



International Exchange Guide 2012/2013





Welcome to Centria University of Applied Sciences

Central Ostrobothnia University of Applied Sciences has changed its name, as of 1 August 2012 we are called Centria University of Applied Sciences. The name change provides us with an opportunity to reinvent who we are and what we do.

Welcome to Centria University of Applied Sciences!

Who We Are

Centria University of Applied Sciences is a multidisciplinary, dynamic and international higher education institution. We pride ourselves with offering students and staff an environment that is innovative, caring and multicultural. And we would like to welcome you to join us! Located in Western Finland, Centria has three campuses – Kokkola, Pietarsaari and Ylivieska. Each city offers a unique experience with lots of activities and a beautiful environment. Centria is a young higher education institution, with 3,400 students and 310 staff members,

we offer student centred teaching with plenty of practical experience. Centria offers degree programmes in six different fields and a total of 24 degree programmes. Our fields of education are:

- Technology, Communications and Transport
- Social Sciences, Business and Administration
- Social Services, Health and Sports
- Culture
- Humanities and Education
- Tourism, Catering and Domestic Services

Five of our bachelor programmes and one of our master's programmes are taught in English. With over 500 international students, both degree-seeking and exchange students, internationalisation is one of our core values. Over ten percent of our degree-seeking students are international students, coming from around 40 different countries. On top of this, every year we welcome around 100 exchange students from all parts of the world. At Centria you will experience a truly international atmosphere.

Studying at Centria

Studies at Centria are driven by the demands of working life and aim to provide students with the tools and experience they need to be successful in their chosen field. Class sizes are small, which ensures that each student received the attention he or she needs to learn.

The Academic Year starts in the first week of September, preceded by an Orientation Week for new degree-seeking students and exchange students. During the Orientation Week, new international students get familiar with Centria, each other and the city they live in. An Orientation Week is also organised at the beginning of January before the start of the Spring Term.

Exchange students are usually expected to complete 30 ECTS per term; this means about 10 courses of 3 ECTS each. The teaching is often more practically oriented and teachers tend to value classroom participation. Examination usually takes place through presentations, project work and written exams held at the end of each individual course.

All exchange students are provided with their own Centria e-mail account, which gives them access to the computers on campus and to the student portal. The portal, the main mode of communication, is used by teachers to provide students with course material and assignments.

Student apartments are fully furnished with two or three bedrooms, a common bathroom and kitchen. All student residences are within walking distance from both city centres and university facilities. Rent is about 200 euros and including electricity and water consumption. Internet connection is not provided, but can be purchased from local providers. International exchange students are guaranteed an apartment, but have to remember to request it on the Centria Exchange Application Form. Bed linen and kitchen utensils are not available in student accommodation; however, the student union rents “kitchen start-up packs” and “sleeping start-up packs” on a first come, first serve basis.

The Student Union - COPSA

Centria has its own student union, COPSA. Its duty is to supervise and deal with the student interests within the University of Applied Sciences. The executive committee is in charge of supervising the interest and organizing events.

The student union, COPSA, has a local chapter at each unit and a special club, COPSA International Club (CIC), which organises activities, events and trips for international students. The activities organised by the CIC range from trips across Finland and in to neighbouring countries, to cooking evenings, handicraft, sauna evenings, and languages courses. CIC's goal is to bring people together and offer them activities, and these activities are being organised and planned by the students themselves.

You will find more information about COPSA and CIC on www.copsa.fi.

International Buddy Programme

Coming to a new country is exciting, but also confusing and sometimes frightening. To help international exchange students adjust to life in Finland, Centria, in cooperation with COPSA, offers an International Buddy Programme to all incoming exchange students.

The primary role of Buddies is to help first year students to form study groups and guide them at the beginning of their studies. International Buddies are working with exchange students, helping them to get started at Centria, familiarising them with their new hometown, with Finnish culture and organises various activities. The International Office and the Buddies also organise an arrival event for all new exchange students.



Student Testimonials



Anna Yokokubo is a second year graduate student from Ochanomizu University, Japan, doing her practical placement at Centria Research and Development in Ylivieska.

What do you do for your project?

I'm an intern at RFMedia Lab at Centria. Here I experiment with the evaluation of CADo supporting for flower arrangement beginner system developed in my graduate research in Japan. Specifically, it is an android application to create flower arrangement designs that are beautifully arranged with KADO color combination using flower pictures taken.

