

Learning unlimited.



Study in South-Eastern Finland

Bachelor's degree programmes in English offered by Xamk



All for the future.



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University of Applied Sciences

Preface

Studying in Finland is not just about the studies. It is a chance to make friends, build networks, and experience something new. Finland is a safe country where things work and nature is always close by.

Finns are strong believers in education. The higher education system is one of the best with great international connections and low hierarchies. Higher education in Finland has a dual structure and it is provided by universities and universities of applied sciences.

South-Eastern Finland University of Applied Sciences – Xamk – is the 5. largest university of applied sciences in Finland. International cooperation is an important part of the University's profile.

With more than 350 partner educational institutions around the globe, Xamk sends and receives approximately 600 students in the frames of student exchange and double degree programmes.

In Xamk, the passion to learn is not bound to time, place or method – it is a way of looking at the world.

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Welcome to Finland

Finland is located in northern Europe between Sweden, Norway and Russia.

Finland is a part of the European Union and a unique member of the Nordic family. The country is full of interesting contrasts, the four seasons, the Midnight Sun and winter darkness, urban and rural areas, the East and the West.

Finland has a good education system with high standards and efficient quality assurance – excellent opportunities for study! The degree programmes involve close collaboration with industry and business.

Finns are strong believers in equality and education. Finland also has a high standard of social security and health care, all financed by the state.

Higher education in Finland has a dual structure and it is provided by universities and universities of applied sciences. Universities focus on scientific research and educa-

tion based on it.

Universities of applied sciences adopt a more practical approach that responds to working life needs.

There are no tuition fees for EU/EEA students. For further information, please visit: www.xamk.fi

“ Finns are strong believers in equality and education. Finland also has a high standard of social security and health care, all financed by the state.

Facts about Finland

- Finland is a republic and a member of the European Union (EU)
- Population: 5.5 million
- Capital: Helsinki
- Official languages: Finnish and Swedish
- Currency: Euro
- Most Finns, especially younger ones, speak English
- High standard of education, social security and healthcare, all financed by the state





Why study in Finland?

Finland is everything you would expect a modern welfare state to be and more. Its culture is unique: the Finnish way of life combines all the advantages of a high-tech

society with a love of the country's rich and vast expanses of unspoilt nature. So what makes Finland the perfect destination for an international student?

SIMPLY BECAUSE FINLAND IS

- the happiest country in the world (*Sustainable Development Solutions Network, World Happiness Report 2018*)
- the most peaceful and stable country in the world (*World Economic Forum, The Travel & Tourism Competitiveness Report 2017 and Fragile States Index 2018*)
- the most innovative country in the world (*World Economic Forum 2015*)

IN FINLAND YOU CAN

- study in the best higher education and training system in the world (*World Economic Forum 2017–2018*)
- breathe the cleanest air in the world (*Finnish Meteorological Institute, Finland tops WHO air quality statistics*)
- eat the cleanest food in Europe (*European Food Safety Authority, The 2015 European Union report on pesticide residues in food*)

AND DID YOU KNOW THAT

- Finland has the most forests in Europe (*FAO, Global Forest Resources Assessment*)
- Finland has the most personal freedom and choice in the world (*The Social Progress Imperative, 2017 Social Progress Index: Finland*)
- Finns' trust in other people is the highest in Europe (*European Commission, Fairness, inequality and intergenerational mobility: Social Capital: Trust in people*)

CLIMATE IN FINLAND

The image of Finland can sometimes be exaggerated with moose and polar bears roaming the streets. Truthfully, it's a modern and hip country, but the four seasons are very real: each unique and different. Spring, summer, autumn or winter – every season has its own charm!

During the winter months, temperatures can drop as low as -35 degrees Celsius. Luckily, this is not the norm: regular winter temperatures fall somewhere between -5 and -15.

In the summer, it gets as hot as 30 degrees Celsius, sometimes even more. Normal summer temperature is a bit over 20 degrees.



Winter



Spring



Summer



Autumn



One of the great concepts in Finland is called "Everyman's Rights". This gives you the right to roam freely in natural areas, pick wild berries, mushrooms and flowers, fish with a rod and line and use boats, swim or bathe in inland waters and the sea.

Xamk – All for the future

South-Eastern Finland University of Applied Sciences (Xamk) is an innovative higher education institution driven by the idea of unlimited lifelong learning and study.

South-Eastern Finland University of Applied Sciences – Xamk – is an institute of higher education which focuses on

- wellbeing,
- technology and
- creative industries.

Xamk is the 5th largest university of applied sciences in Finland. We provide education in eight fields of study, participate in research and development and provide services to the businesses and residents of the area. Xamk aims to promote life-long learning and entrepreneurship.

MODERN CAMPUSES

Xamk has campuses in four towns: Kotka, Kouvola, Mikkeli and Savonlinna. The range of services on campus is wide: restaurants, cafés, libraries, indoor and outdoor sport and leisure facilities, as well as services to promote studying and student well-being

The learning environments – classrooms, auditoriums, laboratories, workshops, etc. – are modern and comfortable.

In addition to providing education, all campuses engage in a diverse range of research and development activities and provide services.

INTERNATIONAL DEGREE PROGRAMMES

There are 62 Bachelor's programmes, 5 of which are conducted in English.

