

The Best of Both Worlds



Studies and practical work side by side. LAB is a University of Applied Sciences for those who want to look beyond the surface.

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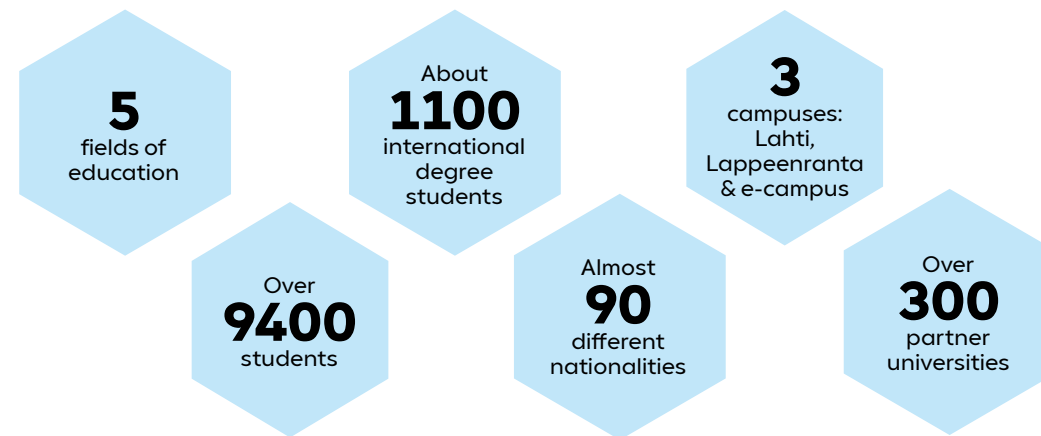
Tourism and Hospitality Management

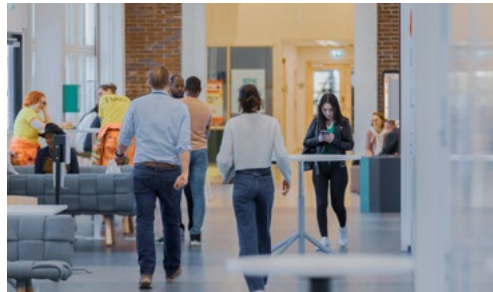
Pictures: Teemu Leinonen, Toni Jaatinen, Sanna Henttonen, Oona Rouhiainen, Marko Rantanen, Unsplash: Taneli Lahtinen (p. 11); Kristaps Grundsteins (p. 11); Hert Niks (p. 11)

LAB in Figures

The LAB University of Applied Sciences operates in the cities of Lahti and Lappeenranta, Finland, and also provides education online. LAB has over 9400 students, making it the sixth largest University of Applied Sciences in Finland.

The strengths of this higher education institution specialising in innovation include the circular economy, design, innovations and health.





Welcome!

We at the LAB University of Applied Sciences serve global business through world-class, practice-oriented higher education and research, development, and innovation (RDI).

Our strengths at LAB include the circular economy, design, innovations and health. We are building our future on three campuses: in Lahti, in Lappeenranta and in the digital world.



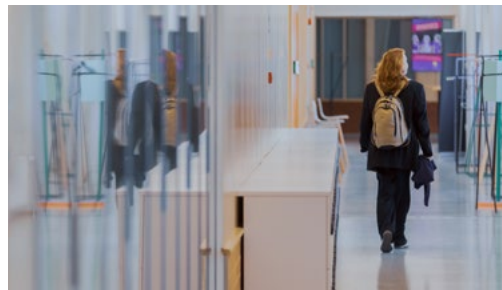
We are a University of Applied Sciences focusing on innovation, industry and commerce. Everything we do at LAB generates added value for businesses. We love to solve problems. The trickier the problem, the more we push ourselves.

We're known for getting things done – and we are proud of it. If you have a vision, we will do whatever we can to help you achieve it. If you are ready to go to extremes, so are we. Let's conquer the world together.

