

FINLAND



FACTS ABOUT FINLAND

- The land of the midnight sun
- Home of the Santa Claus :)
- +30 in summer and -30 in the winter is normal
- Four seasons
- The land of thousands of lakes. There are 187188 lakes over 500m² in Finland
- We have this thing called "Sisu"



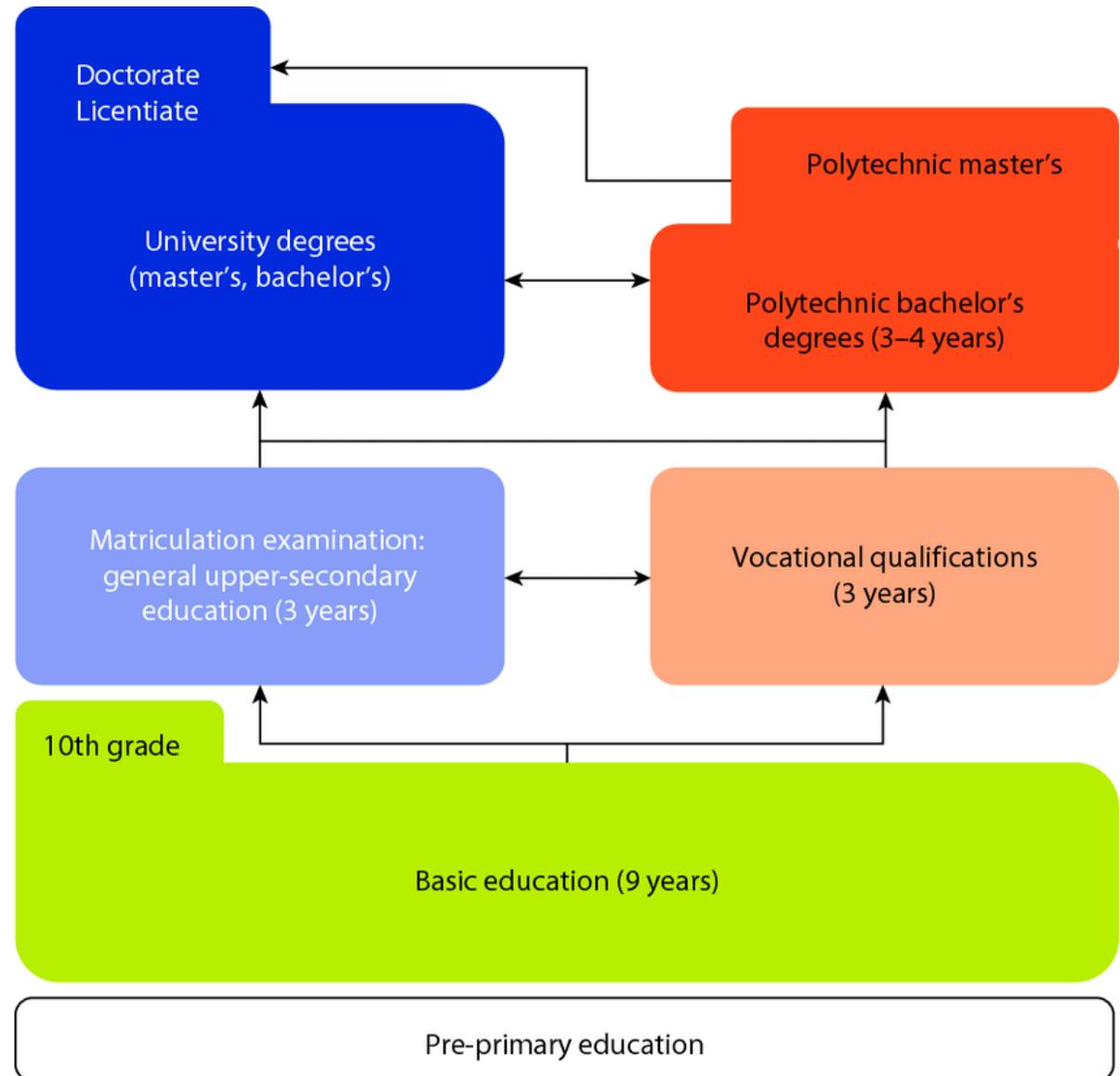


STUDYING IN FINLAND



- Pre-primary education starts at the age of 6. Compulsory.
- Basic education (grades 1-9) starts at the age of 7. Compulsory education for all. School provides lunch for every student.
- Highschool or Vocational school. School provides free lunch for every student. May be part of the compulsory education in the future.
- University or University of applied sciences (Also called Polytechnics)
- Studying in Finland is FREE
- You can apply student allowance and/ or student loan at the age of 17. It is also possible to apply allowance for apartment while studying.

