



**SAVONIA**  
AMMATTIKORKEAKOULU



■ INTERNATIONAL EXCHANGE STUDENTS

## Savonia International Exchange Students in Iisalmi MULTI PRO 2014

WRITERS Sanna Savela, Anna Jäger, Kaliman Orozobekova, Benazir Kazymbek kzy, Martina Plank, Astrid Wagner, Gema García Martín, Javier Jesús Reyes Bueno and Margaryta Guts

Savonia University of Applied Sciences  
PL 6 (Microkatu 1), FI-70201 KUOPIO  
savonia@savonia.fi  
www.savonia.fi

Writers: Sanna Savela, Anna Jäger, Kaliman Orozobekova,  
Benazir Kazymbek kyzy, Martina Plank, Astrid Wagner, Gema  
García Martín, Javier Jesús Reyes Bueno and Margaryta Guts  
©Savonia University of Applied Sciences

Visual look: MultiPro 2014 – International Exchange Students  
Layout: Minna Husso

E1/3/2014

ISBN 978-952-203-188-4  
ISSN 1795-0848

# EDITORIAL

The seventh students of the International MultiPro group at Savonia University of Applied Sciences in Iisalmi come from Austria, Kyrgyzstan and Spain. They have learnt during their stay different ways to communicate. This leaflet is one example of their work. Iisalmen Sanomat, the local newspaper, has published some of the articles as well. It has been a great experience for me as a teacher to work with such talented and energetic students. I hope that this leaflet with the students' articles gives you a diverse review of the experiences of the MultiPro students in Finland and at Savonia and of their own culture.



Iisalmi 28 March 2014

Editor teacher

Sanna Savela

Savonia University of Applied Sciences

## Contents

**Austria meets Finland**

Anna Jäger

**Two Kyrgyz students in Finland**

Kaliman Orozobekova and  
Benazir Kazymbek kyzy

**Traditional associations in Austria**

Martina Plank

**Sheep farmers in Austria**

Astrid Wagner

**Is it easy to be an exchange student?**

Gema García Martín,  
Javier Jesús Reyes Bueno and  
Margaryta Guts

# AUSTRIA MEETS FINLAND

*An Austrian gets to know Finnish people and their culture*

**Anna Jäger**

## Griß enk

I'm Anna and I'm an exchange student from Salzburg, Austria. When I came here I noticed some differences to my home place.

One of the differences is the language. It is different from all the languages I'm speaking. But actually this makes it interesting for me to learn it. It takes time till Finns talk much to you. However, once the ice is broken they are open, friendly and warm. Finns are usually sparing with words, and don't value small talk much so verbal promises are often taken very seriously. I really like to talk to Finnish people because

we talk about interesting and serious things. Finns are very active people too. They are motivated to be in the nature or do sports and don't mind coldness at all for example when ice swimming.

I have learned about Finnish eating habits when in the university cafeteria. Finnish always drink milk with their lunch. Austrians do that if they have sweet dish for their meal. The food is a bit different as well. Potato and rice are really important and even the meat tastes different. What Finland and Austria have in common are the greetings. But in Austria it is really important to use a person's title and sur-

name until invited to use the first name. In the beginning it was weird for me to use the first name when I talked with the teachers at Savonia but I really like it now because it shows that you are at the same level. The most different habit compared to Austria is probably going to sauna. It is an experience shared with family and friends. But to be naked is not normal for me. It is still a border that I have to go through. We do have sauna as well, but it isn't so common. I really love Finland and I am sure I will come to visit this country again.



We Austrians exchange students in Iisalmi near the lake on the way back to our hostel. We expected much more snow, but we have a white landscape and that's ok.



# TWO KYRGYZ STUDENTS IN FINLAND

**Kaliman Orozobekova and Benazir Kazymbek kzy**

We are exchange students from Arbaev Kyrgyz State University, Bishkek, Kyrgyzstan. Currently we study at Savonia University of Applied Sciences under the framework of the project CAFEIN, which is Central Asia Finnish Education Institutes Network for green biotechnology and food security. Here we study agriculture but in our country we are studying eco-tourism. So far we have learned some words in Finnish: Terve, me olemme Kaliman ja Benazir. Olemme kotoisin Kirgiisiasta. Kiitos!



Exchange students spending their first day in Iisalmi. From the right Benazir and Kaliman.

We have been in Finland since January and are surprised that Finland is a country with incredibly nice winter and naturally beautiful land. Finnish people are friendly and helpful. The infrastructure is developed and it works for the benefit of the people. We have easily adapted into the local life here.

Savonia University of Applied Sciences immediately attracted us by its high technical equipment. The students have an opportunity to use computers not only during lessons in spe-



The third person on the left is Rahima Adieva our teacher from Kyrgyzstan.

cially equipped classrooms but there are computers installed in the hallway of the university and the library, too. Here students can choose some courses but in our country we take the subjects assigned to us by the university. At Savonia classes are held together with the Finnish students who demonstrate a very high level of proficiency in English.

