

# Laurea Design Sprint Winter School 2019

## FACTS SHEET

Full legal name of the institution	Laurea Ammattikorkeakoulu Laurea University of Applied Sciences
Campuses	<b>Hyvinkää:</b> Uudenmaankatu 22, 05800 Hyvinkää <b>Leppävaara:</b> Vanha maantie 9, 02650 Espoo <b>Lohja:</b> Nummentie 6, 08100 Lohja <b>Otaniemi:</b> Metsänpojankuja 3, 02130 Espoo <b>Porvoo:</b> Taidetehtaankatu 1, 06100 Porvoo <b>Tikkurila:</b> Ratatie 22, 01300 Vantaa
The Winter School campus of study	<b>Leppävaara Campus</b> <b>Address:</b> Vanha maantie 9, 02650 Espoo
Useful links	Laurea University of Applied Sciences website <a href="https://www.laurea.fi/en">https://www.laurea.fi/en</a>
International Affairs contact for the Winter School	Student & teacher mobility - <i>Business Administration:</i> <b>Mr. Conrad Lyaruu</b> <a href="mailto:conrad.lyaruu@laurea.fi">conrad.lyaruu@laurea.fi</a> tel. +358 9 8868 7616
Academic contacts for the Winter School	Senior Lecturer - <i>Business Administration:</i> <b>Ms. Kati Tawast and Ms. Anna Nolvi</b> <a href="mailto:kati.tawast@laurea.fi">kati.tawast@laurea.fi</a> or <a href="mailto:anna.nolvi@laurea.fi">anna.nolvi@laurea.fi</a>

### ACADEMIC AND PRACTICALITIES

Winter School dates	<b>From 14<sup>th</sup> to 25<sup>th</sup> January 2019</b> <i>Monday to Friday – for two weeks)</i>
Arrivals and Registrations	<b>11<sup>th</sup> January 2019</b> <b>0800hrs:</b> Registrations from 0800hrs <b>0900hrs:</b> Finnish Language and Culture session (1hour) <b>1000hrs:</b> Welcome to Laurea and the winter school remarks <b>1200hrs:</b> Lunch Hour <b>1400hrs:</b> An excursion to Helsinki city with our Students Union (Laureamko)
Credits Amount	<b>5ECTS (8 Mexican, 3 US/Korean credits) for two weeks participants</b>

## APPLICATION DETAILS

Application deadline	14 December 2019
Application materials available online	<a href="https://elomake.laurea.fi/lomakkeet/16300/lomake.html">https://elomake.laurea.fi/lomakkeet/16300/lomake.html</a>
Eligibility for participant	The winter school is open for participants who have completed their first year of Bachelor degree studies and have not yet graduated.
Language of tuition	English
Language requirements	Equivalent to CEFR level B2
Immigration requirements	<p><b>EUROPEAN STUDENTS:</b> If you are a citizen of an EU member state, Liechtenstein or Switzerland you do not need a residence permit to stay in Finland.</p> <p><b>NON-EUROPEAN STUDENTS:</b> If you are not a citizen of the above mentioned territories, you need a visa when you come to Finland for the Winter School. Further information can be found at <a href="https://www.laurea.fi/en/studying-and-applying/information-for-new-students">https://www.laurea.fi/en/studying-and-applying/information-for-new-students</a> . Please contact Conrad (see above) for the invitation letter in order to apply for the visas. You also have to purchase a right travel and health insurance for your stay in Finland.</p>