- Bachelor of Culture and Arts, Game Design

- Bachelor of Business Administration, Digital International Business (BBA)
- Bachelor of Business Administration, Wellbeing Management (BBA)
- Bachelor of Engineering, Information Technology (B.eng)
- Bachelor of Engineering, Environmental Engineering (B.eng)

Full-time studies leading to a Bachelor-level degree last 3.5–4 years (210–240 ECTS).

You can apply to study for a Master's degree if you have a degree from a university of applied sciences or another higher education degree plus at least three years of work experience in the relevant field of study. Studies in a Master-level degree programme take 2–3 years (60–90 ECTS). 3 of the 27 Master's programmes are conducted in English.

- Master of Engineering, Cybersecurity
- Master of Business Administration, International Business Management
- Master of Health Care/Social Services, Health Promotion

TUITION FEES

The students outside of the EU/EEA area are required to pay tuition fees. Fees set for the degree programmes at Xamk are 6 000–7 000 euros per academic year.

General information about the tuition fees in Finland is available on the Study in Finland website and at www.xamk.fi



” In Xamk the passion to learn is not bound to time, place or method – it is a way of looking at the world.

Facts about Xamk

- 9,300 students
- 750 employees
- 1,700 graduates per year
- 4 campuses
- 350 partner institutions around the world
- Region of operations: South Savo and Kymenlaakso

- Second largest UAS in Finland in terms of budget; annual turnover EUR 70 million
- Extensive RDI activities
- Versatile services
- President and CEO Heikki Saastamoinen

DEGREE PROGRAMMES

Degree programmes on Bachelor's level

62

Degree programmes on Master's level

27

Campuses in 4 towns

Xamk has 4 modern campuses located in the Kymenlaakso and South Savo regions.

The beautiful, clean nature and all the important services are near. The range of services on campus is wide: restaurants, cafés, libraries, indoor and outdoor sport and leisure facilities, as well as services to promote studying and student well-being.

The facilities offered by Xamk are highly valued by our international students. The learning environments – classrooms, auditoriums, laboratories, workshops – are modern and comfortable.

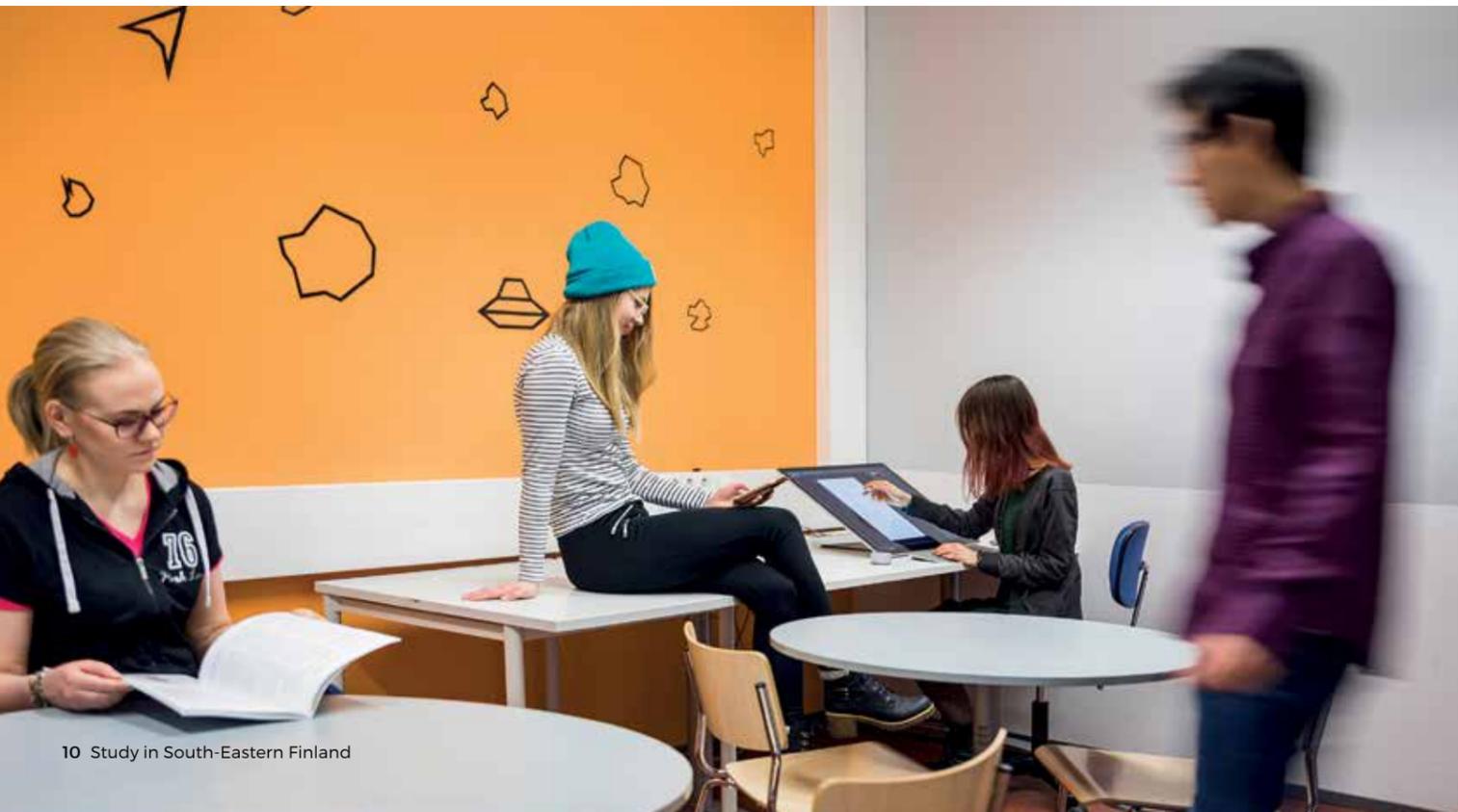
In addition to providing education, all

campuses engage in a diverse range of research and development activities and provide services.

