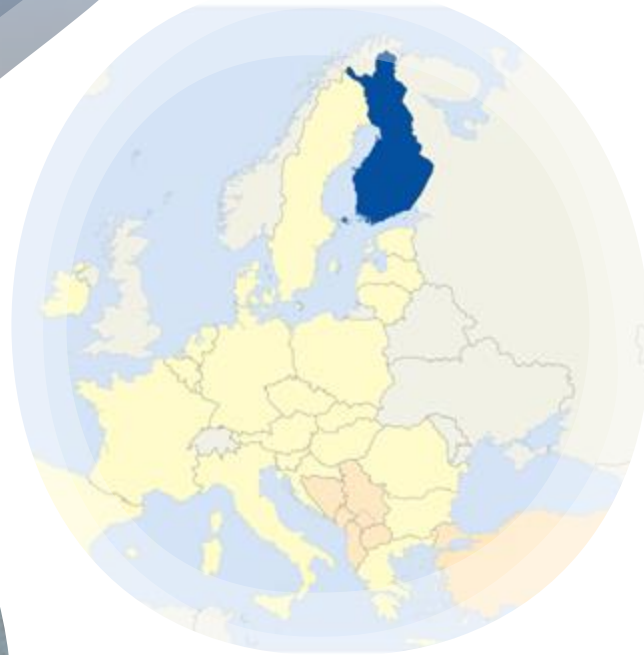


A close-up, high-resolution image of the Finnish flag, featuring a white background with a blue Nordic cross. The flag is shown in motion, with deep folds and ripples, suggesting it is waving in the wind. The lighting is bright, creating highlights and shadows on the fabric's texture. The word "Finland" is superimposed on the right side of the image in a black, serif font.

Finland

Some basic things about our country

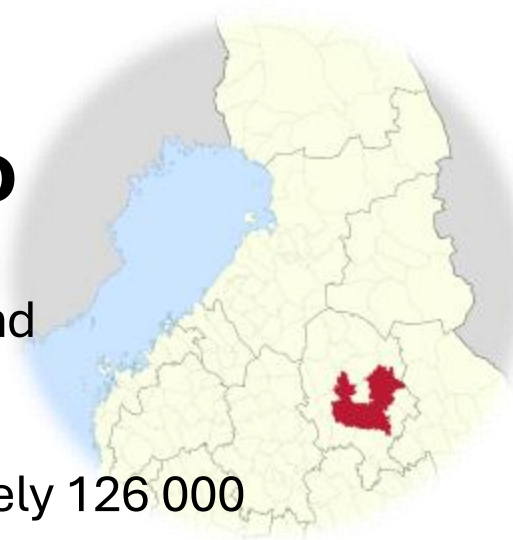
- Located in Northern Europe and the capital is Helsinki
- Population is 5,6 million
- Official languages are finnish and swedish
- Is known for its thousand of lakes, beautiful nature, education system and welfare society



← Northern lights

City of Kuopio

- Location: Eastern Finland
- Founded: 1775
- Population: approximately 126 000
- Kuopio is the eighth largest city in Finland
- About half of the area is forest and 25% is water
- What is Kuopio known for?
 - Kuopio Market Square, "Mualiman napa" = The centre of the universe
 - Puijo tower - a 75-meter-tall observation tower on Puijo Hill
 - Lake Kallavesi - A large lake surrounding the city, great for water and winter sports.
 - Kalakukko – A fish pie where fish is baked inside
 - Relaxed and friendly atmosphere and people



