



LAHDEN AMMATTIKORKEAKOULU
Lahti University of Applied Sciences

ECTS GUIDE 2011-2012

This is a printable version of the
International Student guide of LUAS
which is available online at
<http://www.lamk.fi/english/guide/>

CONTENT

WELCOME TO LAHTI UNIVERSITY OF APPLIED SCIENCES	3
WELCOME TO FINLAND!	3
WELCOME TO LAHTI!	3
INTERNATIONAL LAHTI UNIVERSITY OF APPLIED SCIENCES	4
FACTS ABOUT LAHTI UNIVERSITY OF APPLIED SCIENCES	4
STUDYING AT LAHTI UNIVERSITY OF APPLIED SCIENCES	5
PRACTICAL ORIENTATION	5
ACADEMIC YEAR	5
DEGREE STRUCTURE	5
FACULTIES	6
CREDIT SYSTEM	6
GRADING	6
LANGUAGE REQUIREMENTS	7
APPLICATION AND REGISTRATION PROCEDURE	7
APPLICATION DEADLINES	7
APPLICATION DOCUMENTS	7
CONTACT DETAILS	8
INTERNATIONAL AFFAIRS OFFICE	8
INTERNATIONAL COORDINATORS IN FACULTIES	8
LIVING IN LAHTI	10
ACCOMMODATION	10
ACCOMMODATION APPLICATION	10
DEPOSIT	10
HOUSEHOLD BOXES	11
COST OF LIVING	11
ARRANGEMENTS BEFORE COMING TO FINLAND	11
INSURANCE	11
VISAS	12
RESIDENCE PERMIT	12
WORK PERMIT	13
ARRIVING IN LAHTI	13
INFORM YOUR ARRIVAL TIME!	13
CIVIL REGISTRATION IN LAHTI	13
STUDENT SERVICES AND FACILITIES	14
TUTORING	14
STUDENT UNION	14
FINNISH LANGUAGE COURSES	14
LIBRARIES	15
COMPUTING FACILITIES	16
SPORT FACILITIES	16
STUDENT MEALS	16
HEALTH CARE	17
USEFUL CONTACTS AND SERVICES FOR INTERNATIONAL STUDENTS	19



WELCOME TO LAHTI UNIVERSITY OF APPLIED SCIENCES

WELCOME TO FINLAND!

Finland has it all – snowy winters, warm summers and colorful spring and autumn. Not just the climate but also Finnish people are considered to be cool – a bit quiet and reserved. But they are actually warm, friendly, hospitable and especially honest people.

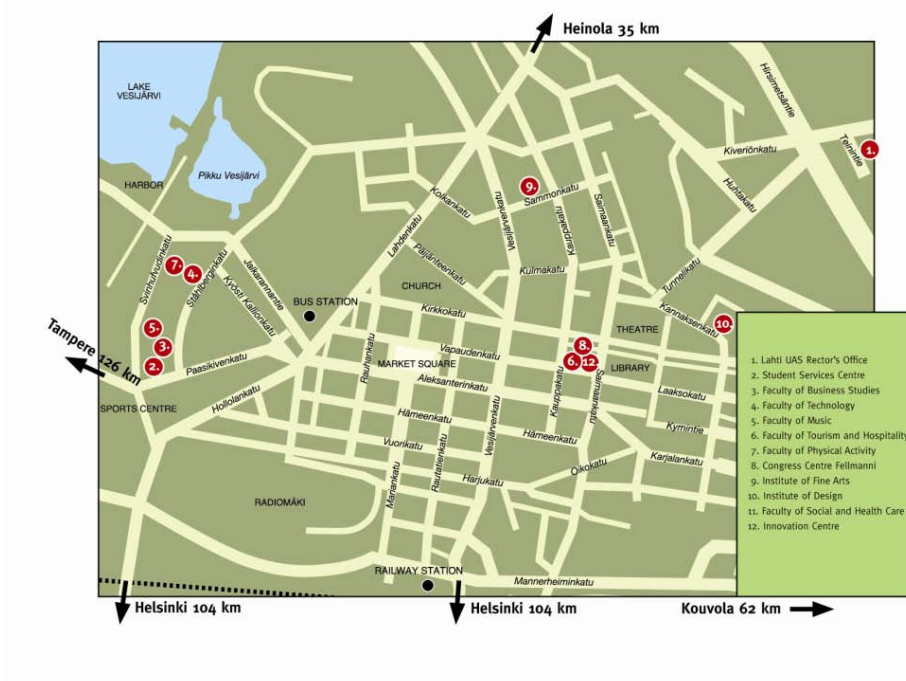
WELCOME TO LAHTI!

