

フィンランド留学ウェビナー

3月3日（月）午後5時～7時 | March 3rd, at 5—7 PM

Study in Finland webinar

サタクンタ応用科学大学 | Satakunta University of Applied Sciences



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Marketing and Communications
Coordinator



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International Relations
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ラップランド大学 | University of Lapland



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Master's Degree
Student

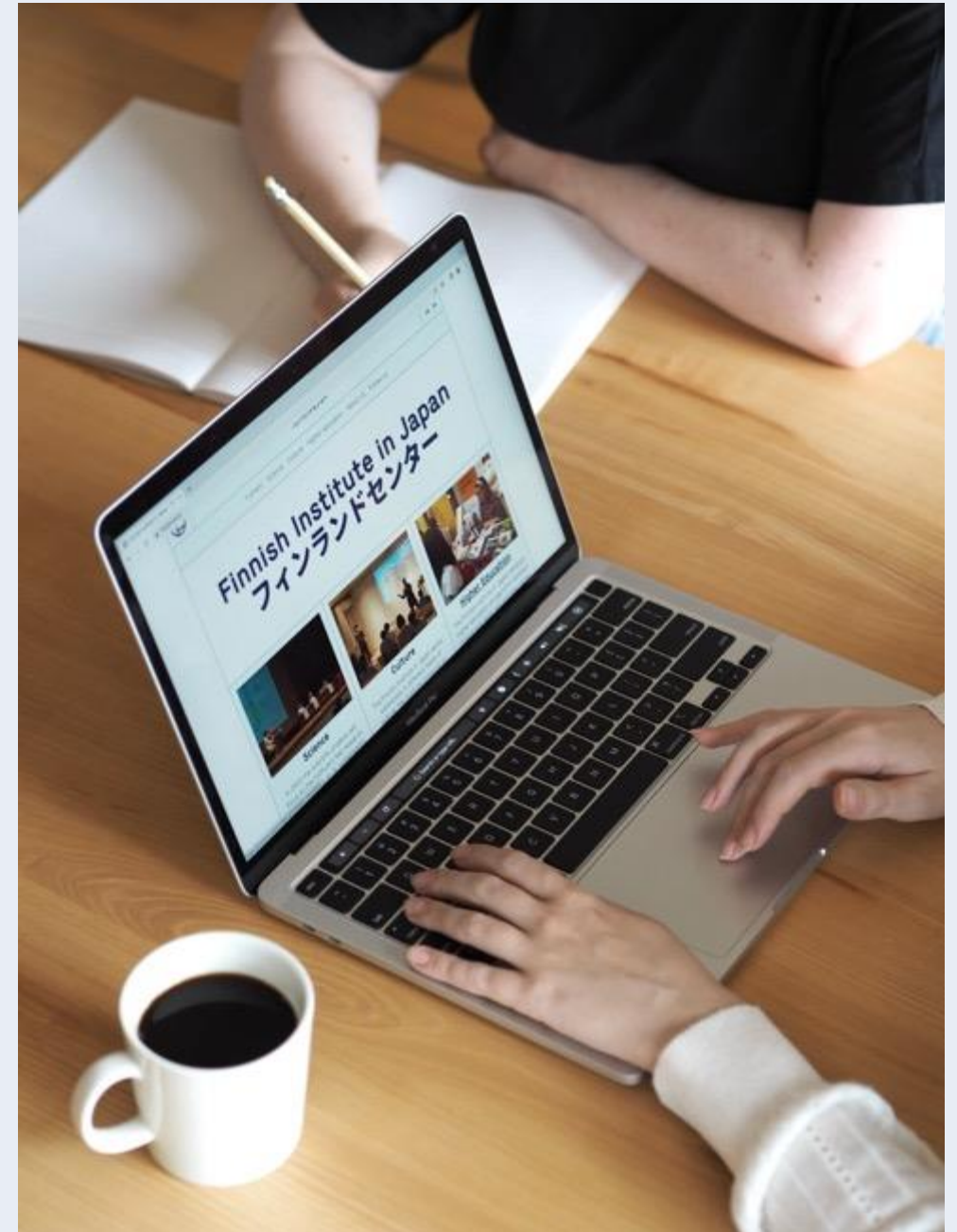


Daijiro Yamagishi

Junior Researcher and
Doctoral Student

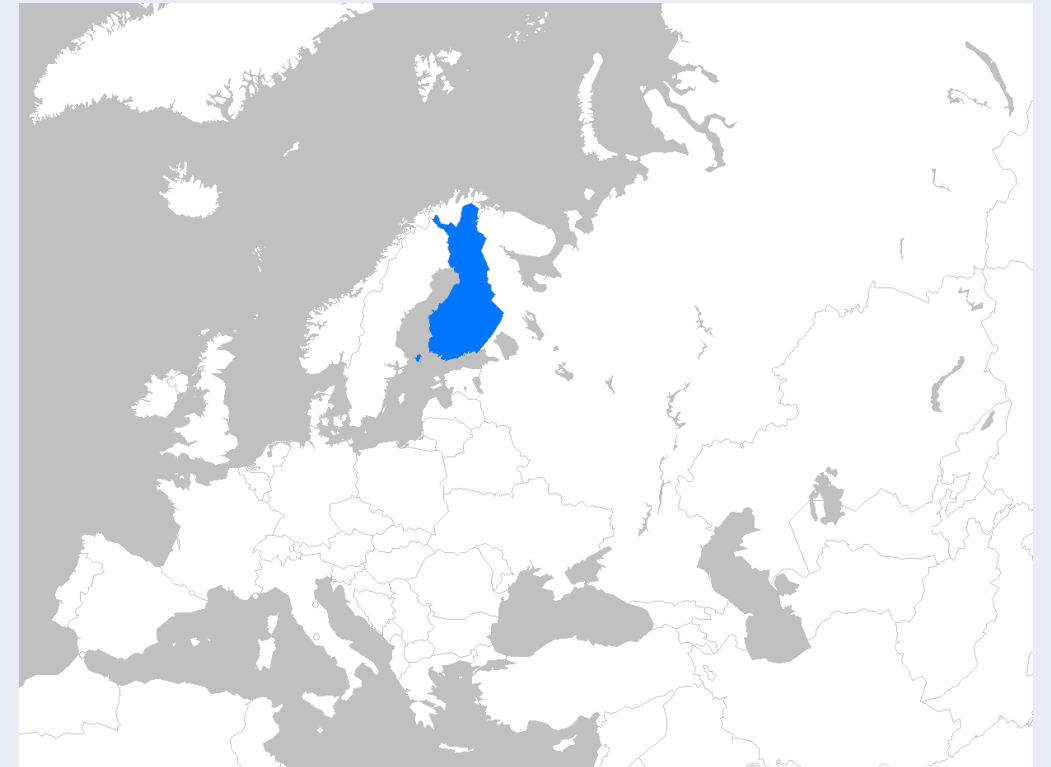
Today's presentation

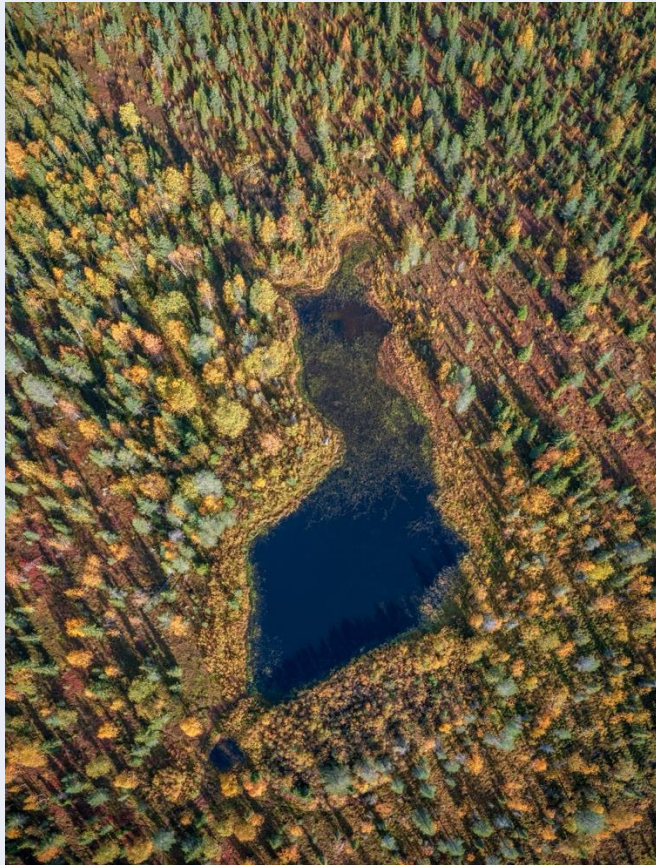
1. About Finland
2. Finnish education
3. Universities and universities of applied sciences
4. Fees and scholarships
5. Welfare for the students



