

International Project Week 12th - 17th May, 2024 Helsinki, Finland

Arrival

Our group, consisting of students from different semesters of the Bachelor Programme International Business, arrived in Helsinki on Saturday. After a short flight, we headed to our accommodations. Our group was staying in different places, some had booked hostel rooms in the city centre, while others were staying at an Airbnb in Myyrmäki, close to campus. After organising our things, we discussed and decided what to do on Sunday.

Sunday

On Sunday we split into two groups. Some of us went to see the Nuuksio National Park located an hour and a half from Helsinki. The Park can be reached by train and bus, it is located in Zone C. Whereas the other group decided to explore the city and try the local food. In the evening we met all together in the city centre for the social program organized by the Finish students. We got to know all the students from the different universities, some were from Amsterdam, Belgium, Helsinki but mainly from Germany. We shared some fun facts about ourselves and our hobbies and conversations started flowing. After spending some time with the other students, our group from HTW decided to take a walk to get to know each other better. Time flew by as we enjoyed each other's company, and before we knew it, the sun had fully set at 11 PM. Realising it had become quite late, we decided to head back to our accommodations.

Monday



Finally, the IPW was kicking off! We arrived at the Metropolia University of Applied Sciences at around 08:30, to meet up with Prof. Dr. Jaensch, then attended the opening meeting in the Auditorium. After being divided into different groups with an assigned professor, we discovered the case work we would have to research on during the week and present on Friday. We then attended some lectures held by the visiting Professors and had lunch at the local Mensa. The lectures focused on the UN goals of sustainability. All of them were held by professors from different countries, which

allowed us to see other countries' perspectives and network. At 16:00 our social program started with a walking tour of the City, the Finnish students showed us all the main monuments of the centre. When we got home, we reviewed the case work notes and talked about our day.

Tuesday

At 09:00 we had our first lecture of the day, followed by a second one from another professor. All the lectures were interesting and gave us different perspectives on sustainability. After lunch, we started the case workshop, we researched information and discussed our findings, brainstorming ideas for the final presentation. After buying some snacks and drinks, we all headed to the

Suomenlinna Sea Fortress. Seeing that we had bought the AB transportation multiple days ticket we didn't have to pay for the ferry and after a 15-minute trip we arrived on the island. We found the perfect spot to sit and our picnic started! We had chips, cookies, candies, and games to play together. After spending the whole afternoon there, we hopped on the ferry to return home.

Wednesday

We resumed working on the group project and finalised our ideas. We had organised our plan for the presentation but still didn't have any information on the poster instructions. We would have to wait for Thursday to have all the correct guidelines. After the groups got the final details ready for the presentation, we were able to leave at 16:00. The Finnish students organised an evening at the Allas Sea Pool, which some of us decided to join. Located in the city centre, the Allas Sea Pool features an indoor sauna and three outdoor pools, one of which provides direct access to the Baltic Sea. Though the water was freezing, the experience was exhilarating and well worth trying. Others decided to head back home to rest a bit and then went out for a picnic near the Uspenski Cathedral. It was a small gathering with only some students we had got to know during the previous days. We then headed home and reviewed our parts for the presentation.

Thursday

Finally, we got all the details required for the presentation: we had to make a digital poster with an illustration that explained our ideas and solutions. Working together in our groups we organised everything, from the background colour to the images and text that we put on it. We then practiced our presentation with the support of the poster and made the final changes to it. Later in the evening we joined the other students at the final dinner and enjoyed some Finnish food. We concluded our night at a karaoke bar, having fun with everyone.

Friday

Presentation day! We got to Metropolia and started organising our presentation spot right away. Professors and students were walking around the first floor to listen to all the presentations. All the posters were different and explained aspects about companies. It was really interesting seeing the different approaches that each group had while researching solutions and planning the poster. When every group had finished their presentation, we had a 30-minute break before the closing ceremony began. The two winning teams were announced and received a prize from the Metropolia University including a certificate. We all celebrated, took some pictures and said goodbye to the Finnish students and the others. Returning to our accommodations, we packed our bags in preparation for our flight the next day. In the evening, we gathered with some international students at the Löyly sauna, enjoying a relaxing time before heading out for a final night out to cap off our week in Helsinki.



Tipps

Accommodation:

- We stayed at an Airbnb close to the Metropolia campus in Myyrmäki, Vantaa. We found it on the AirBnB website and spent 175€ each for the whole week.
- Hostel - located in the city centre two stops away from the Main Station. The campus was reachable in 40 minutes by metro and train. Booked via Booking - 320€ for a two-person room with a shared bathroom.

Public Transport:

- Tickets can be purchased via the HSL app.
- If you want to go visit the national park it is better to buy an ABC ticket for the whole stay (the airport is also in Zone C), the Myyrmäki campus is located in Zone B.

Weather: We were lucky and had a really warm week. We had packed a bit of everything: warm clothing, mid-season shirts and pullovers, umbrella, etc. We also packed a swimsuit for the sauna, but you can always buy it there. The temperature got up to 22|25 degrees but in the evening, it might get chilly.

Budget: We spent around 250€ for all the activities, groceries, transportation ticket, etc.

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