

UNIVERSITY OF  
EASTERN FINLAND



# Increasing and supporting well-being through education

Rector, Professor Jukka Mönkkönen



# Well-being in Finnish society



High level of trust among the population.



The happiest country in the world in 2018, 2019, 2020, 2021.



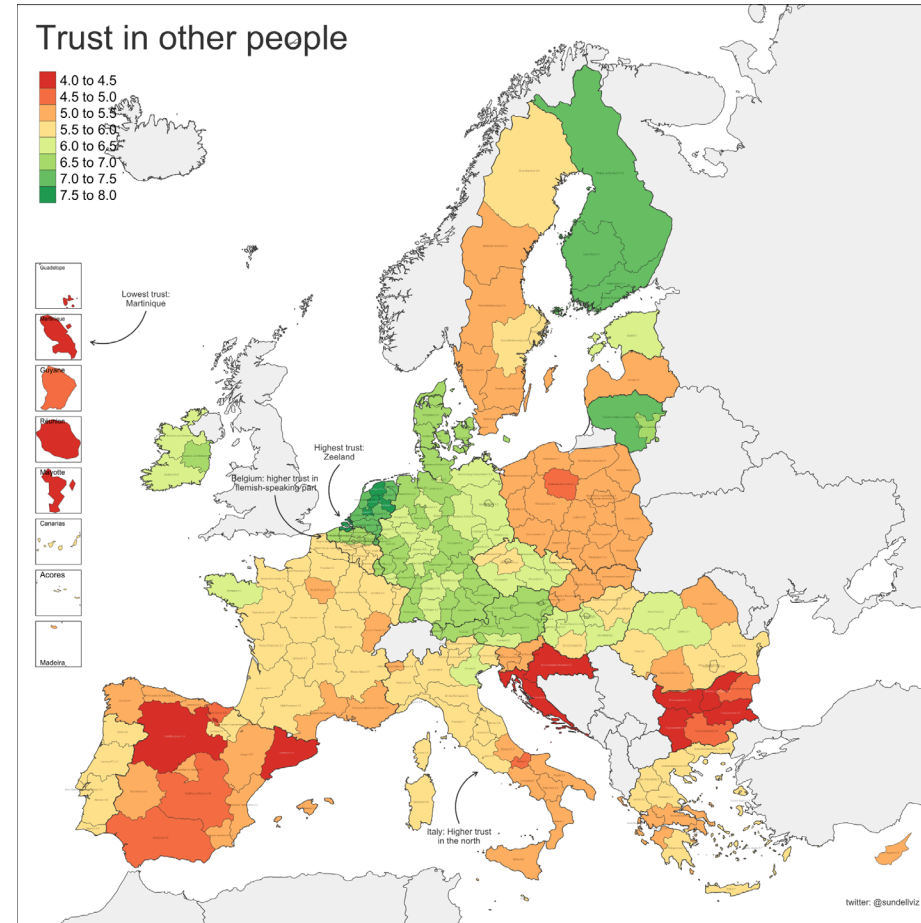
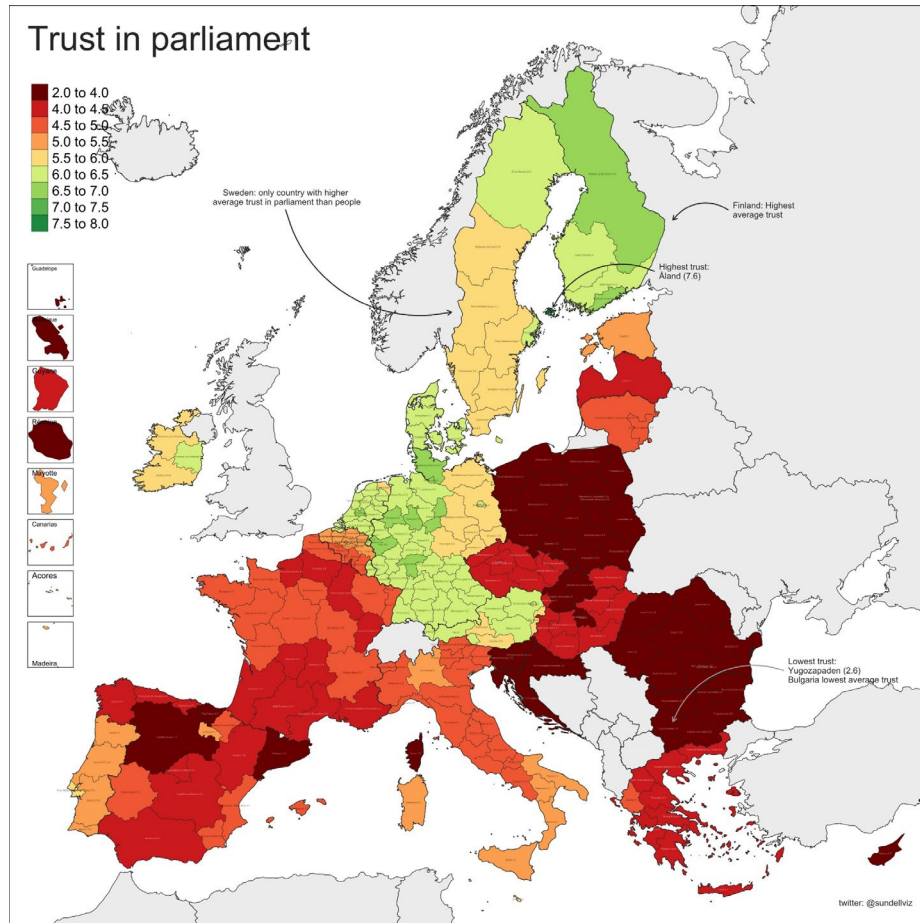
Students' study paths differentiate relatively late in Finland.

