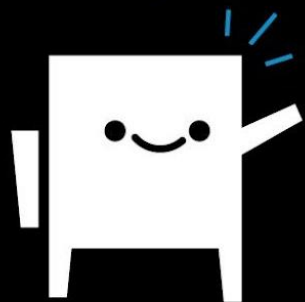




Itä-Suomen yliopiston ylioppilaskunta

STUDENT UNION OF THE UNIVERSITY OF EASTERN FINLAND - ISYY

International Orientation autumn 2024 –
Elina Pitkänen & Salla Haapavaara
Coordinators of International Affairs

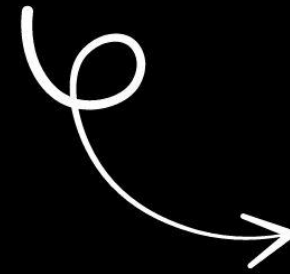


Content

Meet our mascot,
Hemmo!

- What ISYY?
- Membership services and benefits
- How to join ISYY?
 - Student Card
- Student Associations

<https://www.isyy.fi/en>



What **ISYY**?

Itä-Suomen yliopiston ylioppilaskunta

=

The Student Union of the University of
Eastern Finland



The Student Union is YOUR UNION

ISYY is an independent organisation, although closely linked with the University

ISYY in a nutshell:

1. The main purpose of ISYY is to look after the rights and interests of both Finnish and international students and negotiate better rights and benefits for all students at the University through interest advocacy.
2. ISYY also provides services, arranges a variety of social activities and events on campus and provides students with affordable sports services (SYKETTÄ)





*Students making
decisions for
other students*

ISYY Organisation



Members = Students



Representative Council



Executive Board

Council for Chairpersons



in Kuopio

Council for Chairpersons



in Joensuu



Teams in Joensuu and Kuopio campus



Staff

Representative Council



- The highest decision-making body in ISYY consisting of 39 representatives chosen among UEF students by student elections
- Tasks are, for example, appointing the Executive Board, approving the action plan and budget, deciding the amount of the membership fee
- Term of office lasts for two years

Executive Board



- The Executive Board consists of a Chairperson, a Vice Chairperson and other members who have a specific area of responsibility
- Tasks include, for instance, executing the action plan, representing ISYY on a national level, lobbying students' rights on a local level
- UEF students chosen by the Representative Council every November/December
- Term of office lasts for one year

Student Representatives



- Student representatives in administration, i.e. Hallopedes, are regular students who make sure that student perspective is always taken into account in UEF decision-making, and that students' interests are being looked after
- Degree students who have registered as present at the University are eligible to apply
- After the term of office has ended (2 years), it is possible to claim 1-10 credit point (ECTS)

ISYY Teams



- Organise activities for ISYY members
- To join teams' activities you do not have to know a lot about ISYY - in teams you will get straight into action
- All ISYY members can apply to become a team member or a team leader when we are searching for members for our teams

Services and benefits





#WHATISYY

20 ISYY services and benefits

- Frank's digital student card for free
- Student discounts
- Fun events and a variety of free time activities
- Membership of all ISYY's clubs
- Free JEIS Welcome Bag in Joensuu
- Free ISYY student calendar
- Venue hire discount
- Chances to get involved in our organisation - join a team for example!
- SYKETTÄ Sports Services
- Sports equipment loans for free
- Board game loans for free
- Help and advice in English
- Weekly Feed newsletter
- Interest Advocacy services
- Anti-Harassment Contact Person
- Survival Package rental service
- Services for Student Associations
- ISYY, UEF & club products for sale
- Second-hand kitchenware for sale
- Book exchange shelf



*Problems with
studies or
grading?*

*Interest advocacy
to the rescue!*

Interest Advocacy

- **Protecting the rights and interests of students on both local and national level**
 - The objective is to make sure that the voice of students is being heard
 - Aims to negotiate better rights and benefits for all students
 - Aims to improve students' status in society
- **Includes and involves guidance, counselling, negotiations, discussions, dialogue, networking... Examples:**
 - Course grading is late
 - Unclearness with a contract (student housing company etc.)
 - Language barrier or communication issues



You are encouraged to contact ISYY's Interest Advocacy Specialists if you ever feel that the student perspective is somehow being disregarded, either at the UEF or in society in general.