What made you choose Centria for your exchange?

The main reason I came to Centria is Mika Lui-mula, who is my supervisor. My supervisor in Japan has met him and I heard from my supervisor that he has participated actively in my research topics. Additionally, a senior colleague who came from Centria one year ago to my laboratory said that Centria was a good study environment and has very good staffs, so I decided to come.

What is your best memory from Centria and Finland?

My best memory is visiting Santa Claus Village in Rovaniemi with other exchange students. I was surprised that Santa Claus spoke in the native language of various students.

What advice do you have to exchange students coming to Centria?

There are many friendly volunteers and teachers who support exchange students. Although I was also initially uneasy, everyone is kind, and I enjoyed doing research. This is a precious opportunity to study, please try it!



International Degree Programmes at Centria

Centria offers five bachelors programmes taught in English and international exchange students are welcome to take courses from these programmes. You will find more information about the courses offered in each programme on our website, www.centria.fi. The following programmes at Centria are offered in English:

- Degree Programme in Business Management, (Ba.) 210 ECTS in Kokkola
- Degree Programme in Nursing, (Ba.) 210 ECTS in Kokkola
- Degree Programme in Industrial Management, (Ba.) 240 ECTS in Ylivieska
- Degree Programme in Information Technology, (Ba.) 210 ECTS in Kokkola
- Degree Programme in Hospitality Management, (Ba.) 210 ECTS in Pietarsaari

In addition to our International Degree Programmes, Centria offers modules in English. The following modules will be taught in English in the Academic Year 2012/13:

- Spring Semester
 - Module in Fur Design – 30 ECTS (Pietarsaari)
 - Module in Music – 30 ECTS (Kokkola)

When going abroad it is also important to learn more about your host county. At Centria we offer courses in English aimed at provide international students with more information about Finland. The following courses are offered in the Academic Year 2012/13:

- Finnish Basics (2 ECTS - Kokkola and Pietarsaari)
- Swedish for Foreigners (3 ECTS - Kokkola and Pietarsaari)
- Finnish Society and Culture (3 ECTS - Kokkola and Pietarsaari)
- Getting Local and Global (3 ECTS - Kokkola and Pietarsaari)

How to Apply to Centria

Centria has agreements with over 120 higher education institutions all over the world – your university is one of them! Your international office will be able to provide you with more information about how to apply.

On the Centria website, www.centria.fi, you will find more information about requirement to study at Centria as well as information about courses taught in English. You will also find information about housing and other services offered at Centria.

All applications must be sent to:

Centria University of Applied Sciences
International Office
Talonspojankatu 4,
67100 Kokkola, Finland

The deadline for sending exchange applications to Centria are:

Autumn Term:	May 15th
Spring Term:	November 15th

Take this opportunity to experience something truly unique. We know you won't regret it!

Kokkola - The city that rose from the Sea

Kokkola, with a population of around 47,000, is located on the coast of the Gulf of Bothnia. The city is the region's financial, administrative, educational and cultural epicentre, and was founded in 1620 by the Swedish king Gustav Adolf II.

Over the last few decades, the industrial city of Kokkola has turned increasingly into a city of commerce, services, education and research. The city's versatile structure of production is one of its strengths. The most notable sectors are the chemical, metal and engineering, and boat industries, with information and communications technology the most recent addition. Kokkola is also an important centre of agricultural production. The city's bilingualism provides a rich ingredient that has played its part in promoting the internationalisation of the city and its business life.

The number of inhabitants has been growing rapidly over the last few years. Of the city's inhabitants, 84 per cent speak Finnish as a first language, while 14 per cent speak Swedish and 2 per cent some other language. The city's population density is 32 inhabitants per km². Measured by population, Kokkola is

Finland's 22nd largest city.

There are two Centria Units in Kokkola, the Unit for Business and Technology and the Unit for Health, Welfare and Culture. Both units are close to the city centre and at each of them students can enjoy a cosy, international atmosphere, a lunch cafeteria and modern facilities. The main fields of study in Kokkola are Business Administration, Technology, Culture and Health Care and Social Services.

Student residences situated about a 10 minute walk away from the city centre and from the units, and are available for international exchange students. Student life in Kokkola is safe and enjoyable, including a rich night life, and furthermore, Kokkola is also a great starting point for fantastic trips across Finland. The Student Union organises many events and field trips during the academic year that international students are welcome to take part in.

