education
	0113	Teacher training without subject specialization
	0114	Teacher training with subject specialization
ART AND DESIGN	0210	Art Education, Audiovisual Media Culture, Fine Art
	0212	Design (Graphic, Industrial, Fashion, Textile Art and Material Studies)
SOCIAL SCIENCES	0310	Social sciences
	0411	Accounting
	0313	Psychology
	0413	Management and Administration
	0414	Marketing and Advertising
	0312	Political Sciences
	0923	Social Work
	0314	Sociology and Cultural Studies
	1015	Tourism Research
LAW	0421	Law
ASP	0319	Arctic Studies Programme
LANGUAGES	0230	Languages

STUDYING IN ENGLISH AT ULAPLAND

Each faculty offers a wide selection of courses taught in English. See the current course offer from:

www.ulapland.fi/EN/Admissions/Exchange-studies/Plan or www.ulapland.fi/courses

Exchange students are free to follow their passions and choose courses from all other faculties, except for the Faculty of Art and Design where there is annually 2-4 courses open to students from other faculties.

Ulapland requires minimum 25 ECTS credits of studies per semester unless otherwise agreed with the student's home institution.

ENGLISH LANGUAGE REQUIREMENTS

The required level of English language proficiency:

- B2/ IELTS 6 / TOEFL iBT 87

You need to prove your English language skills, see here:

www.examenglish.com/examscomparison.php

For the application we accept following ways of presenting your language skills:

- a transcript of record indicating at least B2 level of English language skills
- statement letter from your home university
- official language test such as TOEFL iBT, IELTS Academic or similar

LEARNING AGREEMENT

As part of the application process you need to prepare a learning agreement (LA). LA is needed to make sure that your planned studies are based on the Ulapland study offer and that they are accepted by your home university.

Non-Erasmus+ students

Learning Agreement form is available on our webpage application information for students

(www.ulapland.fi/exchange section 6).

You can use our or your university's own LA form.

Erasmus+ students

Ulapland endorses Erasmus+ Online Learning Agreement and Erasmus+ Mobile App applications. During the transition period, we accept learning agreements both via OLA or as printed versions. In both cases the student has to upload PDF-version of the LA in her/his application in Solemove, our mobility application tool.

Online Learning Agreement

- allows the Learning Agreement to be prepared online
- is shared with both the home and host universities and is signed electronically

Ulapland OLA information

See ISCED codes from the list above
Country "Finland"

Host institute "UNIVERSITY OF LAPLAND"

Add the faculty/unit: Your faculty at Ulapland

Contact person: Jani Suokanerva (EDU & LAW) / Virpi Nurmela (ART & SOC)

Email incoming@ulapland.fi

Phone: +358 40 484 4496

See instructions

www.ulapland.fi/EN/Admissions/Exchange-studies/Apply

INCLUSION AND ACCESSIBILITY

Our university seeks to be an accessible place where any barriers to studying, physical or otherwise, are removed, as far as is reasonably practicable. The University is committed to promoting equality of opportunity to study and supports setting up individual study arrangements to ensure that the opportunity is realized.

In case you have inclusion or accessibility needs, please contact us well in advance to confirm availability of the support services at Ulapland.

More information here:

www.ulapland.fi/EN/Studies/During-your-degree/Studying



What awaits me in Lapland after my arrival?

**Where will I stay? And how will I get there?
How will I find my way around the University?**

STUDENT TUTOR

You will be assigned a fellow student, so-called tutor, who will help you with your first steps. Your tutor will contact you by email and / or Facebook before you arrive in Rovaniemi and together you will arrange a meeting that will take place upon arrival or immediately after.

He or she will:

- ✓ help you to find your flat and explain the basics of living at local student flats
- ✓ help you to find your way to the university and the nearest grocery store
- ✓ answer your questions about the University and student life in Rovaniemi
- ✓ help you find a right person you can turn to if you e.g. run into some kind of problems and need advice from a local.

If tutor does not contact you please let us know.

ORIENTATION PROGRAMME

Each semester starts with an Orientation Programme for new international students. Our Orientation Programme was voted n°1 worldwide in 2017 according to ISB (International Student Barometer). Definitely do participate, it will make your start here way easier and even fun!

ACCOMMODATION

As an exchange student of Ulapland, you may apply for accommodation from DAS (student housing foundation) - you just need to fill in and submit an online application. You can apply already when you make your SoleMove application to us.

www.das.fi/en#

-> Apply -> Information for Exchange Students.

The local student housing foundation, Domus Arctica (DAS), offers an off-campus accommodation to both Finnish and international students. There are shared apartments, studios, and family apartments. The monthly rent varies depending on the size, condition, and level of the furnishings of the room.

After DAS has offered you an apartment, you need to pay a refundable deposit in order to confirm the accommodation and to be able to receive the key to your apartment after you arrive.

Tenancy agreements are always periodic:

- Autumn semester: August 1st - December 31st
- Spring semester: January 1st - May 31st

Find out more about DAS at www.das.fi/en#

Regarding all housing issues, please contact DAS Office:

#STUDYINLAPLAND

How do people in Finland study?

