



Degree Programme in Nursing offers

## **HEALTH IN THE NORDIC COUNTRIES 15 ECTS**

02.02.2011 – 08.04.2011

contents:

1. SOCIAL AND HEALTH CARE SYSTEMS IN NORDIC COUNTRIES 4 ECTS
2. EVIDENCE BASED PRACTICE 4 ECTS
3. HEALTH PROMOTION, HEALTH THEORIES AND EMPOWERMENT 4 ECTS
4. FAMILY WELL-BEING (FINLAND, 3 ECTS)

## **English language and communication skills for nurses 3 ECTS**

Autumn Semester 2010:

1.9. – 3.11.2010

15.9. – 24.11.2010

Spring semester 2011:

10.1. – 11.4.2011

18.1. – 29.3.2011



**LAHDEN AMMATTIKORKEAKOULU**  
*Lahti University of Applied Sciences*

## **Studies in English language for all exchange students at LUAS:**

### **Orientation week - Finnish Language and Society 3 ECTS**

**Schedule: 17.8. - 27.8.2010**

**Content:** Lahti University of Applied Sciences is organizing orientation programme for incoming exchange students from August 17 to 27, 2010. The orientation consists of a Finnish language course and society course which includes cultural and social etc. orientation to Lahti and Finland (lectures, events and visits).

**More information about the Orientation programme and how to register will be sent by email by June.**

### **Survival Finnish 2 ECTS**

**Schedule: Starts in September and October (twice a week in the evenings for about 1,5 months)**

**Content:** Basic everyday situations in Finnish for complete beginners. Course language is English. Course is 24 hours all together and it consists of lectures, course works, oral and written exercises and exam. Course materials are provided at the course.

**Held by: Wellamo-opisto (Wellamo Community College)**

### **Introduction to Finnish Culture 3 (2) ECTS**

**Schedule: 9.00-12.00 (Mon 27.9., Mon 4.10., Mon 11.10., Fri 15.10. (Excursion), Mon 18.10.)**

**Content:** Introduction to Finnish Culture is a 3 credit course open for the international degree programme and exchange students at the LUAS. The aim is to show and discuss about basic cultural phenomena's: political and cultural history, communication, questions about identities and relations to the neighbouring countries. Student receives 2 credits by following the lessons and 1 credit by writing the given essay.

**Cost: Excursion fee 15 euros**



## **Finnish Cuisine 3 ECTS**

**Schedule: Thursdays 16.30 – 20.15 (4.11., 11.11., 18.11, 25.11., 2.12., 9.12., 16.12.)**

Content: The students get a good picture about the basic Finnish cooking cuisine and daily diet. What do the Finns eat and how do they eat? What should you know about the Finnish food? What should you taste during your stay in Finland? How to tell about the Finnish cooking cuisine?

**Cost: 20 euros for the raw material (food ingredients) for the whole course**

