



Itä-Suomen yliopiston ylioppilaskunta

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# **STUDENT UNION OF THE UNIVERSITY OF EASTERN FINLAND - ISYY**

International Orientation spring 2025 –  
Coordinators of International Affairs



Meet our mascot,  
Hemmo!

# *Content*

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

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



# What **ISYY**?

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The Student Union of the University of  
Eastern Finland



# *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



# 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
  - Elections in autumn 2025
- 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



# 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



*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 Offices

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

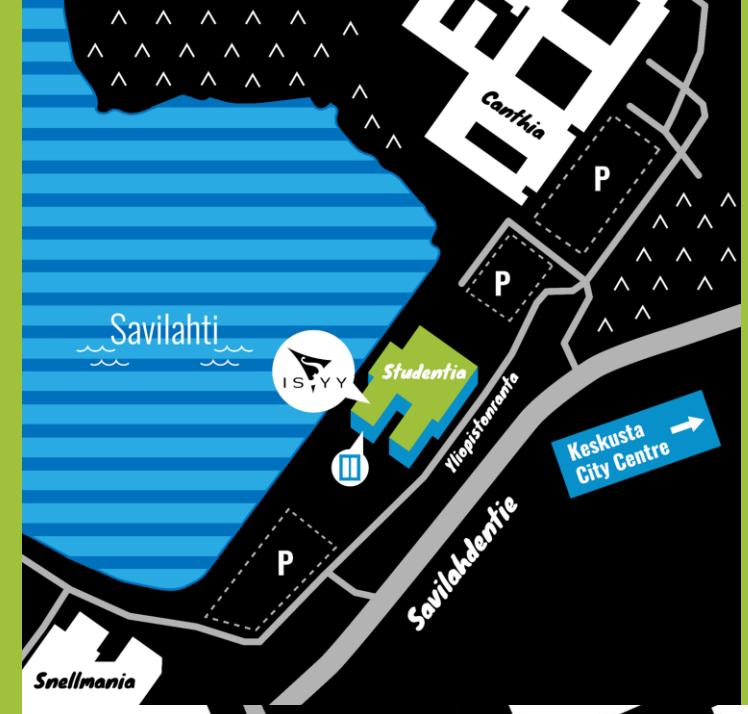
Kuopio office: Lukema, Studentia building (Yliopistoranta 15)

ISYY Offices are open:

- Monday 10-12, 13-15
- Tuesday 10-12, 13-15
- **Wednesday 12-16**
- Thursday 10-12, 13-15
- **Friday CLOSED**
- Check [isyy.fi/en](https://isyy.fi/en) for upcoming exceptions

Help and advice in English also by email and phone

- Staff [contact info](#)



# ISYY Office services

- ISYY membership and 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 €



# 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!](#)





# SYKETTÄ University Sports Services

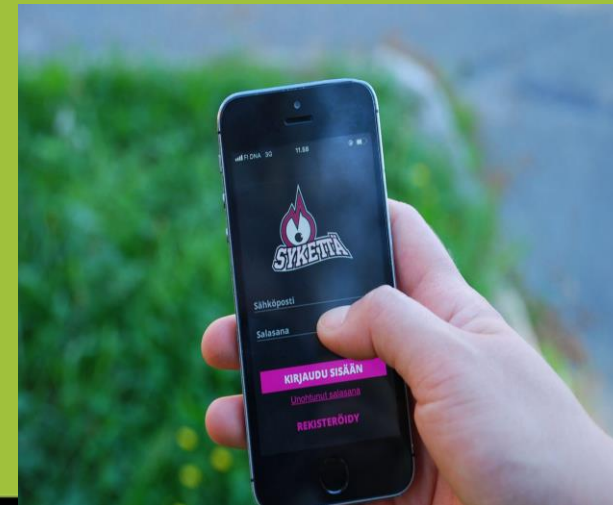
Group exercise classes, ball sports and gyms

- Membership

- Create a user account at [Sykettä website](#) - UEF email required for registering
- Membership can be purchased at ISYY's office with cash/card or online from the Sykettä webstore
- Prices for spring semester 2025
  - 23 € ball sports & gym,
  - 41 € group exercise (includes ball sports & gym)

- Membership card options

- download SYKETTÄ app (= digital membership card) from App Store or Google Play Store
- plastic membership card from ISYY office

