



Photo: Finnish Institute in Japan

フィンランド留学ウェビナー STUDY IN FINLAND WEBINAR

2023年11月14日 (火) 17時

14th November 2023 5PM

ONLINE

本日の流れ

17:00 開会のご挨拶

17:05 フィンランドの教育制度

イエナ・タヴァスティ

フィンランドセンター リサーチ・アシスタント

17:30 大学紹介

ヘルシンキ大学

18:10 Q&Aセッション

18:50 閉会の言葉

イエナ・タヴァスティ

フィンランドセンター リサーチ・アシスタント

19:00 終了

Today's programme

5:00 PM Opening words

5:05 PM Finnish Education System

Jenna Tavasti

Research assistant, Finnish Institute in Japan

5:30 PM University introduction

University of Helsinki

6:10 PM Q&A session

6:50 PM Closing remarks

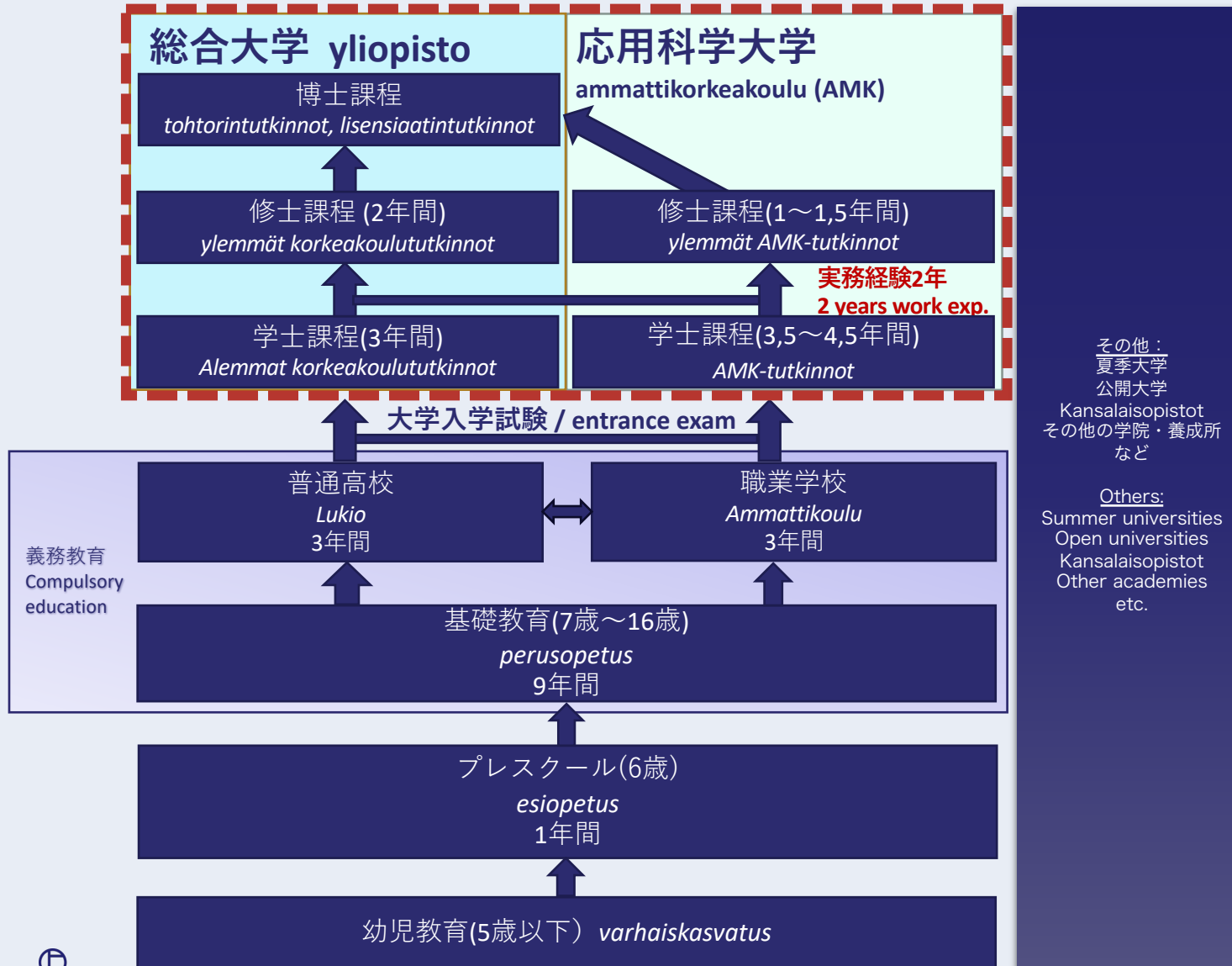
Jenna Tavasti

Research assistant, Finnish Institute in Japan

7:00 PM Webinar ends



フィンランドの教育制度 / Finnish education system



その他：
夏季大学
公開大学
Kansalaisopistot
その他の学院・養成所
など

Others:
Summer universities
Open universities
Kansalaisopistot
Other academies
etc.

フィンランドの高等教育機関には2種類：

- ①総合大学 (yliopisto)
 - ・ 基礎研究に注力
 - ・ 学士号、修士号、博士号
 - ②応用科学大学 (ammattikorkeakoulu)
 - ・ 実践に注力
 - ・ 学士号、修士号
- いずれも文系・理系学科がある。
(参考) 卒業年数 (ボローニャプロセスを採用)

There are two types of higher education institutions in Finland:

- ① Universities (yliopisto)
 - ・ Focus on research
 - ・ Offer bachelor's, master's, doctoral and licentiate degrees
 - ② Universities of applied sciences (ammattikorkeakoulu)
 - ・ Focus on practice
 - ・ Do not offer doctoral or licentiate degrees
- ・ Both have departments in humanities as well as science

参考：<https://okm.fi/en/education-system>

総合大学 / Universities

[AALTO UNIVERSITY](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[HANKEN SCHOOL OF ECONOMICS](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[LUT UNIVERSITY](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[TAMPERE UNIVERSITY](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[UNIARTS HELSINKI](#)

[\(Academy of Fine Arts, Sibelius Academy, Theatre Academy\)](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF EASTERN FINLAND](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF HELSINKI](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF JYVÄSKYLÄ](#)

[Bachelor's \(Finnish\)](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF LAPLAND](#)

[Bachelor's \(Finnish\)](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF OULU](#)