1. About Finland フィンランド

- 人口 約561万人 (estimate, Statistics Finland, 2024) ¹⁾
- Population: 5,61 million (estimate, Statistics Finland, 2024) ¹⁾
- 公用語 フィンランド語、スウェーデン語
- Official languages: Finnish, Swedish
- 首都 ヘルシンキ
- Capital: Helsinki
- 独立記念日 12月6日
- Independence day: December 6th
- 1995年よりEU加盟国
- Member of the EU since 1995
- 「千の湖の国」 : 188,000以上の湖
- “The land of a thousand lakes”: over 188,000 lakes
- 300万以上のサウナ
- Over 3 million saunas

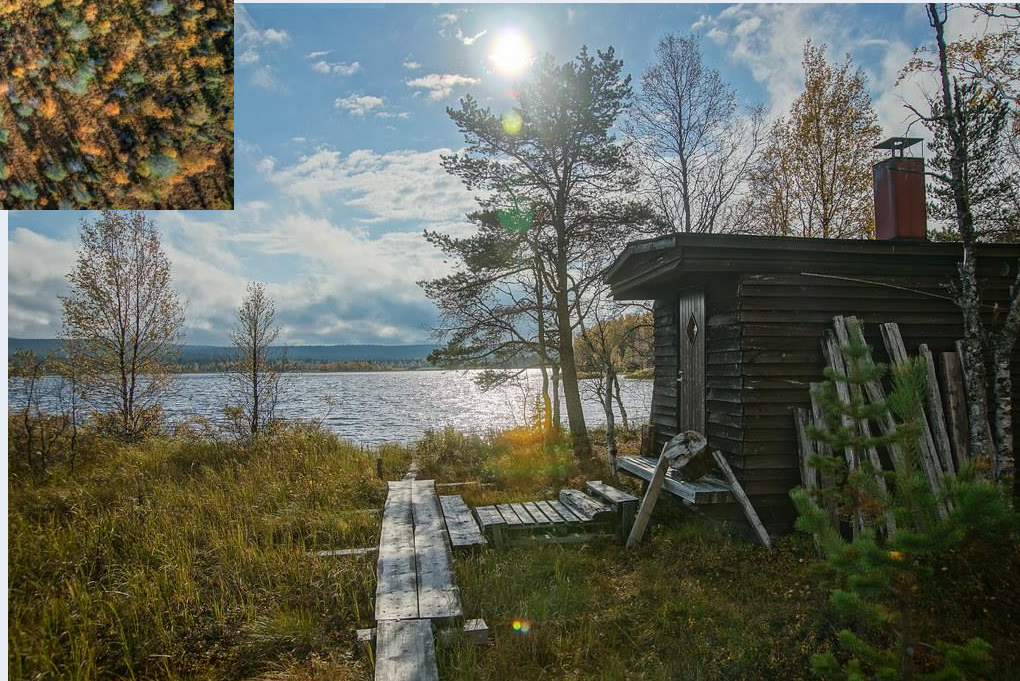




**Lake Neitokainen
(= Maiden)
Kittilä, Finland**



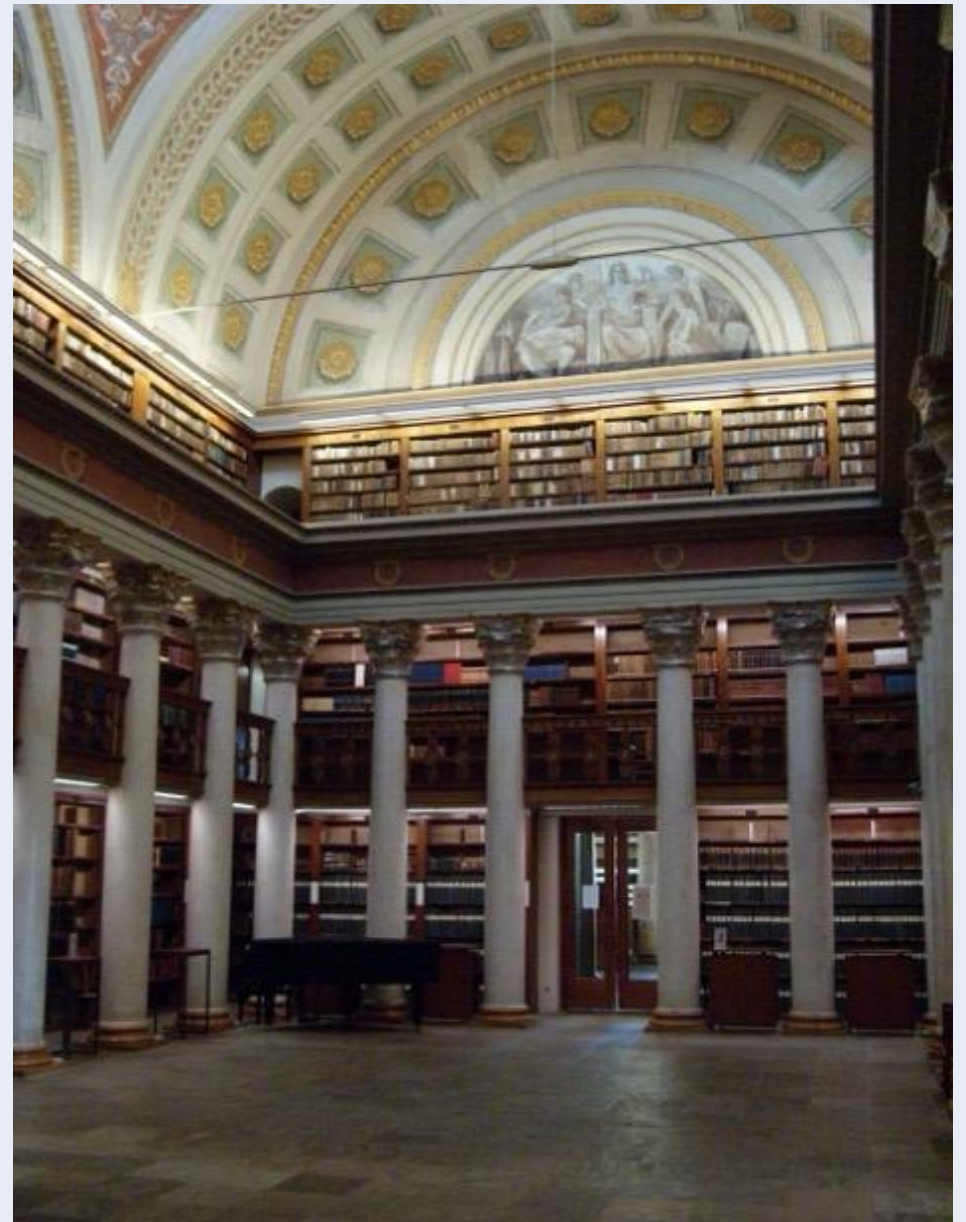
**Löyly
Public sauna, restaurant, bar
Helsinki, Finland**



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

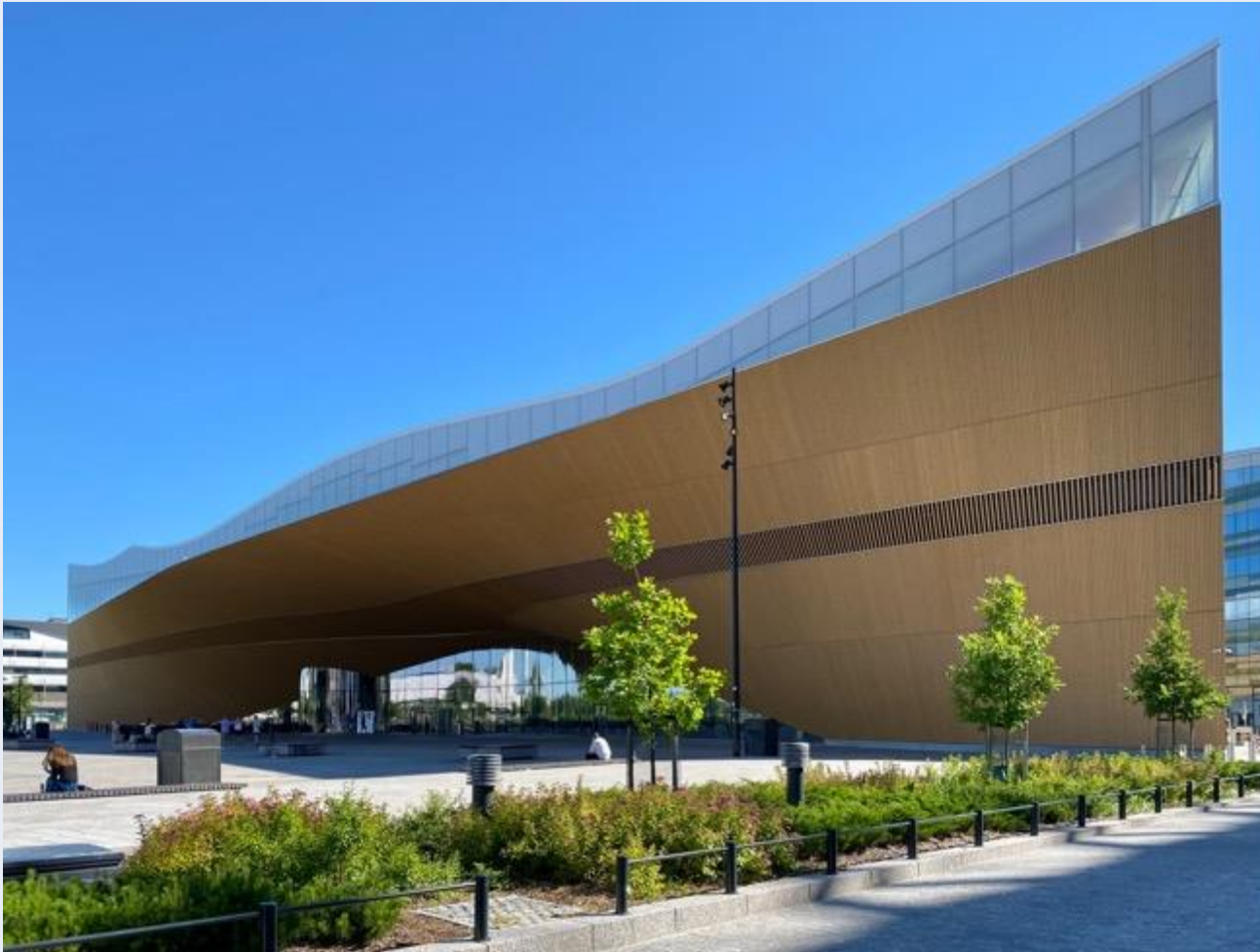
Cornerstones of Finnish education:

- ・ 平等 Equal
- ・ 教育の質が高い High level
- ・ 生涯学習 Lifelong learning



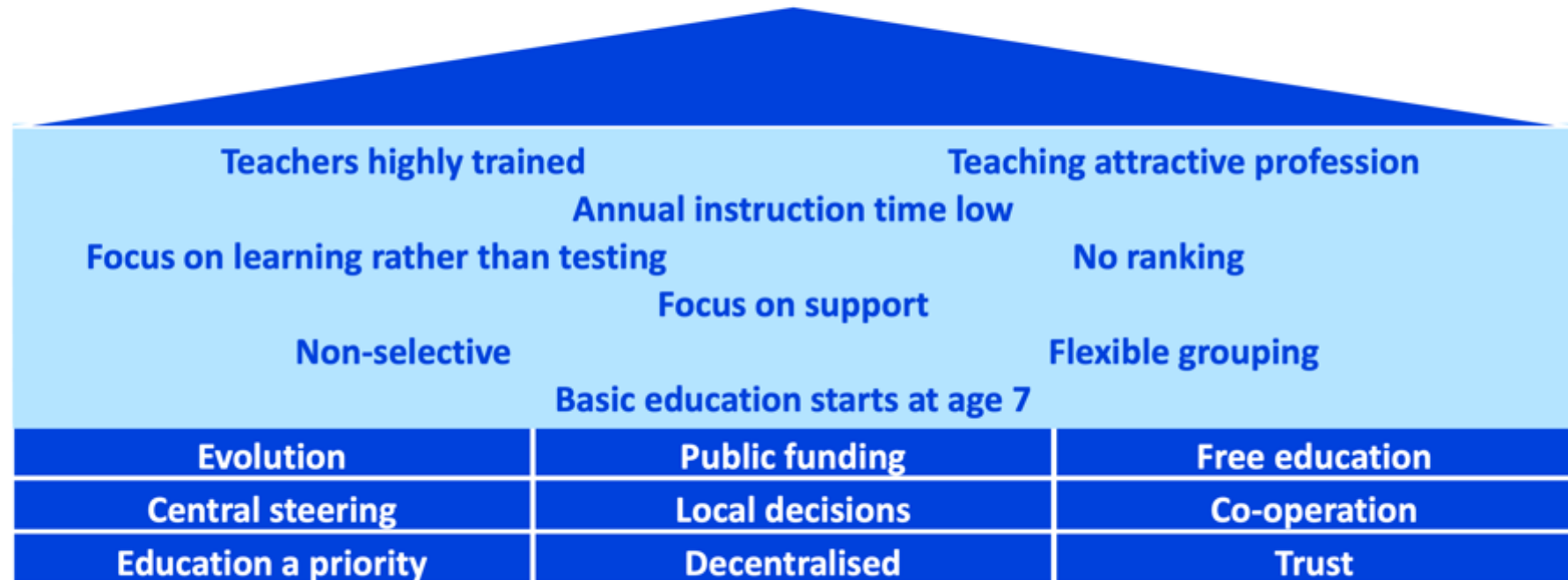
National library, located in Helsinki.
Photo: commons.wikimedia.org