As a student at Xamk you are guided by professional student services throughout your studies.

The aim of Student Wellbeing Services is to support students in a comprehensive manner, help them to complete their studies and develop their expert skills. The Student Wellbeing Services are available to all degree programme students for the entire duration of their studies.

” The facilities offered by Xamk are highly valued by our international students.



NUMBER OF XAMK STUDENTS IN CAMPUS TOWNS

Mikkeli
STUDENTS
3900

Kouvola
STUDENTS
1900

Savonlinna
STUDENTS
700

Kotka
STUDENTS
2800



Kotka

Kotka is located on the coast of the Baltic Sea, 130 km east of Helsinki and 290 km west of St. Petersburg. Kotka has approximately 54,000 inhabitants and is known by its port, industry and maritime festivals. Kotka is also known as a multifaceted city of educational institutions and culture.

The characteristics of Kotka are based on the sea and the Kymi river. The port of HaminaKotka is the biggest universal, export and transshipment port in Finland.

The Kotka Campus is located in the Metsola district, approximately 5 km from the centre of Kotka.

www.xamk.fi/kotkacampus



Kouvola

Kouvola is a town with plenty to see and experience and it provides cosy surroundings for students. Kouvola has approximately 85,000 inhabitants. The attractions in Kouvola range from the Repovesi national park to the Tykkimäki amusement park. Four top sports teams, versatile hobby opportunities and night life that is filled with live music guarantee recreation for everyone.

It is easy to travel from Kouvola to other parts of Finland. The distance to Helsinki is only about 140 kilometres. There are also daily connections to Russia, with the Allegro train.

The campus is located in a former garrison area, approximately one kilometre from the centre of Kouvola.

www.xamk.fi/kouvolacampus



Mikkeli

Mikkeli is located in the heart of the Finnish lake district in South Savo, two hours by car from the capital city. Mikkeli is the largest summer cottage area in Finland because of the beautiful nature, lakes and sceneries. Mikkeli has approximately 54,000 inhabitants.

Mikkeli, also known as the headquarters city of the Finnish Army during WWII, is an important administrative centre. The region interests the friends of local food and natural attractions around the world. Mikkeli is a lively town not only in summer but also in winter.

The Mikkeli campus is approximately 10 minute's walk from the centre of Mikkeli.

www.xamk.fi/mikkelicampus



Savonlinna

Savonlinna is a town in eastern Finland with approximately 35,000 inhabitants. The Savonlinna region is situated at the heart of Europe's most extensive lake district. Olavinlinna Castle, founded in 1475, is a venue for the world-famous Savonlinna Opera Festival.

Savonlinna is an ideal place for enjoying the beauty of nature but it also offers various opportunities for spending active leisure time.

The Savonlinna campus is located in the heart of the town. In addition, Xamk operates in two other locations in Savonlinna:

- FiberLaboratory – develops technology and innovations for the processing and forest industry
- 3K-Factory of Electronics

www.xamk.fi/savonlinnacampus



ENVIRONMENTAL ENGINEERING

Degree Programme in Environmental Engineering

DEGREE OBTAINED:
Bachelor of Engineering

EXTENT OF DEGREE:
240 credits (ECTS)

DURATION OF STUDIES:
4 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students - Free
Non-EU/EEA students 6000 euros/academic year

Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

MAKE A FUTURE - TAKE AN EE

Would you like to become an environmental engineer who also understands environmental economics and environmental management?

Studying in the Environmental engineering degree programme is a great way to boost your career prospects. The growing challenge of climate change, the expanding need for clean technologies, environmental health and safety issues and the green economy are trends that benefit our engineering graduates.

We coach you for the position of an in-

ternational environmental expert in the public or private sectors. Part of your practical studies is carried out in our modern environmental laboratory located on the main campus and also in projects carried out in co-operation with working life.

PROGRAMME CONSIST OF THE FOLLOWING TOPICS

- Sustainable environmental technologies
- Environmental management
- Environmental protection
- Environmental safety
- Measuring and monitoring techniques
- Environmental sampling

POSSIBLE WORKING TASKS

- Planning and organizing environmental matters
- Managing environmental systems and health and safety issues (EHS-manager)
- Developing and using environmental technical solutions
- Managing responsibility issues
- Environmental consulting/engineering

Studying in the Environmental engineering degree programme is a great way to boost your career prospects.

ternational environmental expert in the public or private sectors. Part of your practical studies is carried out in our modern environmental laboratory located on the main

www.xamk.fi/ee



“ When after taking the entrance exam, I got an email from Xamk with congratulations, I believe it was my second day of birth.”

Flexible studies, international projects and an eco-friendly town

My name is **Daria Chekalskaia** and I am an Environmental engineering (EE) student at Xamk. The EE-program fits me well, I already chose my priority areas for now – waste management and renewables. I would also love to work with people, explaining the importance of being eco-friendly. There is always something to do for environmentalists in this 21th century world.