Market Hall



Puijo Tower



Kalakukko



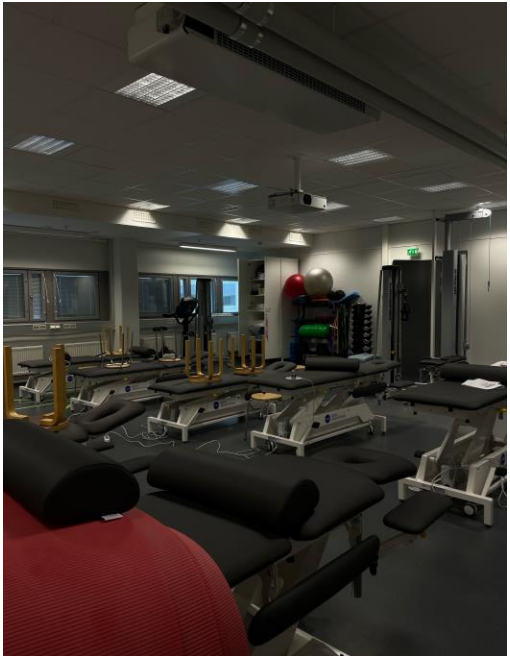
Market Square and
City Hall



Views from the Puijo Tower







Studying in finland

- **Universities & UAS:** Two types of higher education institutions – **Universities** (research-focused) and **Universities of Applied Sciences (UAS)** (practical & work-oriented).
- **Tuition Fees:** Free for EU/EEA students, scholarships available for non-EU students.
- **Programs in English:** Over 500 degree programs available in English.
- **Student Benefits:** Discounts on transport, meals, and healthcare, etc.
- **Work Opportunities:** Students can work part-time while studying.
- **Free or affordable healthcare:** Finnish Student Health Service – FSHS/YTHS.
- **Internships & Work Experience:** Universities have great connections with local industries.

Savonia University of Applied Sciences



Savonia is one of the largest universities of applied sciences in Finland. It operates mainly in **North Savo**, with campuses in **Kuopio**, **Iisalmi**, and **Varkaus**.

- **Number of students:** approximately 7,000
- **Degrees offered:** Both **Bachelor's** and **Master's degrees** in various fields
- **Main fields of study:** e.g., engineering, business, social and health care, culture, tourism and hospitality
- Also offers **degree programmes in English**

What makes Savonia unique?

- **Practical, work-oriented learning:** Savonia emphasizes hands-on education and strong cooperation with businesses and industries.
- It is a **UNESCO partner for sustainable development in higher education**, highlighting its commitment to sustainability.



Our campus
in Kuopio

Physiotherapist (BA) 210 ECTS, 3.5 years

At Savonia University of Applied Sciences, the central focus of physiotherapy is the holistic well-being of a person – especially functional ability and movement.

The studies cover topics such as: rehabilitation, guidance and counselling, therapeutic training, manual therapy, accessibility, ergonomics, multidisciplinary working and the use of technology in rehabilitation.

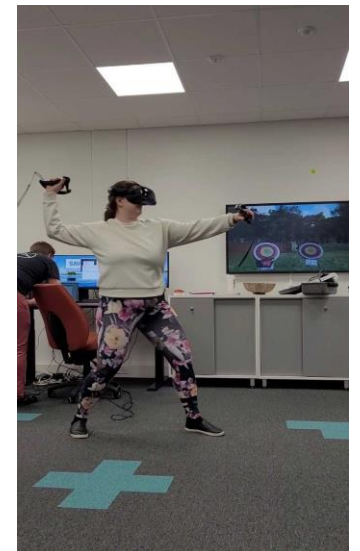
Interpersonal and interaction skills, as well as consideration of the client's resources and understanding of their environment are also important skills for a physiotherapist.



Physiotherapy

Physiotherapy studies at Savonia:

- Many **online courses** → make studying easier, as you don't always need to be on campus
- **Learning by doing** is emphasized, though there is theoretical study as well
- **Combining work and studies is easy**, thanks to the flexibility of the programme
- **Modern learning environments**, such as simulation labs and digital tools, support hands-on practice
- **High-quality internship placements** across Finland → great opportunity to build professional networks during your studies
- **Extensive collaboration with working life**, through projects and practical training
- **International opportunities**: student exchange and participation in international projects are available





Student events

- We have weekly some student events where students from different careers get together
- **Overalls** are part of Finnish student culture
- **Badgets** are collected for overalls
- **Approt** + performers
- **Sitsit**
 - A theme event that includes competitions, singing Finnish drinking songs, small snacks, and fun activities
 - There are hosts "toastmasters" and special etiquette





Student events pt 2

- **Anniversary gala**
 - A formal celebration marking a significant milestone, often featuring dinner, speeches, and entertainment.
- **May Day**
 - May Day is celebrated throughout April by students, with the main festivities taking place on April 30th and May 1st, when students wear white caps, enjoy picnics
- **Other student events**
 - Trying out different activities such as ballet
 - Sauna evening