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

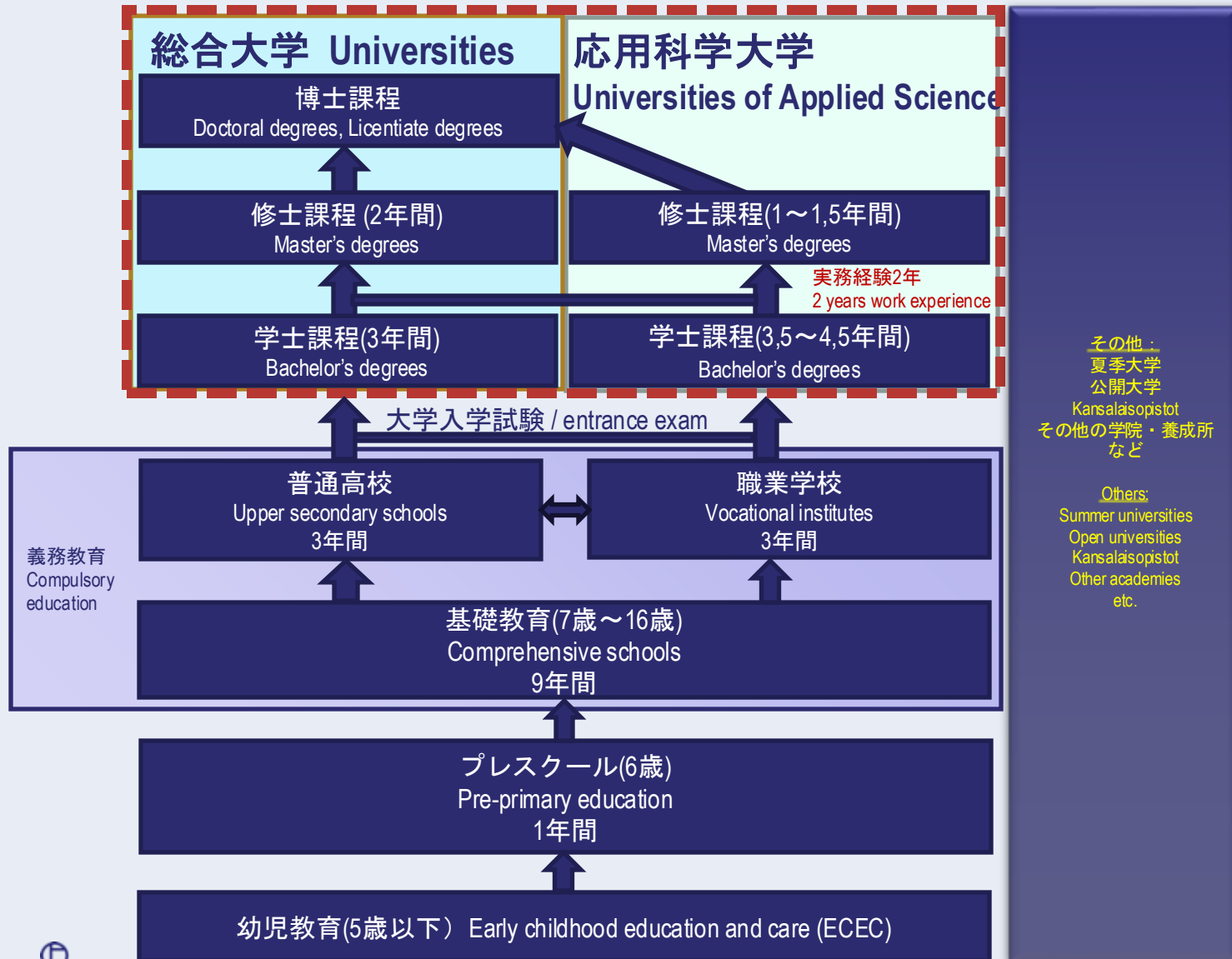


2. フィンランドの教育制度 / Finnish education system

Specificities of the Finnish education system



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



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, licentiate and doctoral 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> (2024/9)

