



LAHTI HARBOUR AND SIBELIUS HALL



LAHTI CITY CENTRE



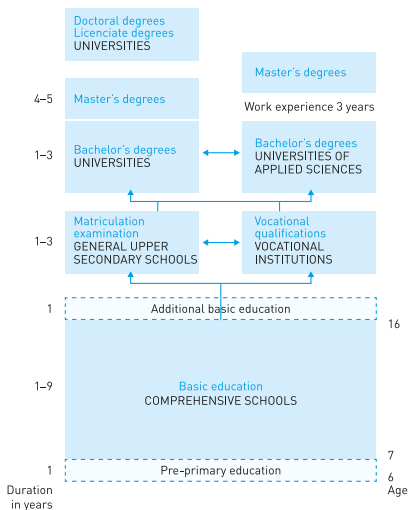
SPORTS CENTRE

THIS IS FINLAND

- Population: 5.3 million inhabitants
- Area: 338.145 km² (130.588 mi²)
- Capital: Helsinki
- Currency: Euro (EUR)
- Official languages: Finnish (90%), Swedish (6%)
- Religion: 80% belong to the Evangelical Lutheran Church of Finland

→ www.visitfinland.com/en/

FINNISH EDUCATION SYSTEM



THIS IS LAHTI

- Location: in Southern Finland, 100 kilometers from Helsinki
- Getting to: one hour drive from Helsinki-Vantaa Airport
- Population: Lahti Region has 220,000 inhabitants, of whom 100,000 live in Lahti

→ www.lahdenseutu.net/en/living/

LAHTI UNIVERSITY OF APPLIED SCIENCES (LUAS)

LUAS is a large, multidisciplinary institution of higher education. It is a centre of expertise that trains professionals in response to labour market needs and conducts R&D which support Lahti area regional development in particular.

LUAS offers education in the fields of social and health care, engineering and technology, business, design and communication, fine arts, tourism and hospitality management and music. There are over 5000 students who study in twenty Bachelor-level degree programmes with over forty specialization lines. The full time teaching staff is approximately 250. LUAS also offers Master-level post-graduate studies designed to respond to the needs of working life. The studies are suitable for mature and part time students.

→ www.lamk.fi/english

THE FACULTY OF SOCIAL AND HEALTH CARE

The faculty of Social and Health Care focuses on educating students for providing care, well-being and rehabilitation. The fields of study for undergraduate programmes at the faculty are:

- Nursing (210 ECTS)
- Public health nursing (240 ECTS)
- Physiotherapy (210 ECTS)
- Social services (210 ECTS)
- Master Degrees (90 ECTS)

→ www.lamk.fi/english/socialandhealth

The key competence areas of the Faculty of Social and Health care are family welfare, entrepreneurship, elderly people welfare and work community management.

The research, development and innovation in the faculty are centered around our key themes. Our aim is to influence and promote welfare on regional, national and international levels while basing our work on co-operation with working life and projects in connected fields.

International activities

International activities are an integral part of professional competence in social and health care. The international competences of students are developed and supported e.g. via student and teacher exchanges and educational development networks (ENPHE, Feset, Nord Plus, Erasmus, Florence net). Students are encouraged to complete part of their degree either as an exchange student in one of our numerous partner institutes or by seeking a practical placement (as part of the degree) abroad. We offer exchange students both supervised practical placements and theoretical studies in English.

→ www.lamk.fi/english/socialandhealth/guide

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DEGREE PROGRAMME IN NURSING

DEGREE OPTION | Bachelor of Nursing in Public Health Care

TITLE | Public Health Nurse, Registered Nurse

CREDIT REQUIREMENT | 240 ECTS **DURATION** | 4 years

Lahti University of Applied Sciences offers Bachelor of Nursing in Public Health Care education where the graduates will acquire extensive competences suited for a broad range of positions in social and health care.

Public health nurses are professionals in supporting individuals, families and communities in determining, achieving, maintaining and promoting their health in changing life situations and circumstances.

The focus in this degree programme is placed on the aspect of family well-being, promoting health of the aged and entrepreneurship.

The teaching in this programme utilizes the problem-based learning (PBL) method, which integrates education and work. The studies take place in small groups in which students discuss, criticize, and brainstorm new ideas and develop problem-solving and team working skills. Small group study is complemented with a variety of written assignments, seminars, lectures given by experts and different ways of showing skills and knowledge.

The students in this degree programme are offered a broad range of learning environments. Skills and knowledge are acquired as much as possible in a natural context to familiarize them with multiprofessional competences. We also utilize an online learning environment that allows flexibility in the studies.

The Bachelor's thesis (15 ECTS) is closely connected to research, development and innovation and it is always carried out as an assignment for an organization involved in a project or in working life in the field. The new information, activity, service or product is thus immediately available for use in the field.

Good relations to different partners both inside and outside the university are integral to our programme. Among external interest groups, clinical placements for students are central. We develop project-based learning and seek to increase regional co-operation with these groups. Our wide international network also offers both students and teachers the opportunity for exchange and other forms of co-operation.

DEGREE PROGRAMME IN NURSING (240 ECTS) Public Health Nurse	
<ul style="list-style-type: none"> Basic and professional studies (135 ECTS) Clinical placement (100 ECTS) including a Bachelor's thesis (15 ECTS) Elective studies (5 ECTS) 	<p>Study themes:</p> <ul style="list-style-type: none"> 1st year: the public health nurse as a nursing professional 2nd year: the public health nurse as a care expert in multiprofessional work 3rd year: the public health nurse promoting health 4th year: the public health nurse as a developer of public health nursing

1 ST YEAR (60 ECTS):	2 ND YEAR (60 ECTS):	3 RD YEAR (60 ECTS):	4 TH YEAR (60 ECTS):
<ul style="list-style-type: none"> Learning about the public health nurse profession Basic nursing competences Family care and long-term illnesses <p>• Practical placement (included in all modules)</p>	<ul style="list-style-type: none"> Family care in child and youth care and mental health in substance abuse care Family well-being and health promotion (in English) <p>• Practical placement (included in all modules)</p>	<ul style="list-style-type: none"> Individual, family and community health care I Individual, family and community health care II Research and development skills <p>• Practical placement (included in all modules)</p>	<ul style="list-style-type: none"> Individual, family and community health care III Management, quality and entrepreneurship in social and health services Thesis Elective studies <p>• Practical placement (included in all modules)</p>