Source: www.kokkola.fi



Seyeong Jang is a 23 years old Korean girl from Chungbuk National University in Cheongju, South Korea. Seyeong participated in the EU funded Korea-EU Leaders for Global Education Programme at Centria.

What made you choose Centria for your exchange?
When I applied to this program, I chose Finland because this country has been well-known for a good education system all over the world.

What is the biggest difference between your studies at home and studies at Centria?
It was probably because I took exchange students courses; however, I felt it was easier than studying at my home university. Home works were not much and harder. The atmosphere was free in every course so that students could ask whatever they did not understand during the class. The biggest difference was that I had enough free time and enjoyed this.

What advice do you have to exchange students coming to Centria?
Do not worry. Every people have warm heart, they are kind and friendly. You only need to ask. There is one thing which is not warm; the temperature in winter is awful. You should be well-prepared for it. For Koreans, you may need to bring some ingredients for Korean food. In Kokkola, there is nothing for it except rice and some vegetable.

Student Testimonials



Laura Défachelles is a 22-year-old exchange student from EILCO in France and was studying Industrial Management at the Ylivieska Unit during her stay at Centria.

What made you choose Centria for your exchange?

First of all, I chose this university for my exchange because of the country. I have always been attracted to Northern countries and I wanted to improve my English skills. Moreover, some students from my school come every year in Centria and they also advised me that this place would be a good choice.

What is your best memory from Centria and Finland?

My best memory from Centria is the first days after I arrived. We were assisted by tutors and helped by the International Relations Office to settle in accommodation. There were several events organized to discover the area and meet other students. It was a very good time and I met very nice persons during my stay in Ylivieska. Something that I will never forget from Finland happened during the autumn break when I went to Lapland and visited Santa Claus village, Rovaniemi, Ranua zoo and several other places.

What advice do you have to exchange students coming to Centria?

I advise exchange students to come to Centria because it is a priceless experience and Finland is a pleasant country to discover and to live in for several months. And it is a good opportunity to meet students from the whole world, discover other cultures and another way of living and studying. We cannot forget that the exchange is also a good way to improve the English language skills.



Ylivieska - The Joy of Living!

Ylivieska is a fast evolving and growing centre in the Southern Oulu Region, located 80 km north-east of Kokkola. Ylivieska was founded in 1867 and has over 14,000 inhabitants.

Ylivieska benefits from fantastic natural beauty and its location is ideal for those who want to spend their free time on the move. Kalajoki, a popular tourism destination, is only about 40 km from Yli-vieska and prides itself with the best sand beaches in Finland. Every summer during Juhannus, the Finnish midsummer, Kalajoki hosts one of the biggest summer festivals in Finland with thousands of people gathering to celebrate midsummer.

The Region of Southern Oulu is centrally located with efficient connections both southwards and northwards. It is an active region, with excellent opportunities for working and studying, yet remains an unspoiled area, free of pollution, traffic jams and noise. Ylivieska is a commercial centre, but also home to about 30 industrial enterprises, some of which are internationally recognized in their respective niche markets.

Metal, electronics, mechanics and mechanical wood production are the main industries in the area.

Ylivieska is also an educational centre. The Centria Ylivieska Unit offers degree programmes in technology, business, social work and humanities and education. The facilities are spacious, colourful and welcoming. An important component of the Ylivieska campus is the research and development, aimed at improving the region's industries' competitiveness and building bridges between the industries and Centria.

Students live in residences close to all facilities and can easily reach the campus and the city centre by foot. The small town of Ylivieska offers a lively student life as well as many opportunities for recreational activities.

Source: www.ylivieska.fi

Pietarsaari - A Little Town with a Big Heart

Pietarsaari, better known by its Swedish name Jakobstad, is a bilingual city of nearly 20,000 inhabitants where the Swedish language prevails. The city is situated on the coast 35 km south of Kokkola with beautiful old buildings and lots of beaches.

Pietarsaari was founded in 1652 and has a long and rich history. Shipping and shipbuilding have been the cornerstones of the city's development. Ships from Pietarsaari sailed on all oceans as early as the 18th century. The Pietarsaari region can be characterized as the "Silicon Valley" of the boatbuilding industry in Finland, world class sailing yachts such as Nautor's Swans and Baltic Yachts are manufactured here. Besides boatbuilding, the main industries are paper and pulp, wood, metal and food industries.