3. Universities and universities of applied sciences 大学および応用科学大学

総合大学

- ① AALTO UNIVERSITY
- ② HANKEN SCHOOL OF ECONOMICS
- ③ LUT UNIVERSITY
- ④ TAMPERE UNIVERSITY
- ⑤ UNIVERSITY OF EASTERN FINLAND
- ⑥ UNIVERSITY OF HELSINKI
- ⑦ UNIVERSITY OF JYVÄSKYLÄ
- ⑧ UNIVERSITY OF LAPLAND
- ⑨ UNIVERSITY OF OULU
- ⑩ UNIVERSITY OF TURKU
- ⑪ UNIVERSITY OF VAASA
- ⑫ UNIVERSITY OF THE ARTS HELSINKI
- ⑬ ÅBO AKADEMI UNIVERSITY



Image: studyinfinland.fiよりフィンランドセンター作成

応用科学大学

- ⑭ ARCADA UNIVERSITY OF APPLIED SCIENCES (以下「UNIVERSITY OF APPLIED SCIENCES」は省略)
- ⑮ CENTRIA
- ⑯ DIACONIA (DIAK)
- ⑰ HAAGA-HELIA
- ⑱ HUMAK
- ⑲ HÄME (HAMK)
- ⑳ JYVÄSKYLÄ (JAMK)
- ㉑ KAJAANI (KAMK)
- ㉒ KARELIA
- ㉓ LAB
- ㉔ LAPLAND
- ㉕ LAUREA
- ㉖ METROPOLIA
- ㉗ NOVIA
- ㉘ OULU (OAMK)
- ㉙ SATAKUNTA (SAMK)
- ㉚ SAVONIA
- ㉛ SEINÄJOKI (SeAMK)
- ㉜ SOUTH-EASTERN FINLAND (XAMK)
- ㉝ TAMPERE (TAMK)
- ㉞ TURKU
- ㉟ VAASA

総合大学 / Universities with English degree programmes

AALTO UNIVERSITY Bachelor's / Master's / Doctoral programmes	UNIVERSITY OF JYVÄSKYLÄ Bachelor's (Finnish) / Master's / Doctoral programmes
HANKEN SCHOOL OF ECONOMICS Bachelor's / Master's / Doctoral programmes	UNIVERSITY OF LAPLAND Bachelor's (Finnish) / Master's / Doctoral programmes
LUT UNIVERSITY Bachelor's / Master's / Doctoral programmes	UNIVERSITY OF OULU Bachelor's & Master's / Doctoral programmes
TAMPERE UNIVERSITY Bachelor's / Master's / Doctoral programmes	UNIVERSITY OF TURKU Bachelor's (Finnish) / Master's / Doctoral programmes, Partnership degree programmes
UNIARTS HELSINKI (Academy of Fine Arts, Sibelius Academy, Theatre Academy) Bachelor's & Master's & Doctoral programmes	UNIVERSITY OF VAASA Bachelor's (Finnish) / Master's / Doctoral programmes
UNIVERSITY OF EASTERN FINLAND Bachelor's / Master's / Doctoral programmes	ÅBO AKADEMI UNIVERSITY Bachelor's (Swedish) / Master's / Doctoral programmes
UNIVERSITY OF HELSINKI Bachelor's & Master's & Doctoral programmes	

応用科学大学 / Universities of Applied Sciences with English degree programmes

<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	

3. 正規留学 / Degree Studies

(updated 2024/10)



Study Info

- 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	Studyinfo Joint application Separate application	Studyinfo Joint application Separate application	Studyinfo Doctoral admissions
出願期間 (併願) Application period (Joint application)	12月～1月 8月～9月	12月～1月 8月～9月	大学による
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

3. 交換留学 / Exchange studies

(updated 2024/8)

- 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
- Exchange based on bilateral agreements between universities
- Students need to be nominated by their home university in order to apply
- Exchange period is usually from six months to one year
- Students get credits for their studies, but can not get a full degree

3. 個人留学 / Visiting student, freemover

(updated 2024/8)

- 留学期間：2か月～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
 - フィンランドの全ての大学が Freemover を受け入れている訳ではないのでご注意ください！
- Exchange period is usually from two months to one academic year depending on the university
 - No bilateral agreement between the universities
 - Students search and contact host universities by themselves
 - Students usually pay tuition fees themselves
 - Students get credits, but they might not be accepted at their home university
 - Note that not all universities in Finland accept freemovers!