[Bachelor's](#) / [Master's](#) / [Doctoral](#) programmes

[UNIVERSITY OF TURKU](#)

[Bachelor's \(Finnish\)](#) / [Master's](#) / [Doctoral](#) programmes,
[Partnership degree programmes](#)

[UNIVERSITY OF VAASA](#)

[Bachelor's \(Finnish\)](#) / [Master's](#) / [Doctoral](#) programmes

[ÅBO AKADEMI UNIVERSITY](#)

[Bachelor's \(Swedish\)](#) / [Master's](#) / [Doctoral](#) programmes



応用科学大学 / Universities of Applied Sciences

<u>ARCADA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>KARELIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>SAVONIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes
<u>CENTRIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>LAB UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>SEINÄJOKI UNIVERSITY OF APPLIED SCIENCES (SeAMK)</u> Bachelor's / Master's programmes
<u>DIACONIA UNIVERSITY OF APPLIED SCIENCES (DIAK)</u> Bachelor's / Master's programmes	<u>LAPLAND UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>SOUTH-EASTERN FINLAND UNIVERSITY OF APPLIED SCIENCES (XAMK)</u> Bachelor's / Master's programmes
<u>HAAGA-HELIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>LAUREA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>TAMPERE UNIVERSITY OF APPLIED SCIENCES (TAMK)</u> Bachelor's / Master's programmes
<u>HUMAK UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>METROPOLIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>TURKU UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes
<u>HÄME UNIVERSITY OF APPLIED SCIENCES (HAMK)</u> Bachelor's / Master's programmes	<u>NOVIA UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>VAASA UNIVERSITY OF APPLIED SCIENCES (VAMK)</u> Bachelor's / Master's programmes
<u>JAMK UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes	<u>OULU UNIVERSITY OF APPLIED SCIENCES (OAMK)</u> Bachelor's / Master's programmes	<u>ÅLAND UNIVERSITY OF APPLIED SCIENCES</u> Bachelor's / Master's programmes
<u>KAJAANI UNIVERSITY OF APPLIED SCIENCES (KAMK)</u> Bachelor's / Master's programmes	<u>SATAKUNTA UNIVERSITY OF APPLIED SCIENCES (SAMK)</u> Bachelor's / Master's programmes	



留学したいけどどうすればいい？

Want to study abroad, but don't know where to start?