We are impressed by the attitude of the university staff. The teachers are more like colleagues here. If you want to discuss something with them, you can arrange a meeting on a short notice. In Kyrgyzstan our teachers don't have enough time to discuss with every student separately. We don't use



From left Benazir, teacher from Savonia Marjatta Kumpulainen and Kaliman

email or online platforms like Moodle in our studies.

Studying and living in Finland is a very good experience about independent life and a different culture. We have a great opportunity to practice foreign languages, experience new teaching methods, see the country and make new friends.



With our Family friends, on the left Eeva Ryhanen and on the right Maiju Heikkinen.

The Finnish and Kyrgyz cultures are very different. It can be seen in communication. The Kyrgyz are friendlier, talkative, and energetic while the Finns are more reserved. But we have found one thing in common, a love for animals and especially for horses. In our country the horse is perfect for riding and transportation in rural areas and a source of healthful milk, kumys, which is also our national drink. Therefore, rural kids become accustomed to love animals, care for them and have special respect for horses from their childhood.

# TRADITIONAL ASSOCIATIONS IN AUSTRIA

**Martina Plank**

In Austria we have a lot of associations who care about the preservation of traditions and ancient customs that those don't pass out of mind.



My traditional dance group at a festival.



The traditional brass band my boyfriend belongs to.

At first I would like to introduce my traditional dance group I belong to. Currently we have 40 members aged from 20 to 80 years. Our traditional dress is a "Dirndl" for the women and a "Lederhosen" for the men. Every Wednesday we have a dance rehearsal where we dance traditional dances of my hometown area and in summer we have a lot of performances at some festivals and events. We try to teach people every age our traditional dances that they join the group so that the way of dancing doesn't pass out.

My second favorite association is the brass band my boyfriend belongs to in our hometown. There are a lot of members aged from 11 to 70 years. They play a huge variety of pieces of music and they have a special dress as well. They give a lot of concerts and play on festivals and events. This brass band competes at March ratings and has

a lot of success in the past like at the European march rating in Belgium and Sweden. Playing in such a band is very popular in the countryside in Austria. Almost every community has a brass band. It is good for young people to get into such an association to learn a lot about social skills and also for the preservation of traditional music.

These two associations are my favorites.

It is very important to stop passing out of traditions. If we know our traditions we know where we are from and we can identify ourselves with an area and a country. I have been in Finland since January but now that I am away from home I realize how much I love and miss my hometown and my country because of our traditions and culture and I wonder if Finland does have similar traditions and groups like we do in Austria.



Our traditional dance called „Kreuzkönig“ and the traditional dress we wear at festivals and events.



# SHEEP FARMERS IN AUSTRIA

Astrid Wagner

**My name is Astrid Wagner and I am an exchange student from Austria. I study agriculture at Savonia University of Applied Sciences in Iisalmi this spring.**

It is very interesting for me to learn about the Finnish agriculture and recognize differences compared to ours in Austria. My parents own a milk sheep farm and this agricultural sector has been growing rapidly for ten years already.



Lacaune lambs and me.

The agriculture in Austria is very small structured. Dairy farming and meat production are the main sectors. Forestry is also important. In Finland there are approximately 135 000 sheep. If you compare to Austria, we have three times more than in Finland. The Austrian farmers breed sheep for meat production, but also for milk production. I recognized that milk sheep business is still unknown in Finland.

Before a lot of Austrian milk sheep farmers had milking cows. There are several reasons for this changing. It is now a good business and the demand of these products increases because people get more allergies against cow milk.

Our farm with 200 milk sheep is located in the east of Austria. We farm a special sheep breed called "Lacaune". This breed comes from France and is well-known for the popular Roquefort cheese. Since 1990 the farmers in Austria have been breeding this. Eight years ago my parents changed from milk-



On this picture you can see a "Lacaune" sheep

ing cows to milking sheep. At this time it was a small and new business in Austria. Now it is running very well and there is an increasing demand in these milk products. We deliver our milk to a small dairy factory where they make cheese, yoghurt and other products out of sheep milk. We have a milking carousel where we can milk 24 sheep at the same time. We milk the sheep twice a day.

One sheep gives from 1,5 to 3 liters per meal.

Sheep husbandry in Austria is also very important for meat production. It is easier for farms which are located near the Alps and have alpine pastures to breed sheep.

# IS IT EASY TO BE AN EXCHANGE STUDENT?

Gema García Martín, Javier Jesús Reyes Bueno and Margaryta Guts

**Everybody talks about the advantages of studying abroad, to get to know a new culture, people, life styles and languages. People strongly recommend you going to study to another country. But is that as easy as it looks like?**

It is believed that being an Erasmus student is going to parties and enjoying all the time, but it's not like that at all. First of all we had to adapt to the temperature (the difference with Spain is more or less 25 degrees), live alone without our family, and the most important for us is that we thought that here we would learn a lot of English, but we have realized that people understand you if you talk in English, but they usually don't want to talk. For us that is very difficult to understand. From the beginning we knew that we would have to walk more than in our city but we never thought that it would be 8 km per day.