Lahti University of Applied Sciences (LUAS) is located in the city of Lahti, 100 km from the capital Helsinki in Southern Finland. The population of Lahti is approximately 100,000 inhabitants.

Lahti is a city of recreation and wellbeing. The city is surrounded by lakes and the passenger harbor is like a second living room for the people in Lahti. Lahti is a combination of sports, culture, design and business in compact size and with people easy to get along with! This is right city for an active person. Versatile nature activities, outdoor areas with skiing tracks and many other comprehensive sports services provide options all year long. If you are into culture you have large variety of events, museums, theatres and concerts to explore.

Lahti is an industrial and commercial centre of the region. The area is well-known worldwide for furniture, clothing, electronics, environmental technology and heavy machinery, and nationwide for beer, soft drinks, bakery products and many others.

The faculties of Lahti University of Applied Sciences are located within a kilometer from the city centre.



LAHDEN AMMATTIKORKEAKOULU
Lahti University of Applied Sciences

INTERNATIONAL LAHTI UNIVERSITY OF APPLIED SCIENCES

Lahti University of Applied Sciences (LUAS) is an internationally recognised and competitive university of applied sciences which provides the students with extensive knowledge and skills to adapt to the international and multicultural working life and society. Multidisciplinary Lahti LUAS offers studies in English in all fields – business, engineering, design and communication, fine arts, music and drama, tourism and hospitality, social and health care. Visiting lecturers give their own contribution to the international content of the studies. Up to date IT and library facilities support your studies. The staff, Student Union and the tutor students guarantee that your exchange will be smooth, successful and above all, fun!

FACTS ABOUT LAHTI UNIVERSITY OF APPLIED SCIENCES

Lahti University of Applied Sciences (LUAS) is owned by the municipalities of the Lahti Region through the Lahti Region Educational Consortium. LUAS is an independent commercial undertaking within the Consortium, and it is governed by the Board of Lahti University of Applied Sciences, which consists of representatives of the teaching staff, of the administrative personnel, of the students, of the management, and of business and industry. The head of Lahti University of Applied Sciences is a President.

LUAS is a multidisciplinary centre of expertise with over 5,500 enrolled students and approximately 250 full-time teaching staff. In addition, Lahti University of Applied Sciences employs annually about 70 part-time teachers from other academic institutions, business and industry, and self-employment.

LUAS operates in the following fields: business, design, fine arts, music and drama, tourism and hospitality management, social and health care, technology and engineering, and visual communication.



STUDYING AT LAHTI UNIVERSITY OF APPLIED SCIENCES

PRACTICAL ORIENTATION

Degrees awarded by universities of applied sciences have a more pronounced occupational emphasis when compared to university degrees. Our education has been designed to respond to the demands and development needs of business and industry. Studies are characterised by practical orientation and freedom of choice: within major studies there are optional courses, and courses for free-choice studies can be chosen from other fields of study or institutions. Initiative, individuality, and teamwork are encouraged, and practical training and projects, as well as active co-operation with business and industry and other organisations are an integral part of the studies. 75% of the final undergraduate thesis at LUAS are made-to-order for companies and other organisations.

The language of instruction in LUAS is Finnish. However, three degree programmes are taught entirely in English and individual study modules and courses are available in English at various faculties. In addition, many courses where instruction is not officially available in English can be negotiated between the examiner and the student, especially at the Institutes of Design and Fine Arts, and Music and Drama.

ACADEMIC YEAR

An academic year is divided into two semesters – autumn semester from August until December and spring semester from January until May. Within these semesters each faculty has their own study period and course schedule. Exams are included in the study periods and there are no separate exam weeks. Holiday weeks during the academic year are in late October and in late February.

