



Satakunta University of Applied Sciences International Relations Bulletin

# GO ABROAD!



# USE YOUR CHANCE – ADD INTERNATIONAL

In SAMK we think international issues are an everyday thing. We believe that developing international skills will be highly valued for your future career.

We encourage all of our students to take part in international experiences during their studies: all of SAMK students have the chance to go abroad as an exchange student, to do their internship abroad, to participate in an English taught course and to get to know students from different cultures studying at SAMK.

Every year more than 200 SAMK students go abroad for student exchange or an internship, and about the same amount of international students come to SAMK, most of them as exchange students. We also have dozens of visiting international lectures every year and our own teachers go abroad regularly to update their professional and language skills.

## Going abroad as an exchange student

All SAMK students are able to do a part of their studies abroad, and good

study abroad grants which cover most of the expenses are available too.

Generally students go abroad after their second year of studies for a semester or a whole year. Many want to develop their language skills, others seek courses that SAMK does not offer and some are driven by the will to see the world and to learn about different cultures.

The easiest way to go abroad as an exchange student is to choose the most interesting of the over a hundred partner schools SAMK has in Europe, Russia, China, Thailand, Korea, Mexico and the USA. Most of our partner universities offer their classes in English. Studies that you do abroad will be included in the degree you are studying at SAMK. Well planned studies abroad do not extend the originally planned study time.

## Internship abroad

An internship abroad is the best way to combine an international experience with a learning experience. In an internship you work in your own field

and in assignments that correspond with your education. At the same time you improve your language skills, social skills as well as broaden your point of view.

Be active and use your own contacts in finding an internship placement that best matches your skills and interests. Check with your programme coordinator that the placement you have selected suits your studies, and then apply for a grant.

## Internationalisation at the home campus

There are more than 150 new international students at SAMK every year. Being a tutor student is your chance to get international experience without leaving the campus. Tutoring international students is also a good way to test the international atmosphere before going abroad yourself – or to keep up with the atmosphere after your return from your period abroad.

Intensive courses, English taught courses and international student projects are other ways of gaining international

experiences without leaving the home campus. You will learn more about these possibilities as you go on with your studies at SAMK.

## What will your spice be?

Here at SAMK we will do the best to help you reach your potential both locally and internationally. There is an international contact person in all campuses and you are always welcome to visit them and ask any question concerning getting international experiences during your studies.

It is worthwhile to start thinking about your international path in the beginning of your studies:

- When would I go abroad?
- Would I go abroad to study or would the best way to improve my international skills be to do my internship abroad?
- Would I be a tutor student for international students?
- or maybe all three...

So, where would you like to go and when?

[www.samk.fi/ulkomaille](http://www.samk.fi/ulkomaille) – [www.samk.fi/goabroad](http://www.samk.fi/goabroad)



# INTERNATIONAL SPICE INTO YOUR STUDIES

## JYRI

Internship in Portugal, study exchange in China  
Faculty of Technology and Maritime Management

First doing your internship abroad and then studying in a foreign country as well! Going abroad for your study... An addiction?

Jyri, a fourth-year student from Pori, went to Portugal last year to do his internship for six months. Jyri is studying Mechanical Engineering at the Faculty of Technology and Maritime Management.

He did his internship at a company called Active Space Technologies in Coimbra, a city with 446 000 inhabitants, including a lot of international students.

### How did it all start?

One day Jyri got an e-mail from the placement coordinator of the faculty who mentioned this company and that they were looking for trainees. Jyri sent his CV and letter of application straight to the company: They were excited and said that Jyri was more than welcome.

### And then Jyri arrives in Portugal...

The company where Jyri was going to do his internship arranged him an accommodation. It was an apartment that he had to share with two Portuguese guys. They were very kind and they became friends for life. After two months Jyri moved to a student dormitory where lots of exchange students were living.