Pietarsaari can be reached from Kokkola along the beautiful Seven Bridges Road, which connects the many islands between the two cities. Pietarsaari is a city of gardens; there are five main parks and gardens in the city that bring peace and tranquillity into the city centre.

The city is small but boasts a rich cultural life. Music concerts, art exhibitions and theatre performance feature prominently in Pietarsaari. The After Eight Music Café, an important multicultural meeting place in Pietarsaari, organises concerts, international evenings and popular events like Bazaar Södermalm and Södermalm Christmas Bazaar. If you like shopping, in the city centre you can find many interesting shops, cafés, restaurants and pubs.

The campus in Pietarsaari offers programmes in Tourism, International Trade and Fur Design. The new campus for all higher education institutions in Pietarsaari is located right in the city centre and offers modern classrooms with all the amenities. Exchange students in Pietarsaari will have the opportunity to acquaint themselves with a vivid bilingual culture, as both Finnish and Swedish are equally used in the region around Pietarsaari.

Source: www.jakobstad.fi



Student Testimonials



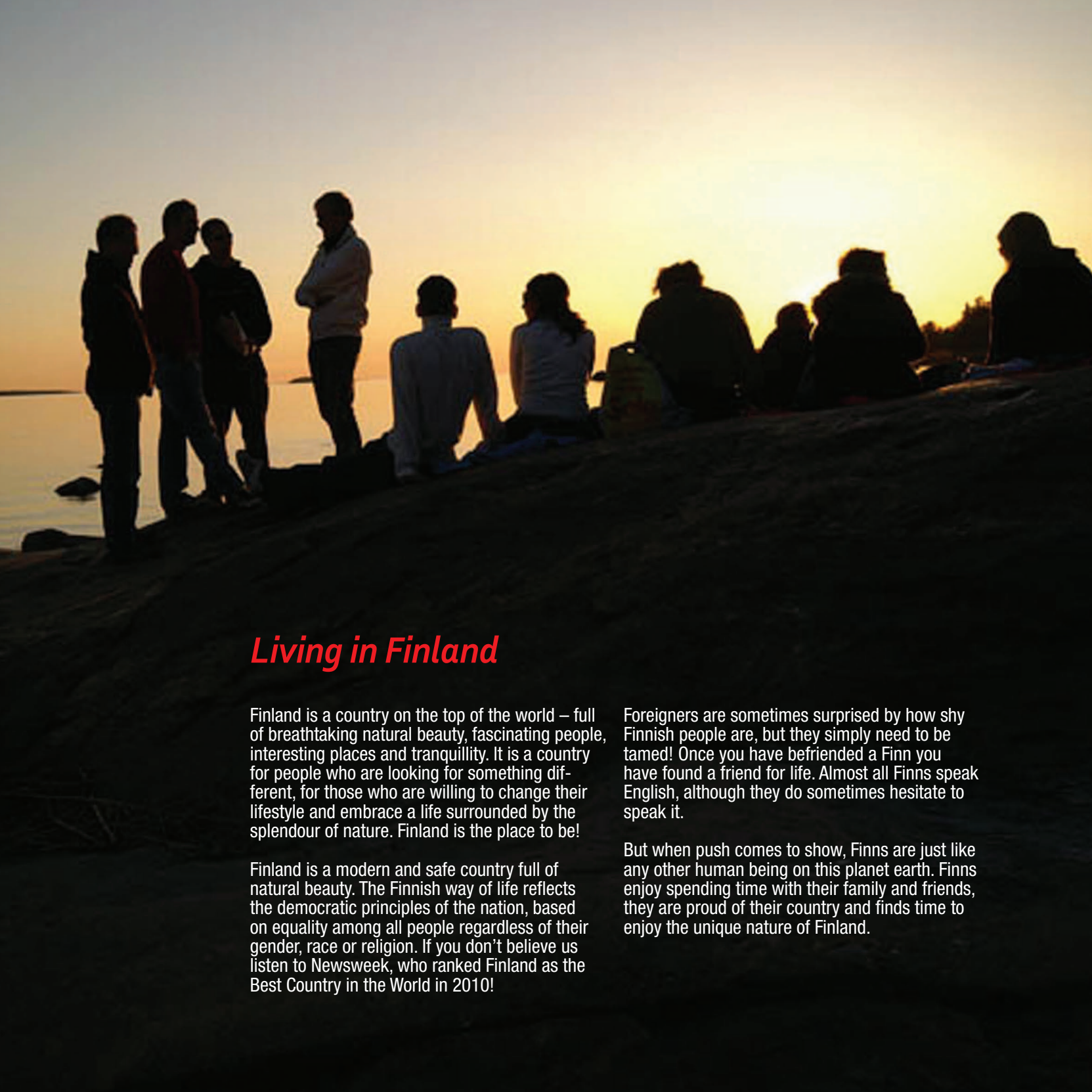
Emmanuel Steulet is a 23 year old Erasmus student from Switzerland. His home university is the University of Applied Science of Western Switzerland and at Centria he studied Tourism in Pietarsaari.

