



UNIVERSITY OF
EASTERN FINLAND

Studying for Working Life

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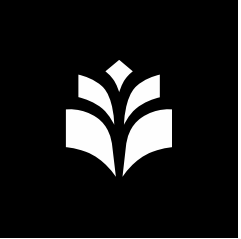
Agenda

- Finnish working life & employment
- UEF Career Services
- Subsidized traineeships & mentoring programs
- Other Resources
- Talent Hub Eastern Finland



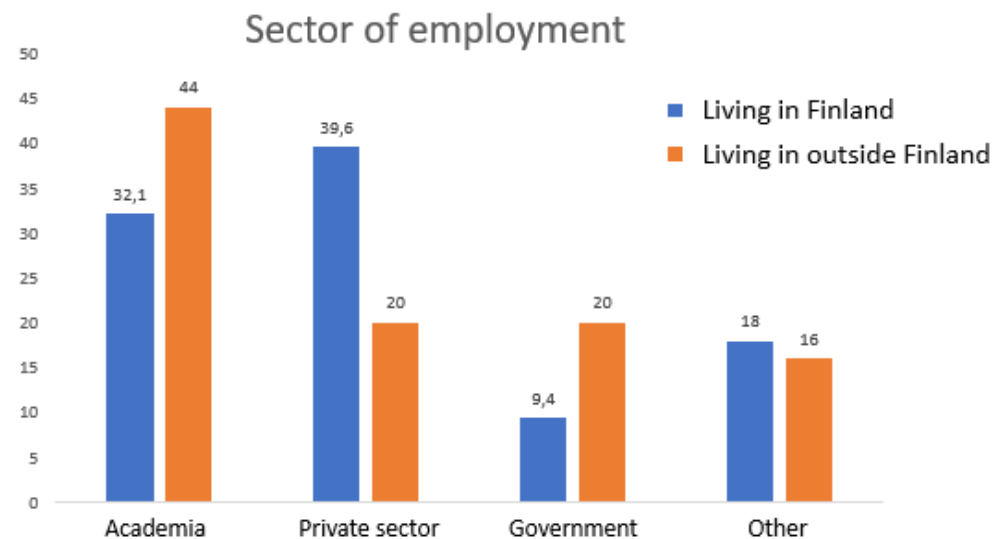
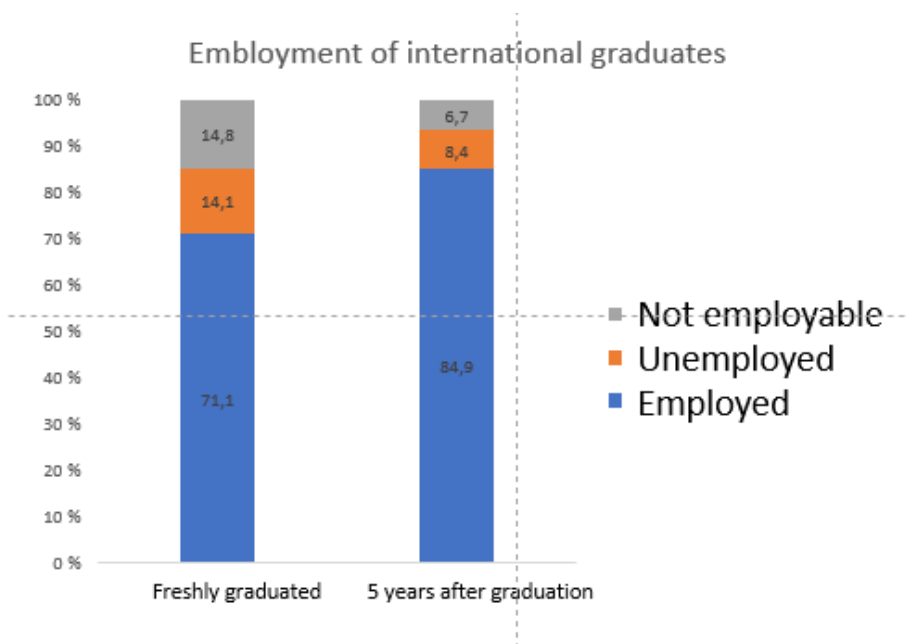
Finnish Working life

- Individualistic, low hierarchy, lack of formality, high trust between employers and employees
- Private life valued and separate from work life – free time networks are needed as well
- Active role of jobseeker and worker
- Networks, "hidden jobs"
- Finnish language skills



