

# **We students**

## **Freshers' Guide to TREY 2020–2021**



**TAMPEREEN YLIOPIPPILASKUNTA**  
STUDENT UNION OF TAMPERE UNIVERSITY

## Welcome to our community!

Studies at Tampere University await you – congratulations on getting in and welcome to the big local university community in Tampere! Through your university studies, you'll get to the source of all kinds of knowledge and competences to educate yourself and to acquire skills specific to your field. But the everyday life at the university is much more than just studying. You will meet people from all over Finland and the world, you will get to try out new hobbies and make lifelong friendships. So arrive with an open mind in August!

This guide has been put together for you in the student union. The purpose is to introduce you to the student life in Tampere, the student union activities and the university services. On the pages of this guide, you can find a lot of useful information about completing studies, housing, health care, free-time activities, associations and student culture. During the first steps of your student life, this guide will hopefully provide you with information to help you navigate the freeways and side alleys of local academic culture.

In August, you will also be supported by a trained student tutor. They will help you get started in your studies and introduces you to your study environment. In your tutor group, you will meet other students from your field and get introduced to the activities of the subject association of your field. Participate actively in the tutoring, ask and ponder on things out loud

and tell your tutor about any concerns you have. The beginning of the term is full of new experiences and information for new students, and it's our duty to help you steer through it.

While I'm writing this, we are in the middle of exceptional circumstances, which will naturally affect also universities and students. The national state of emergency creates uncertainty about the future, so we warmly recommend every student to follow the communications of the authorities, university and student union. You can find information on TREY's communication channels in this guide. Whatever the situation in August, support for the beginning of your studies is available.

But now, don a pair of sunglasses and relax – see you in the autumn!

**MIKKO SALMINEN**

Specialist in Tutoring

The Student Union of Tampere University – TREY

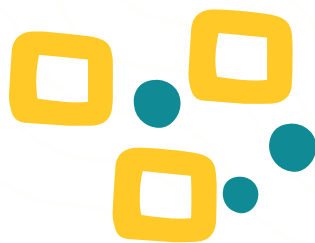


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## The student life awaits you!



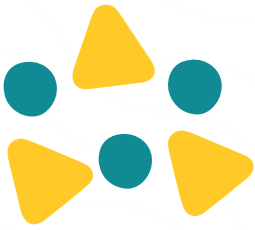
You did it, hats off to you! You may have left behind blood, sweat, tears or at least a corona spring, but now you are here, about to start perhaps the most meaningful chapter of your life. So did yours truly, four years ago, eyes gleaming from enthusiasm and a nervous feeling at the back of my mind. How will I have time for all the lectures and all the parties? Will I burst from FOMO if I skip a night? What on Earth happens at sitsit?

TREY exists so that you don't have to fret on top of the nerve-wrecking first weeks over many other things. Instead of worrying, I recommend you to challenge yourself to give in to the university life completely! Try out chilli farming, perform in a feminist swearing evening, spin records at a club or compete for debating championship. All these you can do with other students!

If the basic studies in your degree need a bit of spicing up, try any courses in the wide selection of optional studies that the university offers. Even if you don't consider yourself a performer, try amateur theatre. Even if sports frenzy doesn't feel like your thing, go to the World Championship of Kyykkä in February. Try new things!

Get to know new people with an open, curious and brave mind. Here you can find best friends, a spouse,





old acquaintances or perhaps a long lost soul sibling. The community of over 18,000 students includes all kinds of personalities. Those strange people who sit beside you at sitsit and with whom you sing Helan går could be the ones to change your world more than you would believe.

And before all, enjoy. Pat yourself on the back for getting in successfully, accept that you will be a little lost for some time and let tutors guide you. Be kind to yourself and remember that the best laid plans get updated during your lifetime. P.S. I found the answers to my questions: no I won't have time, no I won't burst, let's have fun!

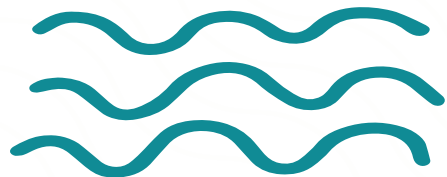
### **ANNIKA NEVANPÄÄ**

Student of administrative sciences  
Chair of the student union 2020



## Start with this!

- Accept your study place by following the instructions given to you by the university.
- You might be subject to fees and eligible for scholarships. Check your own situation and act accordingly!
- Start sorting out your arrival to Finland. Moving to a different country requires closely following the official procedures, and those procedures vary depending on your home country. See the Student's Guide for more information on this: [tuni.fi/studentsguide](https://tuni.fi/studentsguide).
- Apply for a student card. This can be done through [trey.fi/en/student-card](https://trey.fi/en/student-card). It is possible only after you have accepted your study place.
- Activate your personal user ID for the university electronic services through [salasana.tuni.fi](https://salasana.tuni.fi). This can be done only after you have accepted your study place.
- Apply for housing! Find out more about housing options on page 27.



- Make sure you are covered by health insurance. See more information on the Student's Guide.
- Connect with your student tutor and arrange your arrival to Tampere before Welcome Week starts!

In 2020, due to the COVID-19 situation, the arrival processes and other matters might change from the usual practices. Closely follow the instructions sent to you by Tampere University and contact them if you have problems. For example, the processing times for student visas will be longer than usual, as visa interviews are currently (late-April 2020) cancelled by the Ministry of Foreign Affairs of Finland. This can mean that your arrival to Tampere is delayed significantly. Following the University instructions and general guidelines by the Finnish government and the authorities in your home country is extremely important in the current situation. Stay safe!





# TULLIKAMARI

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## Live THE BEST Party

Show your valid student card at Klubi for discounts!

[www.tullikamari.net](http://www.tullikamari.net)





# The student union

## TREY – What's that?

All students at Finnish universities are organised into student unions. The student union duties are provided by law and their purpose is to represent students, promote their interests and offer them services. The student unions are independent from the universities, but they work in close cooperation with them.

The Student Union of Tampere University (TREY) promotes the interests of all 18,000 students in Tampere University. TREY does advocacy work, supports student associations, offers services and builds the community. The Universities Act defines the student union's duties to liaise with and on behalf of its members and to promote their societal, social and intellectual aspirations and those relating to studies and the status of students in society. TREY carries out its legal duties on all Tampere University campuses.

## Advocacy

TREY has the task to ensure that the students' voices are heard at the university and elsewhere in society. Advocacy means taking part in all decision-making that impacts students, including the quality of education, income, health care services, housing and equality in the community. International students are considered in all advocacy work, and the internationalisation of Finnish students is supported



at the same time. The aim of our work is the all-encompassing well-being of students.

In addition to TREY, advocacy work is done by student associations and student representatives. Guilds and subject associations do important work on the degree programme level by furthering the well-being of the students in their field. Student representatives are coordinated by TREY. TREY also works closely with Tamko, the Student's Union of Tampere University of Applied Sciences, in advocacy matters that concern both Tampere Universities.

## Services!

TREY provides members with many useful member services. You can find details about them on our website [trey.fi/en/member-services](https://trey.fi/en/member-services).

TREY's specialists provide counselling and help for members and associations in all questions relating to studying and student life and other problematic situations. You can contact the specialists confidentially if you have problems with your studies, income or housing, among others. The specialists' contact information can be found on TREY's website. The Specialists in Educational Affairs help you with questions regarding your studies and legal protection. The Specialists in Social Affairs help you with questions regarding income, housing, well-being and equality. The Specialist in International Affairs answers to questions regarding international studies and internationalisation and supports international students here in the student union. You can also send an email to [help@trey.fi](mailto:help@trey.fi) with general questions and

requests for help.

TREY provides students with different rental services to facilitate and cheer up our everyday lives. For example, you can rent a toolkit for renovation, a kyykkä set to train for the world championship or a Finnish baseball set to try out our national sport. The rental services also include the van rental, run in cooperation with Tampereen Teekkarien Moottorikerho. Rent the van for an inexpensive price to help with your move! All student union members also have access to free legal counselling from the international law firm Magnusson Law.

International students can also rent the Starting Kit from ESN INTO and ESN FINT (depending on your study campus). This includes pots and pans, cutlery etc. In short, some things to get you going when you arrive in Finland. Read more about the Starting Kit and other rental services on our website!



## Student card

Your student card is the symbol of your membership that benefits you in Tampere, all over Finland and even internationally. The student card entitles you to hundreds of student discounts that will help you save a pretty penny. Find out more from the website of Opiskelijan Tampere ([opiskelijantampere.fi/en/](http://opiskelijantampere.fi/en/)).

At Tampere University, the student card has many other features as well. It serves as the access key on your main study campus, including computer labs and sports facilities. In the university libraries, you can use your student card to borrow material and print documents. You can also charge prepaid lunches to your student card for Juvenes restaurants. So use your card actively!

You can keep student benefits with you electronically by downloading the Pivo app. The app requires TREY membership and electronic identification with your online bank account.

See TREY's website for information on how to order your student card ([trey.fi/en/student-card](http://trey.fi/en/student-card)). The card may be picked up from one of TREY's service offices in Hervanta or city centre.



## Advocacy outside of the university

TREY doesn't only do advocacy work inside the university walls. The students of Tampere University form a significant group of people who have an impact on the decision-making locally in Tampere as well as nationally. The local student associations also do a lot of national and international advocacy in a myriad ways.

TREY and Tamko do urban advocacy together under Group 35 000. The group's objective is to make Tampere an even better city for students and to influence all decisions that have an effect on students here.

