



Photo: Finnish Institute in Japan

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

2023年12月12日（火）17時

12th December 2023 5PM

ONLINE

本日の流れ

17:00 開会のご挨拶

アンナ＝マリア・ウィルヤネン
フィンランドセンター所長

17:05 フィンランドの教育制度

イェンナ・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 留学体験談

阿久津さん ユロヤルヴィ高等学校在学中

18:10 大学紹介

SAMK応用科学大学

18:50 閉会の言葉

イェンナ・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

Anna-Maria Wiljanen
Director, Finnish Institute in Japan

5:05 PM Finnish Education System

Jenna Tavasti
Research assistant, Finnish Institute in Japan

5:30 PM Alumni talk

Ms. Akutsu, student at Ylöjärvi high school

6:10 PM University introduction

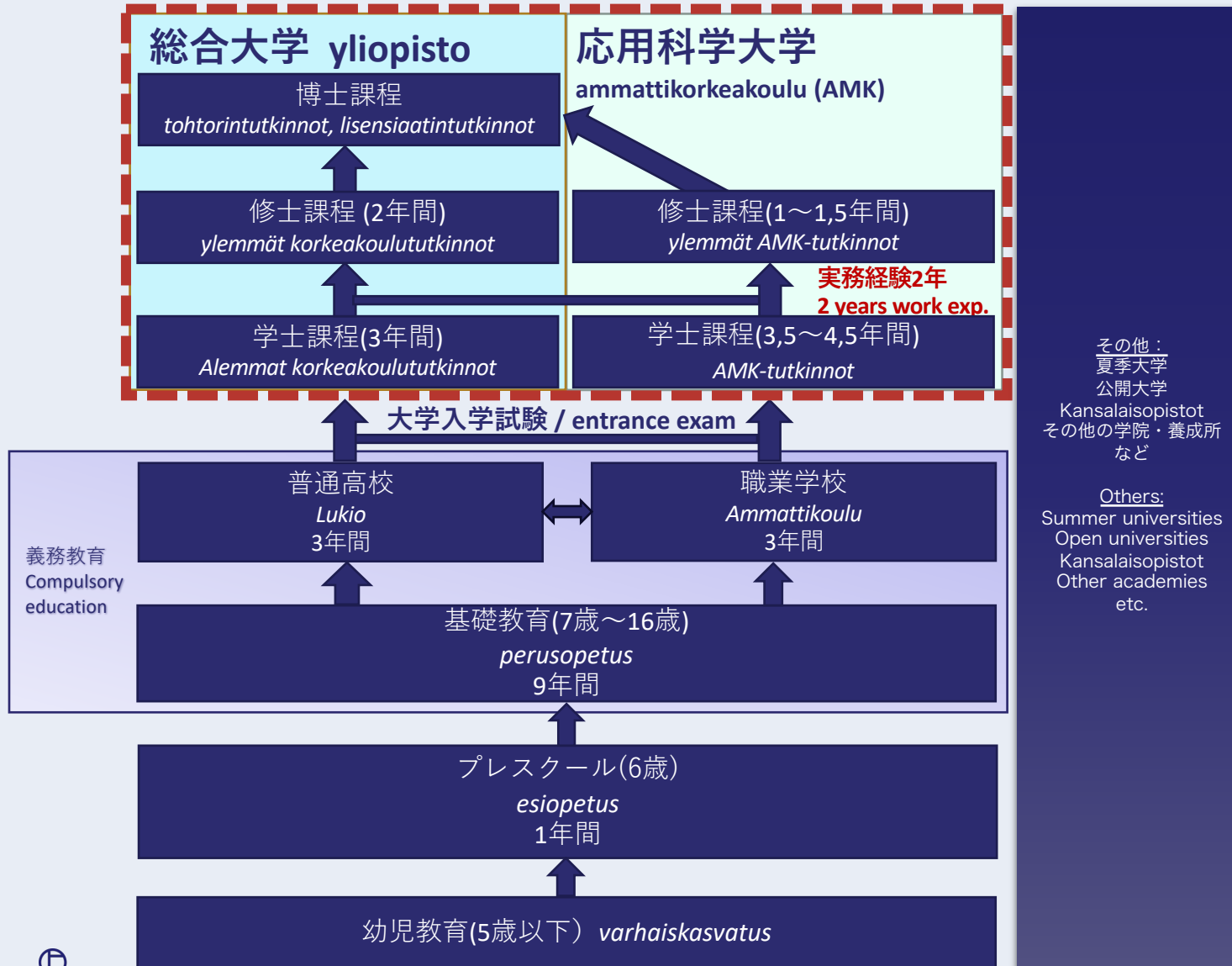
SAMK University of Applied Sciences

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5000～18 000 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: 5,000–18,000 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/euipacademic_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