## ARRIVING TO FINLAND

Closest airport to Laurea	Helsinki - Vantaa International Airport <a href="https://www.finavia.fi/en/helsinki-airport/">https://www.finavia.fi/en/helsinki-airport/</a>
Getting to Laurea from the airport	<p><b>Bus Transfers:</b> Helsinki International Airport is located in Vantaa, 30 min away from the city center by bus. Finnair buses and other commuter busines run every 20 min from the airport to Elielinaukio, located right next to the Central Railway Station in Helsinki. Bus ticket costs 5Euros (Valid for 90 minutes).</p> <p><b>Train Transfers:</b> The trains I and P both go to and from the airport every 10 to 20 minutes. I train takes 28 minutes and the P train takes 33 minutes to Helsinki city Center. The price for the regional ticket is 5 Euros and should be bought at the ticket vending machines.</p> <p><i>The airport monitors will show you all departures and the right bus. There is also an information desk at the airport where passengers can ask different questions.</i></p> <p><b>Taxi Transfers:</b> <u>Private Taxis</u> are also available just outside of the arrival halls 1 and 2. You can hop on one and will drive you to the destination of your accommodation. You also have an option to take a <u>Yellow Airport Taxi</u> which is a shared taxi. Yellow Airport Taxi is a cheaper option compared to private Taxi but not as cheap as the bus or train. For taxis reserve 30euro to 60euros (distance counts) to your destination around Helsinki Metropolitan Region.</p>
Arriving to your campus	<p><b><u>The Winter School will be at Laurea Leppävaara campus in Espoo.</u></b> <b>Address: Vanha Maantie 9, 02650 Espoo, Finland.</b></p> <p><b>By train:</b> Depending to where the student is living, there are trains Y, U, L, E and A which take approximately 13-20 minutes to the Leppävaara train station from the centre of Helsinki. The Leppävaara train station is approximately 800m from the campus.</p>

	<p><b>By Bus:</b> There are various bus connection between Leppävaara and the rest of Metropolitan Region. Students can search for the bus timetables and connections by putting their initial address and destination address in the journey planner to receive a real time bus or train information. Here is a useful link: <a href="https://www.reittiopas.fi/">https://www.reittiopas.fi/</a> (select English language)</p>
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## SHORT STAY ACCOMMODATION OPTIONS

<p><b>Accommodation options</b></p>	<p>For the two weeks Winter School at Laurea, you are recommended the following accommodation options.</p> <p><b>Hotel Hellsten (<a href="http://www.hellstenhotels.fi">www.hellstenhotels.fi</a>) .</b></p> <p><b>FORENOM APARTMENTS:</b> Forenom is an accommodation and relocation service provider that offers flats and rooms for both short and long term needs. Apartments/rooms are fully furnished and equipped for quick moving in and comfortable living. The rent includes full furniture, electricity, water, TV, pillows, blankets (without bed linen) and dishes. Further information can be found at <a href="http://forenom.fi/en-US/">http://forenom.fi/en-US/</a>.</p> <p><b>PRIVATE SECTOR HOUSING:</b> Please feel free to utilise also Airbnb (<a href="https://www.airbnb.com">https://www.airbnb.com</a>) in order to find a cheaper option for two weeks stay. You can reserve an Airbnb in the city of Helsinki and the city of Espoo. The bus or train connections should be practical. You can always navigate the distance by placing the Winter School address and the Airbnb address to ease your decision.</p> <p>Helsinki has also many options that you can stay affordably. Search for hostels through <a href="http://www.europeanhostels.com/hostels/finland/espoo/">http://www.europeanhostels.com/hostels/finland/espoo/</a> and search for Helsinki and Espoo in order to see availability. It is recommended to reserve the hostel through booking.com or hostel's own site for better price options.</p>
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## INSURANCE, FINANCE AND WELLBEING