Turo Kilpeläinen,
President

Bachelor's Degree Programmes in English

- **Bachelor of Business Administration**
Business Information Technology
- **Bachelor of Business Administration**
International Business
- **Bachelor of Culture and Arts**
Sustainable Design Business
- **Bachelor of Engineering**
Industrial Information Technology
- **Bachelor of Engineering**
Industrial Mechanical Engineering
- **Bachelor of Engineering**
Sustainable Construction Technology
- **Bachelor of Engineering**
Sustainable Solutions Engineering
- **Bachelor of Health Care**
Paramedic Nurse
- **Bachelor of Hospitality Management**
Tourism and Hospitality Management



Student Admissions

Important links

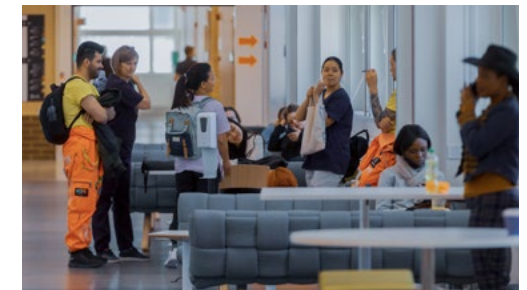
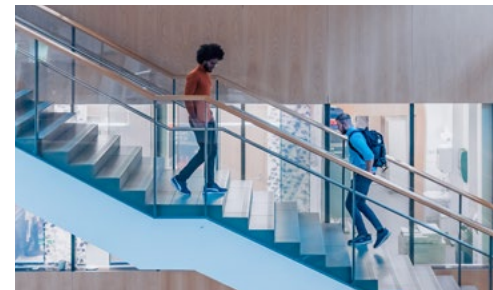
For more information on application periods and instructions, visit lab.fi/en/application



Visit lab.fi/en and studyinfo.fi for information on student admissions.



Dive into elab.lab.fi/en for more information on studies at LAB.



Finland

Finland is a Nordic country located in Northern Europe. The capital of Finland is Helsinki. Finland's population is 5.5 million.

Finland is a bilingual country: the majority of Finns speaks Finnish, and Swedish is spoken by approximately six per cent of the population. Finland is among the top countries in the world when it comes to fluency in English, so, even if you do not speak Finnish or Swedish, you will have no difficulties communicating.

In Finland, nature surrounds you. Finland has 188 000 lakes, and they are among the cleanest in the world. Approximately 70 per cent of the land area is covered by forests. In the northernmost parts of Finland, you can also experience the amazing midnight sun, a natural phenomenon where the sun does not set for over two months. Another fascinating attraction is the aurora borealis – also called the northern lights.

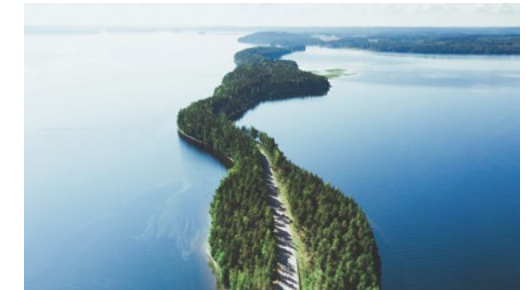
Finnish society is stable and well-organised, and Finland has been ranked as the safest place in the world.

5.5
million
people

Higher Education in Finland

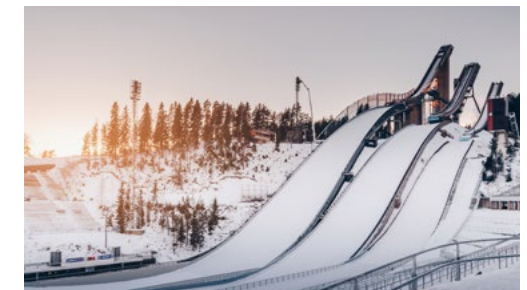
The Finnish higher education system comprises universities of applied sciences and universities. Universities of applied sciences provide practical education that aims to respond to the needs of the working world, whereas universities conduct scientific research and provide education based on it.

Universities of applied sciences award Bachelor's degrees and Master's degrees. The completion of a Bachelor's degree usually takes between 3.5 and 4.5 years.



