



Itä-Suomen yliopiston ylioppilaskunta

Student Union of the University of Eastern Finland – ISYY

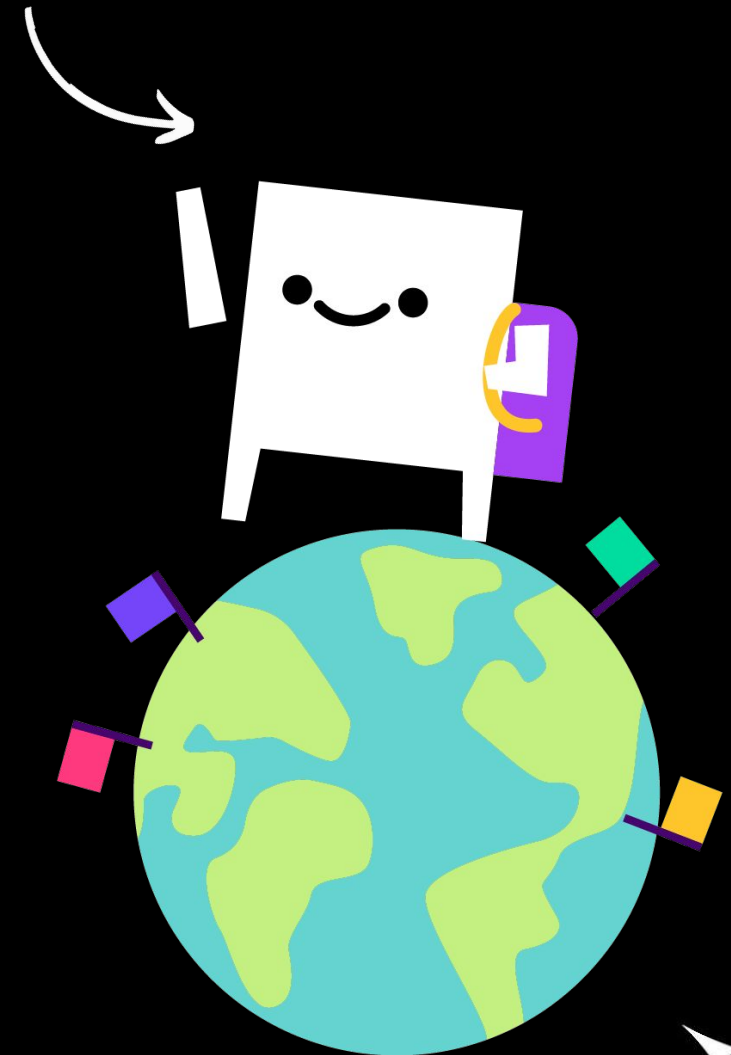
Elina Pitkänen (Kuopio) & Joona Rantala (Joensuu)
Coordinators of International Affairs

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

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 at campus cities

4. By students for students

- Decision-making is done by number of elected students on behalf of 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

Degree and exchange students

- 37 € spring semester 2026

PhD students

- 28,50€ spring semester 2026

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](https://isyy.fi/membership))
- However, if online payment is impossible, students can pay with cash/card at ISYY offices
(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 action is 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 (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

20 ISYY services and benefits

- Frank and Slice digital student card for free
- Student discounts with student card
- Fun events and a variety of free time activities
- Membership of all ISYY's clubs
- Free JEIS Welcome Bag in Joensuu
- Venue hire discount
- Chances to get involved in our organisation – join a team for example!
- SYKETTÄ Sports Services (additional fee, not limited to ISYY members)
- Sports equipment loans for free
- Board game loans for free
- Help and advice in English
- Weekly Feed newsletter
- Interest Advocacy services
- Anti-Harassment Contact Persons
- Survival Package rental service
- Services for Student Associations
- ISYY, UEF & club products for sale
- Second-hand kitchenware for sale
- Book exchange shelf

Survival Package 1

Survival Package contains essential homeware & kitchenware items that can be rented until the end of the academic year or semester

- For degree students & exchange students
 - ISYY membership required
- Rental period
 - academic year 4 August 2025 - 1 June 2026
- **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 2

There is a limited number of packages available!

