



Itä-Suomen yliopiston ylioppilaskunta



Student Union of the University of Eastern Finland - ISYY

International Orientation Autumn 2026 –
Coordinators of International Affairs

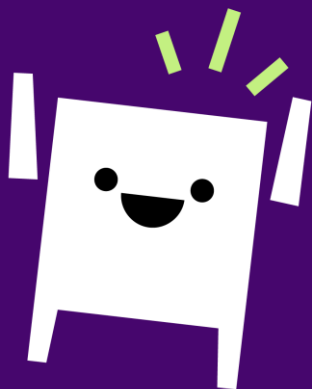


Content

Nice to
meet you!
I'm ISYY's
mascot
Hemmo!

- What is ISYY?
- Membership services and benefits
- How to join ISYY?
 - Student Cards
- Subject Associations

ISYY website: <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](#) at campus cities

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**



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, e.g., appointing the Executive Board, approving ISYY's yearly action plan and budget, deciding the amount of the ISYY 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, e.g., executing the action plan, representing ISYY on a national level, lobbying for 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 UEF 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 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
- Book exchange shelf
- Hobby Buddy service
- Services for Student Associations
- ISYY, UEF & club products for sale
- Second-hand kitchenware for sale

Problems with studies or grading?

Interest advocacy
to the rescue!

Interest Advocacy

= aims to improve the status of students in 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, your campus city 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

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 Laura for help and support whenever you feel like it - it's always confidential!



Mikko
Kuopio



Laura
Joensuu

ISYY offices

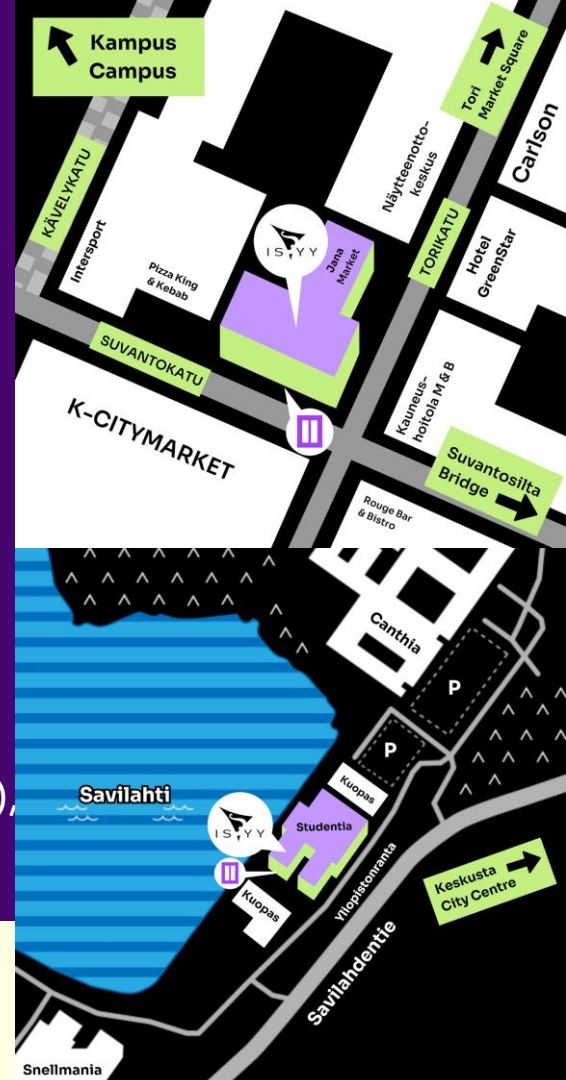
Regular opening hours:

- 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

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



ISYY offices

Upcoming exceptions to opening hours:

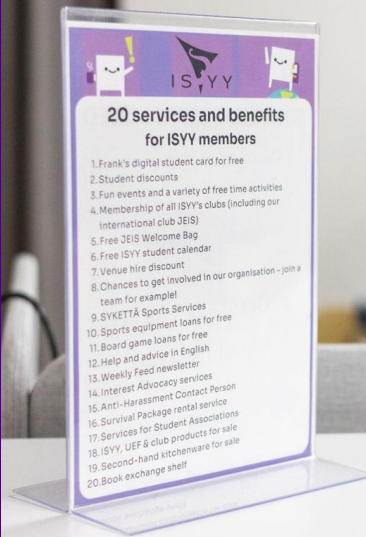
- Fri 28 August open at 10–12 and 13–15
- Fri 4 September open at 10–12 and 13–15
- Fri 11 September open at 10–12 and 13–15
- Wed 30 September offices are closed (Sports Afternoon Day)