DEGREE STRUCTURE

POSTGRADUATE STUDIES	MASTER DEGREE (60 - 90 credits)	PROFESSIONAL SPECIALISATION STUDIES (30 - 60 credits)
BACHELOR DEGREE 210 - 270 credits 3,5 - 4,5 years	THESIS (15 credits)	
	PRACTICAL TRAINING (30 - 75 credits)	
	PROFESSIONAL STUDIES	ELECTIVE STUDIES (min. 15 credits)
	BASIC STUDIES Common basic studies (14 credits) Programme-specific basic studies	



FACULTIES

FACULTY OF BUSINESS STUDIES

Bachelor of Business Administration (BBA)

INSTITUTE OF DESIGN

Bachelor of Culture and Arts

INSTITUTE OF FINE ARTS

Bachelor of Culture and Arts

INSTITUTE OF MUSIC AND DRAMA

Bachelor of Culture and Arts

FACULTY OF TOURISM AND HOSPITALITY

Bachelor of Hospitality Management

FACULTY OF SOCIAL AND HEALTH CARE

Bachelor of Health Care Bachelor of Social Services

FACULTY OF TECHNOLOGY

Bachelor of Engineering

CREDIT SYSTEM

The duration of undergraduate studies at LUAS is, depending on the field of studies and degree programme, 3.5 - 4.5 years, which is equivalent to 210 - 270 ECTS credits. One credit refers to a notional input of approximately 27 hours of work by the student for the attainment of set objectives. Lectures, exercises, seminars and other forms of instruction as well as independent research are all regarded as work. One semester of full-time studies is usually worth 30 credits.

GRADING

The grading system applied at LUAS can be transformed into ECTS grades as follows:

ECTS grade	LUAS grade	Definition
A	5	Excellent: outstanding performance with only minor errors
B	4	Very good: above the average standard but with some errors
C	3	Good: generally sound work with a number of notable errors
D	2	Satisfactory: fair but with significant notable errors
E	1	Sufficient: performance meets the minimum criteria
F	below 1	Fail: considerable further work is required

Some courses are assessed passed or failed.



LANGUAGE REQUIREMENTS

Exchange students are expected to have to good knowledge of both written and spoken English to be able to conduct their studies in Lahti University of Applied Sciences. The minimum requirement in European Common European Framework is B1 and IELTS 6.0.

APPLICATION AND REGISTRATION PROCEDURE

We only accept applications confirmed by the home university. Prospective exchange students should contact their home university's International Office before applying to LUAS. Prospective exchange students must come from universities with which LUAS has an official and valid co-operation agreement. Applications from universities which don't have an agreement with LUAS will not be processed. The home university will need to confirm all applications to LUAS by signing the application form. LUAS also reserves the right to refuse the application of a confirmed exchange student on academic grounds.

All exchange student applications to LUAS need to be submitted to the online application system. The instructions and the link to the application can be found from our website www.lamk.fi/english and section *how to apply / exchange students / application procedure*.

APPLICATION DEADLINES

Autumn semester - 1 May

- Institute of Design and Institute of Fine Arts - 15 April

Spring semester - 1 November

- Institute of Design and Institute of Fine Arts - 15 October

APPLICATION DOCUMENTS

Upload the required application documents in the online system:

- Application form in online system
- Transcript of records in English (certificate of the courses you have completed)
- Motivation letter in English
- Curriculum Vitae in English
- Learning Agreement (study plan at LUAS)
- Passport photo (max. 500 Pixel x 500 Pixel)

In addition to the above documents:

- Institute of Design and Institute of Fine Arts require portfolio
- Institute of Music and Drama requires CD/DVD

CONTACT DETAILS

INTERNATIONAL AFFAIRS OFFICE

Ms Ulla Weijo
Development Manager, International Affairs
Tel. +358 3 828 3850

Ms Hanna Mikkonen
Coordinator, International Affairs
Erasmus Institutional Coordinator
Tel. +358 44 708 0972

Ms Maria Ansas
Assistant, International Affairs
Tel. +358 3 828 2065

Fax +358 3 828 2095
Address: Ståhlberginkatu 8, FI-15110 Lahti
Email intoffice@lamk.fi

