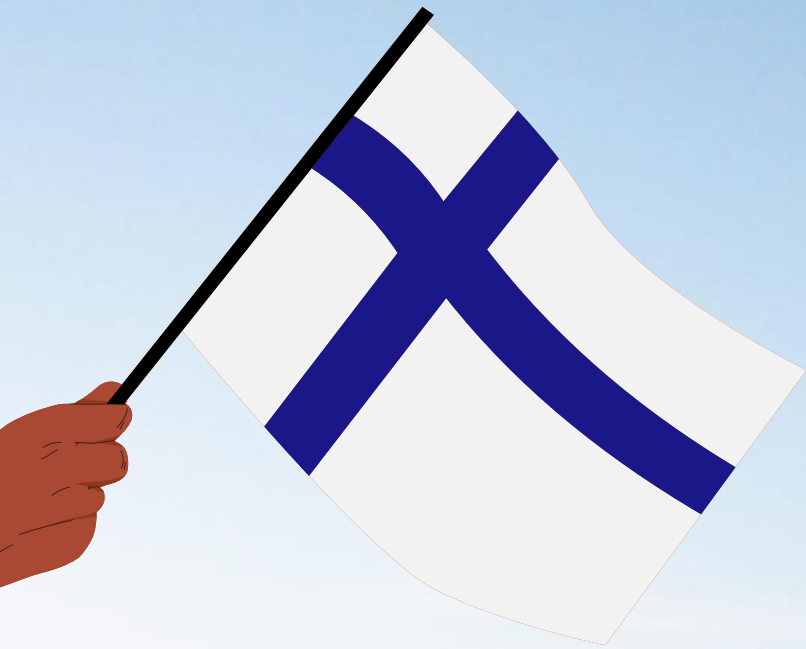




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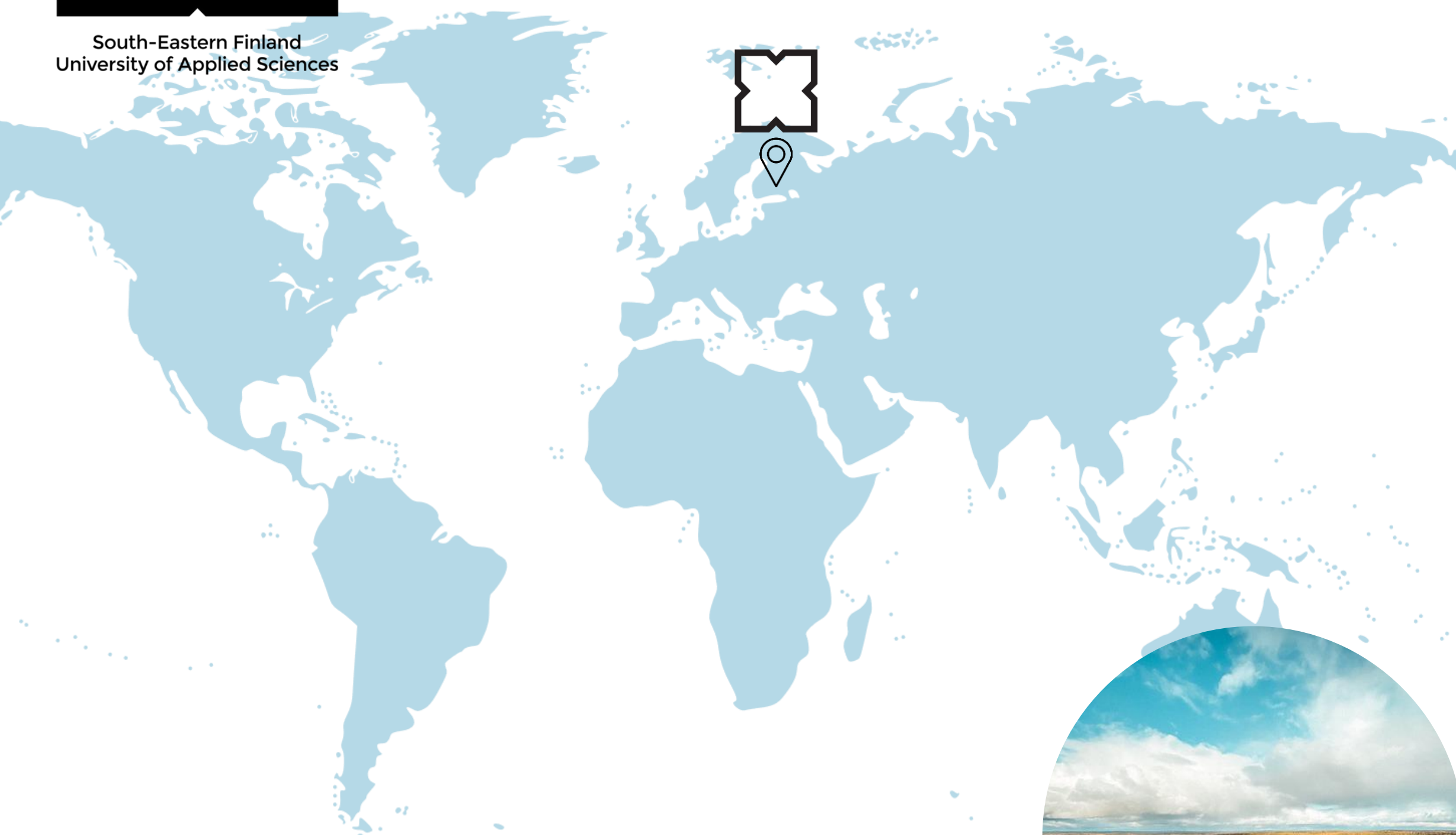
# WELCOME TO XAMK!