On the national level, TREY is part of the National Union of University Students in Finland (SYL). SYL is the advocacy group of university students with the task to bring the students' perspective into societal discussion. SYL promotes students' well-being and makes efforts to improve their status in the university communities both on the national and international levels. Some current issues are students' income and housing, the development and resources of universities, student mobility as well as student health care and FSHS. Every degree student is a member of SYL through their student union. Therefore, it forms a significant group of people influencing Finland's future.

## Council of Representatives, Executive Board and TREY's staff

The elected Council of Representatives is the highest decision-making body in the student union. TREY's Council of Representatives includes 49 members, and it generally meets once a month during the academic year. The council decides on the direction of TREY's finances and activities. In practice, the council decides where the membership fees will be used. Therefore, the council's decisions affect every university student's life.

The council elections are held every two years. Each student union member is eligible to vote and run in the elections. The next council elections will be held in the autumn of 2020, so you will witness a lot of activities related to them when you start your studies! Run, vote, discuss or listen. The most important thing is that you influence in our common issues.

A few committees work under the Council of Representatives that focus on certain areas of TREY's activities and report back to the council. The members for these committees are chosen from among the elected representatives. Currently, the council has three committees: Administrative Committee, Committee for Financial Affairs and the Honorary Committee. Additional committees are founded if deemed necessary.

The Council of Representatives appoints the Executive Board for the student union on an annual basis. The Executive Board runs the student union activities for one calendar year at a time. The Executive Board manages the student union's daily activities,

represents the student union publicly and prepares decision-making. TREY's board has weekly meetings and reports regularly to the council. Led by the chair, a 10-member board is responsible for TREY's daily activities in 2020 – you'll already meet some of them during orientation!

Along with the Executive Board, TREY's activities are run by a group of staff members. They are paid specialists whose task it is to assist the board, draft matters and to take care of the continuity of the student union activities over the terms of office of the council and the board. The specialists of different fields support you if you encounter difficulties during your studies with issues such as the completion of studies, housing arrangements or equality matters. Don't hesitate to contact the student union if you need support. Help is always available.

In 2020, the chair of the Executive Board is Annika Nevanpää ([puheenjohtaja@trey.fi](mailto:puheenjohtaja@trey.fi)) and the Secretary General is Venla Monter ([paasihteeri@trey.fi](mailto:paasihteeri@trey.fi)). You can contact the board members and staff through [toimisto@trey.fi](mailto:toimisto@trey.fi). TREY's service offices on Hervanta and city centre campuses are run by Helky Kouri and Tuire Jalaskoski. They can be reached through [help@trey.fi](mailto:help@trey.fi). If you are looking for individual contact information, see our website [trey.fi/en/contact](https://trey.fi/en/contact). The website has the most up-to-date information about the student union.





# HARASSMENT CONTACT PERSONS



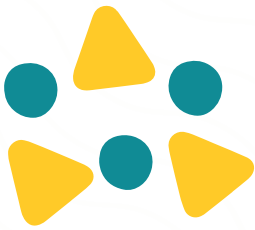
Speaking inappropriately or offensively, suggestions that make you feel uncomfortable, and racist, homophobic or sexist behavior are all absolutely unacceptable in our university. Harassment contact persons support and assist students that have suffered harassment. You can discuss your problems confidentially with them. Don't hesitate to contact us!

**Mikko Salminen**  
[hairintamies@trey.fi](mailto:hairintamies@trey.fi)

**Laura Kaipia**  
[hairintanainen@trey.fi](mailto:hairintanainen@trey.fi)

[hairinta@trey.fi](mailto:hairinta@trey.fi)

**Our university is a  
harassment-free zone.**



# TREY's Communication channels

## TREY's website

You can find TREY's website from [trey.fi/en](https://trey.fi/en). The website contains current news as well as information on the student union's activities and future events.

## Social media

TREY's liveliest social media communications are on Facebook, where you can find TREY with the name TREY - Tampereen ylioppilaskunta or [@treytampere](https://www.facebook.com/treytampere). Facebook is the cradle of TREY's news, blog posts, statements, videos and events.

Twitter is a channel for societal discussion, where TREY takes stands, participates in dialogues with others and live-tweets about events, such as the council meetings. TREY's account on Twitter is [@treytampere](https://twitter.com/treytampere).

On Instagram, TREY's communications are more light-hearted and casual and centre around having fun and maintaining a community spirit. TREY's account on Instagram is [@treytampere](https://www.instagram.com/treytampere).

## Email lists

TREY maintains various email lists for volunteers and people in positions of trust, such as the student representative body, Council of Representatives, tutors and the boards of the associations operating within TREY. You can find more information about these lists from TREY's website: [trey.fi/communication](https://trey.fi/communication).

## Newsletter and table tents

The student union has one newsletter meant for everyone, which is published on the open email lists [trey- uutiskirje@lists.tuni.fi](mailto:trey- uutiskirje@lists.tuni.fi) and [trey- newsletter@lists.tuni.fi](mailto:trey- newsletter@lists.tuni.fi) (this one is in English). You can find the instructions on joining the lists from TREY's website at [trey.fi/communication](https://trey.fi/communication). The newsletter is published once a week around noon on Friday.

TREY's table tent is a printout that is distributed to the university restaurants once a month, and it contains the student union's most current advocacy news and events. TREY's communications sector is in charge of compiling the table tent, and they would love to hear your feedback!

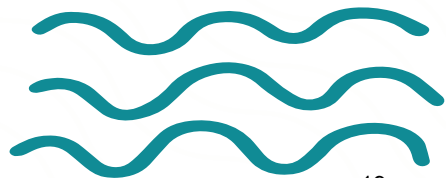
## Student magazine

TREY decided to found its own student magazine in the autumn of 2019. The new magazine will see the day of light during the autumn term of 2020! Follow the progress on TREY's social media!

## Student union events

### Opening day 7 September

The joint opening week of Tampere Universities is celebrated starting from 7 September. Various events will take place, and you will learn more about the schedule on TREY and the university's channels.



## **Newcomers' orienteering 16 September**

Newcomers' orienteering is a checkpoint orienteering that takes over the whole Tampere city centre. Teams made up from freshers go around checkpoints organised by the associations, and they get to perform different tasks from poetry reading to obstacle courses. The teams with the highest scores are rewarded after the orienteering at the afterparty. Ask more from your tutors and follow TREY's channels.

## **Sports fair and Hobby fair 23–24 September**

The Hobby fair organised on the city centre and Hervanta campuses offers you a low-threshold way to get to know different hobby associations. At the same time, the divisions of the sports umbrella organisations Mahti and Turvoke introduce sporty activities at the Sports fair. Go visit both fairs, more information will be published on TREY's website.

## **Anniversary celebration 24–25 October**

TREY's anniversary celebration will be an academic dinner party where you can dress up and eat well – not forgetting singing, which is a significant part of Finnish student culture. The anniversary celebration weekend continues on Sunday with a traditional sillis brunch. Dress up to the nines and come participate in the celebration of our community! Sign-up and further details will be published later on TREY's website.

## **Wappu**

The students' academic year usually culminates between April and May to a two-week Wappu.



The student union, associations and clubs organise over a hundred events during that time. All kinds of events take place, and there is something for every taste. In 2020, Wappu will exceptionally take place in early autumn because of the ban on organising events in the spring. Wappu weeks of 2020 will then take place very soon after the beginning of the term!

## Tampere-appro

The regularly organised Tampere-appro offers you a possibility to get to know the rich cultural life in Tampere. The destinations of the Tampere-appro vary from theatres and art museums to stand-up comedy and horse races. Follow TREY's announcements about the future Tampere-appro!

*Kuva: Henrik Laakkonen / TT-kamerat*



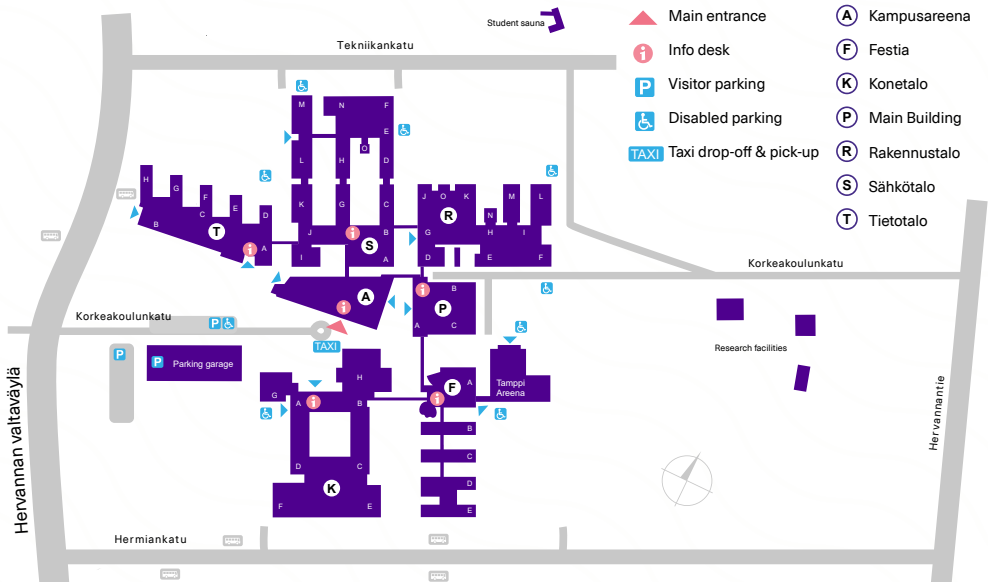
# University campuses

## Campus maps

Tampere University is spread out over three campuses around the city. You will get to know your primary campus quickly, but we warmly recommend you to explore the others as well. As an example, you can go for lunch on the other campuses if your studies would not otherwise take you there! Here you can find convenient maps for all three campuses. In addition to the Tampere campuses, Tampere University has a unit in the University Consortium of Pori.

