

8th June, 2020

Dear Student in Nursing,

You're warmly welcome to study Nursing in Kokkola at Centria UAS, Kokkola!

Your studies will start here on **Monday 24th of August 2020, at 9.00 am** with an information gathering in the class 240. If you are not able to be present at Orientation in Finland, it is possible to join the TEAMS online event through the link (provided later). Street address: **Centria University of Applied Sciences, Kokkola Campus, Talonpojankatu 2**. Study schedule for the first week you may find from the Centria's web page. The schedule changes every week.

I am your group tutor teacher Pia Hagqvist. Your study group has a code: NNRNS20K. This code will be in your future schedules. I will meet you during the first day here in Centria as you will meet your student tutors too.

Please, e-mail me in the beginning of August, so that I know I have your valid e-mail. My e-mail is pia.hagqvist@centria.fi.

Please, start applying for the visa immediately and reserve accommodation. You can find student apartments from www.tankkari.fi. There you can find applications for the apartment too. If you have some questions about accommodation please send e-mail to: housing@centria.fi. In case of delay in arrival, do inform us.

Please write a letter (two A4 pages) where you tell about your life and family, previous studies, work experiences and about your expectations and thoughts regarding to your chosen studies in Nursing in Centria. Explain also about the things that will support you during the study time but also about the things that may affect negatively to your studies and life in Finland. Enclose also a picture about you. This letter is confidential and only I as your group-tutor teacher will read it. You may send this letter beforehand to me via e-mail.

Due to this Covid-19 situation in Finland, we are informing you more in the August how your studies will be organized in practical level. Your studies will be mainly in English, but we will also include some Finnish into your studies and later on, some of the courses are partly in Finnish. It is important that you learn Finnish in order to succeed in your practical studies and living here. Studies include also a lot of independent studying and working in groups. Computers (or laptops) are now very important in your studies due to independent work and online studies.

Certificate of Vaccinations

Foreign students need to bring with you your **International Certificate of Vaccinations**.

Accommodation

There is more information in Centria's website: <https://web.centria.fi/students>

Insurance

You need to have an insurance covering your medical costs before you obtain your Visa permit.

School lunch

There is warm lunch buffet at school during the school week. It costs approximately 55€/month.

School Nurse

We have a school nurse here daily. She will have an appointment with every student and go over basic health care issues and those required for your practice.

More information about Finland you may find at:

<http://www.finland.fi>

<http://www.infopankki.fi>

<http://www.finnguide.fi>

<http://www.infoplease.com/ipa/A0107513.html>

http://www.kokkola.fi/etusivu/en_GB/etusivu/

Here is a tip for you if you want to start learning Finnish right away:

<https://yle.fi/aihe/artikkeli/2013/11/04/easyfinnish-suomen-kielen-alkeiskurssi-englanniksi>

Here are your student tutors to assist you, if you have questions about your studies or any practical issues about arriving and living in Kokkola. You can contact them in advance before you are coming to Kokkola:

Sami Shrestha NNRNS19K

- sami.shrestha2@centria.fi

Sudha Shrestha NNRNS19K

- sudha.shrestha@centria.fi

See you in August!

Best regards,

Pia Hagqvist
RN, PHN, MhSc.
Senior Lecturer in Nursing