## Factors such as

Perceived freedom | Honesty | Welfare | Good health | Generosity | Social support  
Personal freedom | Gross domestic product (GDP) | Level of corruption



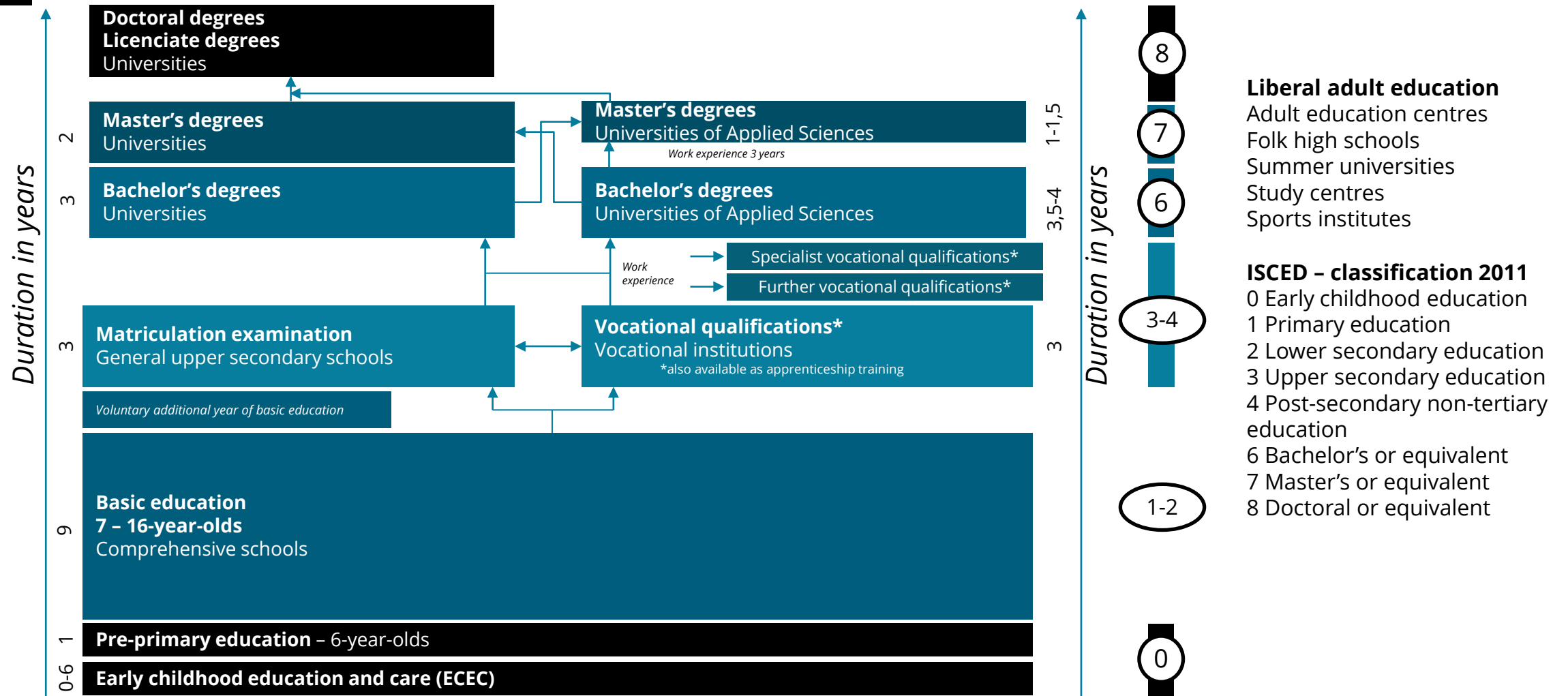
# Trust in policymakers and other people in Finland is high