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

12.12 フィンランド留学ウェビナー

留学体験談

阿久津 ころろ



Kokoro Akutsu
阿久津 ころろ

- ・ 現在19歳
- ・ フィンランド生活3年目
- ・ タンペレの隣町ユロヤルヴィ在住
- ・ 現地高校にて正規留学中
- ・ ホームステイ暮らし

なぜフィンランドへ？
出会いから現在まで





13歳で初めて フィンランドへ

人々の自然と共にある
生き方に魅せられ
高校留学を決意

--- 2020【16歳】
留学の切符を掴むもコロナで中止に

--- 2021/8【17歳】
10ヵ月の高校交換留学へ

--- 2022/8【18歳】
一般の生徒として正式に入学

--- 2023
現在は高2
2025年に卒業予定
→フィンランドでの大学進学を目指している

“フィンランドで
もっと学び続けたい！”
高校卒業を目指し、
1年生から再スタート

フィンランドでの
気づき



フィンランドでの気づき

Individualism
個人主義

Equality
平等

Nature
自然

Individualism

個人主義

- 高校での留年のごく普通
- 何歳でも学ぶことができる

人生に決まったレールはない
大切なのは自分の意志ひとつ

Equality
平等

- 無償の教育
教育はすべての人のもの
- 学校間の差がほぼない

個人の違いに関係なく誰もが平等

Nature
自然

フィンランド人は
自然とともに生きる人々









MCKINLEY









日々の小さな
幸せへの感謝





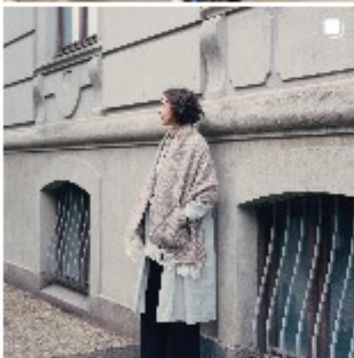
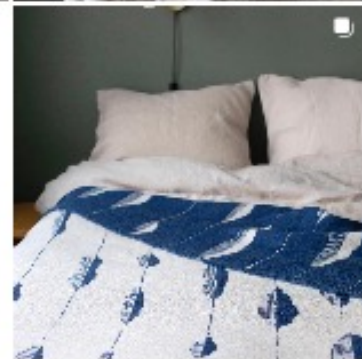
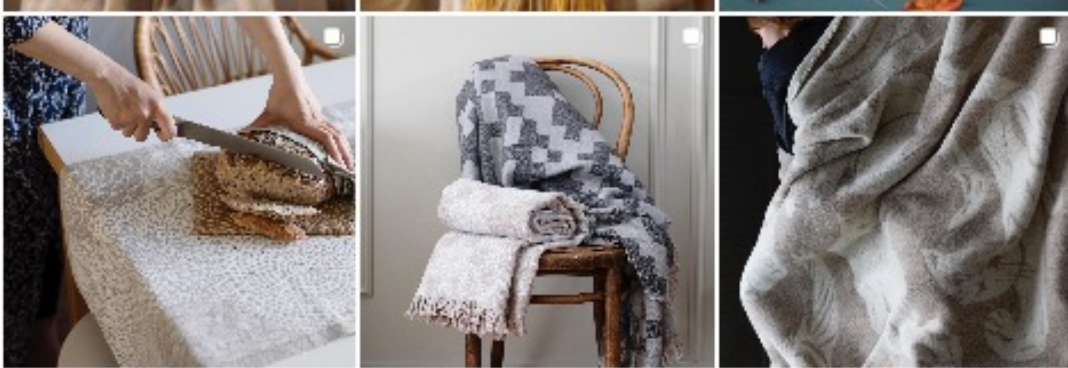
フィンランド人の精神力

Sisu

厳しい状況の中でこそ、前進するために何をすべきか考え抜くこと。

困難に立ち向かう勇気。

諦めず挑戦し続け、自分の限界を超えていく生き方。



フィンランドの
テキスタイルブランド

LAPUAN KANKURIT ラプアンカンクリ

14回にわたり公式noteにて
コラムを執筆させて
いただきました🖋️

「17歳、フィンランドからの手紙」

CONTACT: cocoroakutsu@gmail.com



コラム QRコード



Satakunta University of Applied Sciences, Finland

INTERNATIONAL RELATIONS OFFICE / SANNA JUHANTALO
SANNA.JUHANTALO@SAMK.FI



6 700 students
510 staff members

approx. 100 nationalities
approx. 1 000 international students



4 campuses (3 hosts exchange students)