Top 5 Reasons to Study in Finland

- 1.** The Education System in Finland receives praise around the World and repeatedly obtains high PISA scores.
- 2.** Finland is yet again the safest and happiest place in the world according to the World Happiness Report 2023. According to the World Economic Forum 2023, Finland has topped the World Happiness Report rankings for the sixth year running.
- 3.** One of the best countries to study in. Finland has featured as one of the top ranked countries in StudyPortal's International Student Satisfaction Awards.
- 4.** Good study environments and highly qualified teachers. According to the International Student Barometer and the National Agency for Education, international students are satisfied with the facilities and learning environments in Finland.
- 5.** Wide range of support and career services. Finnish universities of applied sciences offer many services for students, such as discount meals in student cafeterias, health care services, student unions and organisations, and student counselling services.



Lahti Campus



Over
500
international
degree
students



5800
students

“The campus provides an inspiring setting for learning and work.”

Lahti is the ninth largest city in Finland with around 120 000 inhabitants. Located just an hour from the capital city Helsinki and with easy access to all other regions in Finland, it is the perfect place to study, live and work.

Lahti is world-famous for its international sports competitions and high-level cultural events. It is also an internationally recognised design hub and an environmentally conscious city where the whole community is committed to promoting sustainable urban development.

In addition, Lahti has won the European Green Capital Award 2021. It is the first city in Finland to receive this recognition.

Unique Forerunner Campus

LAB's Lahti campus is located approximately 3 kilometres from the Lahti city centre and 4 kilometres from the Lahti Travel Centre. There are 5800 students on the Lahti campus, and 500 of them are completing an international degree.

The campus facilities are in a historic factory building that was transformed into a modern learning environment and reopened in autumn 2018. The new premises bring together future experts in the fields of health care and social services, technology, business, tourism and hospitality, and design and fine arts.

By mixing the old with the new, the campus provides an inspiring setting for learning and work. The campus encompasses high-quality restaurants, and the Deli Cafe and Campus Bar, which offer refreshments. The campus includes sports venues, such as an indoor and outdoor gym and facilities for group fitness classes.

The student union KOE and the student tutors will help you to feel at home in Lahti and at LAB.

Lappeenranta Campus



Over
600
international
degree
students



3600
students

“The learning environment in Lappeenranta is state-of-the-art.”

Lappeenranta is an international university city in southeast Finland. Over 10 per cent of its 73 000 inhabitants are students. Lappeenranta is also known for its fascinating nature and Lake Saimaa, the fourth largest lake in Europe.

Lappeenranta is easy to access: it is only a two-hour train ride from Helsinki. Lappeenranta also has its own international airport. The city has a cosy small-town atmosphere and is easy to get around, yet offers a wide range of services, cultural events and recreational activities.

Truly International Learning Environment

LAB's newly renovated Lappeenranta campus is located in the district of Skinnarila, 7 kilometres from the city centre and neighboured by LUT University. LAB has 3600 students in Lappeenranta, over 600 of whom are international degree students, giving the campus a strong international presence.

The learning environment in Lappeenranta is state-of-the-art. For example, the technology and health care and social services laboratories are among the most advanced in Finland, and a brand new teaching kitchen and restaurant was recently opened for tourism and hospitality management students.

Over 8500 students study on the campus shared with LUT University, which makes it the largest higher education campus in south-east Finland. To make students feel at home, the campus offers extensive services: an academic library, cafeterias and cafes, a new and well-equipped gym, and a general store, just to mention a few.

The student union KOE and other organisations arrange activities on campus, and the tutors will introduce you to life in Lappeenranta, the campus, and your fellow students. Lappeenranta feels like your home away from home.

Student Housing in Lahti

Living in Lahti is affordable, and student apartments are available around the city. The housing company Lahden Talot is the main provider of student housing in the Lahti region. Also, Kuukkeli-Kodit provides student housing.

The student apartments are located in or near the city centre, and public transportation will take you from the Lahti Travel Centre to the Lahti Campus in only 15 minutes. Both students and graduates can easily find suitable rental apartments.



