

Know about the University



Aalto University
School of Business

The Aalto University School of Business (formerly Helsinki School of Economics) was established in 1911. School of Business is the **leading business school in Finland** and **one of the top schools in Europe**.

School of Business is the only business school in Finland and the first business school in the Nordic countries to have received all three labels of excellence from the world's leading business school accreditation bodies: AACSB, AMBA and EQUIS. This Triple Crown status is an honor held by only few business schools worldwide.

The main campus is in Helsinki and the other campus is located in Mikkeli, Finland.

How to survive in the first week

Weather: Finland has a cold weather. In order to survive in the first week, you have to prepare enough thick clothes with you to keep u warm and do not forget Long John because it can give warmth to you and you don't have to wear clothes in many layers.

Date of arrival: I recommend you to choose the date of arrival that your tutor can pick you up at the airport because you will have lots of stuff and it is hard and uncomfortable to go to your dorm by public transportation in the cold weather which you are not use to it and also with big luggage.

Food: Thai food is a must for you there. In the first week of knowing nothing, it would be helpful to bring your favorite Thai food and seasoning powder of Thai food with you. These can help you reduce your craving for Thai food, and reduce your cost when you are cooking.

Place: I recommend you to survey the place near your dorm such as Department store, Grocery store, Asian market and also visit the main attraction in Finland. For instance, Senate square, Helsinki Cathedral and many mores. Moreover, you should know the way how to go to school from your dorm by asking from your tutor or using HSE website for checking the time and type of public transportation.



How to prepare for studying



Courses: Choose courses in your mind since you were in Thailand because you have to register them on the orientation day right away. Read the description of the courses and workloads then you can measure your ability to learn in that course.

Exam: The difficulty of the exam depends on your courses and workloads. If you choose the course that has 100% for final exam, you have to well prepare yourself for the paper. For the group project, teamwork is very important. It will help you improve your ability in working as a team and also your English skill because you have to work with foreign friends.

Book: you can borrow textbooks from any libraries even from other universities.

Lifestyle



Peaceful: Finland is a peaceful and safe country. Finnish people are really nice and can speak English very well. They live in calmness, orderliness and relaxing.

Chilling: Normally, people there will relax themselves by shopping and chilling around city center in day time. For night time, they usually go to nightclub and they normally have pre-drinking at dorm or common room to save some cost.

Saving: Students normally cook their own meal in order to save cost and sometimes create party for sharing food among exchange student. Moreover, they go to have lunch or dinner in canteen which provides variety of food in a cheap price.

Activities



Orientation: The University will generate the orientation day for exchange student in order to explain the studying system, introduce them to new friends as well as take you to the place for doing public transportation's card and also teach you to register for the courses.

Trips: Student organization will generate many trips for u such as Cottage trip, Lapland trip and St. Petersburg trip. Those trips will make you more close too new friends and help u pay lesser than going there by yourself.

Sports: the University's gym give cheap membership fee to the student. Exercising there help u being healthy and less your boredom.

Nightlife: They normally went to bar for relaxing and reducing their stress from studying. Having fun with your friend is the best solution.



Nunnapas Khojasith

ANT, BBA20

How to survive in the first week:

To survive the first week in Aalto isn't hard at all because there will be two tutors (aka buddy in BBA) for around 10-20 exchange students. They will help you deal with almost everything that you are needed to live in Helsinki for next 4-5 months, from picking you up at the airport (for only those who arrive Helsinki after New Year holiday) but if you want to go earlier to spend



your Christmas time with the real Santa, or count down on New Year in the center of Helsinki: Senate Square, that means that you have to go to city center on your own. But don't worry, transportations in Helsinki is super easy. You can use this website <https://www.hsl.fi/en> to figure out how to go to your place. It provides everything you needed like bus timetable, which stop that you need to get off. Moreover they will help you with the school stuff i.e. registering courses, using computer lap, including school tour, so basically they are your life savior in settling in Helsinki 😊

How to prepare for studying:

There are 5 periods in Aalto; 2 in fall semester and 3 in spring semester. So in spring semester they are very short periods (only a month and a half for each period). There are three types of studying in Aalto (as I know) which require different levels of your attendance. However the first class of every subject is mandatory no matter what type of that subject.