1. どういう制度を使って留学するか決める
 - 正規留学？交換留学？Freemover？
 - 一年以上前から情報収集を始めるのがおすすめ！
2. 出願要項をよく読んでおく！
3. 言語力スコア等必要な書類を締め切りまでに集める
4. 出願



Photo: pixabay.com

1. Decide what type of studies
 - Degree student? Exchange student? Freemover?
 - Start gathering information at least one year beforehand!
2. Read application guidelines well!
3. Gather all the documents you need by the deadline
4. Submit your application

留学の種類 / Types of studies

1. 正規留学 / Degree student
2. 交換留学 / Exchange student
3. 個人留学 / Visiting student, Freemover...
4. その他 / Other



Photo: Finnish Institute in Japan

1) 正規留学 / Degree Student

- 学位取得留学 / Students intending to get a degree at the university

課程 Level	学士課程 Bachelor's degree	修士課程 Master's degree	博士課程 Doctoral degree
出願方法 How to apply	https://studyinfo.fi Joint application Separate application	https://studyinfo.fi Joint application Separate application	https://studyinfo.fi Doctoral admissions
出願期間 (併願) Application period (Joint application)	1月 (24年1月3日~17日予定) 9月 (23年9月4日~18日)	1月 (24年1月3日~17日予定) 9月 (23年9月4日~18日)	-
英語で開講されるプログラム Programmes in English	Bachelor's degree programmes in universities and UAS	Master's degree programmes in universities and UAS	Doctoral degree programmes
受験料 Application fee	なし None	なし None	なし None

2) 交換留学 / Exchange student

- 所属大学がフィンランドの大学と提携していることが必須
- 所属大学による学内選考を経て留学が決まる
- 留学期間：半年～1年程度
- 単位は取るが、学位取得留学ではない
- 出願方法、出願期間等詳細については、所属大学の国際交流センターまでお問い合わせください
- Exchange based on bilateral agreements between universities
- Students need to be nominated by their home university in order to apply
- Exchange period is usually up to one year
- Students get credits for their studies, but not a full degree
- For more details about application method and period etc., contact international office of your university

3) 個人留学, Visiting student, freemover

- 留学期間：半年～1年程度
- 大学間の協定がない
- 大学探しなどの手続きは基本にご自身で進める必要がある
- 学費を払う必要があることが多い
- 単位は取るが、在籍する大学にて単位認定してもらえない場合があります
- 全ての大学がFreemoverを受け入れている訳ではないのでご注意ください！
- 出願方法、出願期間等詳細：留学先大学のウェブサイト
- お問い合わせ：留学先大学の国際交流センター
- Exchange period is usually up to one year
- No bilateral agreement between the universities
- Students search and contact host universities by themselves
- The students usually must pay tuition fees themselves
- Students get credits, but they might not be accepted at their home university
- Note that not all universities accept freemovers!
- Details (application method and period etc.): Check host university's website
- Inquiries: International office of the host university

4) その他 / Others

- 大学が提供するサマースクール
- 夏季大学
- 公開大学
- Kansalaisopisto/Työväenopisto
- 論文執筆期間だけの滞在

- 詳細：各機関のウェブサイト、
プログラム担当者

- University summer schools
- Summer universities
- Open universities
- Kansalaisopisto/Työväenopisto
- Stay to write your thesis

- Details: Institution's website,
programme coordinators



サマースクール / Summer Schools

Summer School	University	Study period
Aalto Summer School	Aalto University	July–August
UEF Summer School	University of Eastern Finland	August
Jyväskylä Summer and Winter Schools	University of Jyväskylä	Winter Schools in January–February, Summer School in Human Sciences in May–June, Summer School in August
LUT Summer School	LUT University	June–July
Tampere Summer School	University of Tampere, Tampere UAS	August
Turku Åbo Summer School	University of Turku, Turku UAS, Åbo Akademi, Humak, Novia UAS	August

