

# Erasmus Programmes in TAMK



# Tampere University of Applied Science (TAMK)

**Address:** Kuntokatu 3, 33520 Tampere, Finland

**Erasmus code:** SF TAMPERE06

**Website for international students:** <https://www.tuni.fi/en/study-with-us/exchange-studies>, [Incoming exchange students | TAMK](#)

**Contact person for students:** Marja Jaronen, [marja.jaronen@tuni.fi](mailto:marja.jaronen@tuni.fi)

**International office:** [incoming.tamk@tuni.fi](mailto:incoming.tamk@tuni.fi)

# Student accommodation

TAMK does not have on-campus dormitories.

Housing for students in Tampere is administrated by the **Tampere Student Housing Foundation** (TOAS). TOAS offers furnished rooms for incoming exchange students at a student-friendly price including free internet and other fairly priced services (car sharing, car park, TOAS gyms). TOAS tenancy agreements are always fixed-term\* (from **January to May**).

The application period for TOAS apartments starts around mid-October for spring semester. You should apply before you get the official Letter of Acceptance from TAMK.

**More info:** <https://toas.fi/en/>

# Student accommodation

**POAS (Pirkan opiskelija-asunnot)** offers some furnished apartments (room in a shared apartment) for exchange students. Tenancy agreements in the furnished apartments are fixed-term.

**Opiskelijan Tampere** facilitates temporary short-term housing for students who have not found an apartment before arriving in Tampere or whose rental agreement starts later than they arrive. For more information, please see Temporary accommodation for exchange students.

## More info:

<https://poas.fi/en/> and <https://www.opiskelijantampere.fi/en/56/temporary-accommodation/>

# Exchange student's health services, well-being and safety

The City of Tampere provides health care services for higher education exchange students coming from EU or EEA countries.

The above-mentioned exchange students are entitled to health care services through public health care if they have a **European Health Insurance Card**. The card must be ordered before coming to Finland.

Exchange students coming from other than the above-mentioned countries are only entitled to emergency treatment through public health care. They have to pay the actual medical expenses. As regards other than emergency treatment, they must use private health services and have a private medical expenses insurance for the purpose.

Other exchange students are also recommended to take a medical expenses insurance as it covers more extensive medical treatment than public health care (eg. longer treatment periods and repatriation).

More info: [Exchange student's health services, well-being and safety | TAMK](#)

# Finnish personal identity code for exchange students

All exchange students will need a Finnish personal identity code. You will need a Finnish personal identity code to prove your identity, for example when opening a bank account or visiting clinics and hospitals (including Student Health Care Centre).

**More info:** [Registration with the authorities for exchange students | TAMK](#)

# Cost of living in Tampere

Price of the lunch is 2,95 € for students and Tamko (The Students' Union of Tampere University of Applied Sciences) members 2,850 €.

Public transport (<https://www.nysse.fi/en/tickets-and-fares/fares.html>)

0,5 l beer, average 7,70 € (4,90 €->)

Rents vary a lot (200 € - 1000 € per month, TOAS)

# International student tutoring for exchange students

Students' Union Tamko will assign a student tutor to every exchange student.

Your tutor will contact you by e-mail and help you with any questions that you may have before your arrival. The tutors are also responsible for picking you up from the airport / bus station / railway station in Tampere, in helping you get your keys from the housing agency, and enrolling you to courses etc.

# International student tutoring for exchange students

Tamko and Club International Tampere (CLINT) rent Survival Kits, which contain basic facilities such as kitchen utensils and bed linen into a student flat for the exchange period. The Kit is designed to assist the foreign students to settle in their rooms.

# Welcome Week for exchange students

TAMK organises a mandatory Welcome Week for all new exchange students at the beginning of each semester. The Welcome Week will be held in-person.

During the Welcome Week, you will receive information on studies, practicalities related to living in Tampere, university services, and the student union.

The Welcome Week programme for spring semester will be sent via email around mid-December.

# To study in TAMK as an exchange student, Radiography and Radiotherapy

# Two different programmes

Diagnostic Radiography and Safe Medical Use of Ionizing Radiation

Nuclear Medicine Procedures and Safe Medical Use of Ionizing Radiation

# Content of the studies:

**Nuclear Medicine Procedures, Clinical Training:** clinical training in nuclear medicine procedures according to the student's goals

**Clinical Training in Radiology:** Clinical Training at different modalities based on student's own learning goals: MRI, CT, fluoroscopy, basic x-ray, dental radiography (CBCT), Accident and emergency radiography.