Data:  
European  
Quality of  
Government  
Index 2021  
[www.gu.se/en/quality-government](http://www.gu.se/en/quality-government)



# Educational system in Finland (1/2)





# Educational system in Finland (2/2)

## **The Best Basic Education in the World**

- WEF, The Global Competitiveness Report, 2016-17

## **Top-Ranking Country in PISA**

- OECD PISA

## **Second Best Performing Higher Education Graduates**

- OECD Education at Glance 2016

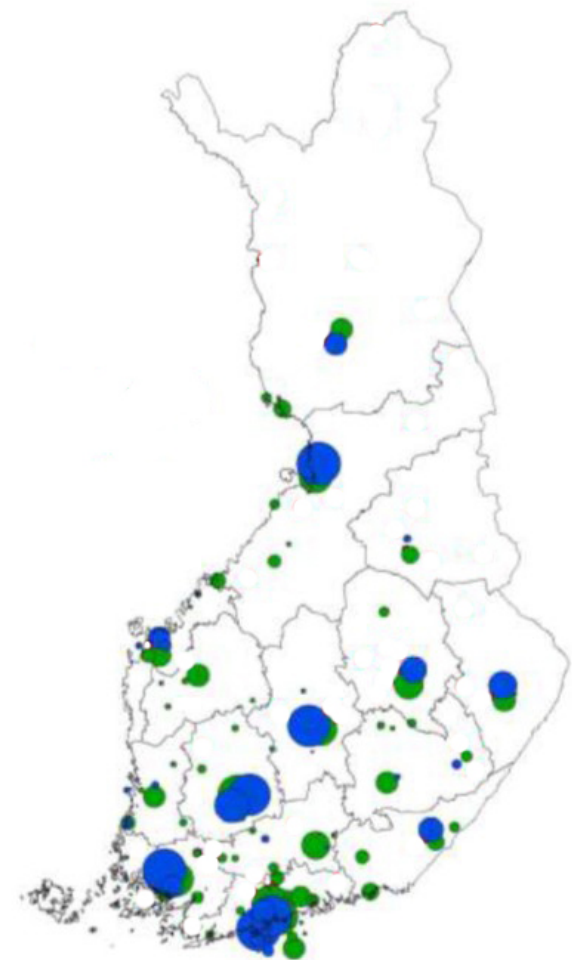
## **Third Best in Innovation**

- WEF, The Global Competitiveness Report, 2016-17



# Finnish higher education system is accessible

- The Finnish higher education system consists of 14 universities and 23 universities of applied sciences (polytechnics)
- Universities ●
  - scientific research and education based on it
  - general and professional degrees
- Universities of applied sciences ●
  - pragmatic education for professions that respond to working life needs
  - applied research and development



A close-up photograph of a black ballpoint pen lying diagonally across a sheet of white, lined paper. The pen's tip is sharp and metallic. The paper has horizontal blue lines and a vertical red margin line. The lighting is soft, creating subtle shadows and highlights on the pen and paper.