INTERNATIONAL COORDINATORS IN FACULTIES

Faculty of Business Studies

Ms Elisa Hassinen, Faculty International (internationalization process, staff mobility)
P.O. Box 106, Ståhlberginkatu 4B
FI-15101 LAHTI FINLAND
Tel dir. +358 (0)3 828 2652
Fax + 358 (0)3 828 2635
Email elisa.hassinen@lamk.fi

Ms Lea Kujala, Student Exchange Coordinator

P.O. Box 106, Ståhlberginkatu 4B
FI-15101 LAHTI FINLAND
Tel dir. +358 (0) 3 828 2609
Fax + 358 (0)3 828 2635
Email lea.kujala@lamk.fi

Institute of Design

Mr. Heikki Saros, Faculty International Coordinator
P.O. Box 92, Kannaksenkatu 22
FI-15141 LAHTI FINLAND
Tel. + 358 (0)3 828 2961
Fax +358 (0)3 828 2815
Email heikki.saros@lamk.fi



Institute of Fine Arts

Ms Kirsti Nenye, Faculty International Coordinator
Sammonkatu 8, FI-15140 LAHTI FINLAND
Tel. +358 (0)3 828 2862
Fax +358 (0)3 828 2865
Email *kirsti.nenye@lamk.fi*

Institute of Music and Drama

Ms Minna Liski Faculty International Coordinator
Svinhufvudinkatu 6 F - G
FI-15110 LAHTI FINLAND
Tel. +358 (0)3 828 2995
Fax +358 (0)3 828 2998
Email *minna.liski@lamk.fi*

Faculty of Tourism and Hospitality

Ms Annamaija Tolonen, Faculty International Coordinator
Kirkkokatu 27
FI-15140 LAHTI FINLAND
Tel. +358 (0)3 828 3867
Fax +358 (0)3 828 3849
Email *annamaija.tolonen@lamk.fi*

Faculty of Social and Health Care

Ms Johanna Tarvainen, Faculty International Coordinator
Hoitajankatu 3
FI-15850 LAHTI FINLAND
Tel. +358 (0)3 828 2782
Fax +358 (0)3 828 2715
Email *johanna.tarvainen@lamk.fi*

Faculty of Technology

Ms Sari Horn
Faculty International Coordinator
Ståhlberginkatu 10
FI-15110 LAHTI FINLAND
Tel. +358 (0)3 828 3062
Fax +358 (0)3 828 3015
Email *sari.horn@lamk.fi*



LIVING IN LAHTI

ACCOMMODATION

Lahti University of Applied Sciences (LUAS) does not own student housing facilities but cooperates with the local housing organisations and assists exchange students from partner institutions in finding accommodation in Lahti. LUAS has reserved a quota of apartments for exchange students in different student residences which are located within a walking distance or a short bus ride from the city centre. Please note that we can't guarantee you a place at their residence, but we will do our best!

The majority of the accommodation is in Oppilastalo student residences. More information about these apartments is available in the homepage of Oppilastalo. (www.oppilastalo.fi)

The apartments available for incoming exchange students are usually for three to four persons, with a private room and a communal kitchen and bathroom. There are separate apartments men and women. Apartments include basic furniture: beds and desks in the bedroom and a dining table with chairs in the kitchen. The rent is paid once a month via the bank. You can also pay the total amount all at once at the beginning of the rental period to cover the whole time. Electricity, heating, water, wireless internet and furniture are included in the rent.

ACCOMMODATION APPLICATION

Once you have received a confirmation about your acceptance from your international coordinator, you can start the accommodation application process. If you wish to apply accommodation in student housing residence, you will need to **complete accommodation application in Mobility-Online and pay a deposit of 500€ to Oppilastalo.**

Deadlines for the accommodation application:

- 3 Jun for autumn semester
- 15 Nov for spring semester

DEPOSIT

Oppilastalo will process your accommodation application only if you pay the deposit on time. Deadlines for the deposit
10 Jun for autumn semester (offer for an apartment by Jun 30)
15 Nov for spring semester (offer for an apartment by Nov 30)

After receiving your deposit, Oppilastalo will send you detailed information: *Offer for an apartment*, as a confirmation of your accommodation.

You will get your keys from your student tutor upon your arrival or from the faculty office during business hours. Please inform your student tutor about your arrival time well in advance. There is no reception at the student residences.