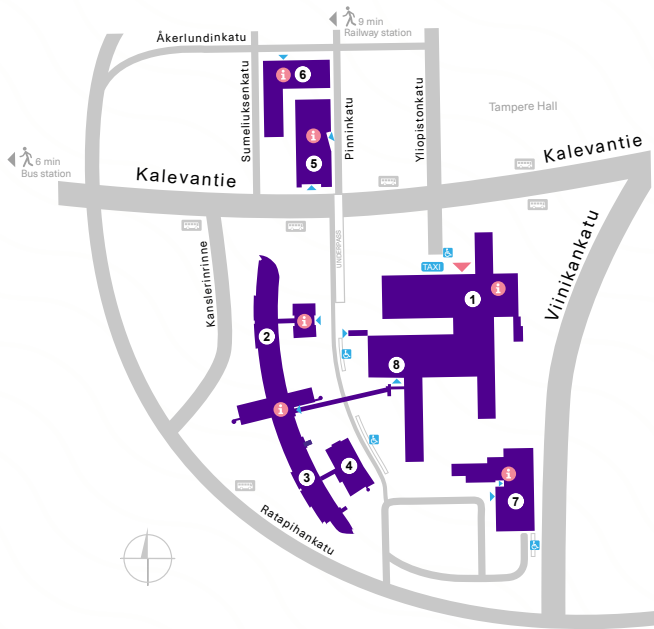


### HERVANTA CAMPUS





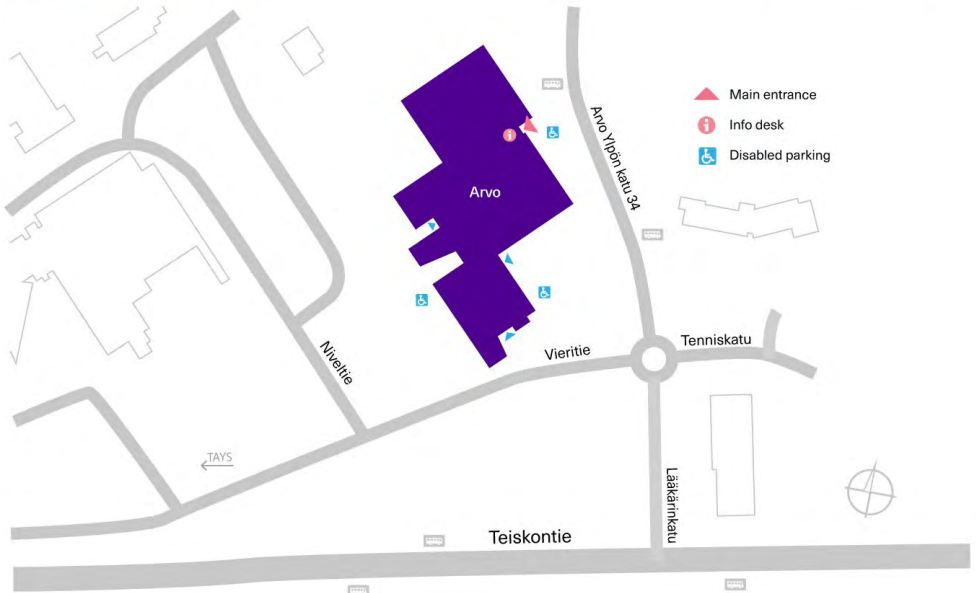
CITY CENTRE CAMPUS



- ① Main building
- ② Pinni A
- ③ Pinni B
- ④ TietoPinni
- ⑤ Linna
- ⑥ Virta
- ⑦ Atalpa
- ⑧ Theatre

- ▲ Main entrance
- i Info desk
- ♿ Disabled parking
- TAXI Taxi drop-off & pick-up

KAUPPI CAMPUS



- ▲ Main entrance
- i Info desk
- ♿ Disabled parking

## TREY's service offices

TREY's offices are located on the Hervanta and city centre campuses. Students are primarily served at the service offices, in which you can pick up your student card, rent sports equipment and buy student union products, to name a few things. Most of the student union's board and staff members work daily near the service office on Hervanta campus. Plans to open a service office on Kauppi campus are underway.

### **Service office, city centre campus**

Kalevantie 4, room D213 (Main building, ground floor),  
33100 Tampere

phone: +358 44 361 0210

email: [help@trey.fi](mailto:help@trey.fi)

### **Service office, Hervanta campus**

Korkeakoulunkatu 10 (Päätalo building, 2nd floor),  
33720 Tampere

phone: +358 40 713 0073

email: [help@trey.fi](mailto:help@trey.fi)

### **Main office**

Hervanta campus

Korkeakoulunkatu 10 (Main building 1st and 2nd floor),  
33720 Tampere

# **Fresher's life in Tampere**

## **Your tutor helps you in the beginning**

At Tampere University, each incoming student will be assigned a student tutor to help you get going with your studies. Student tutoring is organised in cooperation by the university, TREY and student associations. Your tutor is an experienced student, often from the same field as you, who has been trained for the task. Your tutor will contact you, before you come to Tampere. Sort out your arrival arrangements with them and get to know them a little bit. Your Welcome Week starts on 17 August and your tutor will be there to help you!

Tutoring involves going through studying practices in Finland, the quirks of living here and student culture in Tampere. Your tutor will probably have ties to some student associations, so hop along to get to know them! Naturally, your tutor's job is to help you if problems arise. Any questions you might have about studying and living in Finland can be sorted out with your tutor. Be proactive, however. You can get the most out of your tutoring by asking a bunch of questions and having an open mind.

## **Tampere is a good place to study**

The student union's social affairs sector does advocacy work that concerns studying conditions and the students' everyday lives. The sector works with several areas, including housing, income, student meals, health care, well-being and equality issues.



A man with a backpack is standing on a rocky outcrop, looking out over a vast landscape of green forests and blue water under a blue sky with white clouds. The scene is framed by a white border.

# TOAS

## STUDENT LIVING YOU CAN AFFORD

The Tampere Student Housing Foundation offers  
quality housing in prime locations.  
Find your new home at

**[toas.fi](https://toas.fi)**

## Housing

In Tampere, you can live inexpensively and in good locations if you apply for a flat right away after hearing about your study place. Especially in the autumn, a lot of people look for flats at the same time. The fastest way to get a roof over your head is to apply for a shared apartment from TOAS without limiting the location too strictly. The studio flats often have at least a 1-year queue. Both TOAS and POAS accept as tenants couples even if only one of them is a student.

**TOAS** Tampere Student Housing Foundation has provided students with housing for cheaper than the market prices for 60 years, and today they have about 9,000 tenants. You can check out the diverse range of flats and submit an online application at [toas.fi](https://toas.fi). International students have their own application channel on TOAS, where you can apply for furnished flats: [toas.fi/en/two-ways-to-apply](https://toas.fi/en/two-ways-to-apply).

**POAS** Pirkan opiskelija-asunnot offers flats for young people who are students or in the working life, and some of the flats are reserved just for students. POAS allocates flats on a means-tested basis, so if you have no flat, you might get a new home quite quickly. Apply for flats at [poas.fi](https://poas.fi).

**Opiskelijan Tampere** Opiskelijan Tampere provides rental flats for students from the open market, and you can use the same service to look for roommates and search for flats together. The service is free. See more at [opiskelijantampere.fi/en/apartments](https://opiskelijantampere.fi/en/apartments).

Tampereen asuntotori From Tampereen Asuntotori (Puutarhakatu 8), you can find the following renters that also serve students:



Affordable rental homes  
for students

POAS



poas.fi

- Tampereen Vuokratalosäitiö ([vts.fi/asukkaalle/inenglish/](https://vts.fi/asukkaalle/inenglish/))
- Tampereen Vuokra-asunnot Oy ([tampereenvuokra-asunnot.fi/in-english/](https://tampereenvuokra-asunnot.fi/in-english/))
- More information and a list of cooperation partners: [tampere.fi/en/housing-and-environment/housing](https://tampere.fi/en/housing-and-environment/housing)

**Do you need emergency accommodation?** If you can't find a flat before your studies start, Opiskelijan Tampere's emergency accommodation offers reasonably priced hostel accommodation while you're waiting: [opiskelijantampere.fi/en/emergency-accommodation](https://opiskelijantampere.fi/en/emergency-accommodation). You can also contact TREY's Specialist in Social Affairs, who will help you find a roof over your head.



## When you find an apartment

**Move** Remember to fill in a notification of change of address when you move to a new address! You can do it online through Posti to the Digital and Population Data Services Agency here: [posti.fi/muuttoilmoitus](https://posti.fi/muuttoilmoitus).

**As a tenant**, you have both rights and responsibilities, which may differ from those in your home country. Take care of them! Vuokralaiset ry maintains a comprehensive infopack at [vuokralaiset.fi/in-english/renting-an-apartment/](https://vuokralaiset.fi/in-english/renting-an-apartment/). The student union's Specialist in Social Affairs will help you with housing issues.

**Housing counselling** The city's counselling in housing issues will help in problematic situations concerning housing. For example, if you have rent debt, financial problems or you need advice in applying for flats and becoming independent, you can contact the Tampere city Housing Department at [tampere.fi/en/housing-and-environment/housing](https://tampere.fi/en/housing-and-environment/housing).

**Conscription and housing** Conscription may concern you if you are a Finnish citizen, male and 18-30-years-old. If you have had your own rented flat for over three years before you join the services, Kela will grant compensation as housing benefits for reasonable living costs. More information: [kela.fi/web/en/social-assistance-conscripts](https://kela.fi/web/en/social-assistance-conscripts).