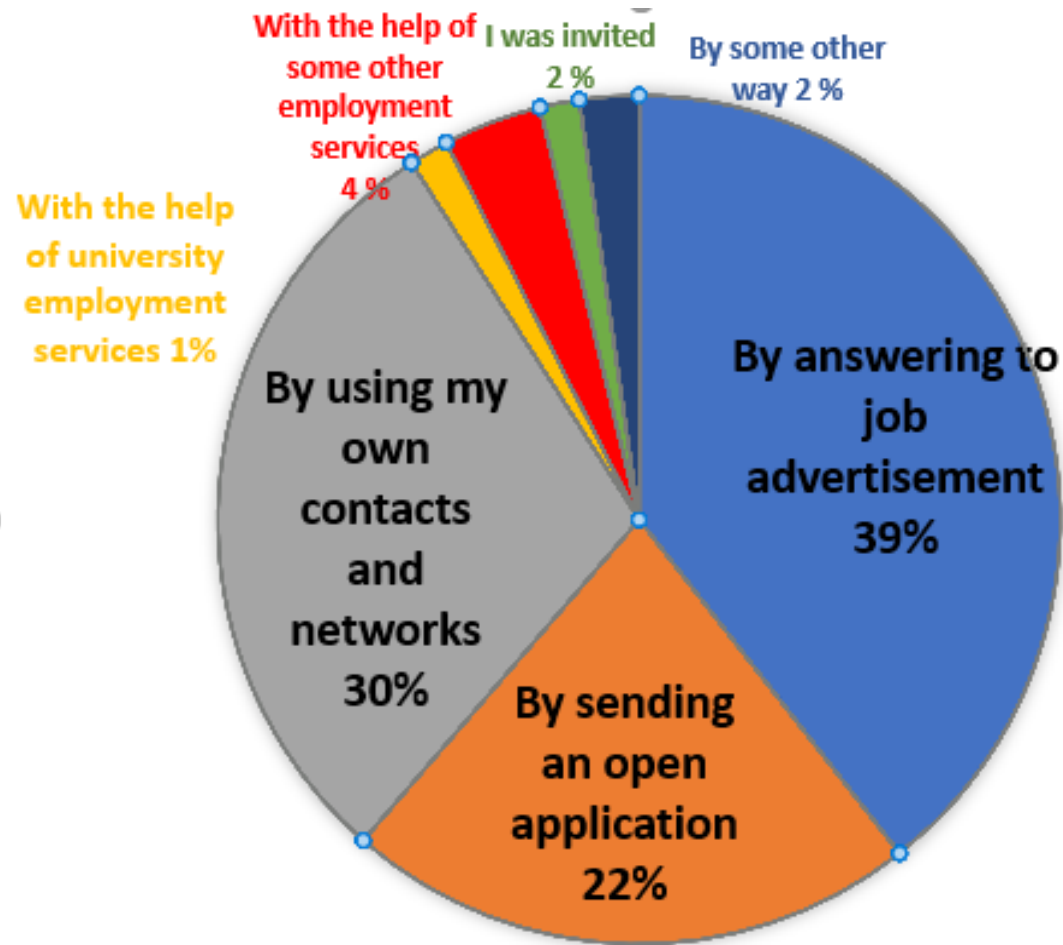
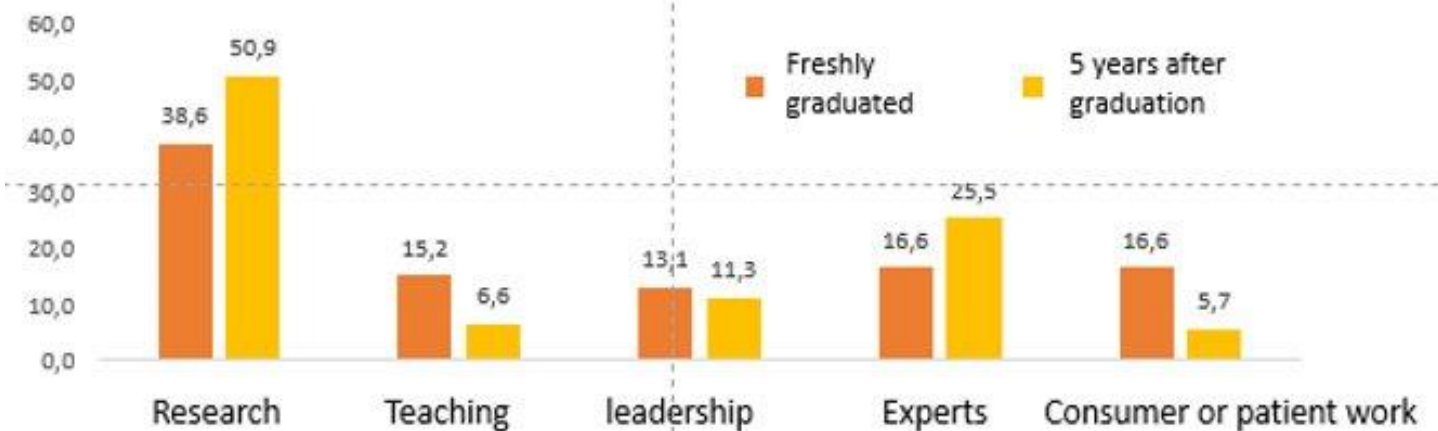
Employment of international graduates