HOUSEHOLD BOXES

LAMKO rents household items for the exchange students of Lahti University of Applied Sciences. For 50€ (20€ of that is collateral) you can rent a household box, which consists of a cover and pillow, forks, knives, spoons, mugs, glasses, plates, a lamp and cooking items. Rent these items with your personal tutor or contact LAMKO's representative in tutoring. The delivery of these items is focused on the beginning of semesters, when exchange students mainly arrive and leave. It is possible to rent household items also in other times of the year, by contacting the LAMKO's representative in tutoring.

Return all the items when you are leaving or you don't need them anymore and you will get two thirds of your money back. All items must be returned in a reasonable condition and they have to be clean. This service is only available for the exchange students.

Contact information

Secretary General, Student Union of Lahti University of Applied Sciences (LAMKO)

Paasikivenkatu 7

FI-15110 LAHTI

FINLAND

Tel. + 358 3 828 2059 Fax + 358 3 828 2066 Email lamko@lamko.fi, kv@lamko.fi, www.lamko.fi

COST OF LIVING

The cost of living in Finland, on average, is comparable to the rest of Europe. For basic expenses, such as food, rent and transportation you should count 450 - 550 €/month. This could be divided, for example, as follows:

Rent 200 € (in student dormitory), 300 - 400 € (in private apartment)

Food 150-250 €

Transport 50 €

Leisure, other personal costs 50 € -150 €

Depending on your personal spending habits (food, social life, travel plans within Finland or neighboring countries, books and other materials, sports equipment, etc.) you should plan to supplement your budget by 100€ - 250€ monthly. There are always unanticipated expenses.

ARRANGEMENTS BEFORE COMING TO FINLAND

INSURANCE

To cover the costs of health care, it is important for the students to acquire the insurance needed already before arriving to Finland.

All international students are responsible for their own accident and property insurance. It is strongly recommended to obtain travel insurance before leaving home. You should also check if you are insured by your home university. Non EU/EEA citizens must have private insurance in order to get a visa before coming to Finland.



VISAS

Before entering Finland, students who are not citizens of the EU/EEA or equivalent countries (Switzerland) need to obtain a visa. The visa can be obtained from a Finnish embassy or consulate in the country of origin.

More information on how to obtain a visa can be found in the homepage of the Ministry of Foreign Affairs of Finland.

» [Ministry for Finnish Affairs of Finland](#)

RESIDENCE PERMIT

If the student is admitted to a Finnish higher education institution and will stay in Finland for more than three months, he or she must apply for a residence permit or a certificate of residence.

EU/EEA citizens

Citizens of Nordic and EU/ EEA countries, and Switzerland do not need a residence permit. However, with the exception of citizens of Nordic countries, international students must register at the local police office to obtain a certificate of residence.

Non-EU citizens

A student outside the EU/ EEA area should apply for the first residence permit in their home country, or possibly in a third country, before arriving in Finland.

How to apply?

The application forms are available online at the Finnish Immigration Service website. It should be noted that all application types have their own designated forms. In order to obtain the residence permit, students need to present proof of sufficient financial means of supporting him/herself and a clarification of studies. These documents should be submitted at the local police station.

When to apply?

You should submit the residence permit application as soon as you have received confirmation of your acceptance to LUAS. The processing time of the applications vary greatly from 17 days to several months. The applicant's passport will be held by the officials during the application period. Even though the passport can be requested back, this may extend the processing period further.

Different types of residence permits

A residence permit may either be for a fixed-term or permanent. There are three types of residence permits:

- 1) Fixed-term, continuous - so-called permit A
- 2) Fixed-term, temporary - permit B
- 3) Permanent, valid until further notice - permit P

Students from outside the EU/ EEA area must also renew their residence permit every year. For this the student needs to have a certificate of studies to prove sufficient progress. The residence permit for students normally ends as soon as the student has finished his or her studies, but the student can apply for an extended residence permit of up to six months in order to stay in Finland and look for a job after graduation.

More information about residence permits

» [Finnish Immigration Service](#)



WORK PERMIT

EU citizens and citizens of Iceland, Liechtenstein, Norway and Switzerland can freely work in Finland if the work lasts for less than three months. After that, they must register their right to reside in Finland at the local police department, but they do not need a residence permit while they are employed.