The Finnish educational system (and probably mentality) allows you to be flexible with your studies and take a responsibility for what and when you take during your studies. My favorite part in studying at Xamk is the chance to participate in the international projects. For example, I wrote about the Neptune project in the Netherlands, which was my first working-on-the-real-case experience. I also got an opportunity to become a part of the crew in the Jurassic Rock in Mikkeli this summer, where we could apply all our knowledge in terms of noise pollution.

I truly believe that coming to study at Xamk was the right choice in terms of my present experience and future potential. As our university's motto says: "All for the future". For my bright future.

LIVING IN MIKKELI

When after taking the entrance exam, I got an email from Xamk with congratulations, I believe it was my second day of birth. And I started to prepare for my independent life abroad in the town called Mikkeli!

Mikkeli is quite a small town and it has a lot of benefits, such as:

- fewer people, less traffic
- more forests and access to nature
- no transportation needed except a bike, which I got from the university
- you can easily either find some activities or arrange them (chance to be a superstar in a small town)

ENJOYING THE FINNISH NATURE BY DARIA.



Never have feet on the ground.



One of our best hobbies - barbecue.



Nature makes you crazy.

GAME DESIGN

Degree Programme in Game Design

DEGREE OBTAINED:
Bachelor of Culture and Arts

EXTENT OF DEGREE:
240 credits (ECTS)

DURATION OF STUDIES:
4 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students - Free
Non-EU/EEA students 6 000 euros/academic year

Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

PASSION FOR PLANNING AND DEVELOPING THE GAME INDUSTRY

The graduates of the Game Design degree will master game production with an emphasis on planning and developing games and acquiring a clear understanding of the game industry.

The degree gives competence through

” The programme aims to provide competence in global game design entrepreneurship with hands-on experience and a holistic approach to visual game design concepts.

research and development assignments to become an expert in specific areas of game design and other fields which use 3D model-

ling and animation, such as advertising and TV production.

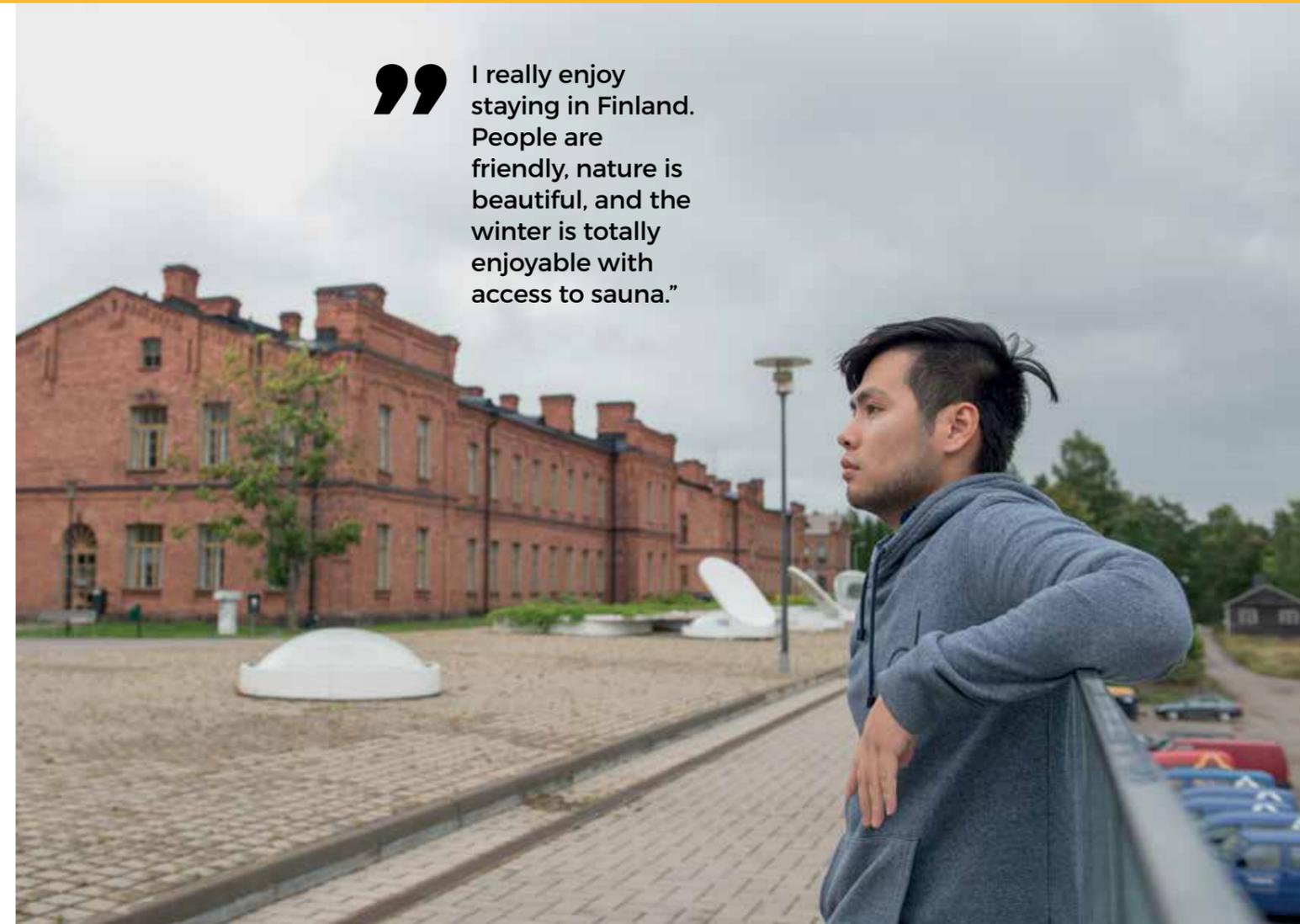
The basic studies cover arts and design skills, design methods and professional tools. The education centres around 3D modelling, concept art, script writing and game mechanics. Different game design concepts will be explored in workshops, leading to design-orientated multidisciplinary projects in cooperation with various organizations.