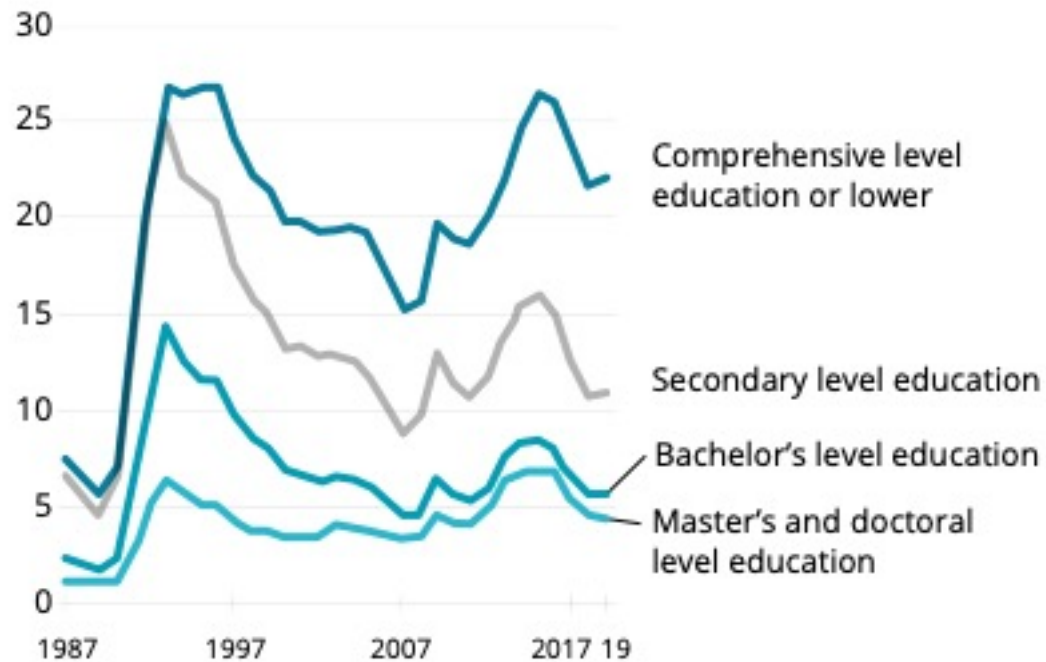
**Why is **education** seen as  
a key welfare enhancer  
in Finland?**