Possible 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
- Free student calendar
- ISYY and UEF merchandise for sale
- Shelf of second-hand items
 - Mostly kitchenware, but also occasionally some towels and linen
 - 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 | ▪ Frisbees |
| ▪ Skis | ▪ Footballs |
| ▪ Sleds | ▪ Volleyballs |
| ▪ Badminton rackets | ▪ Floorball |
| ▪ Padel rackets | ...and much more! |



ISYY merchandise

Prices:

- ISYY logo patch 2€
- Other ISYY patches 3€
- Reflector 3€
- Keychain 4,50€

Purchase at the ISYY offices!



SYKETTÄ

SYKETTÄ sport services is for students and staff of UEF, Savonia and Uniarts. The goal is an active, social and healthy university community.

Membership options:

- Instructed Group Class -package
 - Instructed group exercise classes, general ball sports shifts, student/Staff group shifts, get to know classes, sport courses, gyms at the UEF campus, the right to use Luola gym with discounted price, offers for services from various sports-related businesses and events and nutrition services
- Ball Sports – package
 - Everything as in the group class package, except the instructed group exercise classes
- One-month sticker (KUOPIO)
 - Includes all the SYKETTÄ services, eg. group classes, gyms, ball sports

You don't need to be a member of ISYY in order to use SYKETTÄ!



SYKETTÄ

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 semester/academic year
 - 41/71 € group exercise (includes ball sports & gym)
 - 23/38 € ball sports & gym
 - 16 € one-month sticker (KUOPIO)

Membership card options

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

You don't need to be a member of ISYY in order to use SYKETTÄ!



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](#)



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 from Mon 31 August onwards!**

Kuopio

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



Autumn 2026 activities

Hangout for International Tutors and their Tutees 28.8.2026

- Relaxed meeting with board games etc. for new international tutors and their tutees. [More info.](#)
- August 28, 4 pm – 6 pm at Educa E200 in Joensuu & Lukema in Kuopio

[Student Blast](#) (Joensuu) and [LoveZone](#) (Kuopio) 3.9.2026

- Events that kick-start the academic year. Every student is welcome to attend and there is no entrance fee.

City Orienteering 3.9.2026

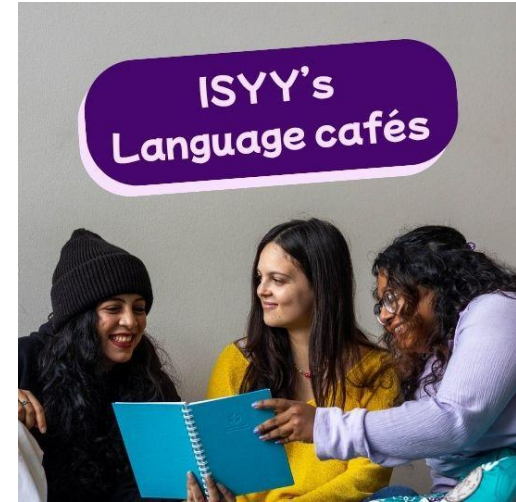
- During [the City Orienteering](#), students will get to know their fellow students and complete fun assignments in small teams while walking around their campus city.



Autumn 2026 activities

Language Cafés 10.9.-6.12.2026

- 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 online info session on 10th of September at 9 am for [more information about the Cafés!](#)
- And join the online leader training too on 11th September at 9 am if you're interested in organising a Language Café!



Autumn 2026 activities

Association Days 22.9. - 23.9.

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

Coffee & Friends hangouts (starting from 15 September)

- [Coffee & Friends](#) are weekly events in which you can hang out after lectures and meet other students over coffee and a snack.

[Read more about ISYY's events and activities on our website](#) and follow our social media to keep up with everything that's going on in the autumn!