Interest Advocacy Specialists & Anti-Harassment Contact Persons

- University should be a safe and friendly environment for everyone
- However, if you encounter any harassment, discrimination, bullying, racism, sexual harassment or inappropriate behaviour during your studies, please contact ISYY's Anti-Harassment Contact Persons
- Remember that you can [contact](#) Mikko or Pekka for help and support whenever you feel like it - it's always confidential!



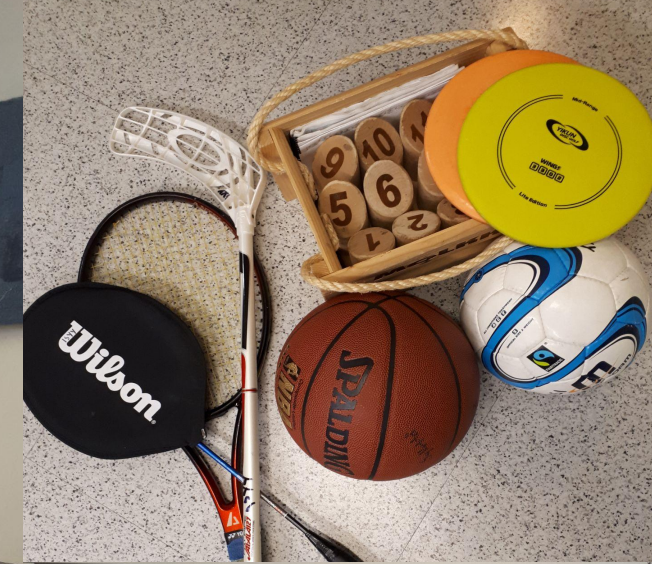
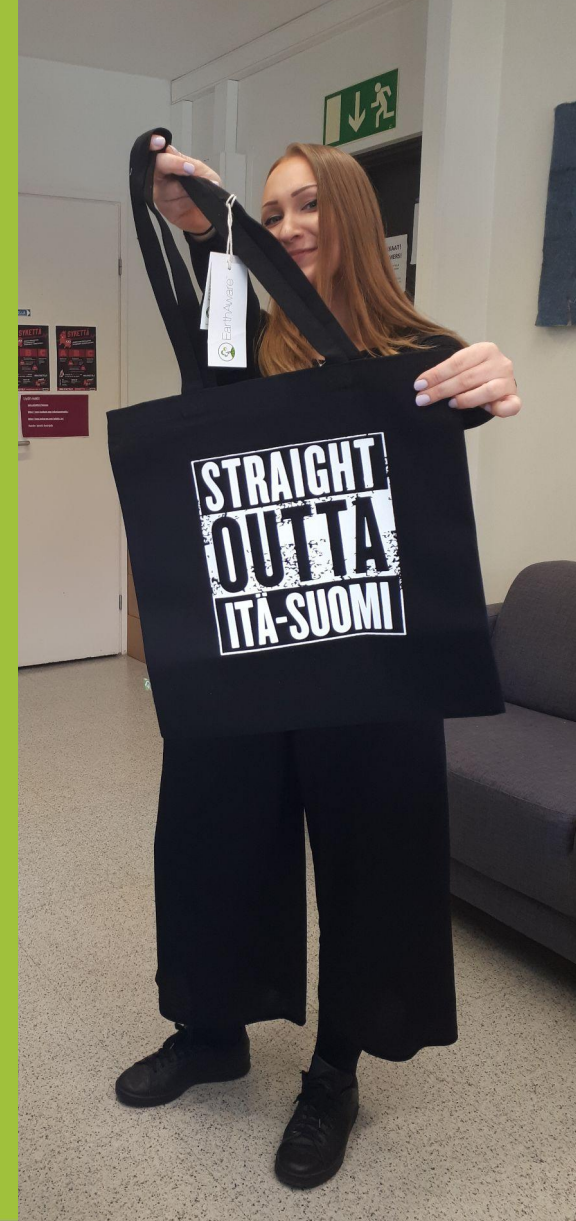
Mikko (Kuopio)



