



# EXCHANGE REPORT

## AALTO UNIVERSITY

School of Business

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FINA & IS, Year 3  
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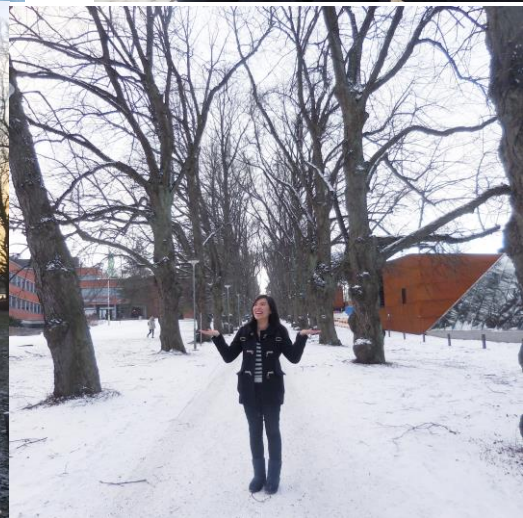




## Part 1 Monthly Activity Log

### January 2018

Arriving the Nordic country is full of excitement. It is my first time to live in the cold country for such a long time. The first month is all about settling down, meeting new friend, getting used to the life here and exploring Finland. January is getting cold and snowy, the temperature decreased from 4 °C to -19 °C. The daytime here in Winter is short, the sun goes down at 3:30 pm and the sky becomes very dark.



### February 2018

The third period of study and exam end in the mid-February. After the exam, I went to the Korkeasaari Zoo in Helsinki and Porvoo with friends. To celebrate the Chinese New Year in Finland, I went to Pasila, another student dormitory in the city center of Helsinki, to have a New Year Eve's dinner with the Taiwanese, Chinese and even some Japanese and Italians students. We cooked our traditional food for dinner and enjoyed the firework on the rooftop. The fourth study period started at the end of February.





### March 2018

March is the busiet month because the courses I took required a lot of group projects and presentations. Therefore, I tried my best to finish all the assignments in weekdays and went travel during weekend. I went Rovaniemi, Santa Claus Village, Tallinn, Iceland and Turku during dayoff and weekend with my friend who came visit me. Luckily, we saw the Aurora in Iceland, it was amazing. Also, I went Amsterdam and Belgium during the Easter Holiday.







### April 2018

My study and exams finished in the early April. I start travelling with my friends and visiting those who have gone for exchange in Europe. I have travelled to Prague, Munich, Berlin, Stockholm, Copenhagen, Krakow, Warsaw. Travelling to different countries, enjoying the stunning sceneries and experiencing the cultures really broaden my international exposure.





## May 2018

I went London with my Singaporean friends. After that, we backed to Finland for the Farewell event hosted by the School of Business. Finland was already summer in May, the weather is warm and hot, the temperature can go up to 18 °C. I keep exploring Finland before I leave. I went to Suomenlinna, old market hall and visit all the tourist spots in Helsinki.



## **Part 2 General Exchange Information**

### **1. Visa Procedures**

It is required to apply the residence permit if you stay Finland for more than 3 months. Once you have received the SBM offer letter, you can submit the required documents such as the insurance certificate which cover the whole exchange period in Finland, bank statement, offer letter from Aalto University on the EnterFinland website. The procedures take 2-3 weeks. Later, you will get the email notification from the Consulate and you can pick up the residence permit in person.

### **2. Orientation Activities**

There are 2 orientations activities hosted by Aalto University and the School of Business respectively in Otaniemi Campus and Toolo Campus. They will provide general academic information and a DNA sim card. However, these orientation activities may crash with the class time. But no worry as all the information will send to you later.

### **3. International Services & Activities**

There are lot of activities that you can join. You can check frequently your email, KY-Sub Facebook page (Student Association of Business School) and the Whatsapp group opened by your mentors. They usually hold a lot of activities like Cottage trip, Lapland trip, St. Petersburg trip and some Wappu celebration events. All are welcome to join.

### **4. Accommodations**

You can find the accommodation through AYY and HOAS, which are the 2 accommodation providers in Finland. For me, I chose the friends' apartment provided by AYY in Espoo and shared with my exchange buddy. However, make sure to TAKE PICTURES of the housing facilities before you moved in in order to avoid argument with AYY. For me, I would recommend you to choose the apartment in Helsinki which is more convenient as it is the city center.