Non-EU citizens must apply for a residence permit to be able to work in Finland. A student entering Finland with a student visa is allowed to work a maximum of 25 hours per week during the semester and full-time during the summer vacation. To be able to work more than 25 hours per week during the semester, the student must apply for a work permit.

ARRIVING IN LAHTI

INFORM YOUR ARRIVAL TIME!

The first person to contact at Lahti University of Applied Sciences is International Coordinator of the Faculty of your study as soon as possible. Please, inform both your faculty and your tutor student about your scheduled arrival date and time well in advance so that you can be met at the bus or railway station in Lahti.

Try to arrive on a weekday during office hours (8.00 - 16.00). If you arrive at other times you should be prepared to arrange your own housing until the next weekday if no student tutor has been arranged to meet you.

Most international flights arrive at Helsinki-Vantaa Airport (about 80 km from Lahti). It is also possible to arrive by ferry from Stockholm, Rostock, or Tallinn to Helsinki; other major harbors for arrival are Turku, Hanko and Vaasa. There are direct trains from Moscow and St. Petersburg to Lahti.

There is a long distance bus connection to Lahti from Helsinki-Vantaa Airport every hour on the hour from early in the morning till late in the evening; follow the 'Express buses' directions to a bus platform number 13, a blue bus sign, right in front of the International Terminal, Arrival Hall 2 on the ground floor. You don't need to have a ticket in advance, it can be bought from the driver. The travel time is approx. 1 hour. Trains and buses run frequently also from the centre of Helsinki to Lahti. The travel time is approx. 1 hour. By car Lahti is easily reached from Helsinki via the main road number 4.

CIVIL REGISTRATION IN LAHTI

Provided that you will stay in Finland for more than one month, you have to fill in a civil registration form within three days of arrival to your place of residence. Forms are available at the caretaker or the house manager of your residence and in post offices, and it should be returned to the caretaker or the house manager, who forwards it to the Local Register Office.

Civil Registration Office Lahti
Lahden Maistraatti
Salininkatu 3
15100 Lahti

Registrations: tel. (03)875 0020
Mon - Fri 8.00 - 16.15



STUDENT SERVICES AND FACILITIES

TUTORING

All degree and exchange students will get their own personal tutor student. The tutor students will be in contact with the exchange students before their arrival in Finland, pick them up at the bus station / railway station when they arrive in Lahti, show them around at Lahti University of Applied Sciences and Lahti city. Tutor students will also help and support exchange students during their whole stay in Lahti.

The tutors students are second year and older degree students at LUAS. Tutoring is mostly stressed in the beginning of the year when the autumn semester is full of activities. You can ask the tutors anything, the answer is not always known, but at least they know where to get help. Besides helping you, the tutors will also take care that you enjoy your student life by arranging different kinds of events during the academic year. Remember though, that the best thing of being in a foreign country is to find things out by your own and to notice that you really are able to survive in new surroundings, although it may not always be easy. This gives you the best memories and experiences.

STUDENT UNION

The Student Union of Lahti University of Applied Sciences is familiarly known as LAMKO. The idea is to develop teaching and student wellbeing in Lahti University of Applied Sciences. LAMKO has many student representatives in different boards of the institution and is a member of The National Union of Finnish Polytechnic Students SAMOK, so LAMKO is working in many different fields for you. Every student of Lahti University of Applied Sciences can join as a member to LAMKO.

Exchange and Degree Students at Lahti University of Applied Sciences can get an official student card of SAMOK. With the card you can get 50 % discount of tickets in trains or long-distance buses. You can also get discount in some shops, cafés, restaurants, hotels etc. To get a student card, contact the Student Union of Lahti University of Applied Sciences, LAMKO.

FINNISH LANGUAGE COURSES

Lahti University of Applied Sciences offers to all the international students the possibility to take Finnish language courses. Depending on the duration of your stay, you can study from Survival Finnish to a more advanced level up to 8 cr (12 ECTS). For exchange students there is a compact course available called 'Survival Finnish' for complete beginners which familiarize the student with the language needed in everyday situations. The courses are arranged by the Wellamo Community College and the teaching language is English.



