

Report Study Abroad Semester - Tampere University of Applied Sciences, Finland

I am currently studying International Business in Trier and decided to spend my sixth semester at Tampere University of Applied Sciences (TAMK) from January 2026 to May 2026.

1) Preparation

The application process for TAMK was relatively easy. The university used an online platform through which I uploaded all required documents, including my CV, motivation letter, transcript of records, and a photo. In addition, I entered my personal information directly into the system. Students whose home university does not teach in English also need to provide a language certificate, which was not necessary in my case because I study International Business.

At the same time, I also completed my Online Learning Agreement. I submitted my application between September, and by the end of October I had already received the confirmation. Throughout the process, the International Office at TAMK was very responsive and answered questions quickly.

2) Accommodation

In Tampere, the two main student housing organizations are TOAS and POAS. I applied through TOAS for a furnished room and I was able to select 2-3 preferred accommodations before receiving an offer. I eventually lived in the accommodation Lapinkaari.

The accommodation was located directly next to a lake and a forest, which created many opportunities for outdoor activities and made the environment very peaceful. At the same time, it was well connected to the city centre, which could be reached within approximately ten minutes by bus. TAMK itself was around 25 minutes away.

My room was about 12 square meters large and included a private bathroom, while the kitchen was shared with the entire floor. Since the kitchen was relatively small, cooking could sometimes become difficult when many students wanted to use it at the same time.

One of the biggest advantages of Lapinkaari was definitely the social atmosphere, as many exchange students lived there. In addition, the building offered several practical facilities, including a free gym, laundry rooms, and a sauna in the basement, which is very common in Finnish student accommodation.

The rent was €316 per month. Students who prefer more privacy, such as a private studio apartment, should expect higher costs. Overall, however, I found it relatively easy to find suitable accommodation in Tampere.

The accommodation itself did not include cutlery or bed linen. However, the student union TAMKO offered a so-called “survival kit,” which included basic household items. It cost €50, but the full amount was refunded at the end of the semester if everything was returned in good condition and the student was a TAMKO member.

3) Transportation

Public transportation in Tampere is very reliable and easy to use. After arriving, students can purchase a student travel card from the local public transport provider Nysse. The card itself costs €52, and monthly recharges cost approximately €46. It can be used for both buses and trams throughout the city.

TAMK was easy to reach by public transport, especially via tram line 1 and several bus connections. Buses usually arrived every ten minutes, while the tram operated approximately every six minutes. One thing I particularly appreciated was that public transportation in Finland was almost always punctual.

During warmer months, e-scooters are also widely available throughout Tampere and provide another convenient way of getting around the city.

4) TAMK

Compared to Trier, TAMK is slightly larger, but still easy to navigate. The university is modern and well equipped with a library, several bistros and canteens, and study rooms.

One major advantage was the affordable student lunch. Meals in the canteen cost only €3.10 and included as much food as you can fit on one plate from the buffet, bread, water, and either milk or juice. Vegetarian and vegan options were offered as well. Since groceries in Finland are comparatively expensive, I recommend eating at the university canteen.

The semester started on 2 January and ended on 31 May. Because the semester begins very early, students should make sure there are no remaining exams in Trier. Fortunately, my previous semester in Ireland had already finished before Christmas. Although the semester officially ended at the end of May, my final lecture already took place on 6 May, which allowed me to leave Finland earlier.

The semester structure at TAMK differed from what I was used to in Trier. The courses were divided into two halves, meaning that not all six courses took place simultaneously. Overall, I had relatively few lectures per week, and some courses only consisted of six sessions in total. Even though there were several group projects and individual assignments, the workload remained manageable because there was enough free time outside of lectures.

The lectures were both theoretical and interactive. Many lectures included discussions, presentations, group work, and it was also common to write reflections about what had been learned in class. Exams were rather uncommon, instead the focus was mainly on assignments and presentations. I only had to complete one small online exam during the entire semester.

Lectures usually lasted around 2.5 hours, and the professors were generally very kind and supportive. It was also common in Finland to address professors by their first name.

The courses I took were:

- **Financial Management and Business control:** The course took place from January to February and combined aspects of finance and accounting. During the course, we completed three group assignments.
- **Operations Management in Digital World:** In this course, we learned about operations and processes. Together we developed our own business idea and

analysed how to improve its processes. The course also included presentations and written reflections.

- **Warehouse & Humanitarian Logistics:** This course was divided into two sections taught by different professors. The first part focused on warehouse management, while the second part addressed emergency supply chains. Besides an online exam and interview, we also completed a 15-page group report during the second half.
- **Conflict Management and Communication:** This course focuses on conflict situations in business environments and strategies for solving them. We worked on both individual and group assignments and gave a final presentation.
- **Successful Digital Selling:** This course took place online via Zoom. We learned about digital marketing and developed our own business concept, including our own website. In addition, we completed presentations and reflections.
- **Customer Journey and Marketing Analysis:** In this course, we analysed customers touchpoints and buyer personas. Besides an individual assignment, we also worked on a group project involving the customer journey of a selected company.

The Finnish grading system ranges from Grade 1 (lowest passed grade) to Grade 5 (highest grade). In my experience, it was relatively easy to receive grades between 4 and 5 if assignments were completed carefully.

5) Student Life

Tampere is definitely a student-friendly city and offers many clubs, cafés, and restaurants. Through the Kide app, students could buy tickets for many events, including sauna evenings, parties, and outdoor events. In addition, ESN organized several trips for international students. I would especially recommend the Lapland trip, which was one of the highlights of my semester abroad. Seeing the Northern Lights in Lapland was unforgettable.

6) Expenses

During my stay in Finland, I spent around €316 per month on rent. Additionally, I spent approximately €200-300 on groceries and leisure activities. Overall, my monthly

expenses amounted to roughly €600. However, it is important to mention that groceries and especially alcohol are very expensive. Therefore, I would strongly recommend making use of the affordable university canteens and shopping at cheaper supermarkets such as Lidl.

7) Summary

Overall, studying in Finland was an extremely positive experience. I met people from all over the world, which made the whole semester even more exciting.

Finnish people may initially appear reserved, but I experienced them as very open-minded and friendly. Since nearly everyone speaks excellent English, communication was never a problem.

Another major highlight was the active student life. There was always something happening, and it was easy to meet new people through student activities.

At the same time, future exchange students should prepare themselves for the weather conditions. Temperatures can drop below -20 Degrees, especially during winter nights. Proper winter clothing is therefore essential. Nevertheless, there is no reason to be afraid, as I adapted to the cold weather quite quickly. In addition, the limited daylight hours affected me less than expected. I would recommend bringing vitamin D supplements during winter months.

Despite the relatively high cost of living, I thoroughly enjoyed my semester abroad and would absolutely recommend studying at TAMK to other students.

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