



What to do and where to go?

A guide for international students for successful integration into Finnish culture

Application

- Apply for studying at the University of Lapland
- Follow the social media channels of different faculties and the University of Lapland
- Contact students who are already studying at the University of Lapland and ask about their experiences
- Ask about possibilities for recognition of prior learning

Orientation

- Get to know the Orientation webpage [here](#)
- When starting your studies, attend the orientation days organised by the University of Lapland
- Contact the student tutors and get to know the Finnish culture and how to study here
- Attend formal and informal meetings for students.
- Start thinking about your own goals. Get yourself acquainted with SILTA mentoring workbook [here](#).

Studying

- Study the Finnish language - this will help you with finding a job
- Participate actively in different kinds of events and get to know the Finnish people as well- every contact is important for your future
- Use your earlier education and work experience in your studies
- Be active when you have the possibilities to be in contact with working life, such as through course collaborations.
- Remember that every contact you make is important for your future and staying in Lapland!

Towards working life

- Look for opportunities for career guidance from the University of Lapland and the city of Rovaniemi, such as Osaamo. There are also plenty of projects going on around this topic.
- Do exercises for SILTA mentoring workbook, which you can find [here](#)
- Participate in meetings with alumni and working life mentors.
- See every chance as an opportunity, and ask for the possibility to do an internship
- Don't forget the possibility to do your thesis for a company - that is also an opportunity to find a job.
- Be active!