Secondly, we have found a lot of differences in nursing between both

countries, Finland and Spain, but at least we knew it. Now we are doing a practical training in a residential home for elderly people. We usually start the shift at 7.00, so we have to get up at 5.30 a.m. to get to the place and it can be really exhausting. We would like to know more about nursing skills in different areas, and we haven't lost hope and maybe in



the future we could go to other places and learn more about nursing.

Moreover, we have got to know people who want to help us all the time, and they want to organize activities for us like going to a student party or to slide and eat sausages with Finnish students.

These types of activities are like fresh air for us and we love it. In conclusion, to be an Erasmus student is not as easy as we thought it would be. We have to get up at the same time as we would like to come back home after party, try to learn Finnish, go to the doctor and nobody can understand you, make an effort to understand the patients and people in general. Moreover we miss our family and friends too. Then, sometimes we think "what are we doing here if everything was easier in Málaga?" Suddenly it comes to our mind all activ-

ities we have done here and all cities that we will visit, friends that we won't forget.

**Gema García Martín**

## How we can adapt?

During our stay here we are noticing a lot of differences between Spain and Finland. The way Finnish people distribute their meals throughout the day has caught our attention, here people have lunch at twelve a.m. and have dinner at five p.m. We are used to having lunch at half past two p.m. and dinner at nine p.m. Some days we have had to adapt to these timetables and it has been strange for us.

Other important difference is that for Finnish people the day ends earlier than for Spanish people. An example is that here almost all the shops close their doors at six p.m. on weekend while in Spain it is completely different. In our country the





We must say that the Finnish people have been nice with us, they have invited us to a lot of different plans as going to a house to have dinner, playing floorball or volleyball, going to a competition of ski jumping in Kuopio, learning to make pancakes in a house of a couple of Finnish nurses, going to party with the Finnish students... Finnish people don't let us get bored! They are really interesting and active people. We have to thank them because of the good moments and the new experiences that we are getting.

*Javier Jesús Reyes Bueno*

malls and shops close much later on weekends because the people go out to buy and to meet with their friends on Saturday and Friday evenings. The Finnish people prefer to stay at home with their friends and family in these hours on weekends while Spanish people prefer to go out, maybe because of the weather, we think.

A typical Finnish thing that we like a lot is sauna. Saunas in Spain are not as common as here. At the beginning we thought that going naked to sauna was going to be awkward for us because we had never done something like that be-

fore. At the beginning it was, but we got used to it very soon.

We have noticed here that Finnish people are very honest. You can leave your possessions without vigilance and nobody steals them! The thing that more has caught our attention is that people leave their bikes wherever they want without tying them and they needn't worry about somebody to steal the bike. Sadly, in Spain, it is just the opposite, you have to keep your eyes on your possessions when you are out your home because if you don't, surely someone will steal them.

### **Why would Finnish people like living in Málaga?**

I think that it is because of the weather and low prices. Actually the life in Spain is cheap and in the Sun Coast the tourist sector is well developed. If you have never been in Málaga before I strongly recommend you to enjoy our Spanish therapy which includes Mediterranean food, typical dishes, going shopping and to the beach.

Due to Arabic periods in Spanish history you can find very different type of architecture and cultures.







The landscape is high mountains, sea and palm trees. In winter we also have a snow resort near to Málaga. But if you are not interested in doing sports you can just lie down on the beach and have sun bath. If you prefer something more active during the day we have a lot of museums, historic places to visit and some famous restaurants.

friends to taste Spanish food and to meet new people. In some coffee houses there are language exchanges where you can practice and improve your knowledge and meet new people.

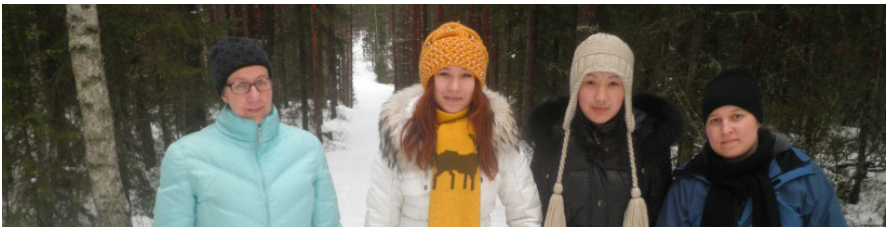
Forget your coat and snow boots, just do your luggage and visit us!

***Margaryta Guts***

We also have a really active night life, if you like going out with your









# MULTIPRO 2015 INTERNATIONAL STUDY MODULE FOR FUTURE PROFESSIONALS

15 – 30 credits

The MultiPro International Study Module for Future Professionals will take place at Savonia University of Applied Sciences, Iisalmi during the period of 12.1.–12.4.2015.

## Qualifications

Higher level education students

Deadline for applications: 30.9.2014

## Information

International Affairs Office, Savonia, Iisalmi

Multipro Coordinator Marjatta Kumpulainen

[marjatta.kumpulainen@savonia.fi](mailto:marjatta.kumpulainen@savonia.fi)

International Coordinator Hannele Tams

[hannele.tams@savonia.fi](mailto:hannele.tams@savonia.fi)

## WELCOME TO STUDY ON THE MULTIPRO PROGRAM