Pekka (Joensuu)

ISYY Office Services

- Help and advice in English
- ISYY membership
- SYKETTÄ sports membership
- ISYY and UEF and merchandise for sale
- Book exchange shelf
 - You can bring your unwanted books and/or take books for free
- Second-hand shelf
- Free sports equipment loans & Free board game loans
 - Check [the selection](#)
- You can rent Suvas (in Joensuu) and Lukema (in Kuopio) for private events with a member discount. Read more [here](#).



ISYY Sports Equipment Loans

- Free to loan for members!
- Available at the ISYY offices during opening hours
- Loan period is 1 week (penalty fee for late return)

- Ice skates

- Skis

- Sleds

- Badminton rackets

- Tennis rackets

- Frisbees

- Footballs

- Volleyballs

- Floorball

...and [much more!](#)



Survival Package (Joensuu)

- For students who have joined ISYY
- Rental period ends on
 - 12.12.2024 (autumn semester)
 - 6.6.2025 (academic year)
- Price: 50 € (includes 30 € deposit)
- Booked by sending an email to:
 - Joensuu: kv.joensuu@isyy.fi
 - Email title: “Survival Package reservation”

Everyone needs to book their survival package personally!



Read more: isyy.fi [Survival Packages](#)

Second-hand shelf

- ISYY offices have a shelf of second-hand items for those who cannot get a Survival Package
 - Mostly kitchenware, but also some towels and other textiles
- Prices:
 - 1 item = 0.50 €
 - 3 items = 1 €



ISYY Offices

Joensuu office: Haltia building, 2nd floor (Yliopistokatu 7)

Kuopio office: Lukema, Studentia building (Yliopistoranta 15)

ISYY Offices are open:

- Monday 10-12, 13-15
- Tuesday 10-12, 13-15
- Wednesday 12-16
- Thursday 10-12, 13-15
- Friday **CLOSED**
 - Exceptions: open on Friday 30.8., 6.9. & 13.9. 10-14
 - Check isyy.fi/en for upcoming exceptions

Help and advice in English also by email and phone

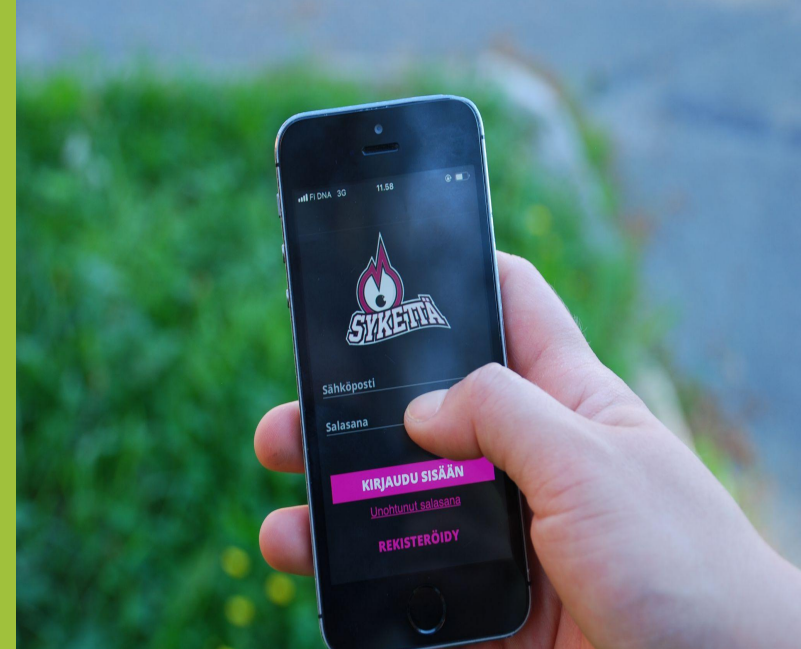
- Staff [contact info](#)