## How to fund my studies?

If you are a Finnish citizen or live in Finland permanently, you have a right to Finnish social security. If you are a citizen of another country or you have come to Finland only to study, your home country will take care of your social security. If you are not a Finnish citizen, Kela will assess which group you belong to, based on your information.

### If you are a citizen or live in Finland permanently

You are entitled to financial aid for students and a state guarantee for a student loan for your studies. While you're living in Finland, you may also get general housing allowance and while in exchange, a housing supplement. If you're suffering from a long illness, you are also entitled to sick leave and a sickness allowance.

You can apply for all these benefits from [kela.fi/web/en](https://kela.fi/web/en) and you can read more about their conditions from [kela.fi/web/en/students](https://kela.fi/web/en/students). The student union's Specialist in Social Affairs will answer your questions and, if needed, help you apply for the benefits you are entitled to: [trey.fi/en/contact](https://trey.fi/en/contact).

### If you are not a citizen and you don't live in Finland permanently

If you live in Finland temporarily, you will usually only be entitled to necessary emergency social assistance (for instance, food and acutely needed medicines), if you have no other means of attaining them. The assistance is awarded in the form of vouchers.

In such a situation, contact Kela's customer service. You can also contact TREY's Specialists in Social Affairs, who can help you to contact the right people, fill out forms or deal with any other issues you might have: [trey.fi/en/contact](https://trey.fi/en/contact).

### **Kela's phone service in international situations:**

+358 20 634 0200

### **Kela's customer service in Tampere:**

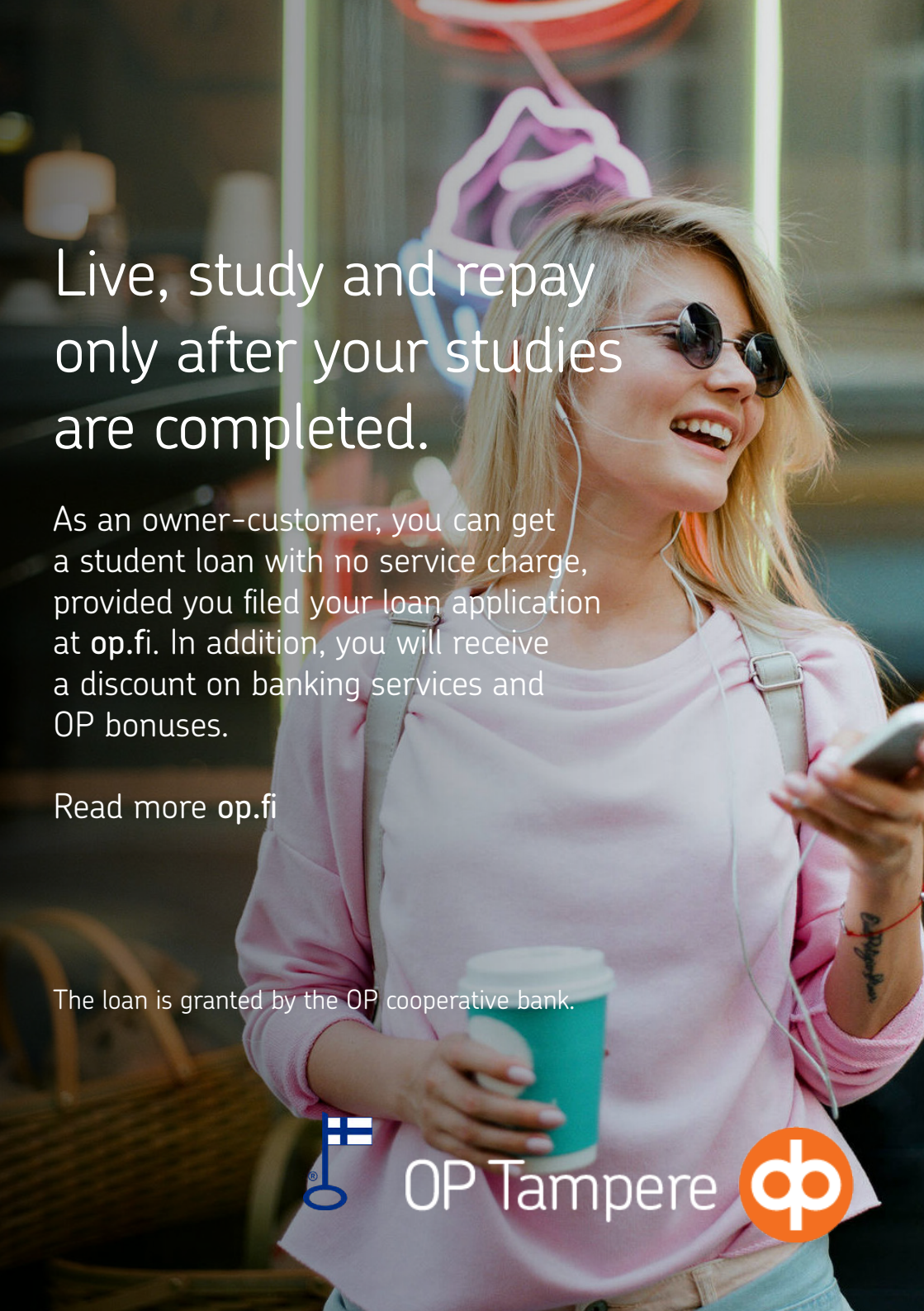
Aleksis Kiven katu 18, 33100 Tampere

Open Mon–Fri 9.00–16.00

The City of Tampere services for immigrants: [tampere.fi/en/mainio.html](https://tampere.fi/en/mainio.html)

## **Problems?**

The student union's Specialist in Social Affairs will help you to deal with all problem situations and to fill out applications and, if needed, take things further. With questions concerning Kela's benefits, the fastest way to get answers is through Kela's e-Services.



Live, study and repay  
only after your studies  
are completed.

As an owner-customer, you can get a student loan with no service charge, provided you filed your loan application at **op.fi**. In addition, you will receive a discount on banking services and OP bonuses.

Read more **op.fi**

The loan is granted by the OP cooperative bank.



OP Tampere



# Transportation

## Cycling


From the standpoint of environment and health, the best form of transportation in Tampere is cycling. You can find the journey planner at [reittiopas.tampere.fi/en?locale=en](https://reittiopas.tampere.fi/en?locale=en) where you can also plan your cycling routes. Current cycling maps and traffic notifications can be found from the [tampereenliikenne.fi](https://tampereenliikenne.fi) service (choose language from the column on the right side of the page). On Tampereen polkupyöräilijät ry's website [tarakka.fi](https://tarakka.fi) (only in Finnish, ask your tutor to help), you can find extensive information about bicycle repair shops and bicycle stores. Remember to wear a helmet when you use a bike!

## Public transport

The buses of Tampere regional transport, Nysse, will take you to every university campus. First off, new students should get themselves their own travelcards: you can buy one from the Frenckell customer service or order it from Nella Online Service for 5 euros. Travelling with a travelcard is considerably cheaper and more practical than with other payment methods. Travelling is especially inexpensive with season tickets, which range from periods of one month to one year.

You can also pay with the Nysse Mobile app in public transport and with cash on the bus. For the train service in the Nysse area, you can pay with a season ticket charged to the Nysse card (Nokia/Lempäälä/Orivesi – Tampere).





The Nysse transport area has been divided into zones A, B, C, F, E and F according to the distances. You can find the zone borders on Nysse website or the journey planner. You always need to have at least two neighbouring zones on your ticket.

## **Student discount on the bus**

You can get a personal travelcard, which enables you to use youth and student discounts, if you have a Finnish social security number. If you don't have one, you can obtain a holder-specific travelcard and travel at regular prices.

Students under 25 years old travel in the Nysse public transport (bus, train, tramway) with a youth ticket, which is the same price as student tickets. Students who are 25 years old or more get a discount for a bus fare paid with the travelcard cash value and for a 30-day season ticket. You can't get a student discount for cash payments or Nysse Mobile, but the Nysse Mobile single ticket is cheaper than a ticket paid with cash.

Students over 25 years old get the student discount by presenting a student card or a student certificate filled by the university at the customer service. The right for a student discount is verified every academic year. Students over 30 years old also need to present a document that proves they get student financial aid from Kela.

A night fare is charged in addition to the regular fare between 00.00 and 4.40 o'clock. The night fare is automatically charged from the cash value in your travelcard. If you don't have enough cash value, you need to pay it by cash. With cash and mobile tickets,

the night fare is 3.50 euros and with travelcard cash value it's 2.60 euros (fares 2020). For night-time outings, you should bring along extra cash or charge cash value into your travelcard!

## Repa, Nella and Lissu

The online services of Tampere public transport are Repa Journey Planner, Nella Online Service and Lissu Traffic Monitor. Add these to your bookmarks!

**REPA JOURNEY PLANNER** gives you current schedules and transport bulletins as well as the fastest traffic connections with the help of location services and address search. You can also follow real-time bus traffic there. [reittiopas.tampere.fi/?locale=en](https://reittiopas.tampere.fi/?locale=en)

From **NELLA ONLINE SERVICE**, you can buy tickets (cash value or season tickets) to your travelcard and order your own travelcard. Tickets bought in Nella will be downloaded to your travelcard when you use it with the card reader on the bus. [nella.tampere.fi](https://nella.tampere.fi) (select language from the column on the upper left-hand corner)

**LISSU TRAFFIC MONITOR** follows the real-time bus traffic. [lissu.tampere.fi](https://lissu.tampere.fi) (select language from the bottom right-hand corner)

The **NYSSE** website gives you comprehensive information on all Tampere area public transport. [joukkoliikenne.tampere.fi/en/](https://joukkoliikenne.tampere.fi/en/)

### NYSSE CUSTOMER SERVICE

Frenckellinaukio 2 B

Check the opening hours on [nysse.fi](https://nysse.fi)

Tel. +358 3 5656 4700



# Hello, new student!

Get yourself a Nysse travel card and get your trips cheaper! Or use Nysse Mobiili app and you can forget about cash.