Student Housing in Lappeenranta

Everyone can find an apartment in Lappeenranta. You can apply for student accommodation with the Lappeenranta Student Housing Foundation LOAS, municipal rental apartments from the Lappeenranta city, or apartments on the private market.

The high-quality LOAS apartments are well maintained. Most of them are located near the campus, but some are also available in the city centre. Rents are reasonable both at LOAS and on the private rental market.



Tuition Fee and Scholarship Scheme



LAB charges tuition fees from students coming from **outside of the EU/EEA**. The annual tuition fee for students in Bachelor's degree programmes is EUR 8 000/year.

In the first year, no one will be granted a scholarship.

In the following years scholarship is a 50% reduction on the annual tuition fee. A student must complete at least 60 credits per academic year to be eligible for the scholarship.

This policy will be applied until the end of the normative study time.



Check for Eligibility
Criteria and Application
Periods at **lab.fi/en**

Exchange Studies at LAB

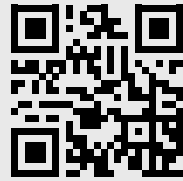
Are You Interested in a Student Exchange Period at LAB?

Please contact your institution's international office. You can be considered for student exchange if your home institution has an exchange agreement with LAB. After your home institution has selected you as a candidate for exchange, you can apply for exchange at LAB. If there is no existing exchange agreement, you can apply as a free mover. However, free movers must pay a participation fee.

All exchange students apply through LAB's online application system. The application period for the autumn semester of 2024 is 15 March – 15 April 2024, and for the spring semester of 2025, 15 September – 15 October 2024.



Business



BBA for International Business Experts

The Bachelor's Degree Programme in International Business introduces you to the world of contemporary business in a modern, international learning environment. The programme combines theory and practice, and you will develop into an international business professional with strong business management skills, communication skills and the ability to work in multicultural environments.

Future experts, leaders and entrepreneurs need good leadership skills but also ethical thinking and sustainable business enterprise knowledge. Designing services for international businesses requires creativity and innovativeness.

The content of the studies is continuously updated together with potential employers to meet the skill requirements for future professionals. The studies are carried out entirely in English in an interna-

tional environment and they offer excellent opportunity for an exchange period or work placement abroad. The Faculty of Business has over 100 partner institutions and universities around the world.

During the first year, you will develop a solid foundation for different areas of business know-how. You will learn what every Bachelor of Business Administration needs to learn, i.e. the basics of international business, international marketing, supply chain networks, financial management, etc.

From the second year onwards, you will have the opportunity to start personalising your study path by carrying out complementary competence studies and deepening your expertise. The LAB University of Applied Sciences offers the keys to success in the working world and in your own business.



“Studying at LAB feels like you can be yourself without any filters. The culture here is very open and equal, so there is no discrimination. People are open-minded, friendly and calm.”

Delgermaa Sandagdorj
International Business Student

International Business

LAHTI CAMPUS

Degree:
Bachelor of Business Administration (BBA)

Full-time studies

Duration and scope of studies:
3.5 years, 210 ECTS credits, including 30 credits of work placement

International Business

LAPPEENRANTA CAMPUS

Degree:
Bachelor of Business Administration (BBA)

Full-time studies

Duration and scope of studies:
3.5 years, 210 ECTS credits, including 30 credits of work placement

Combination of Business and Technology

The Bachelor's Degree Programme in Business Information Technology trains you to become a specialist in digital solutions and digitalisation in businesses. The programme gives you a new perspective on how information technology can be integrated with business processes and how digitalisation can improve business productivity.

The programme combines theory and practice and equips you for a range of roles in the field of business information technology. The programme prepares students for digital business expert roles. You will also gain skills and knowledge to continue your studies further towards a Master's degree.

Graduates will have a comprehensive understanding of future-oriented, innovative business operations. You will be able to automate business processes and implement service chains with the latest technologies, taking customer needs into account. You will have a command of agile and flexible methods and the ability to organise and lead projects based on analysed information. The programme also gives you the expertise to work as an entrepreneur.

Upon graduation, you will be qualified for a range of roles requiring digital competencies. Depending on your personal learning path, you will be able to do the following: provide ICT support to end users, build new applications, draw up digital service process descriptions, deliver agile projects, build user-centred online stores, and design value-added digital solutions for businesses.