1. Web-based learning: you are required to attend the first class only, after that instructor will assign the reading or homework via the class homepage.
2. Self-study: all you need to do is only attending first class and studying for a final exam. Forget about the homework! This is the best choice for those who want to travel around Europe.
3. Lecture: this type is exactly the same as what do normally do in BBA

To take exam here, you need to register for it. There is no add/drop period which infers that you can withdraw whenever you want or you don't even need to withdraw. All you need to do is only not registering for the exams. The Aalto's grade system is the range from 5 to 0. Grade 5 is obviously considered as A in our system and grade 0 is Failed (F). The rest depends on criteria of grading of that subject compared to BBA.

Lifestyle:

I'm pretty sure that most of the Finnish students' quote is "study hard but play harder!" The library or a reading room will be packed of students when exam period is coming, on the other hand, if they are free or done with those exams, they will hold a party in someone's house or room. You will see when you go there, there will be something like "Anyone free? Let's have a party!" in almost every single day in the facebook group. Apart from partying, Finns (Finnish people) love sauna so much. Finland is well known for traditional sauna which is naked sauna but people usually wear bikinis nowadays. After 30-minute sauna, they will jump to a small hole in the icy lake! (Yes icy lake I didn't type it wrongly) they said that you will feel the blood running all over the body. Or if it isn't cold enough to have icy lake people will jump into the swimming instead.



As you know, Finland is one of the highest living cost countries. I can confirm it with my own experience. The cheapest bottle of water that I've found is around EUR 2.20 for a 700 ml bottle. But luckily tap water in Finland is safe to drink, so you can buy one bottle of water and keep refilling it for some period of time. Food is also very expensive, normally the price will be around EUR 10-15 for simple plain pasta, EUR 7-9 for a small piece of cake. The reason is that Finland has high rate of VAT, so basically everything is expensive there. But still, there is a cheaper way to live i.e., cooking by yourself is the best way, not only cheap but you can cook whatever you want to eat. There is alternative for those who don't know how to cook nor lazy to cook, a canteen is a good choice too! If you show the student ID card, which your tutor will show you how to do so when you get there, you have to pay only EUR 2.20-2.50 per meal cut down from about EUR 7.00-9.00 for normal person. The meal consists of 2 glasses of beverage choosing between water, milk or beetroot juice, a plate of salad, bread and a main dish that usually has 2-3 choices per day. So it's super good deal for those who want to save their money for shopping or traveling. You can go to other universities' canteens as well as a Unicafe which is café for universities students like its name implied.

Activities:



There are 2 organizations called AYY and KY who organize parties, trips and other many interesting events. AYY is Aalto student organization on the other hand KY is a Finnish business school student organization. Once you pay a registration fee for AYY, you will automatically entitle to KY. In my semester, there are 2 trips in Finland (Cottage trip and Lapland trip) also in other countries (Sweden trip and St. Petersburg trip, Russia) provided for us. Don't be too happy! They are not for free,

As I recalled EUR 25 for one night cottage trip where you can experience a traditional sauna as I mentioned earlier there. Around EUR 250 (not including activities) for 5-night Lapland trip (2 nights in a bus!) I know it's quite expensive, but it's such a rare opportunity to do those activities that can be done only in Lapland such as Huskies riding, Reindeer riding, including talking to real Santa Claus.

Living in Finland offers you a chance of exploring Scandinavian countries; Finland, Norway, Sweden and Estonia. For example, going to Estonia takes you about 2 hours by cruise and it costs you not more than EUR 15 for round trip.





Being an exchange student in Aalto Business School for a semester is one of the best choices I've ever made in my life. I gained not only knowledge from one of the best European business school but also an experience that I couldn't get if I hadn't made a decision to go there. Thank you BBA program to make this wonderful semester happen.

By Panitha Pongpattanachart (Wine) BBA#20

Exchange student in Aalto Business School, Helsinki, Finland (Spring Semester)