## nella.fi

- Order your Nysse card home from nella.fi and buy tickets to your card (service is only available for personal travel cards)
- You can also get your Nysse card from our customer service
- Youth aged 17-25 travel as cheap as with student discount, but using the youth tickets.
- Read more about our tickets and student benefits from:

## Nysse Mobiili app.

- Forget about the coins! If you don't have your own Nysse Card, you can buy the single ticket cheaper from Nysse Mobiili.
- Nysse journey planner is provided in the app, helping you with the best routes and giving you online information about timetables and possible changes in the service.
- Download the app from Google Play or App Store.

# nysse.fi



### Nysse customer service

Frenckellinaukio 2 B

03 5656 4700

[joukkoliikenne@tamperere.fi](mailto:joukkoliikenne@tamperere.fi)

# NYSSE



## THE TRAM IS COMING!

The Tampere tram will start operating in the spring of 2021. If you want information on the phases of the tramway construction and its effects on traffic, you can visit [raitiotieallianssi.fi/in-english/](https://raitiotieallianssi.fi/in-english/).

If you are interested in the features or the planning of the tram, go to [tampereenratikka.fi/en/](https://tampereenratikka.fi/en/).

The tramway customer service is managed by Nysse: [joukkoliikenne.tampere.fi/en/](https://joukkoliikenne.tampere.fi/en/)

## Student benefits for long-distance transport

You can get a discount for about 30 per cent on VR train tickets with the student card. You need to have the card with you for the ticket inspection. Matkahuolto also offers student discounts for travel tickets. With online discounts or saver tickets, the trip might be even cheaper than with a student discount if you book your trip well in advance!

## Student health care services

During your studies, Finnish Student Health Service (FSHS) is there to support your health and well-being. FSHS is a specialist in student health care, and they offer you low-threshold general, mental and oral health services and support the well-being of student communities.

[FSHS serves you online and in your study municipality!](#)

## Contact information and opening hours

Kalevantie 3 A, 33014 Tampere

Korkeakoulunkatu 6, 33720 Tampere

You can book appointments on Monday, Tuesday and Thursday at 9–12 and on Wednesday and Friday at 8–10.

The opening hours of all service units, exceptional opening hours and current news are on the service units' own pages in [yths.fi/en](https://yths.fi/en).

## Treatment need assessments and appointments

Chat service in Self [yths.fi/en/self](https://yths.fi/en/self) Mon–Thu at 12–15., Fri 12–14

Phone service Mon–Thu 8–15, Fri 8–14

General and mental health phone +358 46 710 1054

Oral health phone +358 46 710 1058

The treatment need assessment means an assessment done by a health care professional to determine the need and urgency for treatment. For the assessment, the professional goes over the reason for your call, symptoms and their severity as well as urgency based on the information given or a referral.

When you call FSHS, remember to listen to the whole message and act accordingly!

## Self is the students' own online service at FSHS

Self is an easy and fast way to take care of your health care issues. You can manage appointment bookings, view your test results and communicate in the chat. Start using Self right away! [yths.fi/en/self](https://yths.fi/en/self)

## How are you?

Get a good start on our journey together by telling us how you are doing. FSHS invites all the new university students to answer an electronic health survey via Self during the first year of study. A FSHS nurse will go over your responses and give you a personal assessment of health. If needed, you will get an appointment with a

nurse or a dental hygienist.

Follow us on social media – you can find us on Facebook, Instagram, YouTube, Twitter and LinkedIn.

We at FSHS are working to promote your health, well-being and study ability.

## **Health care when FSHS is closed**

FSHS doesn't provide on-call services. In urgent need for care, please contact Tampere city health care service help desk, tel. +358 3 100 23, daily at 7–22.

At night-time, on weekends and on public holidays, you should contact the first aid unit Acuta at the Tampere University Hospital, in the Kauppi district –

Teiskontie 35, building K, tel. +358 3 311 611.

## **Sick leave**

If you're entitled to Finnish social security, you can get sickness allowance in the case of a prolonged illness. Check Kela's website in [kela.fi/web/en/sickness-allowance](https://kela.fi/web/en/sickness-allowance).

# Well-being

## Nyyti ry

You don't need to be alone with problems related to stress and well-being during your studies.

Nyyti ry is a national Finnish non-profit organisation, and its activities are supported with proceeds from Veikkaus. Nyyti ry promotes students' mental health by providing versatile information and activities related to mental well-being and coping with everyday life during studies. Nyyti ry organises regular chats and groups where students can discuss about things on their minds. Read more here: [nyyti.fi/en/!](https://nyyti.fi/en/)

# Find the nearest recycling point



[www.kierratys.info](http://www.kierratys.info)

Type address or locate 



FEDERATION OF TAMPERE EV.LUTH. PARISHES

## UNIVERSITY CHAPLAINCY

*Proudly Presents*



University chaplain (TAU)  
**Risto Korhonen**  
p. 050 383 5391  
risto.korhonen@tuni.fi





University chaplain (TAU)  
**Mervi Ulmanen**  
p. 050 360 9709  
mervi.ulmanen@evl.fi



Student chaplain (TAMK)  
**Jussi Houttu**  
p. 040 804 8403  
jussi.houttu@evl.fi

- University Chaplaincy is here for you in the ups and downs, the highs and lows of life.
- Our services are free of charge and highly confidential.

Office and campus chapel:  
Pinni B, 5th floor (Kanslerinrinne 1)  
[tamperenseurakunnat.fi/english](https://tamperenseurakunnat.fi/english)

 Tampereen ev.lut. seurakuntien oppilaitostyö  
 @tampereen\_oppilaitostyo

## Tampere Evangelical Lutheran Parishes proudly present: University chaplains of Tampere Universities

Beginning your studies means a big change in your life. You may have moved into a new city or your first own flat. Studies bring along new friends, new routines and new studying methods. They can also raise all kinds of questions. You don't have to be alone with them.

The university chaplains are there for both the students and the staff. With them, you can discuss the joys and sorrows of life as well as normal daily issues. The university chaplains offer everyone a safe space regardless of conviction, gender or sexual orientation.

The university chaplains support different groups and communities on the campuses. They organise different events and lead small groups. The activities are open for everyone.

You can request us for services such as christenings, weddings, the consecration of a civil marriage or your home etc.

Contact us via email, phone or stop by at the campus chapel!

Campus chapels: Pinni B, 5th floor and Festia building, 1st floor. When you want to reserve chapel facilities, contact the chaplain of the campus in question.

[https://tampereseurakunnat.fi/sivustot/in\\_english/activities/students](https://tampereseurakunnat.fi/sivustot/in_english/activities/students)



## Student restaurants

Many student restaurants that offer inexpensive food are located on the university campuses. The meal subsidy of 1.94 euros provided by the government shows in the meal prices. The campuses have three restaurant providers: Juvenes, Compass Group and Sodexo. Of these, Juvenes is owned by TREY, so as a student union member you are one of the owners of Juvenes! Read more: [juvenes.fi/en](http://juvenes.fi/en).

On the city centre campus, you can get meals from Juvenes in the Main building, Food & Co's restaurant Minerva in Pinni B and Sodexo Linna in the Linna building. On Kauppi campus, meals can be found in the Juvenes restaurant Arvo. On Hervanta campus, you can eat in the Juvenes restaurant Newton or Café Konehuone in Konetalo building, Food & Co's restaurant Reaktori in Kampusareena building or Sodexo restaurant Hertsi in Tietotalo building.

The campuses also have several cafés where you can buy snacks. On the city centre campus, you will find Café & Aula Toivo and Alakuppila in the Main building and Café Pinni in Pinni A. On Hervanta campus, grab a coffee from cafés such as Café Bitti in Tietotalo or Café Konehuone in Konetalo. The restaurant Reaktori also has a café in Kampusareena. On Kauppi campus, you can visit Café Lea.

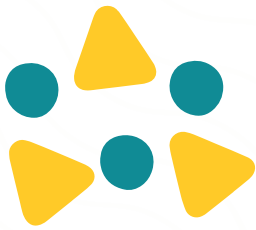
You can also get student discounts from the student restaurants of TAMK, which you can find in TAMK locations as well as Juvenes Frenckell. In Pori, student meals are provided by Food & Co's restaurant Sofia. You can find a comprehensive list of all student restaurants in Finland on Kela's website [kela.fi/web/en/meal-subsidy-student-restaurants](http://kela.fi/web/en/meal-subsidy-student-restaurants).

You can charge Juvenes lunches to your student card. You can pay faster with your student card and get a discount of 0.05 euros per meal. At the beginning of your studies when you're still waiting for your own card, you can get a student meal by presenting the receipt for the student union membership fee. You can also get a discount for student restaurants in other cities with your student card.

Almost all student restaurants have daily lunch options that consider different dietary restrictions. Juvenes offers daily vegan food, and you can agree separately on demanding special diets, such as severe allergies. Many restaurants also have wide selections of small snacks. Tampere University is a Fair Trade university, which means that all the university restaurants must have at least fair trade coffee and tea.

# Food & Co.

restaurant Minerva Pinni B & restaurant Reaktori Kampusareena



## Equality

The student union is an equal community, where we intervene in harassment, bullying and other inappropriate behaviour. The perspective of equality is cross-cutting in all of TREY's activities and stances. TREY promotes gender equality, accessibility and the equal treatment of all kinds of people at the university.