Business Information Technology

LAHTI CAMPUS

Degree:
Bachelor of Business Administration (BBA)

Full-time studies

Duration and scope of studies:
3.5 years, 210 ECTS credits, including 30 credits of work placement



Design and Fine Arts



Bringing Together Design, Business and Sustainability

Sustainable Design Business is a four-year Bachelor of Culture and Arts programme for people aiming to improve the world through user-friendly, sustainably feasible and viable solutions.

This programme brings together design, business and sustainability to educate creative professionals of the future.

Today's labour market is extremely demanding and needs professionals for multidisciplinary teams that identify innovation opportunities, generate creative ideas, and develop and implement sustainable strategies, products, or services.

Sustainable Design Business

LAHTI CAMPUS

Degree:

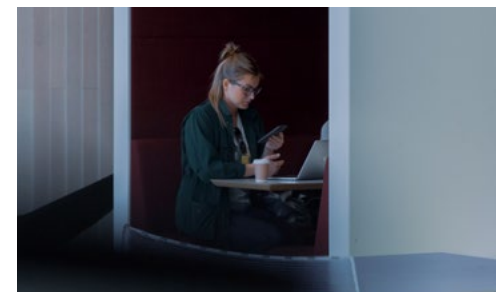
Bachelor of Culture and Arts

Full-time studies

Duration and

scope of studies:

4 years, 240 ECTS credits, including 30 credits of work placement



“One of the best decisions I ever made”

Hello! My name is **Beatriz** and I'm from Brazil. I previously studied graphic design for two years back home but left to start my studies here in Finland and at the LAB Institute of Design and Fine Arts. And that was one of the best decisions I ever made.

“I liked LAB's perspective on design right away”

Even though I loved my university back home and learned many valuable things there, design was taught to us in an academic and theoretical way. I wanted a more practical, functional, and hands-on view on design. I also really wanted to know a new country and be immersed in a different culture. So, I started looking for opportunities abroad. Finland caught my eye right away because it felt so unique, and I didn't know much about it.

I searched for information about Finnish universities and really liked LAB's perspective on design as it was aligned with my own view. And what came to the LAB's entrance exams, they were super fun to take part in. The tasks were challenging but

in a good way! I really enjoyed the interview stage because I got to meet and talk to my future teachers. Through the tasks, interviews, and meetings, I got to know more about LAB and see that it was a good fit for me and vice versa!

During the application period, I also participated in a few other entrance exams from other institutions in and outside Finland. When the acceptance letters came in and I had to decide, the choice was clear because the teachers and staff from LAB were by far the most helpful and approachable throughout the application period.

Less bureaucracy than expected

Moving from Brazil to Finland was a bit intimidating. Flying alone from far away and then having to figure out how to get from the airport to Lahti and then to my apartment. But I saw it as an adventure. It also felt so exciting to jump into a whole new chapter of my life! This was during the end of summer, so I got to enjoy a lot of swimming and exploring Finnish nature before the classes started.

Overall, there was less bureaucracy than I expected. I initiated the moving process as early as possible and now I see that was a good thing because I had ample time and peace of mind to sort everything out. I didn't have to wait very long to get an apartment and immigration was easy because of my European citizenship.