LIBRARIES

In order to borrow books or other material, you need to get yourself a library card from the library you wish to use. There are three different cards needed for different libraries. The libraries of Lahti University of Applied Sciences's faculties and institutes have their own card. This is recommended to take, as most of the course literature is available here. The Lahti Library for Higher Education has its own card and more material for studying is found here. The third card is needed for the Lahti City Library, which provides all kind of literature from novels to science. You need to fill in a form and show some proof of identification (e.g. passport) to get the library card. In addition to printed material the libraries also offer PCs with modern applications for information search, quiet study places for independent studying as well as rooms for group work.

Libraries of Lahti University of Applied Sciences www.phkk.fi/engl/library

Campus Library, Paasikivenkatu 7, tel. (03) 828 3457.
Specialised in literature of business, design and technology.

Library of the Faculty of Social and Health Care, Hoitajankatu 3, tel. 828 2778.
Specialised in literature of social and health care.

Library of Kannaksenkatu 22, tel. (03) 828 2851.
Specialised in literature of art and design.

Library of Fellmanni Institute, Vapaudenkatu 22, tel. (03) 828 3889.
Specialised in literature of tourism.

Lahti Library for Higher Education, Vapaudenkatu 23, tel. (03) 812 5420.
Course literature, information on the European Union. www.lahti.fi/korkeakoulukirjasto

Lahti City Library, Kirkkokatu 31, tel. (03) 812 511.
Provides general literature, newspapers and periodicals, and music to all residents of Lahti, including exchange students, free of charge. www.kaupunginkirjasto.lahti.fi/english.htm



COMPUTING FACILITIES

Computing facilities are available at the faculties for free of charge for the foreign exchange students. This includes an Internet connection, and an email address issued upon arrival. There are a lot of Pentium level computers in the computer labs, and students have free access to the labs until early evening. Students have to pay the printing paper themselves.

SPORT FACILITIES

Close to the city centre there is a modern sports centre for winter sports. This is renowned world-wide among the skiing enthusiasts. Cross-country skiing and ice-hockey are the favourite interests of Finns in winter.

There are also many indoor sports to choose from in Lahti: bowling, dance, martial arts, squash, tennis, swimming, shooting and gym. Every student is likely to find his/her own favourite. If you are not fond of sports, there is always plenty of fresh air and peaceful unspoilt countryside to stroll and relax in.

STUDENT MEALS

The students of Lahti University of Applied Sciences are entitled to a reduction of the regular meal prices at the specified student cafeterias. The reduction is restricted to the students studying for a full degree, certified further education students, and registered exchange students. The reduction is available by producing a student card or a certificate written for this purpose by the student affairs office. In Lahti the following student cafeterias are available:

- Koo-kuppila Kampus 1, Faculty of Business Studies, Ståhlberginkatu 2-6, Lahti
- Koo-kuppila Kampus 2, Faculty of Technology, Ståhlberginkatu 10, Lahti
- Koo-kuppila Kannas, Institute of Design, Kannaksenkatu 22, Lahti
- Koo-kuppila Kanttiini, Faculty of Social and Health Care, Hoitajankatu 3, Lahti
- Koo-kuppila Kasikulma, Institute of Fine Arts, Sammonkatu 8, Lahti
- Bellmanni, Kirkkokatu 27, Lahti



HEALTH CARE

SERVICES PROVIDED BY LUAS

Nurse of LUAS, Ms Riitta Arkimies, assists you with health problems. She can be contacted and visited during office hours Mon - Fri at 8.00 – 11.00. For appointment reservations, please call (03) 828 5708. The address is Svinhufvudinkatu 2 A.

Psychologist of LUAS, Mr. Sami Ahonen, supports you in your well-being and you can contact him in all matters. The office hours are Mon – Fri at 8.00 – 18.00. He can also be contacted at his mobile phone (tel. 044 708 0476) and by email: *psykologi@lpt.fi*. The address is Svinhufvudinkatu 2 A.

PUBLIC HEALTH CARE

Citizens of the EU and EEA countries are covered by the National Health Insurance plan administered by the Social Insurance Institution, or KELA (Kansaneläkelaitos). If students from these countries stay in Finland they must get the the EU health insurance card from their local social security office before arriving in Finland in order to be covered by the plan.

