



Itä-Suomen yliopiston ylioppilaskunta



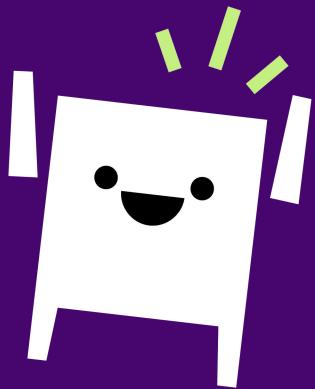
Student Union of the University of Eastern Finland - ISYY

International Orientation spring 2026 –
Coordinators of International Affairs

Content

Nice to
meet you!

I'm ISYY's
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!

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

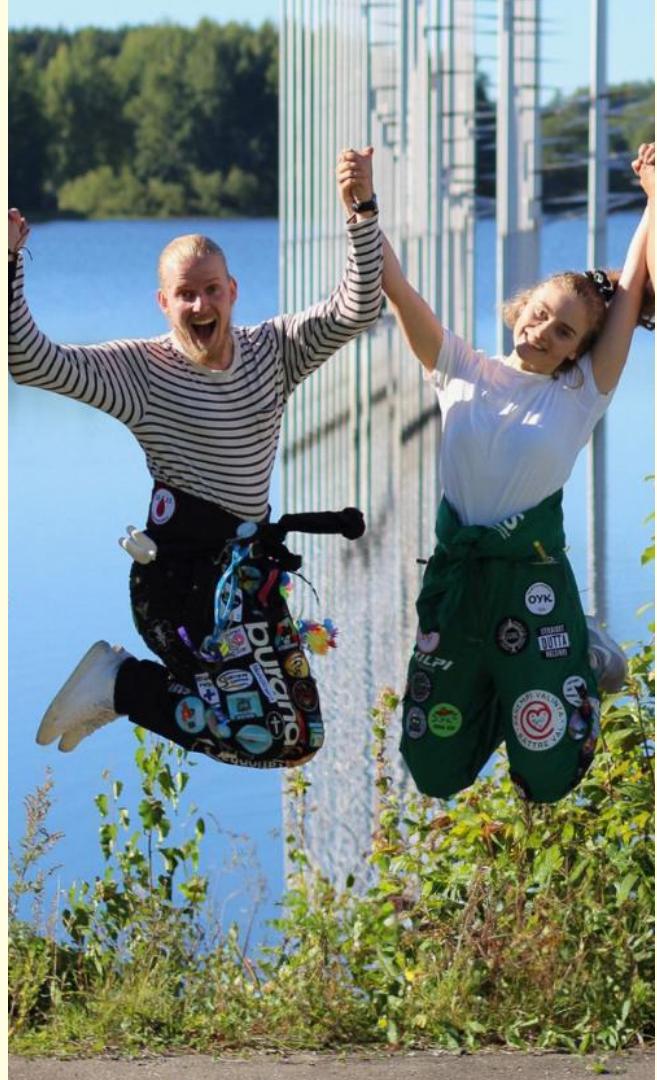
- Our main purpose is [interest advocacy](#) = we look after the rights and interests of both Finnish and international students

3. ISYY = events & free time activities

- ISYY also provides [services](#) and arranges a variety of [social activities & events](#)

4. By students for students

- Decision-making is done by a [number of elected students](#) on behalf of other students





Members = Students



Representative Council



Executive Board

**Council for
Chairpersons
in Kuopio**



**Council for
Chairpersons
in Joensuu**



Staff



Teams in Joensuu and Kuopio campus



Representative Council



Executive Board



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

- The Executive Board consists of a Chairperson, a Vice Chairperson and other members who have a specific area of responsibility
- Tasks include, e.g., 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 are regular students who ensure that student perspective is taken into account in UEF decision-making, and that students' interests are being looked after
- Degree students 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 points (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

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 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
- Hobby Buddy service

**Problems with
studies or grading?
Interest advocacy
to the rescue!**

Interest Advocacy

= aims to improve the status of students in the society and aims to make sure that students have every opportunity to live a good and meaningful life on both local and national level

- You are encouraged to get in touch with ISYY if you ever feel that the student perspective is somehow being disregarded, either at the UEF or in society in general.
- The Golden Rule of the Interest Advocacy Team of ISYY is that 'no matter how well things are going, there is always room for improvement!'

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

Interest Advocacy Specialist & Anti-Harassment Contact Person

- 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 Person
- Remember that you can [contact](#) Mikko for help and support whenever you feel like it - it's always confidential!



Mikko

ISYY offices

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

Exceptions to opening hours can be found on ISYY website's front page!



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 occasionally some towels and bedding items
 - Prices: 1 item = 0.50 € / 3 items = 1 €



Sports Equipment Loans

Free to loan for members!