Summer School	University of Applied Sciences	Study period
3UAS Intensive Courses	Haaga-Helia, Laurea, Metropolia UAS	Throughout the year
3UAS Summer School	Haaga-Helia, Laurea, Metropolia UAS	July
JAMK Summer School	JAMK – Jyväskylä UAS	May–June
Metropolia ICT Summer School Master's Summer School in Business	Metropolia UAS	ICT in August, others throughout the year
SAMK Summer School	SAMK – Satakunta UAS	August
XAMK Summer School of Gaming	XAMK UAS	July–August

Other Short-term Programmes		
Kansalaisopistot		Throughout the year
List of Summer Universities (in Finnish)		

高校生の留学 / High School Students

- 未成年（18歳以下）の単身留学は基本的にNG
- 高校生での単身留学の場合は、国際的に認められた組織（YFU、AFS、EIL、ライオンズクラブ、ロータリークラブなど）での学生交換留学派遣制度を利用すれば可能（1年程度）
- 親の転勤・留学などであれば子の帯同も可能
- In general, minors (under 18 years old) are not allowed to go on an exchange by themselves
- For a high school exchange you need to go through an exchange programme by an internationally recognized organization (YFU, AFS, EIL, Lions Club, Rotary Club etc.)
- If a parent is working or studying in Finland, their children can go with them

生活費 / Fees and costs

- 学費：年間4 000～18 000 ユーロ
- 家賃：都市による。地方都市で1か月200ユーロ前後、首都圏で1か月400ユーロ前後
- 学生自治会会費（総合大学）：年間約50～83ユーロ
- 生活費：1ヶ月約700～900 ユーロ
- Tuition fees: 4,000–18,000 euros per year
- Rent: Depends on the area. In rural areas around 200 euros, in the capital area around 400 euros per month
- Student union fees (universities): 50–83 euros per year
- Monthly living costs: 700–900 euros per month

参考：<https://studyinfinland.fi/fees-and-costs>

奨学金に関する情報 / Scholarships

① フィンランドの出願大学からの授業料免除・減免

対象：EU/EEA圏外の正規留学生

申請方法：出願時に応募。合格通知受理時に減免%通知

② 日本の制度を利用（大学内外）

対象：正規留学、1年間の留学など様々で奨学金制度による

① Scholarship from Finnish university

Who can apply: Degree students outside the EU/EEA area

Application method: Applied at the same time as you apply to the university. Results are informed at the same time as the results of university application

② Japanese scholarship (from your university or other organizations)

Who can apply: Depends on the scholarship. There are various for degree students, exchange students etc.

フィンランド政府奨学金（博士課程に在籍する若手研究者のみ） EDUFI Fellowship (Only for young doctoral students/researchers)	https://www.oph.fi/en/development/edufi-fellowship
Finland Scholarship (修士一年目のための奨学金) Finland Scholarship (For first year of Master's degree studies)	https://www.studyinfinland.fi/scholarships/finland-scholarships
スカンジナビア・ニッポンササカワ財団 Scandinavia Nippon Sasakawa Foundation	https://sjsf.se/local-pages/japan/
関西日本フィンランド協会 Kansai Japan Finland Association	https://kan-fin.org/studyinfinland/
業務スーパー ジャパンドリーム Gyomu Super Japan Dream Foundation	https://www.kobebussan.or.jp/overseas.php
エラスムス・プラス(Erasmus+) 奨学金 Erasmus+ Scholarship	https://erasmus-plus.ec.europa.eu/ https://www.eeas.europa.eu/japan/eujpacademic_ja
Japan・IMFスカラシップ・プログラム（マクロ経済学または関連分野の博士課程） Japan-IMF Scholarship Program (For doctoral students in macroeconomics)	https://japanimfscholarship.org
奨学金まとめページ（日本学生支援機構ウェブサイト内） Scholarships for studying abroad pamphlet (Japan Student Services Organization website)	https://ryugaku.jasso.go.jp/publication/pamphlet/