COMMUNAL HEALTH CARE

When determining the right to treatment and payment of the costs, registered domicile is crucial. International students staying in Finland for at least two years will be granted domicile and are entitled to communal health care. Also family members are entitled to treatment, if they share a household and are registered as residents.

Citizenship affects the costs of the treatment. This includes basic health care services as well as hospital care. Students from EU countries are equal to Finnish students, and they are entitled to immediate and basic health care with the same fees as Finnish students.

Students from outside EU countries are entitled to immediate care and other health care can be provided depending on the case, but in both cases the student him/herself must pay the actual costs. *For this reason it is important for students outside EU countries to have insurance.*

NEED ADVICE ON HEALTH ISSUES?

City of Lahti has service number that gives advice on health and nursing care. The advices are given by healthcare professionals, nurses and public health nurses.

The service number is: (03) 818 9120 (Doctors' appointments cannot be booked at this number.)

Opening hours:

Mon-Fri: 7.30 am – 8.00 pm

Sat: 7.30 am – 3.00 pm

Sun: 7.30 am – 3.00 p



MEDICAL AID IN CASE ACUTE ILLNESS OR CASUALTY

HEALTH CARE CENTRE OF LAHTI

Address Kauppakatu 14, 3th floor

Phone consultation: (03) 818 9120

Mon - Thu 8.00 am - 4.00 pm

Fri 8.00 am - 3.00 pm

EMERGENCY ROOM OF LAHTI CITY HOSPITAL

Address Harjukatu 48

Weekdays 4.00 pm - 11.00 pm

Weekends and holidays 8.00 am- 11.00 pm

PÄIJÄT-HÄME CENTRAL HOSPITAL- The Emergency Duty Polyclinic

Address Keskussairaalankatu 7, 15850 LAHTI

Daily at nights 11.00 pm - 8.00 am

Emergency room, tel. (03) 819 2385.

EMERGENCY DENTAL TREATMENT

Lahti City Hospital

Address Harjukatu 48,

Tel. (03) 818 4910

Weekdays Mon-Fri 12.00 midday – 6.00 pm

Weekends and holidays 9.00 am – 1.00 pm

THE GENERAL EMERGENCY PHONE NUMBER IS 112

At any time of the day or night those in urgent need of medical aid and those suddenly taken ill are transported by an ambulance to the right place for medical treatment. 112 is the general emergency phone number for ambulance, fire department and police.



USEFUL CONTACTS AND SERVICES FOR INTERNATIONAL STUDENTS

THE MULTICULTURAL CENTRE OF LAHTI

The Multicultural Centre of Lahti, known as Multi-Culti, is an international meeting point and activity centre for both foreigners and Finns who live or stay in Lahti. Multi-Culti provides hobbies and activity groups, courses and lectures, cultural evenings, international education projects, parties and outings etc. Multi-Culti is open for everybody and has no membership fees. You can visit Multi-Culti to read international newspapers, play games or just to have a cup of coffee.

Lahti University of Applied Sciences co-operates with Multi-Culti by organizing happenings for students together.

Multi-Culti
Päijänteentkatu 1
15140 Lahti
Tel. / Fax (03) 814 4634
e-mail multi-culti@phnet.fi
open Mon-Fri 9.00 - 18.00

TOURIST INFORMATION

Lahti Tourist Office
Rautatienkatu 22,
PL 175, 15100 LAHTI
tel. +358 (20)728 1750, fax +358 (20) 728 1751,
Email: info@lahtitravel.fi, www.lahtitravel.fi

Opening hours Mon-Thu 9.00 - 17.00, Fri 9.00-16.00
Saturdays 10.00 - 14.00 (during the summer season)

INTERNET

Please, find more information about Lahti University of Applied Sciences, Lahti and Finland on the following web pages:

www.lamk.fi/english Lahti University of Applied Sciences)

www.lahti.fi (City of Lahti)

www.lahtitravel.fi (Lahti Tourist Office)

www.finland.fi "This is Finland"

<http://www.hs.fi/english/extras/speakup> (Learn to speak Finnish in 3 minutes)

