



Blended Intensive Program (BIP)

South-Eastern Finland University of Applied Sciences, Xamk
Department of Common Studies

FOCUS – Fostering Optimal Competencies for University Study (3 ECTS) 25.5.–30.6.2026

25.5.-19.6.2026

**Virtual mobility
4 online meetings in Teams**

22.-26.6.2026

**Physical mobility (on-site week)
Xamk, Savonlinna campus
Savonniemenkatu 6**

Partners:

**Gheorghe Asachi Technical University of Iasi, TUIASI
Munster Technological University, MTU**

Program objective

The program is aimed at students interested in issues related to study skills in higher education. It offers an opportunity to expand their knowledge and skills related to various study skills that are needed in higher education.

Participants deepen their understanding of group work, self-management, time management, workload management, academic and critical reading and writing, concentration, procrastination, learning languages and maths, learning techniques, stress management and well-being, and they learn how to assess and develop their strengths and development needs.

The program offers practical skills, interactive learning, and collaboration with students from different countries. It is an excellent opportunity to develop the skills necessary in studies as well as in the future as a professional.

Program content

The BIP program consists of 4 virtual online lectures/workshops between 25.5. – 19.6.2026 prior to the physical on-site week in Savonlinna, Finland, in June (week 26). Students are expected to participate in both virtual online lectures as well as in-person meetings and group work during the week in Savonlinna.

Online sessions will be implemented as interactive workshop-style sessions, and their content is based on the asynchronous content.

On-site period in Savonlinna, Finland, includes interactive workshops, lectures, groupwork in international teams or applied projects, student presentations, and study visits.

Course assessment

Pass/Fail

To pass the course, students are expected to participate in both virtual online lectures and in-person meetings and group work during the week in Savonlinna. All individual and group assignments have to be completed according to the given schedule.

Assignments

The course includes various individual and group assignments.

Students will work in teams throughout the onsite week, tackling a real life challenge, requiring them to apply their skills from throughout the programme. Students will deliver a group presentation about their project with questions and answers. This provides an opportunity to practice (and receive feedback) on collaboration and presentation skills.

A reflective portfolio will also be used throughout the programme where students will reflect on their strengths and areas to develop. Participation in a weekly discussion forum is also required.



AGENDA

Online lectures/workshops

- 1) Monday 25.5., 5 pm – 8 pm (Irish time 3 pm – 6 pm)
- 2) Tuesday 2.6., 5 pm – 8 pm (Irish time 3 pm – 6 pm)
- 3) Monday 8.6., 5 pm – 8 pm (Irish time 3 pm – 6 pm)
- 4) Monday 15.6., 5 pm – 8 pm (Irish time 3 pm – 6 pm)

On-site period:

Sunday 21.6.	Arrivals
Monday 22.6.	Introduction, programme for the week Lectures and workshops Sightseeing tour in the town centre on foot Visits to Riihisaari and Olavinlinna
Tuesday 23.6.	Study visits, Punkaharju and Kerimäki
Wednesday 24.6.	Lectures and workshops Visiting experts: Study psychologist Evening: sauna, swimming, evening snacks
Thursday 25.6.	Lectures and workshops Evening: dinner
Friday 26.6.	Student presentations Summary of the course
Saturday 27.6.	Departure

USEFUL LINKS

Xamk, Savonlinna

[Campus - Savonlinna - Kaakkois-Suomen ammattikorkeakoulu Xamk](#)

Accommodation:

[Summer Hotel Vuorilinna - Spahotel Casino](#) (10-min walk to campus)

You can do the reservations for one-bedroom apartments with the code BIPSAVONLINNA until 21 May at the price below. Breakfast is included.

Prices:

One-bedroom apartment for 1 person, 99 euros/night

One-bedroom apartment for 2 persons, 114 euros/night

The bedroom has two single beds. The apartment has a bathroom and a kitchen. The kitchen has a fridge and an oven, but no kitchen utensils. Some of the apartments have a balcony.

Other accommodation possibilities near campus:

[Hotel Tott | Hotels Savonlinna - sokoshotels.fi](#)

[Hotelli Savonlinna | Edullinen ilmastoitu Hotelli Savonlinnan keskustassa | Lähellä Olavinlinnaa](#)

[Original Sokos Hotel Seurahuone, Savonlinna | Hotels Savonlinna - sokoshotels.fi](#)

Travelling:

Helsinki (Helsinki Airport) - Savonlinna

Train – train available from the airport to Savonlinna (2 transfers)

[Single ticket - outbound search results - VR](#)

Onnibus

- 1) First bus or train to city centre (Kamppi)
- 2) Then a bus from Helsinki (Kamppi) to Savonlinna: [Search results - OnniBus](#)



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