### What did Jyri like about his internship abroad?

The thing Jyri liked the most about his internship, was the fact that he met so many people from all over the world. He made friends for life, learned a lot about other cultures and he met his girlfriend! Getting along with different people from different countries is one of the most important skills he gained during his stay. Jyri says that he wants to discover more of the world. He wants to go to Germany, perhaps for a permanent job, but first he's going

to China in September as an exchange student!

### China you said?

Yes, Jyri is going to study abroad for a period of five months at Jiangsu Polytechnic University (nowadays Changzhou University). Jyri is also going to write his thesis during his stay in China. He is really interested in the culture and he expects the way of education to be stricter, so he is really curious. Jyri is excited to meet new people again and he is especially excited about meeting Chinese people. Besides another adventure, Jyri wants to expand his network. He wants to meet Chinese business people, because the business of the world will transfer to China and if he knows people in China, he thinks it will benefit him in the future.

### How did he arrange all this?

The China exchange was arranged by SAMK because Jiangsu Polytechnic

University (nowadays Changzhou University) is one of SAMK's partner universities in Asia. Jyri heard about the possibilities to study abroad and he filled in the application form. He didn't have to arrange a lot by himself, except for the visa, flight and he has to find a company to do his thesis for.

### At last...

He wants to recommend every student to go abroad for a while. He said that a few years ago, he never thought he would, but it was a lifetime experience that changed him a lot in a good way. He developed a lot of social skills and his self-confidence increased significantly.

Jyri says that when you come back from your period of living abroad, you will appreciate your hometown more, because the time spent abroad gives you new perspectives. So don't be afraid, just go for it!

**"It was a lifetime experience that changed me a lot in a good way."**

## HEIDI

Study exchange in Italy, Intensive Program in Sweden  
Faculty of Social Services and Health Care

Heidi is a 21 year old student of nursing at the Faculty of Social Services and Health Care Rauma. She is going to Sweden to participate in an Intensive Programme.

### What is an Intensive Programme?

The Intensive Programme Heidi is participating in is organized by the European Network of Nurse Educators (ENNE) and it lasts for one week. It will be in Norrköping, Sweden, and during this week students will, for example, work on cases, talk about different countries and their school sys-

tems and make a trip to the archipelago Arkösund.

### Why choose an Intensive Programme?

Heidi chose to participate in an intensive programme instead of a semester or more abroad, since she already went abroad: last autumn she spent three months in Italy as an exchange student.

Heidi chose to go abroad because she wants to experience the most possible during her life. She doesn't want to be stuck and wants to make her own path in life. She is interested in working ab-

road in the future and she thinks international experiences definitely help in expanding your way of nursing. During the Intensive Programme she wants to learn different points of view; compared to a semester abroad the advantage of participating in an Intensive Programme is that it's not only one country you'll get to know, but several, since the participants come from different countries.

### Experiences like these change you in a good way

Heidi thinks working in other cultures isn't that hard. If you are willing to

learn and you are ready to expand your point of view, you can make it happen.

Studying abroad is also a great experience. During her stay in Italy, she learned about the culture but also a lot about herself. That is why Heidi is excited to go abroad again and wants to convince other students to go abroad as well: When you have the opportunity to go abroad, don't hesitate to do it. You'll gain more than you'll lose and if you think you won't manage, don't worry, you will!

**"When you have the opportunity to go abroad, don't hesitate to do it."**

# INTERNATIONAL EXPERIENCES BOOST YOUR CAREER

Every time you stay abroad for a while, you learn new things that will prove to be useful in your career. During my studies I was on student exchange in the USA and did a placement period in Sweden. These experiences have helped me in my career in unforeseen situations and with people with different values and ideas.

International skills are for sure needed in the work life nowadays. Employers tend to value experience abroad, because it is a sign of your initiative. Companies are not interested in recruiting people who have just spent their lives around their home.