# Education, employment and quality of life

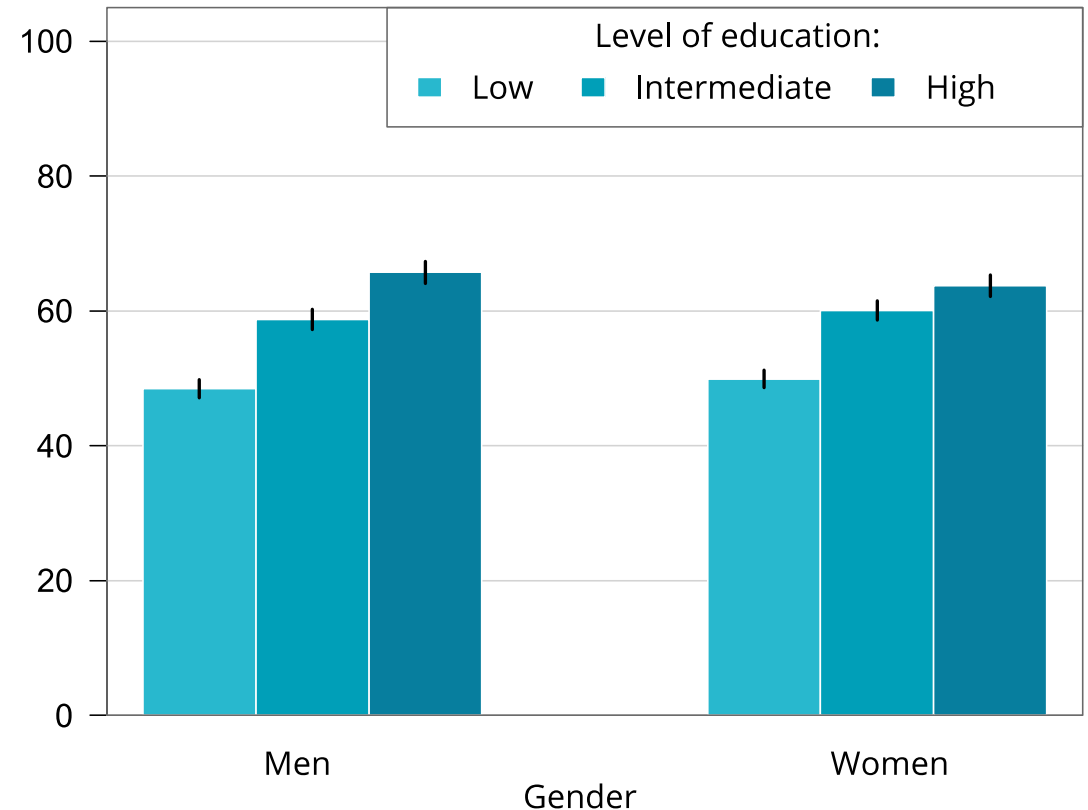
## Unemployment by level of education 1987-2019 (%) age groups 18-64

Source: Statistics Finland



## People (%) who perceive their average quality of life as good (WHOQOL-8), entire country

Source: FinSote 2020 - Finnish Institute for Health and Welfare, (20+ years)