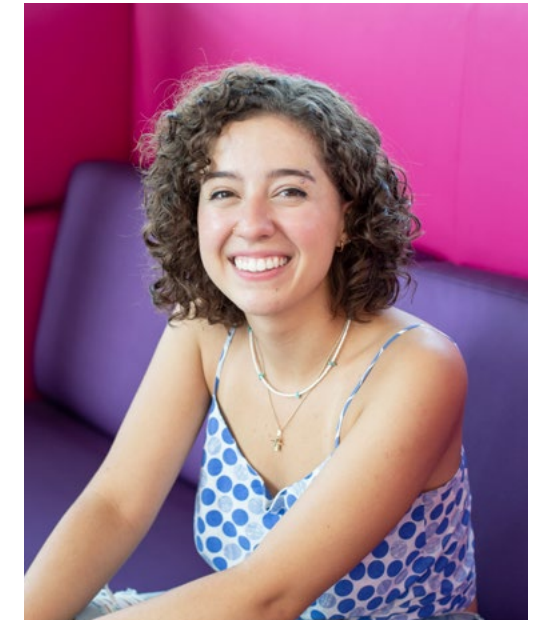
Differences in studying style

From my point of view, studying here gives the student a lot more freedom of choice than back home. I feel more responsible for my own journey and student experience. I also feel like the work-life balance is very appreciated over here. I don't often feel stressed or overwhelmed. I have time not only for studying but for sports and hobbies as well.

I'm studying at the LAB Institute of Design and Fine Arts and have absolutely loved my studies so far. One of my favorite courses was working in CAD where we learned the basics of Rhino 3D. It was a fun experience because it was challenging yet rewarding to create 3D models. In my opinion, the course had the perfect balance of teacher guidance and independent work.

Plenty of leisure activities and cultural differences

I love how many activities there are available, and I try to participate as many as possible. I go to the gym, play volleyball, and go to most of the events and parties! For example, the LiiKu Appro (sports and culture) was a highlight of the year! It was so great getting to try out all the different sports and visit museums in Lahti. These events are a nice way to meet other students from abroad too!



Coming from Brazil, I noticed the cultural differences here in Finland. Brazilians are commonly thought of as loud and talkative and in comparison, Finns are for sure a little quieter, although they can be more open than one might assume (especially in the sauna).

If you're thinking about studying in Finland and LAB University of Applied Sciences, I'd say go for it! LAB has a modern campus with cool machines, up to date equipment and talented people who help your ideas grow. Coming here was one of the best decisions I've ever made. Finland has surprised me in many ways and this whole experience has thought me so much about life, design, and myself. ■

Health Care and Social Services



Paramedic Nurse – an Expert in Acute Health Care

As a paramedic nurse, you will help trauma patients or people who suddenly fall ill and need urgent care, both in and out of hospital. You recognise and anticipate situations that threaten the patient's life and know how to act as the situation requires. In addition to alert tasks, your job will include non-urgent care: examining patients, mapping situations, and planning follow-up care. You will make nursing decisions and also be able to lead a team.

The work of a paramedic requires stress management skills, good interaction skills, and physical fitness. At work, you must be able to make quick independent decisions based on researched information and care instructions. Many paramedics work in ambulances, but you can also find work in, for example, a hospital emergency room or intensive care unit.

Paramedic studies at the LAB University of Applied Sciences meet the competence requirements of a paramedic and nursing, both in theory and in practice. More than a third of the studies take place in real nursing environments and, for example, in simulation exercises. Clinical training in authentic health care environments is an integral part of your studies.

During your studies, you will learn about the technical innovations in nursing, such as nursing robotics and intelligent self-care applications, and learn how to utilise them to help your client and patient in the best possible way.

The Degree Programme will open up a wide range of possibilities to work as a paramedic nurse or a registered nurse in Finland and elsewhere in the European Union.

Paramedic Nurse

LAPPEENRANTA CAMPUS

Degree:

Bachelor of Health Care,
Paramedic Nurse,
Registered Nurse

Full-time studies

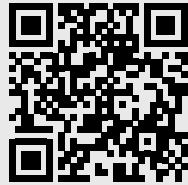
Duration and

scope of studies:

4 years, 240 ECTS credits,
including 90 credits
of work placement



Technology



Industrial Information Technology Gives Skills to Work within the Diverse Field of ICT

The Internet of Things, industry 4.0 and many new technologies are challenging society and industry. The Degree Programme in Industrial Information Technology gives you skills to work within the diverse field of digital solutions in industry amid constant changes and in global networks.

The LAB University of Applied Sciences has trained ICT specialists for over 20 years for local and global industry and business. The graduates of the programme find work as industry specialists, IT specialists, entrepreneurs, technological experts, project managers, designers, analysts, software developers, system engineers and sales engineers in Finland and globally.