The programme aims to provide competence in global game design entrepreneurship with hands-on experience and a holistic approach to game design. Studies in Game Design enable students from different cultural backgrounds to build an international career.

POSSIBLE CAREERS:

- game designer
- 3D modeller of characters and environments
- concept artist and
- entrepreneur of game design business

www.xamk.fi/game



” I really enjoy staying in Finland. People are friendly, nature is beautiful, and the winter is totally enjoyable with access to sauna.”

XAMK PROVIDES INSPIRING FACILITIES TO PROMOTE THE CREATION OF NEW GAME IDEAS.



“I’ve never wanted to skip a single class since I came here”

My name is **Dinh Tuan Anh**, and I am a 2nd-year student of the Game Design Degree. I came from the warm (burning) light of Hanoi, Vietnam. Most of the time I immerse myself in anything related to game, concept art and illustration.

Inspired by all the games I loved to play, I made my way as a game design student in Xamk. I used to be a graphic designer in Vietnam before I made the switch to be a game artist since 2016.

When I made it to Finland, my first impression was how nice this country can be. I really enjoy staying in Finland. People are friendly, nature is beautiful, and the winter is totally enjoyable with access to sauna.

What amazes me the most about Xamk is that I have the opportunity to not only meet but also to work with talented people from all over the world. I get to experience the latest technology in the industry along with

diverse learning materials.

Xamk teachers are inspiring, organized, and open minded. They always encourage their students to explore different approaches when it comes to assignments. I’ve never wanted to skip a single class since I came here.

If a person asks me if he/she should apply to study Game Design in Xamk, I would say that if they really are interested in a dynamic learning environment where they can enhance their skills in order to expand their career in the game industry, then yes, they won’t be disappointed.

INFORMATION TECHNOLOGY

Degree Programme in Information Technology

DEGREE OBTAINED:
Bachelor of Engineering

EXTENT OF DEGREE:
240 credits (ECTS)

DURATION OF STUDIES:
4 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students - Free
Non-EU/EEA students 6 000 euros/academic year

Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

IN IT-PROGRAMME YOU WILL FOCUS ON NETWORKING

In Information Technology (IT) programme you will focus on networking. How the networks function and are managed. You will learn to build data secure, Internet connected wired or wireless local area networks. You can maintain and upgrade server systems.

At the last part of your studies all these are collected together and you will learn to build IoT (Internet of Things) -systems and you will understand their meaning and possibilities in global business.

You can also make programs with which you can verify that the systems are functioning correctly. You may include more

“ Our graduates are highly valued and respected by employers.

programming skills into your curriculum. Personal skills development courses are guided and timed selfstudy.

MAKE YOUR OWN INVENTIONS

The future Internet is open for all kinds of new inventions. With this high quality education you have all the steps needed to make your own inventions. Many IT-students have found a job from some traditional industry as a server administrator or network specialist.

After graduation you will be able to work as technical experts in different fields of the ICT sector.

You are also possessed versatile practical knowledge of information and network technologies, good communication and cooperation skills as well as skills to improve your own professional expertise independently.

www.xamk.fi/it

MODERN IT-ENVIRONMENT TO DEVELOP YOUR PROFESSIONAL SKILLS.



“ I had read about the Finnish educational system consistently ranking as one of the best in the world, and Xamk was known to be at the top of the Universities of Applied Sciences in the country.”

Hands-on experience with hardware and building computer networks

My name is **Bogdan Moroz**, I am 20 years old and I come from Saint Petersburg, Russia. I wanted to study abroad, and Finland seemed like a really good choice. I had read about the Finnish educational system consistently ranking as one of the best in the world, and Xamk was known to be at the top of the Universities of Applied Sciences in the country.

The Information technology programme at Xamk attracted my attention with its emphasis on hands-on experience with hardware and building computer networks. That made it stand apart from many programmes I was also considering that mostly offered software development courses.

Most of the IT-courses combine theory with lots of labs and practical assignments, and you learn to put your knowledge to use. The lecturers are

experienced and supportive, and my personal study plan has been quite flexible. Personally, I have taken several courses on media production, making a short film and shooting games of the local hockey team for live streams for almost a year.

I have also spent a year on Erasmus exchange at the Amsterdam University of Applied Sciences. It was an opportunity to try an educational system of another country, improve my software development skills and meet even more international students.

