



Freiformulierter Erfahrungsbericht

Studium im Ausland

Liebe Studierende,

Ihr Bericht ist eine wichtige Informationsquelle für alle zukünftigen Austauschstudierenden. Auf der nächsten Seite finden Sie Stichworte, die Ihnen als Hilfestellung zur Strukturierung Ihres Berichts dienen können. Bitte gehen Sie in Ihrem Bericht neben den positiven Aspekten auch auf Schwierigkeiten oder gewöhnungsbedürftige Umstände ein, auf die Sie an Ihrer Gastuniversität oder in Ihrem Gastland gestoßen sind. Dies wird für Ihre Nachfolger*innen besonders hilfreich sein.

Wir möchten Sie darauf hinweisen, dass jeder Erfahrungsbericht, inklusive der Grunddaten und Bilder, auf der [Website des WISO-International Office](#) **veröffentlicht** wird. Die Angabe von **Namen und E-Mail-Adresse** ist daher **freiwillig**, kann allerdings hilfreich sein, wenn zukünftige Austauschstudierende Sie persönlich um Rat fragen möchten.

Vielen Dank, dass Sie Erfahrungen aus Ihrem Auslandsaufenthalt mit anderen teilen.

Grunddaten

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* = Pflichtfeld

The application process and the support of the University of Hamburg was adequate and good in general, with all the necessary support to carry out the application process and the activities at the University of Helsinki, an institution where I made my exchange.

For the preparation and arrival at Helsinki it was important to participate in the meeting held by the International Office of the Faculty of Social Sciences of the University of Hamburg. That allowed me clarity of the necessary procedures to prepare my arrival in Helsinki. In particular, they were the various emails that they sent me from the University of Helsinki, which allowed me to prepare the necessary documents to start my studies, such as access to the computer system and the registration of the courses.

The financing was in accordance with the conditions that the University of Hamburg established, and the economic support of 450 euros per month was of great help. While the support amount is high, the cost of living in Finland is considerably higher. It would have been good to have more information to save previously, since there were expenses that were not considered and that forced me to look for a half-time job in Helsinki.

I was lived in a residence of the Hoas Foundation, an institution to provide accommodation for students in Helsinki. The Helsinki University greatly facilitated the application and having the house. While the department where I lived was adequate and fulfilled all the conditions for the study, there were some difficulties of a certain gravity. In the first place in the residential complex we only lived foreign students, which made we could not exchange experiences with local students. Second, the neighborhood did not meet the minimum safety conditions: in the Rastila neighborhood we realized the high levels of drug and alcohol consumption, several women's students were victims of sexual harassment, and constantly went to our young complex to consume drugs and alcohol and perform acts of vandalism. We made constant complaints to the police and also contacted the Hoas Foundation and the University of Helsinki, but there was no necessary support to address the situation. In this sense, it is necessary that the University of Hamburg advocate that the institutions that receive exchange students ensure the minimum security conditions, which in this case were not met.

The Helsinki University is of a high academic level and has an infrastructure of the best in Europe for the study. The large number of libraries, technology in classrooms, the great offer of activities and university culture allowed to develop studies in a good way. It is worth noting the option of taking courses at other university, as I could do in the Helsinki School of Economics, where I could take economy courses at the Aalto University and in Hannken School of Economics, which allowed me a very valuable exchange experience.

My exchange was specifically in the Master program in Economics at the University of Helsinki, which offered high-level courses and with academics of extensive experience. The great offer of courses in English was very important, which the language was not a problem. The academic level is equal to or higher to the University of Hamburg, which allows a process of continuity with the studies in my program in Hamburg. The offer of courses is wide and allows the recognition of courses easily.

It was important to take an intensive Finnish course because it allowed me to handle the language at a basic level and that helped me to have a better experience at the level of everyday student life and to enjoy leisure opportunities better. I realized that if students are encouraged to try to learn the local language, it helps to experience the exchange in a better way. Finland is a country that is very open to receiving international students and the use of English is broad throughout the country, but the Finnish culture is very particular and difficult to enter.

Among the Finnish students they speak mostly Finnish, they are people who value silence, they have great respect for the private space of the other person, although they share more community activities than in Germany. It was very enriching to participate in various competitions (such as Fuksiseikkaailu, for example), to share several Sitsit dinners (a traditional dinner with various rituals, which are made in Finland and Sweden), and to attend the Sauna several times a week with university classmates. . There is also a very strong sports culture, especially in winter sports. But the most enriching thing is surely enjoying outdoor activities, since spaces around nature are very accessible both inside and outside the city.

Several colleagues took the opportunity to travel within the country, for which the Erasmus Student Network (ESN) offered several options, but it made me wonder if the exchange should be for that. Exchange students should be encouraged to experience cultural and academic exchange rather than tourism. Instances like ESN seem to be more of a travel agency than promoting the spirit of the Erasmus program.

On a general level, the exchange experience has been very valuable and I would love to have the opportunity to do it again. As a 36-year-old student, it was a challenge to do the exchange at this age, but it allowed me to value and carry out various activities. I appreciate the support of the University of Hamburg, which was essential to have a good experience.

David Bruna, Student of MSc in Politics, Economics and Philosophy

Some Photos of my Experience:

1. Competition with the students of Economic programs – September 2021. In this photo we are next to Krista Siegrids, a famous finnish artist, one of the challenges.



Fuksiseikkailu 2021 – November 2021. The biggest student competition event in Helsinki every year.



Daytrip to Linnanmäki, the amusement park in Helsinki.



Ice-skating evening with classmates.



Sitsit dinner with finnish students.