At LAB, you will study industrial information technology in an international and innovative environment on a modern campus. The studies include contact learning and online courses. After the mandatory courses, you will be able to tailor and steer your studies towards a particular professional path.

Every student has a chance to participate in student exchange in one of our partner universities. Graduates may continue their studies at the Master's level at LUT University.

Industrial Information Technology

LAHTI CAMPUS

Degree:

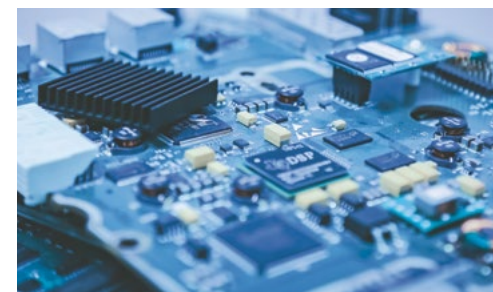
Bachelor of Engineering

Full-time studies

Duration and scope of studies:

4 years
(including one
summer semester)

240 ECTS credits,
including 30 credits
of work placement



Industrial Mechanical Engineering Combines the Needs of Industry and Business Life

The Degree Programme in Industrial Mechanical Engineering prepares you for an international career in the fields of machine and automation design, production planning, and research and development.

The graduates of the programme will work as technological experts, managers, designers, developers, and sales engineers in various challenges in Finland and worldwide.

At LAB, you will study industrial mechanical engineering in an international environment. To facilitate your adaptation to the new learning environment and processes, we will arrange an individual orientation consultation with you to prepare your personalised curriculum. In Industrial Mechanical Engineering the teaching methods are based on coaching and student teamwork.

Students have a possibility to take part in certain studies, which will be carried out in co-operation with other faculties of LAB or with LUT University. Every student has a chance to participate in student exchange at one of our partner universities. Graduates may continue their studies at the Master's level at LUT University.

Industrial Mechanical Engineering

LAPPEENRANTA CAMPUS

Degree:

Bachelor of Engineering

Full-time studies

Duration and scope of studies:

4 years
(including one
summer semester)

240 ECTS credits,
including 30 credits
of work placement



**“I chose mechanical
engineering because
it allows discovering
the world of facts and
imagination at once.”**

Karina Galimova

Student of Mechanical Engineering

Towards Safe and Sustainable Built Environment – Sustainable Construction Technology

Our Degree Programme in Sustainable Construction Engineering offers versatile opportunities in the field of civil and construction engineering. You will learn a solid technological base of construction technologies. In addition, you will choose a specialisation from wood construction and sustainable materials, management, or digitalisation.

The LAB University of Applied Sciences is one of the leading actors in Finland in the fields of environmental technology, circular economy, and sustainable construction. The graduates of this programme will work as technological experts, designers, or project managers.

At LAB, you will study sustainable construction technology in an international and innovative environment. We will offer you opportunities to join other European universities for specialisation. Your main campus is Lahti, but you can join our partner universities for 1–2 semesters.

Sustainable Construction Technology

LAHTI CAMPUS

Degree:

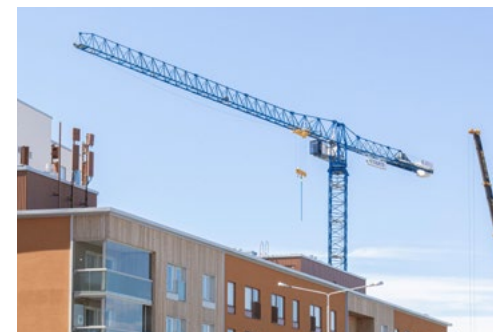
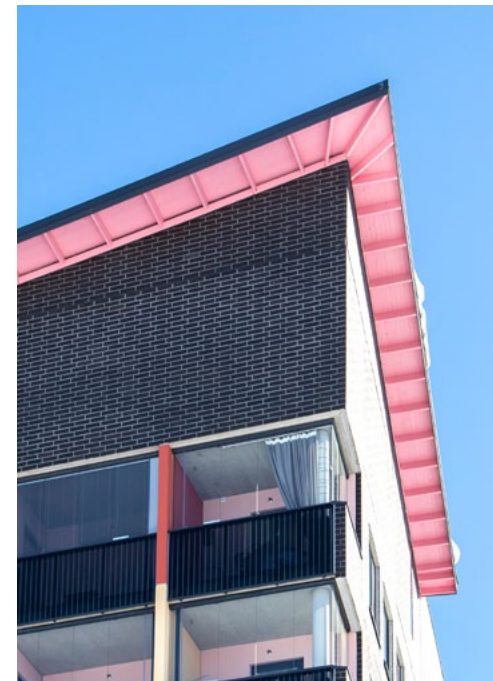
Bachelor of Engineering