<p><b>Approximate <u>monthly</u> cost of living</b></p>	<p>It is recommended that students budget at least 700-900 Euros per each month of their studies in Finland. This amount should be enough to cover all major living expenses including accommodation, food, and local travel (excluding tuition fees). Below is an approximate breakdown of costs (<i>please note that the breakdown below is a monthly average for a student. you will stay with us for just 2 weeks</i>):</p> <ul style="list-style-type: none"> <li>• Accommodation: 300 - 500€</li> <li>• Food: 300€</li> <li>• City transportation: 50 - 70€</li> </ul>
<p><b>Insurance requirement</b></p>	<p>Insurance is recommended for all International students both EU and Non EU citizens.</p> <p><b>EU CITIZENS:</b> EU citizens are recommended to have the European Health insurance card to be able to receive healthcare services in Finland. Otherwise make sure you have the right insurance in case of accidents or other emergencies during your studies in Finland.</p> <p><b>NON EU CITIZENS:</b> You are required to have a travel insurance that will cover you in case of illness, accidents and other hazards during the Winter school. We recommend you to purchase your insurance form Swiss care insurances (<a href="https://swisscare.com/">https://swisscare.com/</a>) or AXA-Schengen insurances (<a href="https://www.axa-schengen.com">https://www.axa-schengen.com</a>). The recommended</p>

	<p>insurances fulfil the Finnish and the rest of the Schengen Visa requirements and can be purchased online.</p>
<p><b>On campus Healthcare support</b></p>	<p>Laurea UAS organizes its student health care services separately for each campus. Students can contact the nurse or psychologist individually for all health-related issues. Further information can be found at <a href="https://www.laurea.fi/en/services/services-for-students/wellbeing">https://www.laurea.fi/en/services/services-for-students/wellbeing</a>.</p>
<p><b>Accessibility for students with Disability</b></p>	<p><b>AT LAUREA:</b> Most of Laurea's premises are suitable for students with disability. The facilities available are equipped with elevators, wheel chair accessible paths, Special bathrooms, wheel chair accessible classrooms and auditoriums, IT facilities accessible for wheelchair use as well as dining spaces. Disabled parking spaces are available.</p> <p><b>AT THE ACCOMMODATION:</b> Depending to the nature of disability, there can be possibilities to various accommodation around the city. Please note that Laurea does not have own accommodation and therefore the application process for the student with any disability should follow the same path as other students. Please indicate your disability in the application form and you will be contacted directly.</p>
<p><b>Active living, Excursions and Fun</b></p>	<p><b>FROM LAUREA:</b> Laurea students union will be at the students support in terms of any fun and excursion activities on your registration and introduction day.</p> <p>More information can be found at: <a href="http://www.laureamko.fi/?lang=en">http://www.laureamko.fi/?lang=en</a></p> <p><b>FROM PUBLIC:</b> While living in Finland, students have a possibility to utilise all public facilities with none or minimal pay. There are gyms, football, and basketball and tennis courts, indoor and outdoor ice skating/ hockey rinks and playgrounds, swimming halls and running or skiing trails at the vicinities of the campuses as well as many other areas close to students residences.</p>
<p><b>How do I dress during the Winter school</b></p>	<p><b>While snow and cold are fun and can be exotic to many people who do not share the cold climates, it is necessary to acquaint yourself on how to dress appropriately so that you can enjoy the outdoors. Please see this video to prepare your suitcase better:</b></p> <p><a href="https://www.youtube.com/watch?v=vRAA1iJ5wcM">https://www.youtube.com/watch?v=vRAA1iJ5wcM</a></p>
<p><b>Useful links</b></p>	<p>Laurea Student Union: <a href="http://www.laureamko.fi/?lang=en">http://www.laureamko.fi/?lang=en</a></p> <p>Sport facilities: <a href="http://zonesports.fi/en/">http://zonesports.fi/en/</a></p> <p>Study in Finland: <a href="http://www.studyinfinland.fi/">http://www.studyinfinland.fi/</a></p> <p>This is Finland: <a href="http://www.finland.fi">www.finland.fi</a></p> <p>The city of Helsinki: <a href="http://www.visithelsinki.fi/en">http://www.visithelsinki.fi/en</a></p> <p>Climate realities: <a href="http://en.ilmatieteenlaitos.fi/seasons-in-finland">http://en.ilmatieteenlaitos.fi/seasons-in-finland</a></p>
<p><b>WELCOME TO THE LAUREA WINTER SCHOOL AND ENJOY FINLAND!</b></p>	