

General Information			
Host Country	Finland		
Host School	Metropolia University of Applied Sciences		
Program start & end dates	January 15 th , May 7 th		
Program of Study	Information Technology		
Type of Study Abroad	<input checked="" type="checkbox"/> Exchange	<input type="checkbox"/> UMAP exchange	<input type="checkbox"/> Other:
General Evaluation			
In a couple of sentences, summarize and explain your general evaluation of your experience.	I really enjoyed my experience. I was always busy with fun things to do and met tons of nice, interesting people.		
Arrival			
How easy or challenging was it to obtain your travel documents (visa, permits, etc.)?	It was a long and expensive process that required me to collect several pieces of information and go to an office in Vancouver to verify my identity.		
Describe your transportation arrangements to your host country. Would you alter any part of those arrangements?	I flew AirFrance to Helsinki, connecting through Paris. I was satisfied with the experience.		
How was your experience clearing customs and immigration upon arrival in your host country? Any surprises?	I simply had to scan my passport and stand in front of a camera.		
Describe how you traveled to your host facility. How long did it take and how much did it cost?	I flew AirFrance to Helsinki, connecting through Paris. It was about 13 hours of combined flight time and cost about \$1300.		
Orientation and Assistance			
How satisfied were you with the assistance available to at your host school? Were there people and resources available for you for support?	There was a student from the university who helped me reach my apartment, collect items from the campus and answered any questions I might have had.		
What help did you receive from the international staff or office?	I did not need to ask for help.		
How was new student orientation at the host university? What did they do?	After the standard mundane presentations explaining the university and country students from the host university had us preform ice breaker activities that got us to know the other students.		
Housing & Daily Life			
Describe your accommodation in your host country. Were you pleased with this choice or what	I received accommodation from HOAS, a non profit that provides affordable student housing. It was comfortable and within a short		

would you have done differently?	walking distance from a train station and grocery store. I was satisfied with the accommodation.
When could you move into housing and how long were you allowed to stay?	I was able to move in to housing at the beginning of the month when my studies began. I was able to stay until the end of the month after the end of my studies.
What kinds of services and facilities were nearby where you lived (shop, cafe gym, parks, pharmacy, stations...)	There was a train station providing commuter and long distance trains, a bus loop, a small mall with cafes, grocery stores and a few local restaurants.
Describe what you did about meals and what other options were available. How satisfied were you with the food?	I mostly ate granola and yogurt in the morning and pasta in the evening to keep the cost down. However I would sometimes cook nicer food with friends or go to a local restaurant and I was very satisfied with the quality of the food.
How close was your accommodation to where you studied?	My accommodation was about a 20 minute bus ride to my most frequently visited campus and 45 minutes to a further, less frequently visited campus.
Academics & Course Registration	
Describe the registration process at your host institution. What assistance was available to you? Were you satisfied?	The registration process was somewhat confusing. When first registering you won't know if there are timetable conflicts until the time tables are decided later. You will need to change what courses you are taking and fill out more forms related to the exchange if there is a conflict.
What advice would you offer to another exchange student about registration at your host institution?	Be prepared to change one of your courses if there is a conflict.
What tips to you have for finding the courses and course syllabuses/ outlines?	Metropolia has course syllabuses for the previous semester available on their website.
Academics & Course Registration (cont'd)	
How satisfied were you with the amount of knowledge/skills you obtained from your host?	One of the courses I took I felt had me learn a lot, while others I thought were just okay. Overall I do feel satisfied with what I learned.
How did the style of teaching, and workload compare to Canada? Was it more independent or group learning?	For IT the style of instruction was similar to Canada, simply lecturing with no hands on opportunities in class and no group work.
How many courses did you take during your time abroad? Are there particular courses would you recommend?	I took five courses.
What was your impression of the computer facilities, library,	Metropolia was well equipped to teach IT courses with server racks available in classrooms, even if my courses never made use of these.

internet access, specialized equipment and supplies available at your host facility?	
Cost	
Books and Supplies/per term:	N/A
Flight:	Combined departure and return: \$2600
Accommodation/per month:	~\$560
Meals/per month:	~\$300
Local transportation/per month:	~\$40-60
Health insurance/per term:	\$700
Communication (internet, phone, etc.) – per term	Internet was included in the rent Phone: \$20/month
Travel documents (Passport, Study permit, visa, etc.)	Visa: ~\$700 Passport: \$150
Vaccinations:	N/A
Personal spending (entertainment and extra travel) – per term	General activities cost about ~\$50-70/month Larger multi-day long activities cost about ~\$200-250 each
Were there unexpected costs you encounter? What items were less or more expensive than expected?	Food and transportation are relatively cheap compared to Canada.
Extra-Curricular & Social Activities	
What type of organized activities were available to you? What extra-curricular activities would you recommend to future students?	Helsinki had tons of different activities to chose from, from parties to pub crawls to checkpoint events around the city organized by the student unions. They also organized larger trips you could do around the country with other students. I also went on trips organized by the student in an unofficial capacity (i.e. student union was not involved, union members participated unofficially.)
Did you travel outside the host location? If so, where do you recommend?	During my stay in Helsinki I briefly visited Tallinn in Estonia and Stockholm in Sweden with other students. These locations are nearby Helsinki and are definitely worth visiting. Once studies where concluded I went on trips on my own to Scotland and France to visit friends.
What opportunities were there to work or volunteer? Did you require special permits to do this?	I did not take any opportunities to work or volunteer.
Health and Safety	
Describe any health/safety concerns or issues you had during your experience.	I did not have any major health or safety concerns during the stay.
What helped you keep safe and healthy? Did you access any health care supports and if so how was the experience?	I did not have any major health or safety concerns during the stay.

What wellness supports did they offer at the University? Were there counselling or medical services?	I did not have any major health or safety concerns during the stay.
Personal and Cultural Connections	
Were there any cultural differences you had to adjust to? Were there language barrier issues?	Smoking is very accepted in Finland and young adult university students tend to do it very frequently. Finns all speak very good English and the language barrier was never a concern.
What part(s) of the country and culture did you most appreciate?	Finns are very festive. Attending events with them is very fun.
How was it traveling alone and making friends?	I have traveled alone before and I find it to be a simple thing. I had an easy time making friends thanks to all the opportunities provided by the university. I quickly found a tight nit group of like-minded students.
How were you treated by local people? By university staff and faculty? By students?	Finns are very polite and accommodating. They have no problem with speaking English when asked.
How accommodating are they to students with a disability? Were there any accommodations offered?	
How is the situation for students who are visible minorities in your host country?	I did not personally notice any issues visible minority students would have had.
How welcoming are they to for those who identify as LGBTQIA+?	Finland is very welcoming to the LGBT community. Rainbow and progress flags can be seen around Helsinki frequently.
Overall	
What are 5-10 important things other students should know before going to your host country/region?	
1. Be prepared for how much a visa will cost.	
2. Plan any post-semester trips and your flight home well before the end of the exchange experience.	
3. Be ready to return with more items than you depart with.	
4. Complete any forms required by KPU and your host country, university or the European Union well before they are due.	
5. Any language you speak other than English may be useful when communicating with other exchange students.	
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What was the most rewarding part of your study abroad experience?	All the new experiences and interesting people I met during my experience.
What was the greatest challenge you faced during your experience abroad?	I am a very introverted person and sometimes struggled having no time to myself when I was so frequently surrounded by others.
How has your perspective changed as a result of your study abroad experience?	I better understand my place in the world as an Acadian and Francophone Canadian.
What else do you want to add about your study abroad?	This experience has changed the way I view myself and the world the better. I am a better person after this experience.