Full-time studies

Duration and scope of studies:

4 years
(including one summer semester)

240 ECTS credits,
including 30 credits
of work placement



International Career in Sustainable Solutions

The Degree Programme in Sustainable Solutions Engineering offers you tools to manage major challenges of our time, such as climate change and sustainability. The approach is holistic; you will learn to manage technologies in a sustainable way by adopting a circular economy perspective.

The LAB University of Applied Sciences is one of the leading actors in Finland in the fields of environmental technology and circular economy. The graduates of the programme will work as technological experts, project managers, quality and security developers and sales engineers in Finland and globally. Entrepreneurship is also a career alternative.

At LAB, you will study sustainable solutions engineering in an international and innovative environment. We will encourage you to complete your studies with different methods of learning. The structure of our curriculum is flexible. The whole degree is possible to be studied online. However, we will also organize 15 ECTS modules as optional studies in which you can participate in our Lahti campus, Finland.

To facilitate your adaptation to the new learning environment and processes, we will regularly arrange individual orientation consultations for you to prepare your personalised curriculum.



Sustainable Solutions Engineering

E-CAMPUS

Degree:

Bachelor of Engineering

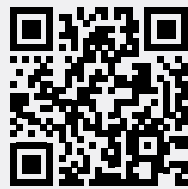
E-learning

Duration and scope of studies:

4 years
(including one summer semester)

240 ECTS credits,
including 30 credits
of work placement

Tourism and Hospitality Management



Solid Foundation for a Successful Business Career

The Degree Programme in Tourism and Hospitality Management prepares you to provide high-class, innovative services that customers today require. It helps you to build a solid foundation for a successful career.

Studying at the LAB University of Applied Sciences gives you a wide understanding of the tourism and hospitality business. The degree programme helps you combine true practical service skills with professional and innovative knowledge of accommodation, restaurant and hospitality services. Your studies aim to enhance your teamwork, communication and project management skills, which are all essential in building a successful career in the field of tourism and hospitality.

Knowing and truly understanding hospitality services as a whole is the path to becoming a successful leader and manager. We will help you develop your organising and problem-solving skills to survive also in the most surprising circumstances. LAB's education will enable you to work in different organisations or companies as either a leader or an expert developing hospitality services – not excluding the possibility of entrepreneurship.

Study methods on LAB courses include lectures, individual and group assignments, and online learning. Our facilities comprise restaurant facilities with the latest equipment and software in the restaurant business. This setting enables project-based learning where you can truly test your know-how by producing service experiences in co-operation with real companies. The main language of the studies is English, but your studies also include getting to know the Finnish language and culture.



“LAB provides not only generous scholarship programmes and high-quality facilities but also knowledgeable professors and interesting extra-curricular programmes for students in several majors, including mine: Tourism and Hospitality Management.”

Nhi Ho

Student of Tourism and Hospitality Management

Tourism and Hospitality Management

LAPPEENRANTA CAMPUS

Degree:
Bachelor of Hospitality Management

Full-time studies

Duration and scope of studies:
3.5 years

210 ECTS credits, including 30 credits of work placement

Lahti campus

Visiting addresses:
Mukkulankatu 19, Lahti
Niemenkatu 73, Lahti

Postal address:
P.O. Box 214,
FI-15101 Lahti
Finland

Lappeenranta campus

Visiting address:
Yliopistonkatu 36,
Lappeenranta

Postal address:
P.O. Box 20,
FI-53851 Lappeenranta
Finland

Admissions office:

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