DIGITAL INTERNATIONAL BUSINESS

Degree Programme in Digital International Business

DEGREE OBTAINED:
Bachelor of Business Administration

EXTENT OF DEGREE:
210 credits (ECTS)

DURATION OF STUDIES:
3.5 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students – Free
Non-EU/EEA students 6 000 euros/academic year

Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

PURSuing CHALLENGING CAREERS IN DIGITAL INTERNATIONAL BUSINESS

The Bachelor's degree programme in Digital International Business aims to provide graduates with the knowledge, skills and understanding required in challenging positions within the field of global digital economy.

It also strives to produce graduates who can work independently and communicate with people from different cultural and linguistic backgrounds. An entrepreneurial mindset is encouraged by different learning methods as well as by extra-curricular and cross-cultural RDI activities.

FIELDS OF SPECIALIZATION

In our Digital International Business programme you will acquire a strong foundation in international business operations and global digital economy. The International Marketing study path focuses on the latest digital marketing trends, selling to the international customer and the fast-paced and exciting world of social media.

You will learn how a great customer experience is created and maintained. The Global Supply Chain Management study path focuses on cutting-edge digital technological solutions in SCM in the area of agile/

“ In our Digital International Business programme you will acquire a strong foundation in international business operations.

smart logistics. You will learn how companies use and work with emerging technologies to increase the customer satisfaction by means of value creation.

POSSIBLE CAREERS:

- Digital project manager
- E-commerce specialist
- Development director
- Digital media manager
- Account manager
- Brand marketing manager
- Export manager
- Sustainability leader
- CRM manager
- e-Business Manager
- Entrepreneur

www.xamk.fi/ib



“ I would love to see you at Xamk, I would love to be your friend and help you when you need. Be brave and be always ready for adventures!”

RELAXED STUDY ENVIRONMENT, GOOD TEAM SPIRIT, NICE CAMPUS.



From Vietnam to Finland

Hi. My name is **Xuan** and my hometown is Hanoi – the capital of Vietnam. I was a sophomore in Hanoi University, French being my major. Although I love studying languages and learning new cultures, I felt like something was missing so I decided to step out of my comfort zone and applied to study in Finland.

I think that a University of Applied Sciences is a good place for international students like me because I get to improve my English but also have the chance to learn more Finnish.

As for Xamk, I feel like studying here is mostly independent, which teaches students to be active. You need to exploit more than just what the lecturers told you in classes to have a more in-depth understanding of what you're studying. Teachers always welcome students to make questions and they are also open to help guide students, give feedbacks very honestly and straightforwardly.

WHY NOT TO GIVE INTERNATIONAL BUSINESS A TRY?

I think everyone should give International Business a try. You don't have to study a related degree in order to understand what they are teaching here. I was

a French-major student, I didn't know anything about Business but I still find it interesting. Or for someone who is fond of Marketing or Trade or both. Or anyone who is looking for a new field to invest their time and effort in. You never know what is about to come.

I do want to say your future is yours to decide and here at Xamk, our slogan is "All for the future". I didn't know anything about Xamk but I ended up loving this place more than I thought. I have my good friends here who always take care of me and the teachers who are always ready to help out with my studies. So why don't you give Xamk a try? You never know what you miss if you don't try it. I would love to see you at Xamk, I would love to be your friend and help you when you need. Be brave and be always ready for adventures!

WELLBEING MANAGEMENT

Degree Programme in Wellbeing Management

DEGREE OBTAINED:
Bachelor of Business Administration

EXTENT OF DEGREE:
210 credits (ECTS)

DURATION OF STUDIES:
3.5 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students – Free
Non-EU/EEA students 6000 euros/academic year

Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

ARE YOU INTERESTED IN BUSINESS AND WELLBEING?

During the studies you will learn to develop and produce wellbeing services based on data with the state-of-art technology.

Physical exercise and health have an important role in the human ability to work and perform. With the help of technology, it is easier than before to measure and assess wellbeing. Measuring produces data that helps to create new services that support wellbeing, health, and the ability to perform, together with new business opportunities.

AFTER YOUR GRADUATION, YOU WILL BE ABLE TO:

- identify and coordinate the service needs for promoting wellbeing
- develop and implement wellbeing services based on data
- acquire and assess wellbeing services based on data
- recognize the opportunities of profitable wellbeing business
- operate in an entrepreneurial manner and start your own business
- operate in an international working environment