Over 30 degree programmes in Finnish
8 degree programmes in English

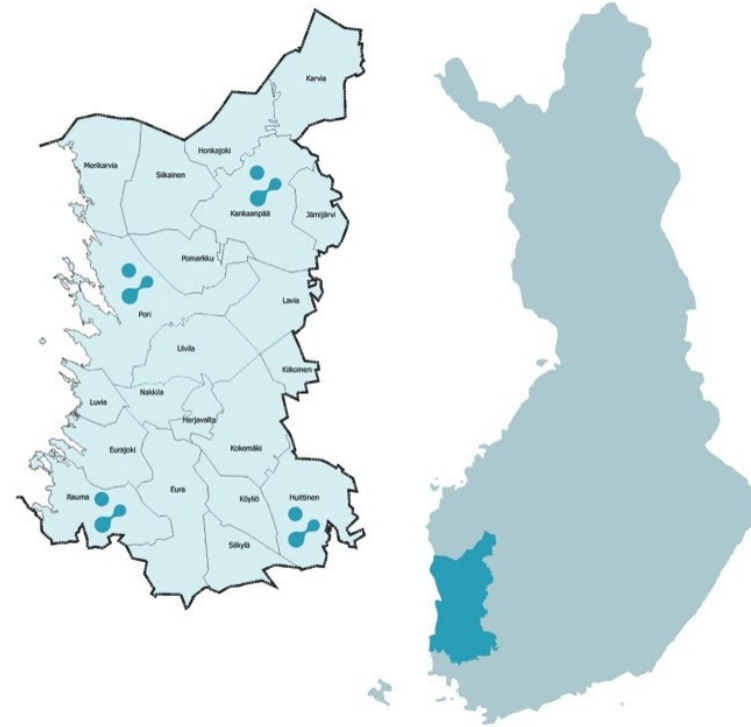


200 partner institutions around the world

www.samk.fi/en/education/exchange/



SAMK OPERATES ON THE SOUTH-WEST COAST OF FINLAND



Application information

- Exchange students are welcome for the Fall or the Spring semester or for the whole academic year
- Academic calendar:
 - Fall semester Sept – Dec
 - Spring semester Jan – May
- Application deadlines:
 - Fall semester by 15 May
 - Spring semester by 15 November



Exchange programmes and partner universities

- Erasmus+ programme for European partner universities
- Magellan Exchange for USA, Costa Rica, Mexico, and South Korea
- Nordplus networks to the Nordic countries (field specific)
- Free-mover exchanges
- Bilateral agreements and study abroad agreements with Asian and African universities: China, Japan, India, Malaysia, South Korea, Thailand, Vietnam, Namibia
 - Students pay tuition fee to home university
 - Number of students per semester, duration of study, study fields and other relevant information is always agreed in details with each partner university
 - Should there be more students than agreed in the agreement, there is a possibility to apply as a fee-paying study abroad student

Planning the mobility period at SAMK

- Semester dates + orientation (mandatory)
- Study field – study related agreements
- Language requirements
- Suitable courses, courses only from one campus, earlier studies within the subject
- Applications are submitted through online mobility system SoleMOVE:
 - First nomination by home university
 - Student is sent user account for submitting an application
 - IRO sends acceptance information directly to student, who has to confirm the offered study place



Studying at SAMK – mix of theory and practice

- Studying consists mainly of contact learning
- Degree programmes include also blended learning, e-learning, projects, group work, company visits, practical training and thesis.
- Simulators for maritime and nursing students
- Normal workload for students is approx. 30 ECTS credits / semester
- Academic coordinator in each faculty
- Study counseling by teacher in charge, student counsellors
- BYOD (Bring Your Own Device) means that all students, also exchange students, make their assignments mainly with their own computers.



Studying & Living in Finland

- There are no dormitories, but apartments are rented from private housing market
 - IRO helps with finding accommodation
 - Rent is ca. 400-500 €/month. For other expenses we recommend to have 400-500 €/month.
- All international students are assigned a student tutor, s/he is a fellow degree student. Tutors help with arriving, practicalities in the beginning, familiarizing with study systems etc.
- Orientation course (mandatory) at the beginning of each semester, organized by IRO.
- Student union is active in organising different events to all students.
- Satakunta region
 - safe, affordable living costs, nature is close, clean air and water, free of traffic jams, everything works, high quality education
 - one of the most industrialized and export oriented provinces in Finland
 - huge demand for tech-talented people

International Degree Programmes

BACHELOR'S DEGREE PROGRAMMES IN ENGLISH

Artificial Intelligence

International Business

International Tourism Management

Logistics

Mechatronics

Nursing

Physiotherapy

<https://www.samk.fi/en/education/bachelor-degree/>

MASTER'S DEGREE PROGRAMMES IN ENGLISH

Sustainable Business Management

<https://www.samk.fi/en/education/master-degree/>



SAMK campuses

- International student services:
 - International Relations Office, Admissions Office, International student tutors, Student counsellors
- Subsidized lunch at campus restaurants
- Student discounts around the Satakunta region (and everywhere in Finland) with the student card
- Safety: 24h video surveillance
- Wifi on campuses
- CampusMove offers diverse and affordable sports activities and wellbeing services for students



Brief information on cities



Pori with 85 000 inhabitants is the biggest city in Satakunta area. Pori has a nice city center with good services, everything is near. Yyteri Beach is famous for its 6 km long beach and dunes and great possibilities for outdoor activities.

Rauma has 40 000 inhabitants, it's a cozy town where everything is within easy reach by foot or bike. It is also the home to two Unesco World Heritage Sites.



Kankaanpää with 13 000 inhabitants is a small countryside town known for the Fine Arts campus, active art community and beautiful nature with lots of sports opportunities.

Thank you

SAMK International Office

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sanna.juhantalo@samk.fi