- What do graduates from higher education do?: https://toissa.fi/en_US/home-en-us





What kind of works our graduates are doing ?





UEF Career Services

- For bachelor's and master's degree students and to students with the continued right to study
- Placement and career follow-up data on graduates
- JobTeaser job portal
- Personal career counselling and job seeking advice – booking of appointments in JobTeaser
- Courses on the Finnish working life
- uef.fi/careerservices



Studies in the Finnish working life

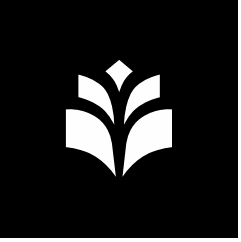
Self-study courses and practical exercises

- Career planning, 1+1 cp
- Job seeking, 1+1 cp
- Basics of Finnish Working Life, 1 cp
- Schedules and registration in [Peppi](#). First, add the courses to your PSP and then sign up.

Career and Life in Finland, 25 cp, study module

- The code in Peppi: X113103024
- Can be used as a minor study module in Bachelor's degrees
- Can be completed after graduation (2 years' time)





Practical training supported by the university

<https://kamu.uef.fi/en/tietopankki/career-planning-and-job-advisory/practical-training/>

1. Practical training as part of your studies (obligatory/optional) => study credits

- Employer is supported 1800 euros / min. 2 months full time training (employer must pay a minimum wage confirmed by KELA (1399 euros/month, year 2024))
- It is **up to you** to find the placement
- Your degree programme decides if your placement fulfils the **requirements**
- **A training agreement** is signed between you, employer and your degree programme
- **Training report** => study credits



Practical training supported by the university

<https://kamu.uef.fi/en/tietopankki/career-planning-and-job-advisory/practical-training/>

2. UEF Trainee 2025 Programme

- Only for **international degree students**
- Employer is supported **2500 euros** / min. 2 months full time training (employer must pay a minimum wage confirmed by KELA (1399 euros/ month, year 2024))
- You can apply to up to three placements **from a list of employers** (application time in November - December)
- The **employer makes the selection**
- If you are selected, then you will sign a normal **work contract** with the employer
- You **can** include the training to your studies if you wish and if your degree programme agrees = study credits



Mentoring programme autumn 2024 - spring 2025

- For all international degree students
- An experienced professional or an employer organisation acts as a mentor, and offers advice and guidance based on his/her own experience from working life for a small group of actors
 - job search and to become aware on different career options and paths
 - development of professional skills and finding one's own strengths
 - development of interaction and communication skills
 - the construction of a professional networks
 - building self-confidence and self-knowledge
- Application period in September





Other resources

- Your programme coordinator and teachers
 - Student association of your own study field
 - What do graduates from higher education do?:
<https://toissa.fi/home-en-us/>
 - Trade unions, most under 3 major labor confederations: [Akava](#) (academic); [STTK](#) (professional); [SAK](#) (vocational)
 - Work in Finland <https://www.businessfinland.fi/en/do-business-with-finland/work-in-finland>
 - Public employment and business services:
<https://tyomarkkinatori.fi/en>
- } Field-specific experience, knowledge of typical career trajectories and contacts



Local Resources in Campus Towns

■ Joensuu

- Employment services: Luotsi <https://luotsijoensuu.fi/in-English>
- Juttuklubi Joensuu <https://www.karelia.fi/en/juttuklubi-joensuu-eng/>
- JoMoni (an NGO) <http://www.jomoni.fi/>
- Joensuu community college <https://uusi.opistopalvelut.fi/joensuu/en/>

■ Kuopio

- Employment services: International House of Kuopio <https://www.kuopio.fi/en/employment-and-entrepreneurship/employment-service/internationalhouse/>
- Kompassi (an NGO) <https://www.puijola.net/en/advice-for-immigrants/>
- Kuopio community college <https://kansalaisopisto.kuopio.fi/eng/>
- SIMHE <https://www.savonia.fi/en/study-with-us/other-studies/for-immigrants/>



QUESTIONS OR COMMENTS?