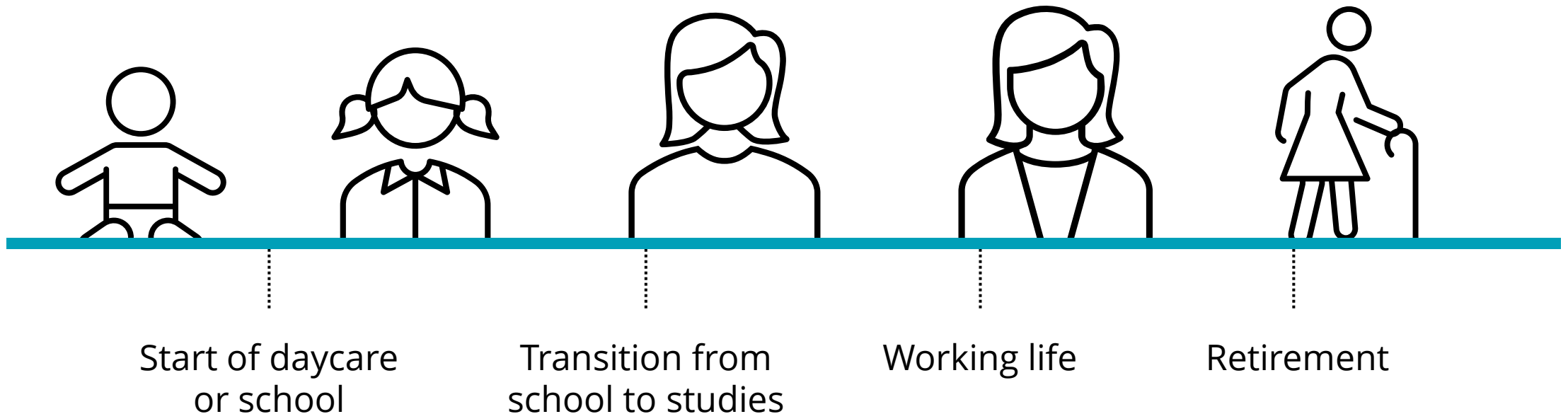






# By reducing inequalities in society, we can narrow disparities in wellness and health

## Importance of transition points

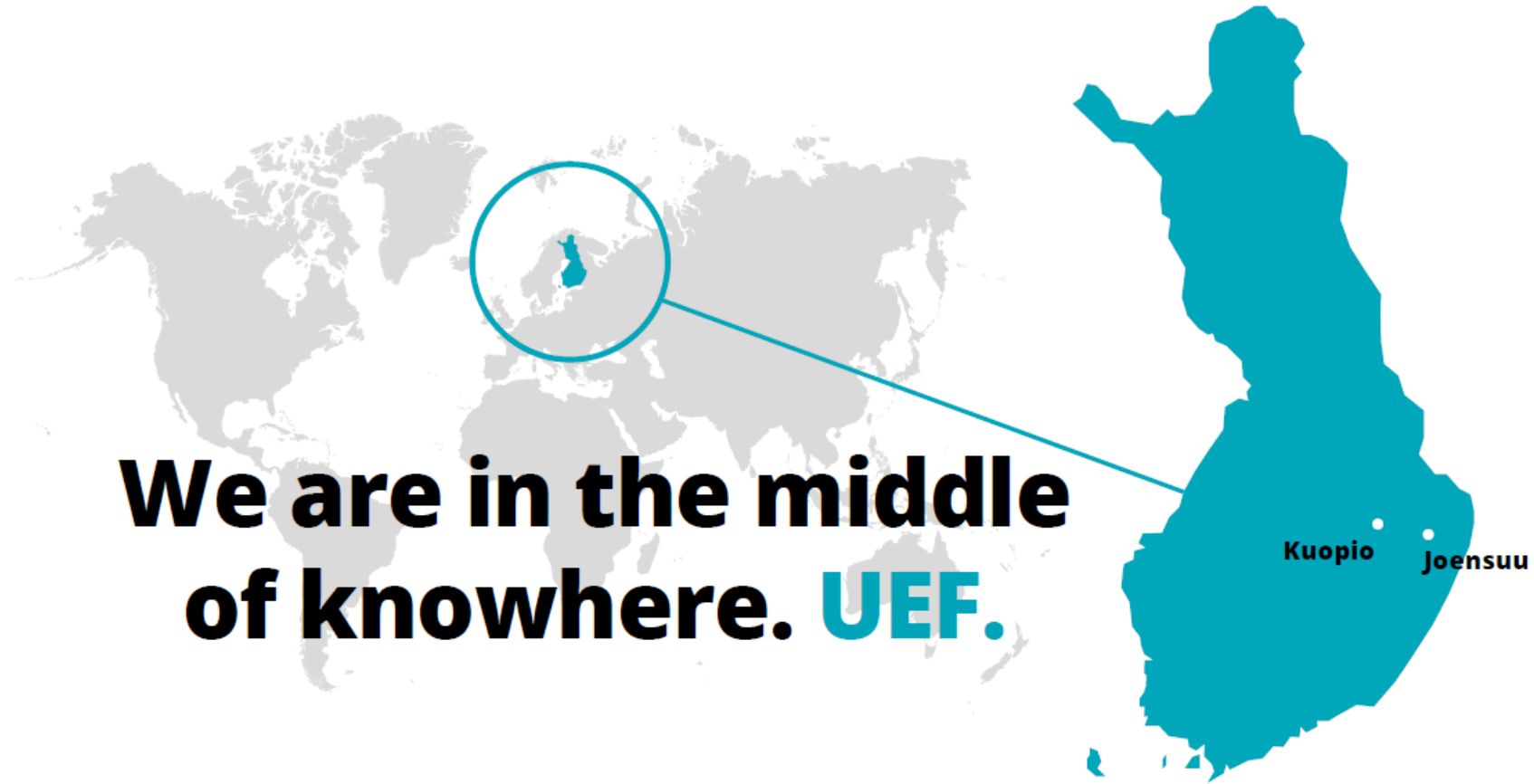




# Something to take home with

- Through education, we can increase well-being and equality.
- Importance of early interventions and transition points.
- **Accessible and equal education is a foundation for trust and well-being in society.**

# Thank you!



**We are in the middle  
of knowhere. UEF.**