What made you choose Centria for your exchange?
I choose it firstly because it was my wish to visit Finland, secondly, this school was still available. (In Switzerland there is a ranking due to the exam result to decide who is going in exchange).

What is your best memory from Centria and Finland?
There are several good memories about Centria and Finland. If I have to choose one I will write the friendliness of the teacher. About Finland I will write the Nordic Opening in Kuusamo/Ruka.

What is the biggest difference between your studies at home and studies at Centria?
There are a lot of differences because Switzerland and Finland are different cultures. The biggest is that here you can retake an exam as many time as you would like. In Switzerland, if we failed the retake we have to do the whole semester again and if failed again, we are firing from the school and cannot sign up in this kind of studies. The other is the friendship between teachers and students.

What advice do you have to exchange students coming to Centria?
It is a rich human experience, with students from all over the world, and studying in a familiar atmosphere.



Living in Finland

Finland is a country on the top of the world – full of breathtaking natural beauty, fascinating people, interesting places and tranquillity. It is a country for people who are looking for something different, for those who are willing to change their lifestyle and embrace a life surrounded by the splendour of nature. Finland is the place to be!

Finland is a modern and safe country full of natural beauty. The Finnish way of life reflects the democratic principles of the nation, based on equality among all people regardless of their gender, race or religion. If you don't believe us listen to Newsweek, who ranked Finland as the Best Country in the World in 2010!

Foreigners are sometimes surprised by how shy Finnish people are, but they simply need to be tamed! Once you have befriended a Finn you have found a friend for life. Almost all Finns speak English, although they do sometimes hesitate to speak it.

But when push comes to show, Finns are just like any other human being on this planet earth. Finns enjoy spending time with their family and friends, they are proud of their country and find time to enjoy the unique nature of Finland.



Finland in facts

People

- Population: 5.4 million, 15.8 inhabitants per km² (40.5 per square mile)
- Life expectancy: Men 76 years, women 83 years
- Languages: Official languages are Finnish (spoken by 91%) and Swedish (5.4%). Sámi is the mother tongue of about 1,700 people, members of the indigenous Sámi people of northern Lapland
- Religion: Christianity; 79.9 % Lutheran and about 1.1% Orthodox. In practice society is fairly secularised

State & Government

- Independence: Declared on December 6, 1917. Previously a grand duchy in the Russian empire for 108 years, and a part of Sweden for 600 years before that
- Form of government: Republic, parliamentary democracy
- Parliament: 200 members in one chamber, elected every 4 years in a direct vote (next elections in 2015)
- Cabinet: Multiparty coalition cabinet. The current Cabinet is run by Prime Minister Jyrki Katainen
- Head of State: President of the Republic, elected every 6 years, two-term maximum. Currently Mr Sauli Niinistö, first elected in 2012
- International cooperation: Member of United Nations since 1955 and European Union since 1995

Society & Economy

- Key features: High standard of education, social security and healthcare, all financed by the state
- GDP per capita: 33,618 euros (2010)
- Main exports: Electrotechnical goods, metal products, machinery, transport equipment, wood and paper products, chemicals
- Main imports: Raw materials, investment goods, energy, consumer goods (for example cars and textiles)
- Currency unit: Euro

Geography & Climate

- Area: 338,424 km² (131,985 square miles), the fifth-largest country in Western Europe
- Greatest length from north to south: 1,160 km (720 miles)
- Greatest width from east to west: 540 km (335 miles)
- Capital: Helsinki (1.25 million inhabitants in metropolitan area)
- Climate: Great contrasts – cold winters and fairly warm summers (2010 extremes: coldest day in Kuhmo -41.3 C/-42.3 F, warmest day in Joensuu 37.2 C/99.0 F)

Finland in Facts, courtesy of ThisisFINLAND.fi

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