**Should I prepare myself for a big shock?
(SPOILER: No, you'll be just fine.)**

HOW TO STUDY AT ULAPLAND?

In the Finnish system of studying the courses start and end at various times during the semester. Therefore, there is no fixed exam period at the end of the semester, exams are simply held at the end of each course.

Some courses take place in the form of a book exam. It means that there are no lectures and the completion of the course is based on an exam or essay on an independent study of a set of books.

Courses for students in the Faculty of Art and Design consist mainly of seminars, workshops and studio work.

CREDITS

The estimated work load for full time student in one academic year is 60 ECTS credits, meaning 30 ECTS credits per semester. One credit refers to approximately 26-27 hours of work by the student.

Credits are used to define the extent of a given course. Lectures, exercises, seminars and other forms of instruction (e.g. the writing of essays; lecture journals; preparation for examinations, etc.), as well as independent research, are all taken into consideration when the number of credits for each course is being calculated. Please note that a credit does not refer to the duration of a course, but to the estimated amount of work required.

PEPPI – STUDENT INFORMATION SYSTEM

(system changes during this academic year)

In Peppi (www.ulapland.fi/peppi) you can:

1. view the course offer and read course descriptions,
2. register for courses and exams,
3. check the grades and number of credits,
4. give feedback on courses,
5. and order an official transcript of records to your e-mail



How about my budget?

**Am I subject to any fees? If so, which ones?
And how much will I pay to keep myself warm and well-fed?**

TUITION FEES

- Exchange students: no tuition fees
- Master's degree student: tuition fees compulsory only for non-EU/non-EAA citizens
- Doctoral students: no tuition fees

STUDENT UNION MEMBERSHIP FEE

Membership fee in 2022-2023 for the whole year

- **Exchange students: membership voluntary (EUR 27/semester, EUR 54/academic year)**

Benefits:

- subsidized meals in campus restaurants
- possibility of obtaining wellness pass
- discounts on train and long-distance bus tickets
- discounts at youth hostels, in museums and theaters, at concerts, swimming pools, ski resorts, some restaurants

LIVING COSTS

Check the living costs from: www.numbeo.com.

Estimated monthly budget:

Rent

DAS Housing

shared room in a shared flat appr.	EUR 164-168
single room in a shared flat appr.	EUR 359

Private Market

studio appr.	EUR 500
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Other expenses

Food	EUR 200
Leisure, other expenses, transportation	EUR 196

Total

EUR 560

Please note that part time job opportunities are available in Lapland especially during tourism season November-March.

"Because the quality of the University is very high and the experience as a whole is incredibly unique"

(Quote from exchange student)

How do I enter Finland?

What things do I need to organize prior to / after my arrival?

MANDATORY INSURANCE

- All international students need an insurance policy that is valid throughout your stay at the University. Insurance must cover medical care and personal injury, and should also contain liability coverage for loss or damage. Proof of a valid insurance coverage is required upon registration at the University of Lapland.
- For residence permit your insurance must cover both sickness and accident related medical expenses up to at least 120,000€.
- Public health care will offer urgent medical care if it is required during your temporary residence in Finland. You need to obtain the European Health Insurance Card from your local authorities before leaving your home country. Have it with you at all times. Please note, however, that this card covers only emergency treatment and that obtaining an additional insurance coverage is strongly recommended. A good option is the Aon Student Insurance or the Student Insurance Program (SIP) provided by Marsh.

Other information could be found also here:
www.eu-healthcare.fi/know-your-rights/

THE RESIDENCE PERMIT

Citizens of the EU, EAA and the Nordic countries do not need a residence permit or any other permit prior arrival to Finland.

Non-EU/non-EAA citizens: Apply for a residence permit prior to your arrival in Finland by filling in the residence permit application. Please, tick the box for acquiring Population Registration and Finnish PIC. In case you forgot to do so, you can apply for it after your arrival at the DVV. For detailed and up-to-date information please see Finnish Immigration Internet Service: www.migri.fi/studying_in_finland.

Once you have your PIC, you need to inform our Student Services (this is to be done in person) and it will be uploaded into the University Student Register

REGISTERING YOUR STAY FOR EU/EAA AND NORDIC STUDENTS

- These activities will take place after your arrival and we will guide you during the orientation.
- Nordic countries: Register your stay and apply for a Personal Identity Code (PIC) at the Digital and Population Data Services Agency (DVV)
- EU/EAA citizens that will stay in Finland for less than 3 months non-stop: Register your stay and apply for a PIC at the DVV (applies to you also if you visit another country during your stay so that your non-stop stay doesn't exceed 3 months)
- EU/EAA citizens that will stay longer than 3 months non-stop: Register your right to reside in Finland at the MIGRI and you can apply for the Finnish Personal Identity Code with their registration application

PERSONAL IDENTITY CODE (PIC)

Once you have your PIC, you need to inform our Student Services (this is to be done in person) and it will be uploaded into the University Student Register



"I was lucky to spend a semester in Lapland - it is the best. I really liked the style of teaching at ULapland, met many new friends, improved my English skills and even started to study Finnish!"

(Quote from exchange student)