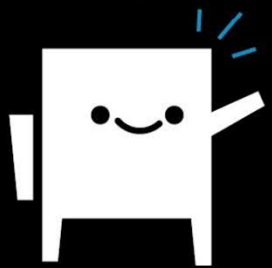




Itä-Suomen yliopiston ylioppilaskunta

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# STUDENT UNION OF THE UNIVERSITY OF EASTERN FINLAND - ISYY



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Coordinators of International Affairs

# *Content*

- What is ISYY?
- How to join ISYY?
- ISYY services & benefits
- Free time activities & events
  - Student associations
- Communication channels
  - Weekly Feed

Isyy.fi: [International Students](https://www.isyy.fi/)

Our Mascot Hemmo!



# *The Student Union is YOUR UNION*

1. **ISYY is the student union for UEF students**
  - **ISYY is an independent organisation, although closely linked with the University**
2. **ISYY looks after the rights of UEF students**
  - **Our main purpose is interest advocacy = we look after the rights and interests of both Finnish and international students**
3. **ISYY = events & free time activities**
  - **ISYY also provides services and arranges a variety of social activities & events on campus**
4. **By students for students**
  - **Decision-making is done by number of elected students for other students**



# How to join ISYY?

# *ISYY Membership*

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



# Step 1 - Pay ISYY's membership fee

## Membership fee

39€ (spring semester 2025)

- degree students
- exchange students

30,5€ (spring semester 2025)

- PhD students

## Payment options

- 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€)

## *Step 2 - Register your ISYY 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 ISYY membership at UEF's 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 sent the UEF registration form, they can send their receipt via email to [opiskelu@uef.fi](mailto:opiskelu@uef.fi) (exchange students)
- Those who pay at the ISYY office can take the receipt to Student & Learning Services' customer service desk in person (all students)

Read more: <https://kamu.uef.fi/en/tietopankki/registration-instructions-for-new-students/>



# Student card

Three student card options for ISYY members:

- Slice **digital** student card
- Frank **digital** student card
- Frank **plastic** student card

Why should I use Frank or Slice 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

You can start using student card(s) when

- your study right has begun
- your ISYY membership has been paid & registered



# ISYY Services & Benefits



# #WHATISYY

## *20 ISYY services and benefits*

- Frank and Slice 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 (additional fee)
- 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

# Survival Package

- Survival Package contains essential homeware & kitchenware items that can be rented until the end of the academic year
- For degree students & exchange students
  - ISYY membership required
- Rental period in spring is 7 January 2024 - 6 June 2025
- Price: 50€ (includes 30 € deposit)

## Contents:

- bed sheet, pillow case, duvet cover
- hand towel, bath towel
- bowl/soup plate, 2 plates, 2 glasses, 2 mugs, 2 forks, 2 knives, 2 table spoons, 2 tea spoons
- ladle
- saucepan/pot



# Survival Package

There is a limited number of packages available for spring semester!

## How to book:

- Everyone needs to book their survival package personally!
- Send a booking request via email to:
  - Joensuu: [kv.joensuu@isyy.fi](mailto:kv.joensuu@isyy.fi)
  - Kuopio: [kv.kuopio@isyy.fi](mailto:kv.kuopio@isyy.fi)
  - include in the email whether you are a degree student or an exchange student
- If we can offer you a Survival Package, you will get booking and payment instructions as a reply from the Coordinators
  - NB! You do not need to pay the ISYY membership before booking a Survival Package