All students, regardless of age, nationality, ethnicity, skin colour, gender, sexuality, state of health, ability to function, conviction, family situation or socioeconomic background, are equal members of the student union. Any kind of discrimination based on someone's characteristics will not be tolerated.

With all questions related to equality at the university or in the student union, you can contact TREY's Specialist in Social Affairs or the board's equality organiser. You can find the contact information on TREY's website: [trey.fi/en/contact](https://trey.fi/en/contact)

### Harassment contact persons

The university needs to be a safe place for all to study and learn. Any kind of harassment, discrimination or bullying isn't tolerated in our university community. TREY has two harassment contact persons, who will help and advise students with a low threshold. You can contact the harassment contact persons even if you are unsure of your situation or you just want to discuss ways to intervene in cases of harassment.

You can contact the harassment contact persons by sending email to [hairinta@trey.fi](mailto:hairinta@trey.fi). Read more in [trey.fi/en/harassment](https://trey.fi/en/harassment).

## Studying at Tampere University

### Studies

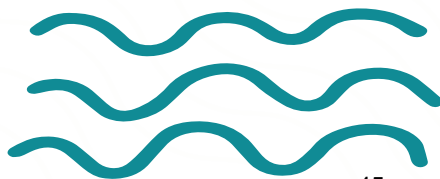
Educational affairs means issues related to studies, teaching, students' legal protection and the university administration.

In practice, the educational affairs sector deals with issues that concern all Tampere University students' everyday lives.

In the student union, the educational affairs sector does the educational affairs advocacy work. The sector comprises of Specialists in Educational Affairs and the board's educational affairs organisers. Their job is to ensure that the students' voices are heard everywhere at the university, that the quality of education is emphasised at Tampere University and that students are considered when making decisions.

### Students' rights and responsibilities

The university community is made up of three parties: Teaching, research and other staff, professors and students. Each party has rights and responsibilities in relation to the other community members. To ensure that the university is a good place to learn and do



research and that it has a notable role in society, each member of the university community must recognise their rights and responsibilities.

A student has the **right** to:

- receive tutoring, study guidance and thesis supervision
- study flexibly
- study accessibly
- receive feedback for an exam, essay or other course work
- study without encountering harassment or discrimination
- study in a safe and healthy environment
- seek recognition of prior learning in their degree

The responsibilities of a student are a short list of matters that each student must bear in mind in all phases of their studies. Many of them are not solely the students' responsibility, but they must still be taken into consideration.

A student has the **responsibility** to:

- give feedback for teaching and guidance
- draft a personal study plan (PSP) and further their studies based on the plan
- not discriminate or harass anyone and study by taking others into consideration



- return their coursework on time
- enrol as present at the university before the deadline
- follow good scientific practices
- adhere to the university's rules

Students' rights and responsibilities are explained in further detail on our website: [trey.fi/en/advocacy/educational-affairs/students-rights-and-responsibilities](https://trey.fi/en/advocacy/educational-affairs/students-rights-and-responsibilities).

## Student representation in the university administration

The student union has a special legal duty to elect student representatives in the university's administrative bodies. These student representatives represent other students in the different bodies of the university's administration. Their work is extremely important, as they have the task to bring the students' perspective and voice into the administrative work. In their positions, the student representatives get to decide on matters such as curricula and the development of teaching.

The work of student representatives is coordinated by the student union, which appoints the student representatives and trains and assists them in their duties. Currently most positions require fluent Finnish skills. Read more on our website: [trey.fi/en/student-union/organisation/student-representatives](https://trey.fi/en/student-union/organisation/student-representatives)



## Study services

In addition to the guidance and counseling offered by faculties and degree programmes, common study services offer all students opportunities to discuss things. Study psychologists and career counsellors also offer guidance services for all students.

### Guidance and counselling services

Degree programmes and faculties are largely responsible for study guidance. University-wide guidance and counselling services are:

**The student counsellors**, who will help you navigate university life, set future goals and explore your study options. You do not need to know exactly what is bothering you when you go see a student counsellor. You can also go see a student counsellor when you want to discuss your own situation with an outsider.

**The study psychologist** will help you with matters such as study skills, stress, procrastination and motivation. You can also go see the study psychologist if you want to discuss reconciling studies with difficult situations in life or specific problems.

**The career counsellor** will help you explore your own competences, wishes and plans for your working life. The career counsellor can also give comments on your job applications or help you with issues related to job search or career plans.

The faculties have slight differences as to the titles on the campuses. So don't be confused if people use different terms to describe the same thing.

Within faculties and degree programmes, the guidance and counselling services include the following people:

**The academic coordinators and academic officers:**

Academic coordinators coordinate the curriculum work of degree programmes, student selection and student counselling within faculties. The academic coordinators' duties are very similar to the academic officers' duties on Hervanta campus. In addition to the academic coordinators' duties, academic officers approve the students' personal study plans (PSP).

**The study counsellors** work on Hervanta campus, and each degree programme in engineering fields has one. Their duties are to guide students in the making of PSP and to counsel them in problems related to study plans.

**PSP supervisors** are mainly teachers who work on the city centre campus, and they help students plan their studies at the beginning. They can also steer students to the right direction when picking optional studies. On Hervanta campus, similar guidance is given by academic tutors.

**Sisu guidance counsellors** work on the campuses, and their duty in the autumn of 2020 will be to support the deployment of Sisu, offer guidance in issues related to the website and to general support for students in all kinds of Sisu-related problem situations.

**The academic tutors'** duty is to guide students at the beginning of their studies and to follow their study path.



## Student's Guide

The Student's Guide is your most important source for all information concerning studying at Tampere University. The guide can be accessed through [tuni.fi/studentguide](https://tuni.fi/studentguide). The guide includes the curricula and information on

- Starting your studies
- Guidance and counselling services
- Practicalities such as exams, teaching periods and optional studies
- Internationalisation
- Graduation and career options

In the Student's Guide, you can access important services such as study guides, curricula and different handbooks for studying. Go explore the Student's Guide already: [tuni.fi/studentguide](https://tuni.fi/studentguide)

## Sisu

Sisu is an information system for teaching, studies and administration for the whole university community. Study plans, course enrolments and actions related to graduation are some of the features that Sisu includes. At Tampere University, Sisu will be deployed for all students in August 2020. You can sign in to Sisu at [tuni.fi/sisu](https://tuni.fi/sisu) (choose language from upper right-hand corner) with your TUNI account and password.

The Sisu information system is in use at other universities as well, and the system is developed continuously. In the autumn of 2020, Sisu will be the most important tool for study planning, and in it, you can browse the university's course selection even without signing in.

## Online services

In the students' everyday life, different online environments become familiar. The main online services related to the studies are going through a reform in the whole university community. In the transition time, the services may vary depending on your degree programme. The main online services are introduced next. All main study services can be found in the Student's Guide in [tuni.fi/studentguide](https://tuni.fi/studentguide). Tampere University curricula are updated in [tuni.fi/studentguide/curriculum](https://tuni.fi/studentguide/curriculum)

The most important study-related electronic services are:

- Sisu information system
- The students' intranet widgets
- TUNI Moodle, [moodle.tuni.fi](https://moodle.tuni.fi)
- EXAM, electronic examination system, it will replace the Tenttis system on the city centre and Kauppi campuses.
- Office 365
- Library Services [tuni.fi/library](https://tuni.fi/library)
- MOT Dictionaries



The university intranet also includes important current information for the students. The intranet is the official channel for the university's internal communications, and it can be found in [intra.tuni.fi](http://intra.tuni.fi). (choose language on the upper right-hand corner). On the intranet, you will find news, handbooks, people search and various electronic services. For example, you can update your own profile by clicking your name in the upper right corner of the intranet interface. In the news section, weekly newsletters, information about the university decision-making (such as decisions of the university board and faculties), and the joint events of staff and students are published. On the intranet, the different newsletters and news are targeted, which means that all communications are not visible to students directly. You can change your targeting settings if you want. The students' intranet widgets will be deployed for the first time in the autumn of 2020. Then you will find features such as a calendar, bulletins from other systems and your own checklists on the intranet. You can also customise your own intranet start page to better serve your own needs.

## Accessibility

Accessibility includes themes such as accessible routes, rooms and parking spaces, but also a number of things relating to teaching methods, communication and the social environment at the university. Accessible teaching methods take students with impaired hearing or vision into consideration automatically. The university facility services work to improve the accessibility of facilities, and the IT services are in charge of the accessibility of online environments and services.

You can send them feedback directly, if you notice any accessibility issues in their domains. The student union is happy to help you take your feedback further, so be in touch with a low threshold!

Most of the university's lecture halls are accessible. Many of the older rooms, however, are only partially accessible, as there are stairs down to the podium. If you can't find an accessible route to the teaching facilities, you can always ask the janitors for help. Many lecture halls also contain an induction loop.

Accessible exam facilities are in PC201 in Hervanta and A026 in the main building of the city centre campus. These facilities can only be used by students who possess a proposition for special arrangements. You can read more about them in the next chapter.

Accessibility is an important value for TREY. We aim to organise all our events and meetings in accessible facilities. If you have any questions, comments or experiences about the student union's accessibility, please contact TREY's Specialist in Social Affairs.

## Special arrangements

At Tampere University, special arrangements are meant to support the students in studying and reaching their learning outcomes. The special arrangement practices are used to ensure the students' equality as far as possible.