3. その他 / Other options

(updated 2024/8)

- **大学が提供するサマースクール**
 - **公開大学**
 - **成人教育センター / Työväenopisto**
 - **論文執筆、研究**
- **University summer schools**
 - Study programs offered by a school, college, or university during the summer to those who wish to obtain their degrees more quickly, who must make up credits, or who wish to supplement their education
 - **Open universities**
 - Teaching that is carried out based on the higher education institution's own syllabus; open for everyone regardless of education and age; mainly available for those who already live in Finland; not full-time and do not lead to a qualification – it is therefore not possible to get a long-term student residence permit based on Open Studies
 - **Adult education centers/Työväenopisto**
 - An adult education center resembling a community college, providing adult education in a wide variety of topics but without any degrees or certificates
 - **Research or thesis work**
 - Opportunities found independently, advisable to start by inquiring with your own universities

3. サマースクール / Summer Schools

(updated 2024/8)

Summer School	University	Study period
Aalto Summer School	Aalto University	July–August
UEF Summer School	University of Eastern Finland	August
Jyväskylä Summer School	University of Jyväskylä	August
LUT Summer School Arctic Summer Programme	LUT University University of Oulu	June–July August
Turku Åbo Summer School	University of Turku, Turku UAS, Åbo Akademi, Humak, Novia UAS	August

Summer School	University of Applied Sciences (UAS)	Study period
JAMK Summer School	JAMK – Jyväskylä UAS	May–June
Metropolia Summer Schools	Metropolia UAS	ICT in August, others throughout the year
XAMK Summer School of Gaming	XAMK UAS	August

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

4. 生活費 / Fees and costs

(updated 2024/10)

- 学費：年間5 000～18 000€（784 000円～2 820 060円）
- 家賃：都市とアパートによる。
例：HOAS（ヘルシンキ地区学生寮）では
 - シェアアパートでの部屋は一ヶ月268～430€（42000円～67368円）
 - ワンルーム・アパート 387-825€（63 500円～136 000円）
- 生活費：1ヶ月約700～1200€（110 000円～190 000円）
 - 食費、宿泊費、旅費を含む
- 学生自治会会費（総合大学）
年間約55～75€（8 650円～12 000円）
- Tuition fees: 5 000–18 000€ per year (¥ 784 000 — 2 820 06)
- Rent: Depends on the area and type of apartment
Example: At HOAS (Helsinki area student housing)
 - Room in a *shared flat*: 268–430€ (¥ 42000 — 67368)
 - *Studio*: 387–825€ (¥ 63 000–130 000)
- Monthly living costs: 700–900€ (¥ 110 000—190 000)
 - Including food, accommodation, and travel
- Student union fees (universities): 55—75€ per year (¥ 8 650—12 000)

参考：<https://studyinfinland.fi/fees-and-costs>
<https://www.studyinfinland.fi/life-finland/accommodation>
<https://www.fulbright.fi/living-costs-finland>



4. 奨学金に関する情報 / Scholarships

(updated 2024/8)

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



Scholarships in Finland

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 together with the results of university application



Scholarships in Japan (JASSO)

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.

5. ウェルビーイング Well-being for the students

- **Finnish Student Health Service (FSHS)**
 - Found in all cities/towns in Finland with a higher education institute
 - Service place according to place of study
- **正規学生への無料のヘルスケア
Free health care for degree students**
 - Health examination
 - Oral health examination
 - Travel health advice
- **メンタルヘルスサービス
Mental health services**
 - Basic psychological examinations
 - Mental health group activities and guided self-care



Photo: pixabay.com

5. ウェルビーイング Well-being for the students

大学のスポーツサービス

University sports services by e.g. UniSport
(Universities in the Helsinki area)

- **様々なスポーツと運動**
Various forms of sports and exercises (Gym training, group exercises, ball game groups and online exercises)
- **休憩時間のストレッチエクササイズ**
15 minutes break exercises
- **無料のエクササイズ動画**
Exercise videos available for free at the University sports centres' websites

➤ **Well-being for everyone!**



Photos: pixabay.com

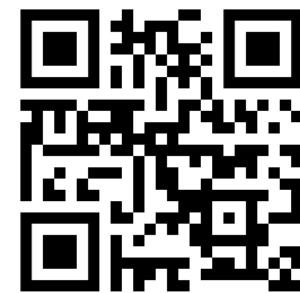


お問い合わせ Inquiries

ビザに関すること：フィンランド大使館
For visa related matters: Embassy of Finland in Tokyo



滞在許可および関連事項に関すること：フィンランド移民局（Migri）
For residence permits and related matters: Finnish Immigration Service (Migri)



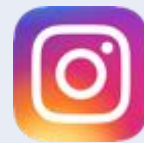
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