SYKETTÄ

University Sports Services

- Great variety of group exercise classes, ball sports and gyms
- All Sykettä users need to create a user account at [Sykettä website](#) first - UEF email required for registering
- Prices
 - 22€/36€ ball sports & gym,
 - 39€/69€ group exercise (includes ball sports & gym)
- Membership
 - can be purchased at ISYY's office with cash/card
 - or online from the Sykettä webstore with Finnish online banking
- Membership card options
 - download SYKETTÄ app (= digital membership card) from App Store or Google Play Store

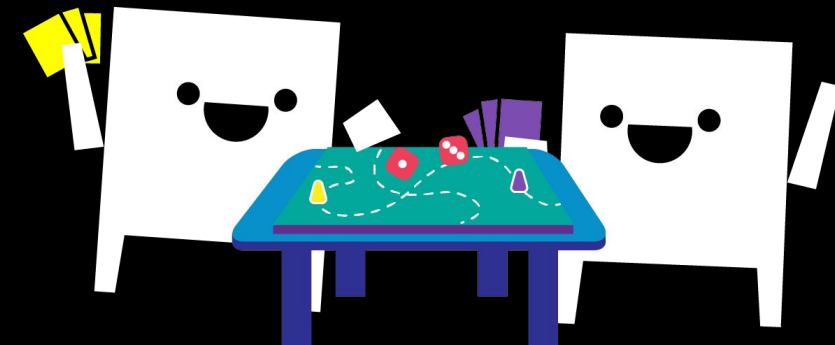
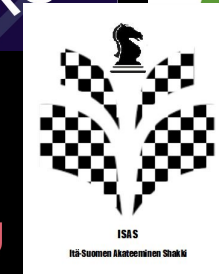
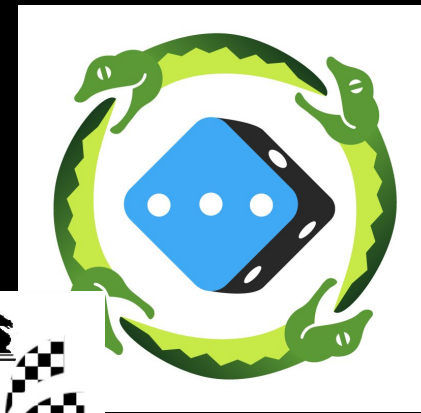


Want to try SYKETTÄ for free? Free trial period in Joensuu 2.9-15.9.2024 and in Kuopio 2.9-8.9.2024

ISYY Clubs

ISYY Clubs = more freetime activities!

- Are you looking for a new hobby? Or do you already have a hobby and you're looking for like-minded people who share same interests?
- As a member of ISYY, you can join all our clubs' activities or establish your own club!
- Some ISYY Clubs:
 - Board game clubs, Theatre club, MtG-Guild, Chess club, JOOJAKU (Japanese culture club), JEIS (Joensuu's Exchange and International Students) etc.
 - Check the whole list on [ISYY's website](#)



Events & activities in autumn

- Academic Year Kick-off & City Orienteering, 5.9.2024
 - Events that kick-start the academic year. Everyone is welcome to attend and there is no entrance fee for first-year students.
 - During the [City Orienteering](#), students will get to know their fellow students and complete fun assignments in small teams while walking around the city
- Language Cafés, info session 18.9.2024
 - Are [informal language classes](#) taught by students for students in an informal and friendly environment. Possibility to earn ECTS credits.
 - Language Cafés start with an info session in the beginning of the semester - join the info session for more information about the Cafés!