FINNISH EDUCATION SYSTEM



HOW TO GET TO STUDY NURSING

Practical care nurse

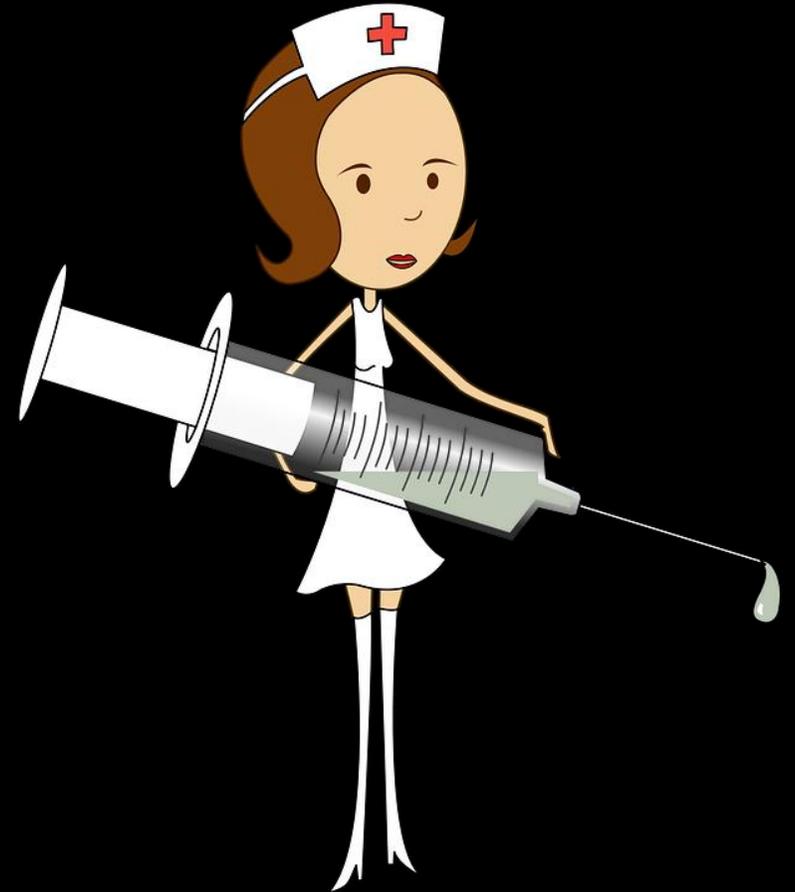
- Vocational school
- Lasts 3 years
- Basic education must be accomplished
- Entrance examination
- Terhikki register

Bachelor of healthcare (RN)

- University of Applied Sciences (Polytechnic) Bachelor's degree
- Lasts 3-4 years
- Basic education + Vocational school OR Matriculation examination must be accomplished
- Entrance examination
- Terhikki register

BACHELOR OF NURSING

- Extent of degree is 210 course credits (1 credit = 27 hours of work)
- Can be accomplished as a full-time student or by Multiform learning
- Multiform learning means, that you study most of the theory parts independent.
- Includes a lots of practical training in labs and in work life
- After basic studies becomes spezializing. There are 6 lines to choose: pediatry, geriatrics, psychiatry,intensive care, Preoperative care and internal surgical care



WELLBEING OF ADOLESCENT



THL (Finnish institute for health and welfare) made research about adolescent's wellbeing in Finland in 2017



Over 80% of adolescent in Finland says that their health and quality of life is good.



Most of the adolescent exercises during their freetime



Main problems were: overweight, smoking and too little vegetables in their diet.



LÄHTEET

- Tiede-lehti 12/2016 <https://www.tiede.fi/artikkeli/uutiset/yli-puolet-maailman-jarvista-loytyi-yhdesta-ainoasta-maasta>
- Terveyden ja hyvinvoinnin laitos 2019. <https://thl.fi/fi/-/valtaosa-nuorista-aikuisista-on-terveita-elintavoissa-on-kuitenkin-parantamisen-varaa>