## STUDENT SUPPORT

Enjoy student life and study  
stress free



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We are happy to hear that you are  
joining us in the happiest place on  
earth: **Finland**

### **Kotka campus**

Pääskysentie 1,  
48220 Kotka  
International offices: C1059 & C1060

### **Kouvola campus**

Paraatikenttä 7  
45199 Kouvola  
International office: 123

### **Mikkeli campus**

Patteristonkatu 3 D  
50100 Mikkeli  
International offices: X102 & X104

### **Savonlinna campus**

Savonniemenkatu 6  
57100 Savonlinna  
International office: 236



# TUTORING

- **Xamk has international tutors**
- **Tutors organize events and activities**
- **Orientation to new exchange students**
- **The tutors provide students with a soft landing to the new school**

# HUNGRY?

There are a total of 7 restaurants and additional cafés on all Xamk's campuses. You can enjoy breakfast, lunch, snacks, or just meet up with friends for a cup of coffee.





## Wellbeing

Our campus psychologists, wellbeing advisors and chaplains are here to help you if you have any worries or challenges in your studies.



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## Survival kits

Survival kits with essential household items can be rented. The kits include utensils and other kitchen tools, a pillow and duvet.

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[Information for exchange students - Xamk](#)



## Health care

All incoming exchange students need to have a valid health insurance. Students from EU/EEA countries should have the European Health Insurance Card as well.



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# TRIPS

Visiting **Finnish Lapland** is a must experience! Try downhill skiing, visit Santa Claus village or see the Northern Lights from a glass igloo.

Taking a ferry ride to nearby countries like **Sweden or Estonia** is extremely popular and worth experiencing.

Many students like to visit **other Finnish cities** such as Helsinki, Turku, Tampere, Jyväskylä and of course the other campus cities.



# HOBBIES

## Activities to try in **Finland**:

Skiing, skating, sledding, wall-climbing, ice fishing, swimming in lakes, hiking, camping, canoeing, paddle boarding... the opportunities are endless!

## Activities **on campus**:

Bored on your free period? Try some of our campus activities such as basketball, gym, air hockey, disc golf or table tennis.





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# MOVING AROUND

To make moving around in our campus towns easy, you can rent bikes and electric scooters from all our campus towns. Of course you can also utilize public transportation.

## Bikes



## E-scooters



## Buses and trains




# HOUSING

Xamk will assist exchange and double degree students in finding and arranging accommodation for your stay in all our campus towns.



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Several yellow brushstrokes of varying lengths and orientations are scattered above the main text.

# SEE YOU AT XAMK!

Hopefully you will be enjoying your time with us at Xamk and your experience in Finland.

Follow Xamk on:



xamkfi



xamkfi



xamk-  
student



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