How to book:

- Everyone needs to book their Survival Package personally!
- Send a booking request via email to:
 - Joensuu: kv.joensuu@isyy.fi
 - Kuopio: kv.kuopio@isyy.fi
 - include in the email whether you are a degree student or an exchange student

You will get booking and payment instructions as a reply from the Coordinators if we can offer you a Survival Package

NB! You do not need to pay the ISYY membership before sending the booking request

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: Suvantokatu 6 (near K-Citymarket in Joensuu city centre)

Kuopio office: Lukema, Studentia building (Yliopistonranta 15), door C

Offices open on Wednesday 7 January



ISYY office services

- Purchase SYKETTÄ University Sports Services membership
- Book exchange shelf
- Free sports equipment loans
- Free board game loans
- ISYY and UEF merchandise for sale
- Shelf of second-hand items
 - Mostly kitchenware, but also some towels and bedding items
 - Prices: 1 item = 0.50 € / 3 items = 1 €



Offices open on Wednesday 7 January

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
 - Trip sales to Lapland and Lofoten start in January
- 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 2026 board is elected in a General Meeting in January



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

Spring 2026 activities 1

Language Cafés

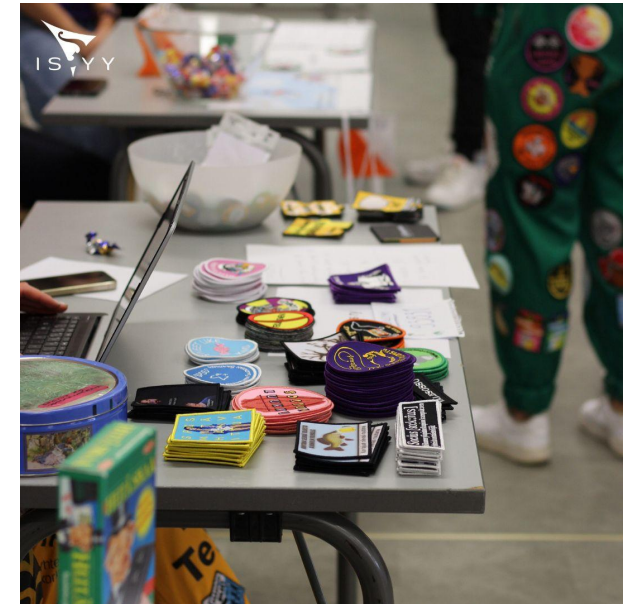
- Informal language classes taught by students for students in an informal and friendly environment
- Possibility to earn ECTS credits or attend just for fun
- Join the first info session in January for more information about the Cafés!

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.



Spring 2026 activities 2

SYKETTÄ University Sports Services

- Sports services for UEF students and staff with an additional fee, no ISYY membership required
- Gyms, ball sports and lots of different kinds of instructed group exercise classes

Sports afternoon 17.2.2026

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

Vappu 30.4.2026

- 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
 - 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](#)!



Communications



ISYY's communication channels



@isyyuef



**ISYY - Itä-Suomen
yliopiston ylioppilaskunta**



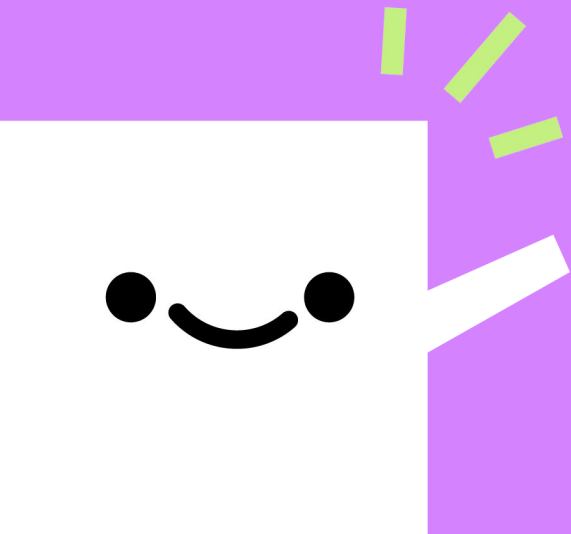
www.isyy.fi/en

**Weekly
Feed**



Weekly Feed -newsletter

isyy.fi → Whats' on → Newsletter



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?

ISYY's International Coordinators
are on holiday

- 19.12.2025-4.1.2026 (Kuopio)
- 20.12.2025-4.1.2026 (Joensuu)

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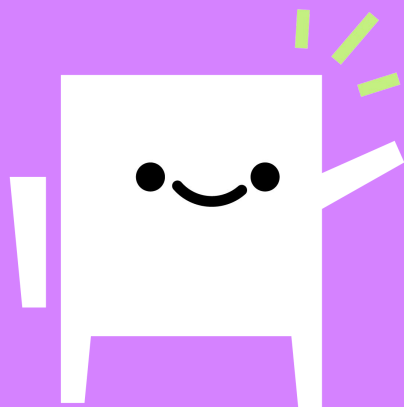
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www.isyy.fi/en



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**Itä-Suomen yliopiston
ylioppilaskunta (ISYY)**

Weekly Feed (campus-specific newsletter)

ISYY offices (contact information on the website)