### **5. Courses Registration**

Course registration can be done by using WebOodi which is an online platform similar to UST Portal. You can register as many course as you like because there is no maximum of courses you can apply for. I would recommend taking 2-4 courses depend on how stressful you can be. However, you should register the courses 1 week before the teaching period start and you can drop it anytime if you find yourself not interested in the course. For the course materials, you can find on MyCourses which is similar to Canvas.

### **6. Teaching & Assessment Methods**

There are 3 study periods in Spring Semester which are Period 3, Period 4 and Period 5. I have taken total 5 courses (Business and Society, Derivatives and Risk Management, Capstone: Valuation, Entrepreneurship and Innovation Management and Survival Finnish) in the first 2 periods and all are transferrable. The teaching and assessment methods various from different courses. My Finance Master courses required more on group work and presentations while other Bachelor courses

required more on assigned reading. I would say the workload of Master courses are much heavier than Bachelor courses. For the assessment methods, the examination style can be divided into written exam, book exam and online exam.

#### **7. Sports & Recreation Facilities**

There is a UniSports in Aalto. Paying a fixed amount allows you to access the sports facilities in the campus.

#### **8. Finance & Banking (including currency / expenses)**

The cost of living in Helsinki is high when compare to Hong Kong and even other European countries. I would recommend student to cook rather than eating out everyday because the dinning price in Helsinki is high. During my exchange period, I mostly use the credit card as it is very convenient to use the electronic payment in Finland. To play safe, you can exchange some Euro in Hong Kong before going on exchange. Apart from this, you can even open a bank account in Finland and transfer the money from Hong Kong to the Finland account. In this way, you can either withdraw Euro from your account or use the debit card for your daily consumption.

#### **9. Social Clubs & Networking Opportunities**

There are different student organizations in Aalto such as some recreation club and sports team and they welcome the exchange student as well. In addition, Aalto will let you know through email if they have some guest talks, function and entrepreneur event and you are welcome to join.

#### **10. Health & Safety**

I would recommend bringing some medicine from Hong Kong to Finland because buying medicine is quite troublesome in Finland as you need the prescription from doctor. In addition, Finland is the safest country in the world. Therefore, you don't need to worry about your safety even you go back home in late night.

#### **11. Food**

The cafeteria in campus provide meal with student price less than 3 euro. If you want to eat outside, it costs you more than 10 euro for a meal. Therefore, I would recommend cooking yourself as it can help you to save a lot of money. I am sure that exchange is the best chance for you to learn to be a good cook. There are very few Chinese food ingredient in Helsinki, however; you can go the Asian Market in Hakaniemi.

#### **12. Transportation**

The transportation in Helsinki is very convenient, you can travel around Helsinki by using Metro, bus and tram. For Espoo region, it doesn't have tram. I would recommend buying a student travel card (documents will be given by Aalto) from HSL. By using the student travel card, you can get discount for your travel. Apart from this, you can also use the HSL mobile app to buy the ticket. However, you cannot enjoy the student discount if you are using the mobile app.



### 13. Climate

The climate is cold and dry in winter (Jan-Mar) and the temperature ranging from 0 °C to -20°C. While during April and May, the temperature goes up, it is around 5°C to 18°C. The Finns said this year is warm year because the temperature in winter is not lower than -20°C. However, the spring come quite late this year as it is still snowy in the very beginning of April.

### 14. Communication

The official language is Finnish while most of the people can speak fluent English. If you are worry about the language problem, you can also take the Finnish course in Aalto and learn some Finnish phrase for the daily communication.

### 15. Cautionary Measures

N/A

## Part 3 Items to Bring

- Winter clothing for January to March (warm inner, down jacket, sweater, woolen sock, scarf, gloves)
- Waterproof shoes
- Spring and summer clothing for April to May
- Blanket, Bed sheets, pillow (can also buy from IKEA)
- Body lotion and hand cream (it is very dry in Finland)
- Laptop
- Stationary
- Camera
- Charger & Portable charger (phone will die quickly if you use under cold weather)
- WiFi router (can buy there)
- Medicine
- Enough cash & credit card

## Part 4 Useful Links and Contacts

1. Visa Application website: [enterfinland.fi/eServices](https://enterfinland.fi/eServices)
2. AALTO University website: [into.aalto.fi/display/fi/Etusivu](https://into.aalto.fi/display/fi/Etusivu)
3. DOMO Accommodation application website: [domo.ayy.fi](https://domo.ayy.fi)
4. HOAS Accommodation application website: <https://www.hoas.fi/exchange>
5. WebOodi course registration: [oodi.aalto.fi/](https://oodi.aalto.fi/)
6. MyCourses: <https://mycourses.aalto.fi/login/index.php>
7. KY-Sub: <https://www.facebook.com/KYSub/>