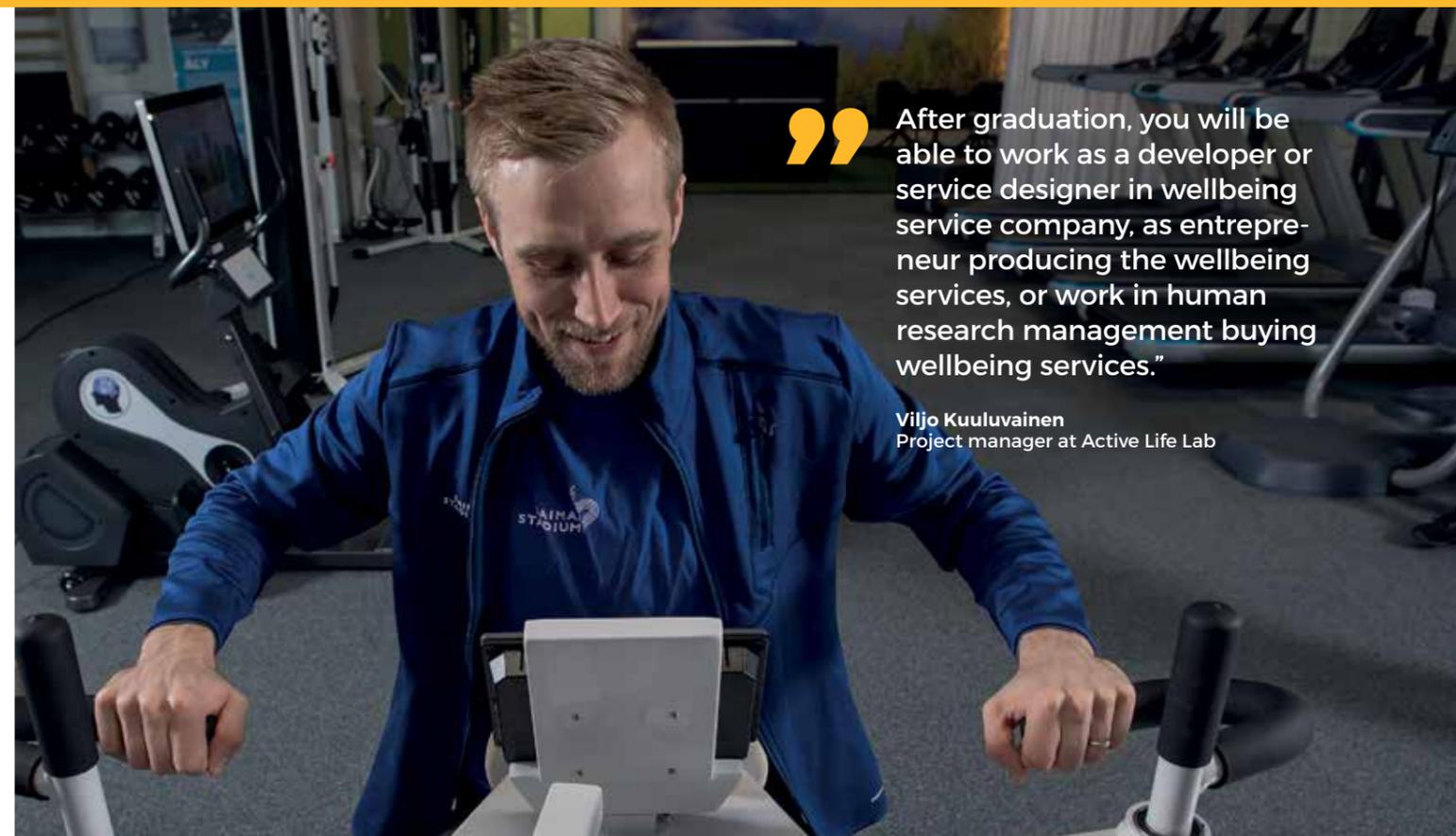
“The goal of wellbeing services is to promote the quality of life, health and the ability to work.”

The studies are implemented in close cooperation with companies and they include projects commissioned by companies. This will create networks that will be beneficial after your graduation.

As a BBA in Wellbeing Management, you will be able to work for example

- in companies that offer services in physical activities, nutrition or healthcare
- in companies that develop health and wellbeing technologies
- in event production planning and in producing wellbeing services
- in the field of human resources or insurance

www.xamk.fi/wellbeingmanagement



“After graduation, you will be able to work as a developer or service designer in wellbeing service company, as entrepreneur producing the wellbeing services, or work in human research management buying wellbeing services.”

Viljo Kuuluvainen
Project manager at Active Life Lab

You will study at Mikkeli Campus and at Saimaa Stadiumi

You will study at Mikkeli Campus. Part of the studies are at Saimaa Stadiumi, which area offers a great opportunity to combine sports, experiences, and wellbeing. You can for example play ice-hockey and football, ice-skate and ski, and do orienteering or track & field sports there, together with many options of indoor games.

ACTIVE LIFE LAB - HIGH-QUALITY RESEARCH AND DEVELOPMENT

Active Life Lab, a unique environment for high-quality research and development on wellbeing service, will be an important part of your studies. It is situated at Saimaa Stadiumi.

- The virtual reality space includes technology to test how different environments, eg nature environments or a new office layout, affect people's wellbeing. In addition, the space includes different virtual reality games and contents that are used for measuring and enhancing the cognition and memory of neurological patients as well as those of healthy people.

- The devices at the smart gym automatically track and adapt the training programmes of individuals. This information is used for optimizing the development as well as for tailoring the health enhancement actions outside of the smart gym.
- The fitness testing area includes novel equipment which make use of virtual reality and augmented reality to improve the fitness and functionality of neurological patients, orthopedic patients, and also of healthy people. The virtual reality treadmill includes different games that used for motivating the patient and for gamifying the rehabilitation or training.

THE DEMAND FOR WELLBEING SERVICES IS INCREASING.



Enhance your professional competence

Master School is a learning community at Xamk for Master's degree students. It provides the opportunity to build the career path of your choice and expand your professional network.

In order to be eligible to apply for a Master's level degree programme you must have completed a Bachelor's level degree or other higher education degree and have a minimum of three years of work experience after the completion of the Bachelor's degree.

The Master School programme is designed to allow you to work and study at the same time. The extent of the Master's pro-

gramme is either 60 or 90 credits.

The studies take approximately two years. The duration depends on the extent of your studies.