Communication channels



@isyyuef



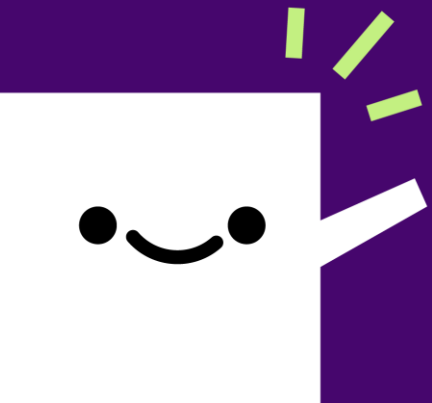
ISYY - Itä- Suomen yliopiston ylioppilaskunta



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](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 ISYYY?

ISYY Membership

International degree students

(completing a bachelor's or master's degree) must join just like Finnish students according to the Finnish law

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

- 73 € academic year 2026–2027
- 36 € autumn semester 2026
- 37 € spring semester 2027

PhD students

- 56 € academic year 2026–2027
- 27,50€ autumn semester 2026
- 28,50 € spring semester 2027

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.

Read more in Kamu: [exchange students](#) and [new degree students'](#) registration

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)



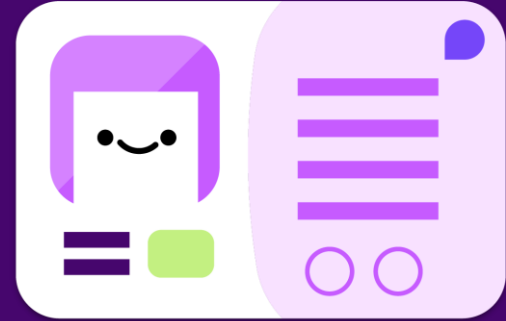
Student card

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>



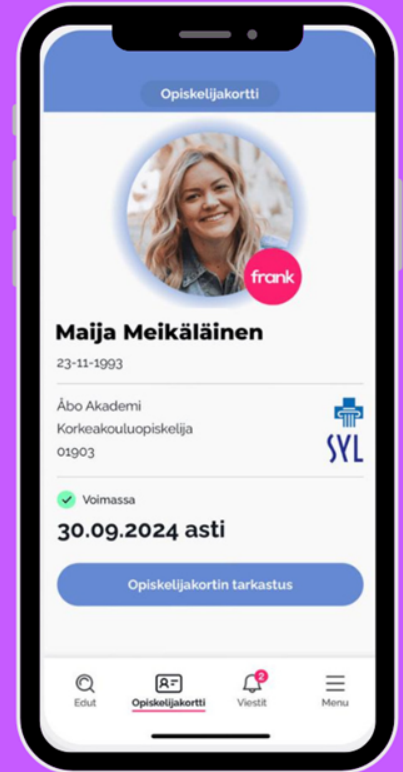
Frank student card

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](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)



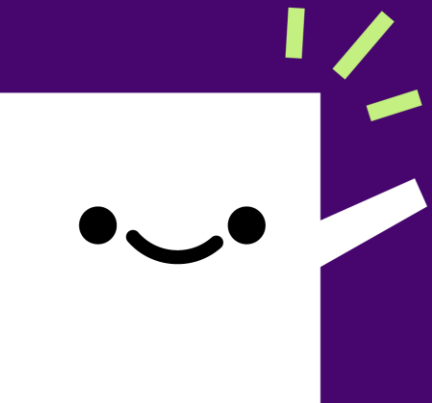
Read more: <https://www.frank.fi/en/studentcard/>



Problems with 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?**

Subject Associations

- Subject associations are independent, subject-specific student associations
 - Almost every subject has their own 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 [subject associations](#)

Check out also [campus associations](#)!



**Thank you for
your attention!**

Any questions?



Coordinator of
International
Affairs (Joensuu)

Joona



kv.joensuu@isyy.fi
+358 44 5768 456

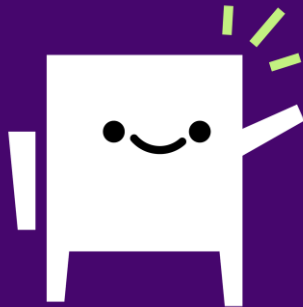
Coordinator of
International Affairs
and Administration
(Kuopio)

Elina



kv.kuopio@isyy.fi
+358 44 5768 413

**Follow
&
contact!**



www.isyy.fi/en



@isyyuef



fbISYY



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

Weekly Feed (campus-specific newsletter)

ISYY offices (contact information on the website)