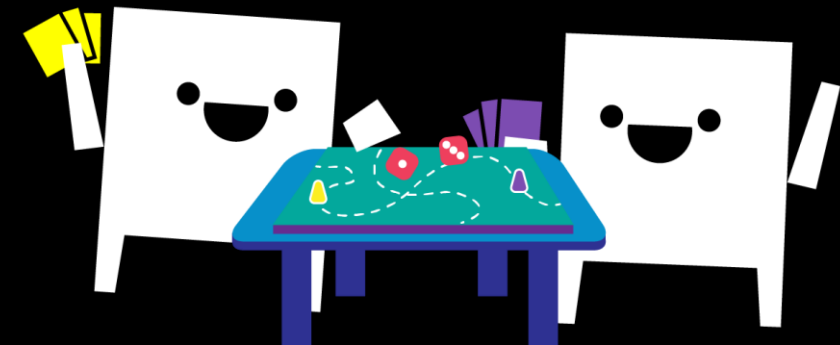
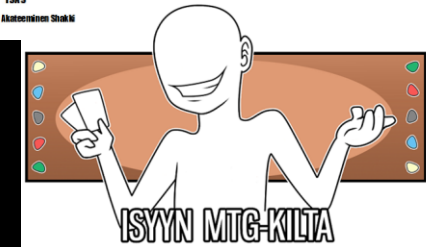


Want to try SYKETTÄ for free? Free trial period is now ongoing!

# 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](#)



# Spring 2025 activities

## Language Cafés (info 22.1.2025)

- [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!

## Sports afternoon (25.2.2025)

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



# Spring 2025 events

## Coffee & Friends hangouts (begins 28.1.2025)

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

## Association Days (26.3.2025)

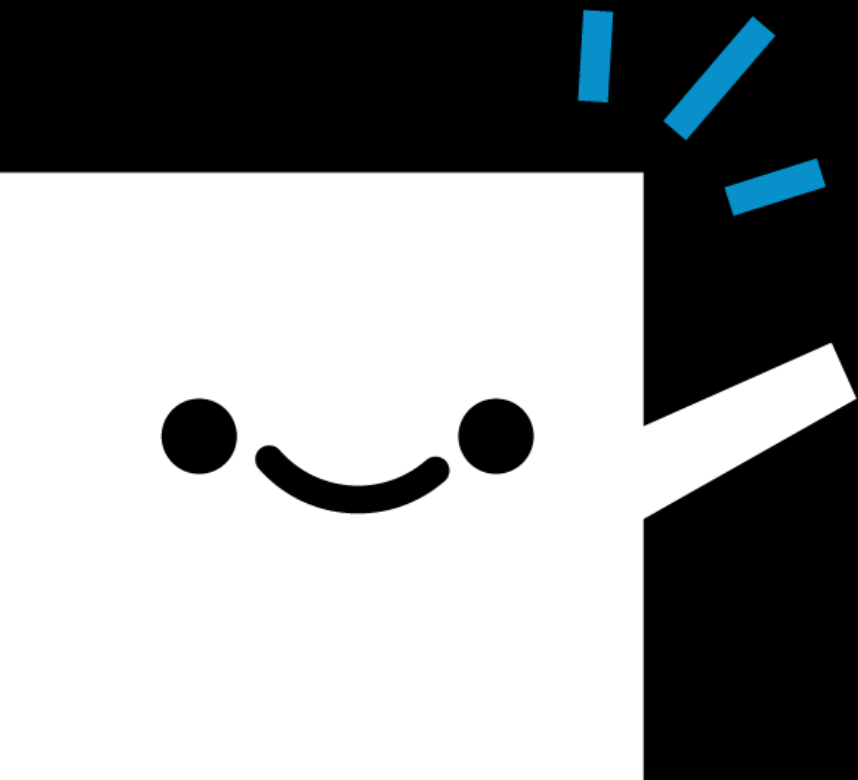
- Come and see what ISYY clubs and student associations have to offer! Traditionally associations sell their overall patches at the event

## Vappu (30.4.2025)

- 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.



# Communication channels



@isyyuef

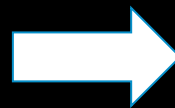


ISYY - Itä- Suomen yliopiston ylioppilaskunta



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!



# 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!**





# *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*

# 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
1. 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) after your study right has begun!



# Slice student card

## Slice digital student card (0€)

- After your ISYY membership has been registered, go to [slice.fi/isyy](https://slice.fi/isyy) and create your Slice credentials
- You will get activation instructions to your email
- Download the Slice app from Apple App Store, Google Play Store or Huawei AppGallery and sign in with your credentials

Read more: <https://slice.fi/en>



# Frank student card

## Frank digital student card (0 €)

- After your ISYY membership has been registered, download Frank App from App Store or Google Play Store
- Create your credentials in Frank App
- It might take a few days for your student card to activate after registering your ISYY membership
- You can upgrade your digital student card to get student discounts internationally! Upgrade your card with the **International ISIC ID (5€/year)**

## Frank plastic student card (25 €)

- Order online [frank.fi/en](https://www.frank.fi/en)
- Card 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)

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



# *Problems with student card?*

If you have any problems with your student card order or your digital student card doesn't work, please contact the student card provider's customer service via email.

- Slice: [info@slice.fi](mailto:info@slice.fi)
- Frank: [info@frank.fi](mailto:info@frank.fi)

# 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
  - Overalls
    - [Finnish student overalls explained](#) (Youtube)
- List of [student associations](#)



Check out also [campus associations!](#)

*Any  
questions?*

## *KUOPIO*



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## *JOENSUU*



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*Thank you for  
your attention!*