Events & activities in autumn

- Sober Disco & Bingo, 18.9. Joensuu/2.10. Kuopio
 - At ISYY's Sober Disco you can enjoy music, dancing and karaoke and have fun without alcohol
- Coffee & Friends hangouts, starting from 10.9.2024
 - Coffee & Friends are weekly events in which you can hang out after lectures and meet other students over coffee and a snack
- Freshman bingo, throughout autumn semester
 - The Bingo helps new students to familiarise themselves with student life and to find new communities. By completing a bingo you will get a unique ISYY Fuksi overall patch.
- Association Days, 8.-9.10.2024
 - Come and see what ISYY clubs and student associations have to offer! Traditionally associations sell their overall patches at the event



Weekly Feed Newsletter

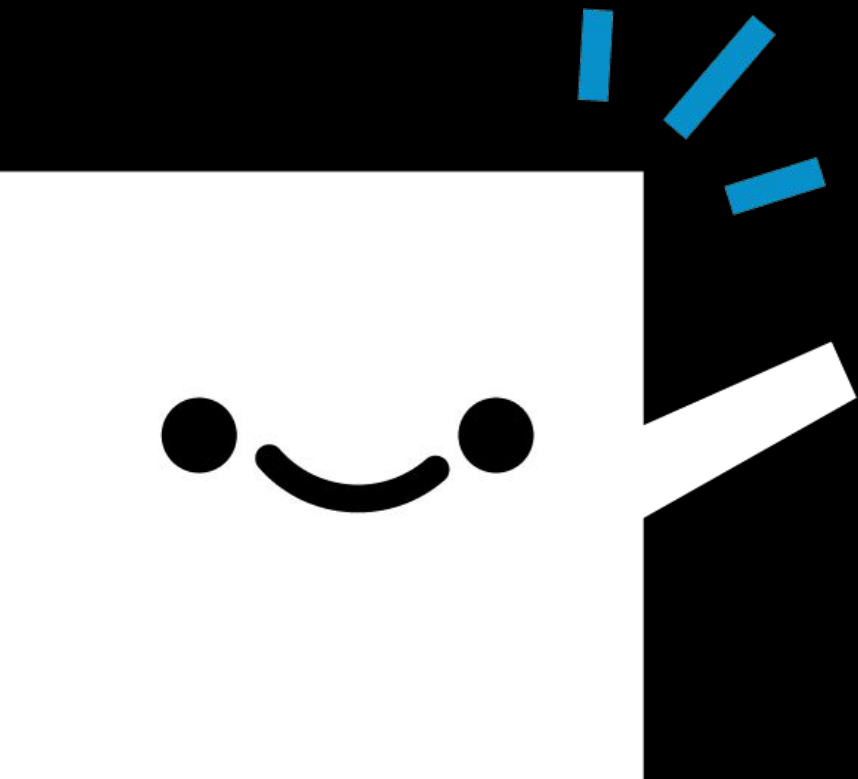
- Weekly Feed is ISYY's electronic English language newsletter
 - Published on Tuesdays
 - Sent to subscribers via email
- Published on both campuses
 - ISYY and UEF's current news
 - Events, parties and happenings
 - ISYY Clubs' events
 - Job and internship advertisements
 - Language learning possibilities
 - ...And much more!
- Remember to subscribe via [ISYY.fi](https://www.isyy.fi)!

WEEKLY FEED



WIIKKO-ÄRSYKE

Communication channels



@isyyuef

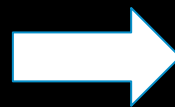


ISYY - Itä- Suomen yliopiston ylioppilaskunta



Weekly Feed -newsletter

isyy.fi → [What's On](#) → [Weekly Feed](#)



www.isyy.fi

How to join ISYY?



ISYY Membership

- **International degree students must join (completing a bachelor's or master's degree) just like Finnish students**
- **Exchange students (and post graduate students) are welcome to join – and most do!**



How joining ISYY works in practice?