BUILD YOUR INDIVIDUAL CAREER PATH

At Master School, you will strengthen your expertise, studying with a group of like-minded professionals from different fields. You will be given tools for explorative development of your job and for reforming your work community and field of business. In addition, experts representing other fields will

join your network. You can also participate in international exchange programmes with our partner institutes.

MASTER'S DEGREE PROGRAMMES CONDUCTED IN ENGLISH

- Master of Business Administration, International Business Management
- Master of Engineering, Cybersecurity
- Master of Health Care/Social Services, Health Promotion



“The Master of Business Administration degree is a highly respected proof of your professional skills and on top of the degree you will meet interesting people while studying and widen your network.”

Katja Lassila-Hyypiä

Cybersecurity

DEGREE OBTAINED:
Master of Engineering

EXTENT OF DEGREE:
60 credits (ECTS)

DURATION OF STUDIES:
1,5 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students – Free
Non-EU/EEA students 7000 euros/academic year
Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

The objective of the education is to produce modern high-level competences in the area of cybersecurity. Disruptions in the operations of our Internet-based society may be fatal. Such disruptions may result from cyber-attacks. These attacks may focus even on the critical infrastructures: Energy Production and Distribution, Water Systems, Transport and Communication Infrastructure, Health Care and Financial Services.

New skills will be needed for preventing, detecting, responding, and in case of failure, mitigating of the consequences. Upon completing the studies, you will have a strategic point of view on the importance of cybersecurity in different areas. You will be familiar with cybersecurity controls and you can also classify the vulnerabilities and the principles of protection.

www.xamk.fi/mastercybersecurity

International business management

DEGREE OBTAINED:
Master of Business Administration

EXTENT OF DEGREE:
90 credits (ECTS)

DURATION OF STUDIES:
2 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students – Free
Non-EU/EEA students 7000 euros/academic year
Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

The Master's degree programme improves the students' professional expertise to succeed in demanding development, management and expert positions.

The education focuses on the aspects of international business which are of vital importance for the international strategic management and growth of the company. We offer students the possibility to exchange study with our numerous partner institutions.

Our learning approach is based on action learning and interdisciplinary team work together with the students, teachers and companies. The International Business Management programme provides you with the cards to take your career to the next level.

www.xamk.fi/masterib

Health promotion

DEGREE OBTAINED:
Master of health care/social services

EXTENT OF DEGREE:
90 credits (ECTS)

DURATION OF STUDIES:
2-3 years

LANGUAGE OF INSTRUCTION:
English

TUITION:
EU/EEA students – Free
Non-EU/EEA students 7000 euros/academic year
Scholarship scheme at Xamk
www.xamk.fi/tuition-fees

The programmes serves the fields of health care, social services, and sports by producing experts in health promotion who are also prepared for managerial challenges.

The aim of the management studies is to prepare the students to take charge of a department or unit in a health or social care institution and run service processes. The management studies are free-choice electives and can consist of strategic management, management of people, and financial management.

In addition, the students will examine the Finnish guidance and monitoring system used in the field of social sciences and health care.

The studies provide the student with skills to participate in development projects and work in expert and managerial positions.

www.xamk.fi/healthpromotion

International cooperation

International cooperation is an important part of the University's profile.

With more than 350 partner educational institutions around the globe, South-Eastern Finland University of Applied Sciences sends and receives approximately 600 students in the frames of student exchange and double degree programmes. Although majority of the exchange students come from European countries, we also receive students from such countries as Brazil, the USA, Australia, China, Vietnam and Russia. The wide diversity of students' countries of origin makes the education process fun and multi-cultural.

OPPORTUNITY TO EXPLORE FINLAND AND THE NEIGHBOURING COUNTRIES

Every semester Xamk International services with the help of international tutors organize different leisure time activities, such as walking and barbequing tours to nation-

- 350 partner institutions around the globe
- 19 exchange programmes
- 9 double degree programmes



al parks, sauna days, bus trips to Finnish chocolate factory "Fazer", day visits to neighbouring cities, and many more. During the winter holidays many international students head to Lapland to visit the Santa Claus Village and spend time at ski resorts.

Proximity to Saint Petersburg and good ferry connections to Tallinn and Stockholm give an opportunity to spend free time exploring new cities and cultures.

ACTIVITIES ON THE CAMPUSES

The towns of Kotka, Kouvola, Mikkeli and Savonlinna, where Xamk campuses are lo-

cated, offer a wide range of high-quality art and culture experiences, such as museums, theatres, cinemas and art galleries. On the top, there are several sports grounds, sport halls and swimming pools. Xamk has excellent facilities for indoor sports, e.g., students can play volleyball, badminton, tennis etc. free of charge. In the recent years, frisbee golf has gained popularity and has become a Finnish national hobby.

Student Union Kaakko organizes social events for the students of Xamk all the year round. All international students are welcome to join the union to get full access to the student's benefits in Finland.

EXCHANGE YOURSELF!

We at South-Eastern Finland University of Applied Sciences encourage all our students to spend a semester or two abroad and, of course, provide grounds for it. With a great number of partners abroad, we can easily fill up your student experience with a taste of foreign culture and traditions. We support international mobility as we believe in internationalization!

www.xamk.fi/exchange



Xamk has excellent facilities for indoor sports, e.g., students can play volleyball, badminton, tennis etc. free of charge. In the recent years, frisbee golf has gained popularity and has become a Finnish national hobby.

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