- Available at ISYY offices during opening hours
- Loan period is 1 week (penalty fee for late returns)

- Ice skates
- Skis
- Sleds
- Badminton rackets
- Padel rackets
- Frisbees
- Footballs
- Volleyballs
- Floorball

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



Welcome Bags and Elisa's SIM cards

Joensuu

JEIS (Joensuu's Exchange and International Students -club) hands out welcome bags with coupons, reflectors, prepaid SIM cards... and more! Get one from the office before stock runs out!

Kuopio

In Kuopio, you can get a SIM card from the office at the Studentia building during opening hours.



SYKETTÄ Sports Services

Membership

- You don't need to be a member of ISYY in order to use SYKETTÄ
- 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 one semester/academic year
 - 23 € / 38 € ball sports & gym
 - 41 € / 71 € 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

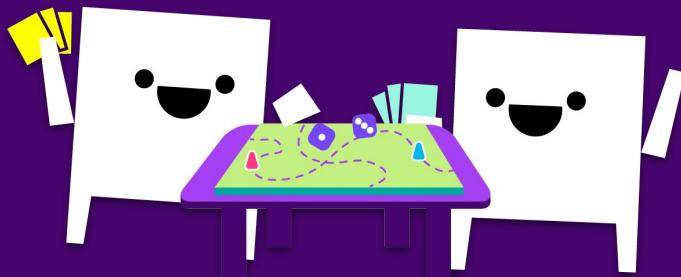
Group exercise classes,
ball sports and gyms



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](#)



ISYY activities in spring



Coffee & Friends hangouts

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

Language Cafés

Informal language classes taught by students for students in a relaxed environment. Possibility to earn ECTS credits.

Language Cafés start with an info session in the beginning of the semester - join the **info session on 21.1.** for more information about the Cafés!

Association Days in March

Come and see what ISYY clubs and student associations have to offer!

Traditionally associations sell their overall patches at the event

ISYY activities in spring



ISYY Breakfasts

Relaxed and communal hanging out moments that are open to all UEF students. Come start your day with a nutritious breakfast and get to know your fellow students, and you'll be energetic for the rest of the day!

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.

Read more about each activity and other events from ISYY's Event calendar on our website!

[ISYY Events page](#)

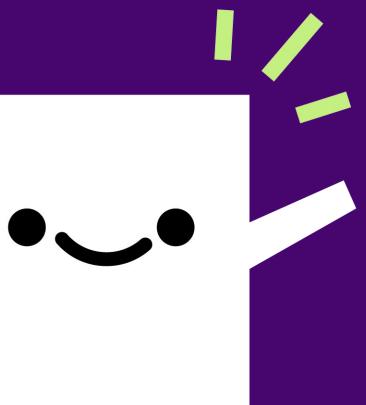
Communication channels



@isyyuef



ISYY - Itä- Suomen yliopiston ylioppilaskunta



Weekly Feed -newsletter
isyy.fi → **What's On** → **Weekly Feed**



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!

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

(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 (lsyy.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/>



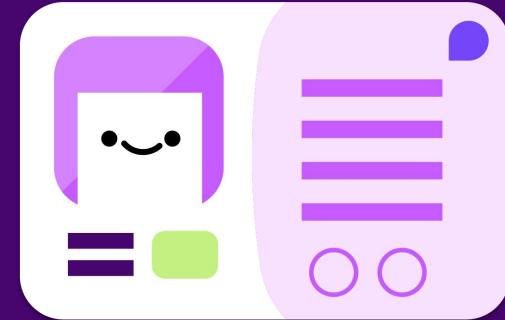
Student card



Student card

Three student card options for ISYY members:

1. Slice digital student card
2. Frank digital student card
3. Frank plastic student card



Why should I use a Frank or Slice student card?

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

You can start using the 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 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! Add the **International ISIC ID (5 €/year)**

Frank plastic student card (25 €)

- Order online 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)



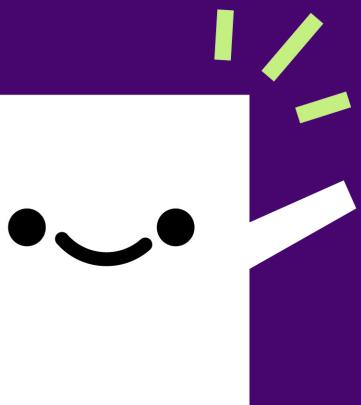
Read more: <https://www.frank.fi/en/studentcard/>

Problems with the student card?



If you have 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
- Frank: 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?



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**Thank you for
your attention!**

Follow
&
contact!

www.isyy.fi/en



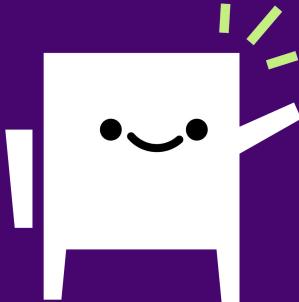
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**Itä-Suomen yliopiston
ylioppilaskunta (ISYY)**



Weekly Feed (campus-specific newsletter)
ISYY offices (contact information on the website)