Membership fee

- 73 € academic year 2024-2025
- 38 € autumn semester 2024
- 39 € spring semester 2025

- PhD students 56€/29,50€/30,50€

Payment

- Degree students can pay online in Oili with a credit card when registering as a present student to UEF

- Exchange and PhD students can pay the fee to ISYY's bank account (Isyy.fi: [Membership](#))

- However, if online payment is impossible, students can pay with cash/card at ISYY office (**NB: The largest banknote we accept is 50 €**)

Remember to register your membership

If you are a degree student and pay your ISYY membership fee in Oili, your ISYY membership is automatically registered and no further actions are required regarding the Student Union membership.

Register your membership

[Register your ISYY membership](#) at the Student & Learning Services:

- Those who pay via bank transfer can attach the receipt to the UEF registration form (all students)
- If the student has already registered to UEF, they can send their receipt via email to opiskelu@uef.fi (exchange student)
- Those who pay at the ISYY office can take the receipt to Student & Learning Services' customer service desk in person (all students)



Student card

Student card (Frank)

Why should I use Frank student card?

- 1. Proof of ISYY's membership**
- 2. Official student ID -> the easiest way to get student discounts and benefits everywhere around the country throughout the year**

Read more:

<https://www.frank.fi/en/studentcard/>



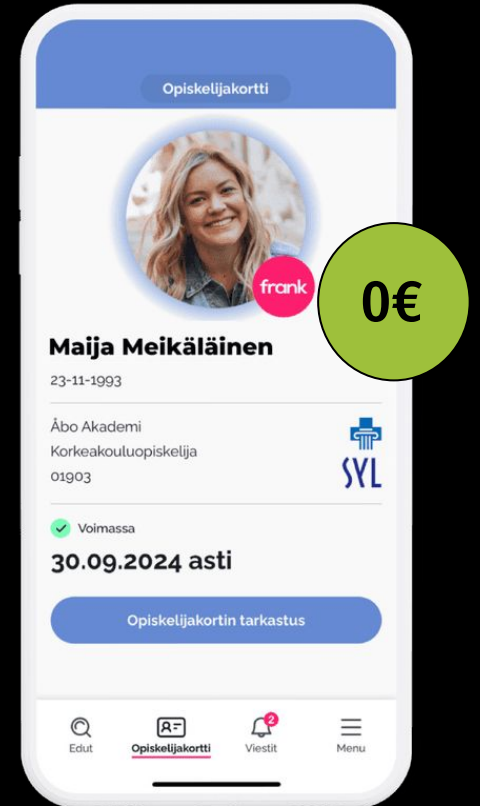
Student card (Frank)

How to get your student card?

- **Digital student card (0 €)** can be used by downloading Frank App from App Store or Google Play Store
 - The digital student card works after ISYY's member records have been transferred to Frank. This might take a few days
- **Plastic student cards (25 €)** are ordered online frank.fi/en
 - Plastic student cards will be delivered to your home address in about 2-4 weeks
 - Once you have received your plastic card, collect the term sticker from ISYY's office. The card is not valid without the sticker! Please bring a photo ID with you (e.g. passport)

We recommend purchasing an international ISIC ID to your digital student card so that you can use your card also abroad.

4€
/year



0€



25€

frank

Student card (Frank)

Before ordering, check that you have:

- Registered as a present student to UEF
- Paid your ISYY membership and registered it
- Your study right number (Peppi)
- A good selfie (check the requirements from frank.fi)

P.S. Make sure to spell your name the same way it's spelled in the student database

Peppi

Problems?

If you have any problems with your student card order or your digital student card doesn't work, please contact Frank's customer service via email: info@frank.fi

The Frank logo consists of a solid red square with the word "frank" written in white, lowercase, sans-serif font in the center.

frank

What's a Student Association?



Student Associations

- Student associations are independent, subject-specific associations
 - Almost every subject has their own Student Association!
- Important part of Finnish University life
 - Great way to meet others from your field of study
 - Events and parties for members
 - Overallss
 - [Finnish student overalls explained](#) (Youtube)
- List of [student associations](#)



Check out also [campus associations](#)!

**Coordinator of
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**Any
questions?**

*Thank you for
your attention!*

