

Elite sports and dual career at Aalto University in cooperation with Urhea



Aalto-yliopisto
Aalto-universitetet
Aalto University



Merging three leading Finnish universities brings together science, technology, art and business for societal impact

1849

Helsinki University of Technology

1871

University of Art and Design Helsinki

1911

Helsinki School of Economics

**Aalto
University
2010**

Six dynamic schools

School of Arts, Design and Architecture architecture, art and media, design, film

School of Business accounting and business law, economics, finance, information and service management, management studies, marketing

School of Chemical Engineering bioproducts and biosystems, chemical and metallurgical engineering, chemistry and materials science

A!



School of Electrical Engineering electrical engineering and automation, electronics and nanoengineering, information and communications engineering

School of Engineering built environment, civil engineering, energy and mechanical engineering

School of Science applied physics, computer science, industrial engineering and management, mathematics and systems analysis, neuroscience and biomedical engineering

Our community in numbers

Total number of students
over **20 000** representing
~120 nationalities (13 900 full-time
equivalent)

Over **100 000** alumni

A staff of nearly
4 900 of which over
413 are professors

A!



Each year our students earn about
210 doctoral degrees,
2 000 master's degrees,
1 500 bachelor's degrees and
300 MBA and Executive MBA certificates

Sports at Aalto

- University leadership commitment
 - Brand, community, educational ambition
 - University law and equal rights "a challenge"
- About 220 Urhea member students
 - 50% of Paris2024 top 8 positions by Aalto students
 - Variance in sports career ambition level
 - Each six schools have a dedicated Urhea coordinator
- Ongoing NOC dual career audit together with Urhea
 - Pilot done at School of Business
- Versatile and accessible facilities at campus
- Thorough co-operation with Urhea
 - Aalto University is one of Urhea's founding members

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Practical support for combining sports career with studies

- **Flexibilities in courses, e.g. with deadlines, compulsory attendance**
 - Certificate of Urhea membership
- **Specific courses targeted for Urhea students**
- **Get-togethers for Urhea students**
- **Dual career**
 - can be taken into account in extension of study right
 - allows to delay the choice of major at School of Business
- **Special achievements pathway at School of Business**
- **Additionally all other support services offered to all Aalto students**, e.g. planning officers, study psychologists, Career Design Lab...
- **Is this as far as we can go with flexibility and support for athletes?**



Focus in NOC auditing

1. Personal study support for athletes

- Personal support for planning dual career and studies
- Dedicated support personnel for athletes
- Well-being and mental health support for elite athletes
- Enabling networking between athletes

2. Flexible degree paths

- Providing the students with course possibilities with flexible location and deadline requirements
- Flexibility with exam dates and locations
- Flexibility with mandatory internship

3. Appreciation and utilizing sports-related life learning

- University supports athletes in employability and in conceptualizing their sports-learnings



4. High school transition support

- Co-operation with regional (sports-focused) high schools
- Providing future students with realistic dual career expectations
- Helps athlete-students in work-life questions

5. Communication and cooperation between Urhea and NOC

- University leadership ensures the staff is familiar with dual-career support
- Internal channels have positive communication on athlete-students
- Constant and structured communication with Urhea

6. General athlete support

- Financial support for athletes
- Campus training facilities and healthcare professionals available

Questions and discussion



Kiitos
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