Read more: <https://www.isyy.fi/en/services/survival-packages.html>

# ISYY Offices

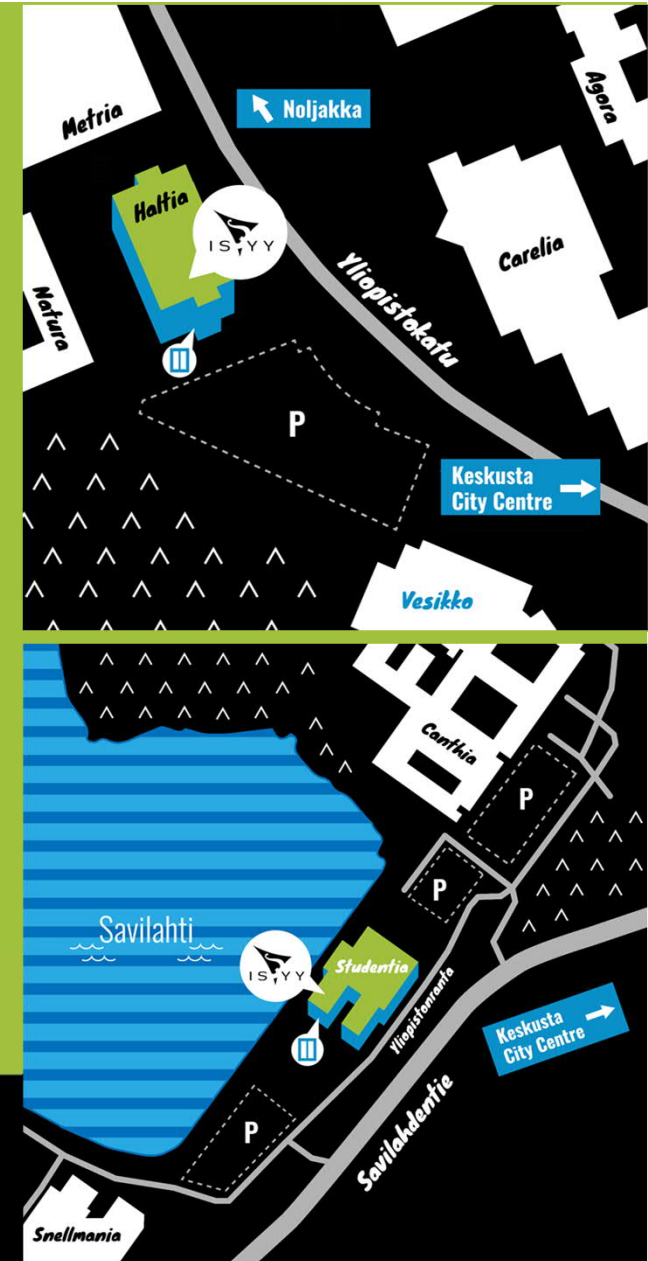
## ISYY Office opening hours:

- Monday 10-12, 13-15
- Tuesday 10-12, 13-15
- Wednesday 12-16
- Thursday 10-12, 13-15
- Friday CLOSED

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

Kuopio office: Lukema, Studentia building (Yliopistoranta 15)

Please note that ISYY offices are closed due to the holidays **13.12.2024-6.1.2025**



# ISYY Office services

- Purchase SYKETTÄ University Sports Services membership
- Book exchange shelf
- Free sports equipment loans, check [the selection](#)
- Free board game loans
- ISYY and UEF merchandise for sale
- Shelf of second-hand items for those who cannot get a survival package
  - Mostly kitchenware, but also some towels and bedding items
  - Prices: 1 item = 0.50 € / 3 items = 1 €

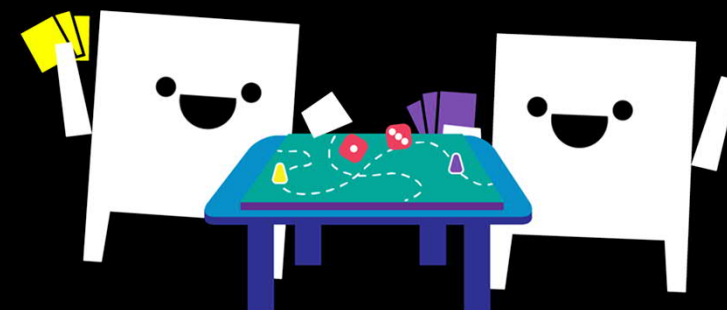
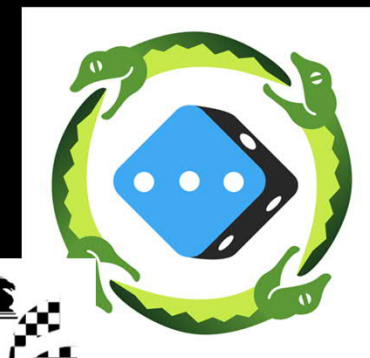