### **Who is eligible for special arrangements?**

All our students are eligible for special arrangements if they have a formally diagnosed learning difficulty or an illness, disability or other medical condition that

may affect their ability to undertake or demonstrate learning. Students requesting special arrangements will need to provide a medical certificate. The different types of learning difficulties may impede a student's ability to read, write or stay focused. Medical conditions that may warrant special arrangements include physical illnesses, such as neurological illnesses or musculoskeletal disorders, and mental disorders, such as depression or anxiety disorder.

### **What special arrangements are available?**

Special arrangements are tailored to the needs of the individual student and the expected learning outcomes of courses and degrees. This means that the types of arrangements may vary depending on the learning outcomes. At Tampere University, special arrangements can include

- additional time
- the use of electronical or technical aids
- quiet exam facilities
- extended loan period for course books
- other arrangements or support provided by the teacher

If needed, the university can order a test on reading or mathematical learning disabilities. The university's special exam facilities are also available for both Tampere Universities.

### **How to request special arrangements**

To be granted special arrangements, you need to first

contact the university's Educational Support Services. The team will get back to you to schedule a personal appointment.

The appointment will be conducted confidentially to discuss your studies, needs, plans for the future and possible special arrangements. If you are eligible for special arrangements you will receive a written Proposal for Special Arrangements, which lists potential arrangements that teachers could put in place for you. You are not obligated to use the document, but you will need to present it to demonstrate your eligibility for special arrangements when you are agreeing with your teachers on reasonable course-specific adjustments. As your eligibility is verified at the stage when you request special arrangements, you only have to present your written Proposal for Special Arrangements to the teacher when you agree on reasonable adjustments. You do not have to show your medical certificate to the teacher.

You are responsible for providing enough information to your teacher (either orally or based on the Proposal for Special Arrangements), so that they are able to make an informed decision and provide you with the necessary support. When teachers consider requests for special arrangements, they will primarily assess the achievement of the expected learning outcomes and strive to ensure that all students have equal opportunities to undertake and demonstrate learning.

## **After earning your degree? Career planning during studies**

Thinking about your future working life during your studies will help you recognise career options and

goals. Learning to verbalise your skills and recognising the starting points for your learning can help you clarify your potential career path. All activities during your studies can have a big influence on your future. Volunteering and association activities or previous working experience might produce competences that are beneficial in your career planning.

Career planning and employment information can be found through universities' joint Aarresaari website ([aarresaari.net/for\\_students](http://aarresaari.net/for_students)). The national website includes information on career planning and internships, links to job search and guides. Information about the multitude of employment options for graduates of universities can be found on the Töissä.fi website ([toissa.fi/home-en-us](http://toissa.fi/home-en-us)).

Tampere University offers the opportunity for personal career counselling. You can contact the career counselling services by sending an email to [careercounselling.tau@tuni.fi](mailto:careercounselling.tau@tuni.fi). To make the counselling more productive, include information on your own study background, working experience and issues you would like to discuss with the counsellor. You can also ask for guidance on employment from Ohjaamo, which offers free guidance for under 30-year-olds on choosing your career, crystallising your goals and job search.

## **Ohjaamo Tampere**

**Address:** Sumeliuksenkatu 11 (2nd floor) OR  
Hammareninkatu 8 A (2nd floor) -> same building

**Phone:** +358 40 197 5144

**Email:** [ohjaamo@tampere.fi](mailto:ohjaamo@tampere.fi)

# Sports

## Sportuni – Best university sports

SportUni provides high-quality and versatile sport services for students and staff of Tampere Universities. You can use the three campuses' services for just one affordable fee!

### Choose what you want!

- Group exercise – almost 100 classes in a week
- Sport courses – try different sports, enrol four times a year
- Ball games from badminton to team sports
- Gyms – equipment, functional or free weight training
- Outdoor gyms
- Personal trainer services – just for you
- Climbing, billiards and many more different sport opportunities

### Count me in!

Wonderful. And it's so easy. All you have to do is pay the SportUni fee at your own university sport centre. You get access rights automatically.

### Prices for students

- Full academic year (From 1.8.2020 to 31.7.2021) 75 euros
- Autumn term (From 1.8.2020 to 31.12.2020) 44 euros
- Spring term (From 1.1.2021 to 31.7.2021) 49 euros
- Per visit fee 6 euros

[sportuni@tuni.fi](mailto:sportuni@tuni.fi)

[sportuni.fi](http://sportuni.fi)

[@SportUniTampere](https://www.instagram.com/SportUniTampere)

[#SportUni](https://www.instagram.com/SportUni)





## Students' sports teams

### Tampereen Akateeminen Mahti

Visible and versatile – Mahti keeps you moving!

Mahti is the sports club of the Tampere higher education community, and its mission is to provide students with the possibility to exercise diversely in a way that's suitable for them personally with student-friendly prices. Mahti has nine sports divisions and sport tutors who organise various introductions to sports. The versatile division activity and events guarantee that there's something for everyone. Everyone is welcome to join!

The Mahti divisions offer you access to the following sports: football, futsal, floorball, volleyball, basketball, aesthetic group gymnastics, horseback riding, disc golf and badminton.

More information can be found on the website [akateeminenmahti.fi/in-english/](http://akateeminenmahti.fi/in-english/).

### Teekkareiden Urheilu- ja Voimailukerho, TURVoKe

Teekkareiden Urheilu- ja Voimailukerho, TURVoKe ry, promotes the exercising possibilities of the higher education community particularly on Hervanta campus. TURVoKe organises sports events throughout the year and they are open for all students. A significant part of the exercising possibilities are organised by the sports divisions under TURVoKe. The sports provided by the divisions are floorball, football, futsal, judo, karate, taekwondo, gym workout,

horseback riding, ultimate, orienteering, climbing, volleyball, downhill skiing, sailing, kyykkä, circus skills, ice hockey and basketball. You can get to know the activities of the divisions better in the sports fair organised during autumn.

Follow TURVoKe on Facebook and Instagram with the name Turvoke. More information at [turvoke.fi/in-english/](https://turvoke.fi/in-english/).

## Finnish Student Sports Federation OLL

### Student benefits and discounts

As TREY's member, you are also OLL's member! As a student member, you get discounts for participation fees for Helsinki City Run, Helsinki City Marathon and all students' national championships. You can also get considerable discounts for many other things, including Ergo Finland's ergonomic standing study equipment, free-time and sports clothing manufacturer Macron's products and tickets for the Irti Maasta climbing centre. Read more about OLL on their website: [oll.fi/en](https://oll.fi/en).

**Events for students** The students' national championships (OSM) are organised together with local students. This year, many competitions have had to be cancelled or postponed to the autumn of 2020 due to the coronavirus epidemic. Read more about them on their website at [osmkisat.fi](https://osmkisat.fi) (change language from the upper border of the site).

**International events** The SELL Student Games multi-sport event open for all students is organised annually in specific SELL countries. Participating is definitely worth it: the games are not just sports but also

seminars and student parties. The games for 2020 in Lahti had to be cancelled due to coronavirus and there is no information yet on next year's games. Follow OLL's website to stay informed on the next international games!

Students' European championships are traditionally organised around Europe during the summer. Participation rights are automatically granted to the winners of national championships. This year, many competitions have been cancelled due to coronavirus. Follow the situation on OLL's website.

### **Tips on more active studies**

Do you want tips on more active studies? Check OLL's website and use the best tips!

### **Social media**

Facebook: Opiskelijoiden Liikuntaliitto - OLL

Instagram: @liikuntaliitto

Follow OLL on social media and get the best tips and student discounts for active studies!

# Juvenes restaurant & café services in Tampere University campuses

## CITY CENTRE CAMPUS (Kalevantie 4)

### YLIOPISTON RAVINTOLA (Main building, 2. floor)

*Rohee-lunch* - choose between meat and vegetarian options

*Fusion Kitchen* - delicious street food dishes e.g. pizzas and burgers

### VEGEBAR (100 % vegan) (Main building, 2. floor)

*VegeSAAS BAR* - flavors around the world

*Salad & Soup* - salad & soup meal

### CAFÉ & AULA TOIVO | SHOP IT (Main building, 2. floor)

*Happy Coffee, Sweet & Salty* - wide selection of coffee, tea and pastries

*Specialty Coffee & Tea* - large range of coffee & tea specialties

*Salad & Soup* - salad & soup meal

*Shop it -palvelupiste* - special services: local bus ticket loading, Osto & Nosto -ATM service

*Paninimeal* - panini meal with fresh salad

### CAFÉ ALAKUPPILA (Main building, 0. floor)

*Happy Breakfast* - healthy breakfast

*Happy Coffee, Sweet & Salty* - wide selection of coffee, tea and pastries

*Paninimeal* - panini meal with fresh salad

### CAFÉ & LUNCH PINNI (Pinni A, 0. floor.)

*MySalad* - make & weigh your own salad

*Rohee-lunch* - choose between three options. Pan pizza also available!

*Happy Coffee* - coffee, tea and pastries

RAVINTOLA



Juvenes



## HERVANTA CAMPUS (Korkeakoulunkatu 6 A)

### RAVINTOLA NEWTON (Konetalo, ground floor)

*Rohee-lunch* - choose between meat and vegetarian options

*Street food* - pizza available every day

### CAFÉ KONEHUONE (Konetalo, 1. floor)

*Happy Breakfast* - healthy breakfast

*Fusion Kitchen* - delicious street food dishes e.g. burgers, steaks and wings

*SAAS BAR* - flavors around the world

RAVINTOLA



Juvenes



Juvenes

## KAUPPI CAMPUS (Arvo Ylpön katu 34)

### RAVINTOLA ARVO (ground floor)

*Rohee-lounas* - choose between meat and vegetarian options

*Street food* - pizzaa keskiviikkoisin

*MySalad* - make & weigh your own salad

### CAFÉ LEA (ground floor)

*Happy Coffee* - coffee, tea and pastries

*Fusion Kitchen* - delicious street food dishes



Prepay and load lunches into your student card and get some discount.