フィンランド留学お役立ちリンク / Useful links

出願方法
How to apply



学費・生活費
Fees and costs



奨学金
Scholarships



大学生活
Student life



トビタテ！
Tobitate



ビザに関すること
Visa related matters



今後の日程 / Schedule

2023年下半年期 / 2023 Autumn

- 12.12.17-19
 - ONLINE (ZOOM)
 - 阿久津さん（ユロヤルヴィ高等学校に在学中、正規留学）
 - SAMK応用科学大学

参加申込開始については、当センターのSNS及びウェブサイトにてお知らせします

We will inform about registration on FIJ's website and SNS

KIITOS PALJON! ご清聴ありがとうございました！



留学に関するお問い合わせ / Inquiries
science@finstitute.jp

過去の留学セミナーのアーカイブや留学情報等：
Archives of past webinars and other information:
<http://www.finstitute.jp/ja/infostudyinfinland-ja/>

<https://finstitute.jp>

Facebook: @finstitutejapan

Instagram: @finstitutejapan

X: @finstitutejp



Introduction to Helsinki & University of Helsinki

Specialist Ms Niina Haapasilta and Deputy Specialist Ms Elena Lauri /
International Exchange Services and Education Cooperation, 14th Nov 2023



Helsinki – a great place to study

- There are apprx. 1,5 million people in the Helsinki metropolitan region
- With over 70 000 university students (8 000 international students), Helsinki is a vibrant student city
- Safe and compact with both urban culture and nature at your doorstep
- Everything can be easily reached with a modern public transport system (40% student discount). The metro line is very easy to navigate
- There are e.g. over 70 museums, 315 islands and 100 kilometres of coastline to explore
- Near to several national parks





 PEPSI

PLAZA PLAZA

MOUNT EVEREST NEPALESE CUISINE

WYA

Pukukoppi
Duddegrödan • Läderrem • Högskåp



University of Helsinki



HOPE FOR THE GLOBE

A young boy is sitting on the ground, looking at a small pool of water. The ground is cracked and dry, suggesting a drought or water scarcity. The boy is shirtless and wearing dark pants. The scene is set in a dry, rocky landscape with a small, shallow pool of water in the center. The lighting is warm, suggesting late afternoon or early morning.

We work for a fairer, healthier and more secure world. As a multidisciplinary university we solve challenges that affect us all.

Today we are pioneers in climate research, leaders in understanding the mechanisms of cancer treatment and fore runners of world-class genetic research. We want to share our knowledge and have a strong global impact.

Our most important values are truth and critical thinking, two things the world needs right now.

University of Helsinki

- The University was actually founded in the city of Turku in 1640, and was moved to Helsinki in 1829
- Oldest and largest university in Finland with the widest range of disciplines available
- The University of Helsinki is the only bilingual (Finnish and Swedish) multidisciplinary university in Finland
- Places among top 100 range in most of the important University rankings





BROADEST DEGREE SELECTION IN FINLAND



33

BACHELOR'S
PROGRAMMES,
1 IN ENGLISH



63

MASTER'S PROGRAMMES



36

MASTER'S
PROGRAMMES IN
ENGLISH



4

DOCTORAL
SCHOOLS



32

DOCTORAL
PROGRAMMES





SCIENCE FOR THE BEST OF THE WORLD

4

CAMPUSES

11

FACULTIES

8 100

EMPLOYEES,
57% TEACHING AND RESEARCH STAFF
(OF WHICH 25 % INTERNATIONAL STAFF)

31 600

STUDENTS



FACULTIES

Agriculture And Forestry
Arts (Humanities)
Biological And Environmental Sciences
Educational Sciences
Law
Medicine
Pharmacy
Science
Social Sciences
Theology
Veterinary Medicine

VERSATILE ARCTIC RESEARCH



FROM NATURAL SCIENCES TO SOCIAL SCIENCES AND HUMANITIES

Kilpisjärvi Biological Station offers an exceptional setting for natural science and local culture research in Northern Finland.

Värriö Subarctic Research Station has collected exceptionally long data series on environmental factors, which reflect the changes in subarctic forests and fell ecosystems over decades.

The University of Helsinki, the leading producer of arctic research in Finland, and Stockholm University have a new research spearhead in Arctic research called Arctic Avenue. By joining forces the Universities are able to create an attractive hub for Arctic research with cutting-edge research that connects different disciplines and units at both universities.