# Free time activities



# ISYY Clubs

- 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, Chess clubs, MtG-Guild
  - Theatre club, Literary arts club LUOMIO, JOOJAKU (Japanese culture club)
  - JEIS, Sustainable Lifestyle Club etc.



# *Joensuu's Exchange and International Students (JEIS)*



- ISYY's international club
- JEIS organises lots of events, activities and trips for all students
- For Finnish and international students – all ISYY members are JEIS' members
- Club meetings once a week
- New participants, active members and board members are always welcome!

Want to help in organising all the cool events?

- Join JEIS board or sign up as an active member!
- Spring 2025 board is elected in a General Meeting in January



Follow JEIS on to get notified of upcoming events! Instagram: [@JEIS ISYY](https://www.instagram.com/JEIS_ISYY)



# Spring 2025 activities

## SYKETTÄ University Sports Services

- Sports service for UEF students and staff for an additional fee
- Gyms, ball sports and lots of different kinds of instructed group exercise classes

## Sports afternoon 25.2.2024

- Lecture free afternoon with many different indoor & outdoor exercise options
- No SYKETTÄ membership needed!

## Language Cafés

- [Informal language classes](#) taught by students for students in an informal and friendly environment
- Possibility to earn ECTS credits or attend just for fun
- Join the info session in January for more information about the Cafés!



# Spring 2025 events

## Coffee & Friends hangouts

- Coffee & Friends are weekly events in which you can hang out after lectures and meet other students over coffee and a snack

## Association Days

- Come and see what ISYY clubs and student associations have to offer! Traditionally associations sell their overall patches at the event

## Vappu 30.4.2024

- Vappu (May Day) is the biggest student event of the academic year in Finland. Vappu is celebrated in a carnival-style manner in both Joensuu and Kuopio, often for several weeks at a time. ISYY has its campus-specific Vappu traditions.

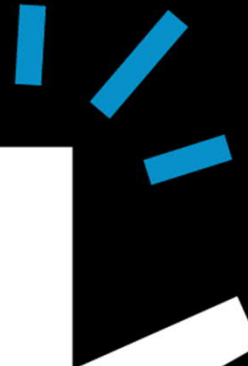


# Student Associations

- Student associations are independent, subject-specific associations
- Important part of Finnish University life
  - Great way to meet others from your field of study
  - Events and parties for members
  - Overalls
    - [Finnish student overalls explained](#) (Youtube)
- List of [student associations](#)
- Check out also [campus associations!](#)



# Communication channels



@isyyuef



ISYY - Itä- Suomen yliopiston ylioppilaskunta



Weekly Feed -newsletter

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



[www.isyy.fi](http://www.isyy.fi)



# Weekly Feed newsletter

Weekly Feed is ISYY's electronic English language newsletter

- Weekly Feed Joensuu & Weekly Feed Kuopio
- Published on Tuesdays
- Sent to subscribers via email
- Subscribe via [ISYY.fi](https://www.isyy.fi)!

What's in the newsletter?

- ISYY and UEF's current news
- Events, parties and happenings
- ISYY Clubs' events
- Language learning possibilities
- ...and much more!



*Any  
questions?*

*Coordinator of  
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*Salla*



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**ISYY's International  
Coordinators are on holiday  
21.12.2024-2.1.2025**