**Quality Assurance in Radiology or in NUC:** The student plans and implements a project related to quality assurance in radiology /nuclear medicine based on the students' own learning goals

**Radiation Protection in Nuclear Medicine/ Radiology:** The student plans and implements a project related to radiation protection in nuclear medicine /radiology based on the students' own learning goals.

**Go teaching project in Basic Radiology:** The student acts as an assistant teacher in the basic training class (for first year students).

**Orientation into Health Care System and Radiographer's Profession in Finland:** the radiographer's profession in different operating environments and as an expert of using ionizing radiation in the field of medicine in Finland. The service structure of social welfare and health care system, operating principles and ways of providing services in Finland.

**Basics of Finnish:** - pronunciation, - basic grammar, - day-to-day language: greeting, introduction, shopping, asking the way, - Finnish food, habits, education system, religion. No previous studies needed, but it is recommended to start studying with the web material

<https://peda.net/p/PuhakHen/s2-teht%C3%A4v%C3%A4t/9-suomea-verkossa/suomea-verkossa>

# Clinical placement

Clinical practice will be conducted in **Tampere University Hospital** near by TAMK.  
**Street address:** Elämänaukio 2, 33520 Tampere

**Working hours:** The student's working hours are 37,5 hours (if 5 days) per week, an average of 7,5 hours per day. Exceptions to working hours must be agreed with the supervising radiographer and the teacher.

If the student gets ill, he/she must immediately inform the supervising radiographer (via phone) and the teacher (via email) about the absence. During the sick leave student doesn't earn any study credits. If the student is ill longer than three days s/he must get a nurse's or a doctor's statement on the illness for the home university.

# Clinical placement (uniforms, shoes, badge)

**Dosimeters:** Personal dosimeter (TLD) (+ finger dosimeter for NUC if needed) should be brought by the students.

**Personal name badge:** The name badge should be brought by the students. It is obliged in the hospital.

**Uniforms and shoes:** The students are expected to wear official clothing. Hospital offer uniforms and take care of laundry. Students must have shoes of their own (for indoor use only). Students have a responsibility and obligation to wear the protective clothing designated and maintained by the employer at the workplace during working hours and when carrying out work duties.

# Exchange student's MRSA test and vaccination

Students to Radiography and Radiotherapy must send **max. 30 days old negative MRSA** (Methicillin Resistant Staphylococcus Aureus) test result at least 1 week before arrival. The test swabs must be taken from the **nose AND throat** (and possible other infected areas) and the results should be clearly stated in English.

**Vaccination:** Students have to bring the certificate of vaccination or written report about having **measles, mumps (parotitis), rubella and chickenpox (varicella)**. These are Tampere University hospital's requirement. They recommend also having **tetanus, diphtheria and B-hepatitis vaccination** before clinical training. You need to have **influenza vaccine** when have clinical training during influenza season.

**Tuberculosis:** You need to fill Self-assessment form provided by YTHS.

<https://www.yths.fi/en/services/a-prevention-of-infectious-diseases/instructions-for-social-and-health-care-student/tuberculosis/>

# Assessment

We will assess all the studies and clinical practice by using scale: accepted / rejected ( or pass/fail).

The Finnish language might be assessed by using scale 1-5.

# Some facts from Finland

- There are less than 6 million inhabitants in Finland.
- Two official languages (Finnish 90 % & and Swedish 5,5 %)
- There are 190 000 lakes in Finland.
- In Northern part of Finland, sun shines all day and all night throughout June and July.
- There are 3 million saunas in Finland



# Some facts from Tampere

- [www.visittampere.fi](http://www.visittampere.fi)
- 255 000 inhabitants
- the biggest inland city in the Nordic countries
- 500 000 inhabitants in the economic area
- 2 hours by car or 1½ hours by train from Helsinki
- Tampere-Pirkkala International Airport, Air Baltic pitstop



# Some facts from TAMK

TAMK Main Campus is located on Kuntokatu in the Kauppi area of Tampere, about three kilometres from Tampere's main railway station.

- over 13,000 students
- ca 10,000 degree students
- 335 partner universities in 55 countries
- 700 staff members

