Study Year Abroad At The University of Helsinki, Finland, 2022-2023 by Ewen Jones

Introduction: What and Where?

- 9-month long exchange in Finland at the University of Helsinki
- Largest and Oldest University in Finland
- Consistently ranks within top 100 Universities in the world
- Over 1000 exchange students each year

Countries Travelled to Whilst on Study Year Abroad:

- Finland (Helsinki, Turku, Tampere, Rovaniemi, Jyvaskyla and Lapland)
- Sweden (Stockholm)
- Norway (Bugøynes)
- Estonia (Tallinn, Narva)
- Latvia (Riga)
- Czech Republic (Prague)

Challenges of the exchange:

- Adapting to cultural differences
- Language barrier (most Finns speak English so wasn't too challenging)
- Adapting to new teaching methods and examinations
- The Cold
- Keeping up with the Finns (both in the sauna and in the bar)

Results of the exchange:

- Undoubtedly the best year of my life so far
- Gained knowledge of different field of physics that I have not studied before
- Met some of the most incredible people and made many friends

The Study Exchange involved taking 120 credits (60 ECTS) of modules with freedom to choose whichever modules as long as 80% were Physics based. The modules also had to contain certain topics if I was to go on to complete the final year of my MPhys degree. The modules I chose were:

- Computational Chemistry
- Electrodynamics
- Materials Research
- Nanoscience
- Biological Physics
- Mathematical Methods for Physics
- NanoPhysics and NanoChemistry
- Physics of Biological Systems
- QM/MM Modelling of Bio/Chemical Systems
- Quantum Mechanics
- Scientific Computing
- Various language courses including: Finnish, Russian and French