Finnish companies and also public services work in such a close international interaction, that employees have to be able to communicate with people from different cultures. It will not make much difference whether a company chooses foreign trade or domestic market. Besides, there no longer is a separate Finnish market; instead we have a common European Market.

Close contact with the Russians, Chinese and Americans will increase in years to come. Public services must also continue participating in international interactions. By comparing differ-

ent conditions you often see your own work at home region more clearly.

SAMK offers several ways to get international experiences. Visiting foreign professors and students give all students an opportunity to get in contact with new friends. Similarly, by being an international tutor, you can increase your international experience. Take advantage of these opportunities; get acquainted with the foreign exchange students!

You can also ask your teachers about possibilities for international projects connected to normal courses. An naturally, there are various opportuni-

ties concerning student exchange and international internships in different countries and SAMK offers excellent grants for both exchange students and interns.

It is certainly worthwhile to find out the possibilities available for: ask the teachers, placements coordinator and international relations coordinator of your faculty for more information!

*International regards,*

*Jari Heiniluoma  
Head of International Relations, SAMK*

## ASK FOR MORE INFO

**THERE IS AN INTERNATIONAL CONTACT PERSON IN ALL CAMPUSES:  
[WWW.SAMK.FI/STUDENTS/GOABROAD/CONTACTPERSONS](http://WWW.SAMK.FI/STUDENTS/GOABROAD/CONTACTPERSONS)**

**SARI**  
International tutor  
Faculty of Business and Culture

Sari, a second year student, is studying Marketing and Communication at the Faculty of Business and Culture Pori. Sari is an international tutor for exchange students.

### An international tutor?

Yes, that's right. She is a tutor for exchange students, who are coming over to Finland for a period of time. As a tutor she is helping these students to feel comfortable when they arrive and during their stay, by helping them with all sorts of things. Filling in registrations forms, showing them the city; the tasks are quite divers.

Sari became a tutor because she has been to the United States of America five years ago for a period of one year. In San Francisco she studied at the International School of English in Mills College and she did her internship in San Francisco as well. During that period she noticed how hard it can be at

the beginning, being so far away from home. That's why she decided to help exchange students during their stay in Finland.

### What does she have to do as an international tutor?

First she gets the name and e-mail address from the person who will be her student via the International Office. Then Sari approaches this new student and asks him or her when they will arrive. Sari will pick up the student and brings him or her to their accommodation.

Sari also arranges the key of the apartment and the bedclothes. When the student arrived, Sari accompanies the student by going to the Rental Office.

The main task of the international tutors is helping out the student so he or she doesn't have to feel lonely and confused at the beginning. The rest of

the time the exchange student will be in Finland, Sari is the contact person for him or her in case there are problems. There are also some events where all the International tutors normally participate, like for example the Christmas dinner, which is always a lot of fun according to Sari.

### What does it require to become an International tutor?

Of course it's necessary to speak and understand average English. Then it is useful if you are quite social and that you enjoy meeting new people, but these things are skills that you can gain during your period as a tutor. It's a great learning experience. For Sari it is an important thing to keep improving her English skills and she feels that the only way is talking a lot in English.

### Why are International tutors so important?

It works both ways. For an exchange student it feels safe to have someone around to count on. Especially in the beginning, some knowledge could be hard to find because most of it is written in Finnish. Sari also thinks it could be hard for a foreigner to get to know the Finnish people, so at least the exchange student will get to know their tutor and the tutor's friends and the friends of the tutor's friends...

For a tutor there is also the opportunity to get to know the people from other cultures, Sari says. The best situation, according to Sari, is when she gets true friends through tutoring. She also thinks tutoring improved her social skills and getting to know different cultures, is very interesting for Sari. For Sari it is a great opportunity to keep meeting new people from different countries over the whole world!

Interviews were written by Sanne Van Doren, a student of Zuyd University of Applied Sciences in the Netherlands. She did her internship at SAMK and participated in the International Summer School SAMK and Rovaniemi University of Applied Sciences arranged together in May-June 2009.