UNIVERSITY OF HELSINKI – A POPULAR EXCHANGE DESTINATION

- Appr. 1000 incoming exchange students per year
- Orientation and Check-in Event at the beginning of your stay
- Student tutors will guide you through the first weeks of your stay
- A wide range of multidisciplinary degree programmes with a lot of courses taught in English
- Lunch at student cafeteria costs 3 EUR (~470 JPY)
- Unisport: Great sports facilities in all campuses (student discount available)





VISIT THE UNIVERSITY OF HELSINKI

THE UNIVERSITY OF HELSINKI OFFERS SEVERAL SITES AND FACILITIES WHERE YOU CAN LEARN ABOUT RESEARCH, ADMIRE THE ARCHITECTURE OR EXPAND YOUR NETWORKS.



THINK CORNER
YLIOPISTONKATU 4



HELSINKI THINK COMPANY
CENTRE, VIKKI AND MEILAHTI



HELSINKI UNIVERSITY MAIN LIBRARY
FABIANINKATU 30



NATURAL HISTORY MUSEUM
POHJOINEN RAUTATIEKATU 13



NATIONAL LIBRARY
UNIONINKATU 36



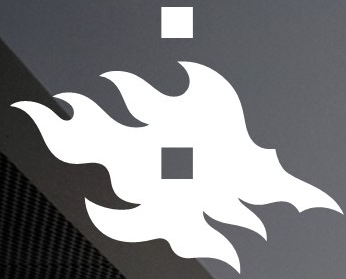
HELSINKI UNIVERSITY MUSEUM
FABIANINKATU 33



OBSERVATORY
KOPERNIKUKSENTIE 1



BOTANIC GARDEN
KAISANIEMI AND KUMPULA



HELSINKI UNIVERSITY LIBRARY

Awarded for its stunning architecture, this library is a shared workspace for the entire University community and a gateway to the latest scientific knowledge.

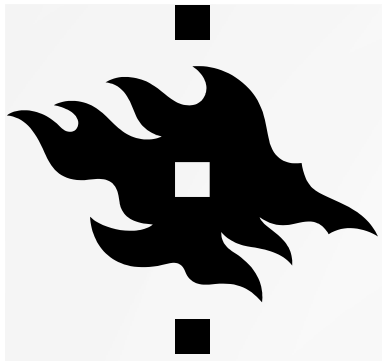


HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI

HOUSING

- University of Helsinki has agreed with housing providers on a number of rooms for incoming exchange students (Unihome and HOAS).
 - Room with shared kitchen from 67 000 JPY / month
 - Studio from 94 000 JPY / month
- **Exchange students** submit their housing application as a part of their exchange application. **Visiting students** need to apply separately after they get accepted.





HOW TO APPLY AS AN EXCHANGE STUDENT

- Once you have been selected to apply to University of Helsinki **by your home university**, you can find all the necessary information from our webpage <https://studies.helsinki.fi/instructions/exchange-and-visiting-students>. Students nominated by the home university will receive application instructions automatically.
- Your application for student exchange consists of:
 - The electronic application form
 - a motivation letter
 - a learning agreement
 - a transcript of records
- Language requirement English min. B2 CEFR scale (no language certificate required)





HOW TO APPLY AS A VISITING STUDENT

- If your home university **does not have a student exchange agreement** with the University of Helsinki, you can apply for the visiting student status. You can find all the necessary information from our webpage <https://studies.helsinki.fi/instructions/exchange-and-visiting-students>.
- Applications are evaluated case by case
- Your application for visiting student exchange consists of:
 - Electronic application form
 - Motivation letter
 - Learning agreement
 - Transcript of records
 - Language certificate (min. B2 in English, CEFR scale)





FURTHER INSPIRATION AND HOW TO CONTACT US

- You can find the university front page at <https://www.helsinki.fi/en>
 - [10 reasons to study in Helsinki](#)
 - [Helsinki as a student city for international students](#)
 - [Exchange experiences video](#)
- If you have questions on student mobility, you can always contact us directly via studentexchange@helsinki.fi
- International degree student admissions, please see: <https://www.helsinki.fi/en/admissions-and-education/contact-us/contact-admission-services>