Check out the menus and the opening hours: [juvenes.fi](https://juvenes.fi)



City Centre Campus



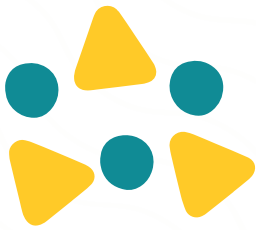
Hervanta Campus



Kauppi Campus



Owned by Students.



# Internationality

Internationality and internationalisation are the words of the day. When you arrive at the university, you will notice that there is a constantly developing international community on our campuses. About a thousand international students study at Tampere University annually. About half of them are degree students who are completing their Bachelor's or Master's degree here. On top of that, we have a lot of international doctoral students, exchange students and international staff. You will also have amazing opportunities for internationalisation and you get to enrich your student life at the same time!

## Speak to other students

As simple as that! International students are a part of our community – don't shut yourself off because of your shyness! Finnish students may also be shy to approach international students, so make the first move!

## Speak English

The common language between students is most often English. If you think that your English skills are not good enough, you're mistaken! You don't have to be fluent in English, and people can understand you even if you are still learning. Finnish people usually speak good English, and their accent is quite easy to understand. Studying and living by using English will quickly become second nature to you. Go ahead and start talking English!

## Speak Finnish

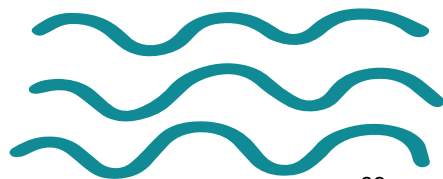
Most international students study at least some Finnish while they are studying here. In fact, if you are planning on staying in Finland after graduation, it is a good idea to start learning Finnish as soon as you arrive. Although English is widely spoken here, understanding and speaking Finnish allows you to see Finland in a whole different light. The Finnish language has a reputation of being difficult. Although it is different than many other languages, you will be able to pick up the basics pretty fast. After that, use your skills to develop your Finnish even further. A Finn will gladly help you with the language!

## Speak some other language

Have you studied German, Spanish, Russian, Italian, Chinese or some other language and would like to maintain your skills or put them into practice? International students come to our university from all around the world, so it's very likely that you can find native speakers of the language you're studying from our university.

## Participate in the international community

The international community in Tampere University is quite large. There are numerous clubs, groups and activities all over the student body. In addition to taking part in the clubs' events, you can also advance the international students' role in the university community! Here are a couple of tips:





- Join an international club (see page 68)
- Become an international student tutor
- Take part in the council elections
- Attend subject association meetings and participate in their activities
- Get to know Finnish students and talk about your experiences

## Influence

If you are interested in influencing international affairs, you may want to join in on improving the internationality of our community and our university. You don't need to be an expert, interest will take you far! In 2020, different advocacy channels are developed. When this guide comes out, you will get the most current information on different advocacy channels from Anriika, the international organiser of the student union's board. You can find the contact information in [trey.fi/en/executive-board](https://trey.fi/en/executive-board). If you want to participate on a lower threshold, you can subscribe to the mailing list meant for everyone interested in international affairs in [trey.fi/en/communication](https://trey.fi/en/communication).

You can also promote international affairs by applying to be the international affairs organiser in a student association. International affairs organisers operate within their associations but also meet regularly with the student union's international affairs organiser, which gives you an opportunity to promote international affairs! In some associations, you don't need to know Finnish to be an international affairs organiser, so you may want to ask about this directly from the association.

# Associations

Around 150 different student associations operate within TREY. Among them, you can find subject associations and guilds, advocacy associations operating on the faculty level, vocational clubs and various hobby associations. In particular, your own field's subject association or guild will certainly become familiar to you soon, but our field of associations include a massive amount of different associations. Everyone can definitely find something to do according to your interests. You can get to know all the different associations in [trey.fi/en/associations](https://trey.fi/en/associations).

The associations can be divided into a few different categories – here's a short introduction of them.

## Advocacy associations

The advocacy associations operate on the faculty level, and their members are other associations. That means you can't directly become a member of an advocacy association, but your membership comes through the subject association of your study field. Advocacy associations operate in four faculties: Faculty of Management and Business, Faculty of Education and Culture, Faculty of Information Technology and Communication Sciences and Faculty of Social Sciences.

The advocacy associations supervise the interests of their faculty's students, organise training for their member associations and build community spirit



within the faculty. Some of the advocacy associations have other responsibilities as well, such as organising the tutoring for international students.

## **Subject associations and guilds**

Subject associations and guilds are consortiums of students of certain subjects or fields, which advocate for their members in the degree programmes and organise free-time activities for the students. The subject associations in engineering fields are called guilds.

Subject associations and guilds with student intake are often the first student associations that become familiar to the new students – they represent the degree programmes that admit new students through student admission. They participate closely in organising tutoring at Tampere University. Your tutor will most likely introduce you to the activities of their subject association or guild. Even though parties are a big part of the daily life of these associations, they also do important advocacy work within the degree programmes and as a part of the university community.

Participating in their activities will offer you a great opportunity to also get to know students of other fields. Subject associations and guilds cooperate a lot by organising joint get-togethers, among other things. There are also subject associations that don't have student intake. They do the same things as the other subject associations, but you can usually become a member when you know your area of specialisation.

Many subject associations operate within large degree programmes – those that are responsible for the tutoring and freshers' events of the whole degree programme and those that are responsible for supervising the interests of students of a specific area of specialisation.

## **Vocational clubs**

Vocational clubs are hobby associations dedicated to specific fields. Vocational clubs maintain relationships between students, institutions and companies in the field in a manner very similar to subject associations without student intake: they organise excursions, provide frameworks for improving your own competences and organise other activities, such as sauna evenings for their members. They don't have their own student intake, so their members are made up of students with specific interest in the themes that define the clubs.

## **Sports associations**

Two associations/sports clubs focusing on sports operate on the campus: Tampereen Akateeminen Mahti and Teekkareiden Urheilu- ja Voimailukerho TURVoKe. Sports divisions focusing on specific sports operate under them. Read more about the activities of the sports associations from page 58 of this guide.

## **Hobby associations**

Most of our associations are hobby associations that operate on the basis of a hobby, interest or conviction. In the hobby associations, you can get introduced to

different things such as space technology, the secrets of wine tasting, electronic music and student theatre. You can hopefully find many associations that interest you from the broad selection. Read about our hobby associations before you arrive to Tampere and don't be afraid to contact them. New members are always welcome and wanted. You can get to know the hobby associations on the spot in the Hobby fair organised in September!

## **International associations and clubs**

The student union has many hobby associations focusing on internationality and international activity. There is a large spectrum of them; some of them bring together students of a certain discipline, some concentrate on internationalisation in Finland. All international associations and clubs are connected by promoting internationality in our community. Read more about internationality from the page 62 of this guide and read more about international associations and clubs on our website.

## **Student Finnish to English – An introduction**

Most of the people you will encounter in Finland during your studies will probably speak very good English (even though they might not think so themselves). You will, however, surely learn some Finnish at the same time. To get you started, we have gathered a vocabulary specific for studying in Finland and taking part in the student culture in Tampere. These are words that you will surely come across when you arrive here!





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price.

Contact our customer service  
+358 20 630 3000  
[asiakaspalvelu@sahkolaitos.fi](mailto:asiakaspalvelu@sahkolaitos.fi).



TAMPEREEN  
sähkölaitos





**Ainejärjestö** – A subject association for students of a particular field or degree programme. You can tell them apart from the colours of their overalls!

**Akateeminen vartti** – Lectures and events often start 15 minutes after the announced start time. This is known as an 'academic quarter-hour' and it is perfectly normal. Events which are marked to start at 16 sharp will start at 16 sharp, however.

**Appro** – A student event in which you will tour a city and go through checkpoints. An appro can be much more than a pub crawl!

**Excu** – A trip outside the university to meet prospective employers etc. Usually arranged by student associations.

**Fuksi** – A fresher, a first-year student.

**Haalarit** – Student overalls. In Finland, many students wear overalls at parties, events and excursions – the colour of their overalls is determined by their field of study. It might look weird, but you don't need to worry about dress code when you have your overalls!

**Kilta** – A guild, student association for 'teekkaris'=engineering students.

**Kurssi** – A course, the basic building block of your studies.

**Kyykkä** – A traditional Karelian game practiced by students in Tampere. The Kyykkä World Championship is held yearly in Hervanta.

**Luento** – A lecture. Central to your studies.

**Moodle** – A virtual teaching platform used on many courses.

**Opintopiste** – A study credit (or ECTS credit). One 'noppa' is calculated to correspond to around 27 hours of work. Gather enough of them to earn a degree!

**Periodi** – Teaching period. The academic year is divided into four teaching periods; two in the autumn, two in the spring. At the end of each period, there is a teaching-free week when exams are held.

**Sitsit** – A student party involving eating, drinking and singing. Highly recommended!

**Speksi** – A type of interactive student theater. Go see some!

**T3** – The merger process of universities here in Tampere. Through the T3 process, all university students in Tampere are nowadays studying at Tampere University.

**Teekkari** – An engineering student.

**Tentti** – Exam. Earn your study credits by passing this.

**TREY** – The Student Union of Tampere University. We do many things!

**TUNI-tunnus** – TUNI account. A personal username for accessing the university electronic services. You will use this very often so learn it by heart.

**YTHS** – the Finnish Student Health Service (FSHS) takes care of students' health care in Finland. The FSHS fee is included in the student union membership fee.