The background of the entire page is decorated with an abstract pattern of various geometric shapes. These include triangles, circles, and irregular polygons in three main colors: teal, yellow, and grey. Some shapes are solid, while others are outlines or semi-transparent. The shapes are scattered across the page, creating a dynamic and modern aesthetic.

We Students – Freshers' Guide to 2021–2022



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.

At the beginning of your studies, you will be supported by trained student tutors. They will help you get started with your studies and introduce 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 living in globally exceptional times, which naturally affects universities and students as well. The pandemic brings 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, let's just enjoy the summer and relax before our studies start – see you in autumn!

ANNINA KIPPONEN

Specialist in Tutoring

The Student Union of Tampere University – TREY



Contents

We Students – 2021–2022	1
Welcome to our community!	2
Contents	4
The student life awaits you!	5
Start with this!	7
The student union	8
TREY – What’s that?	8
TREY’s communication channels	15
Student union events	17
University campuses	20
Fresher’s life in Tampere	23
Your tutor helps you in the beginning	23
Tampere is a good place to study	27
Housing	27
How to fund my studies	31
Transportation	33
Student health care services	38
Equality	47
Studying at Tampere University	49
Studies	49
Study services	52
Sports	61
SportUni	61
Students’ sports teams	63
Finnish Student Sports Federation OLL	64
Internationality	66
Associations	69
Advocacy associations	69
Subject associations and guilds	70
Vocational clubs	71
Sports associations	71
Hobby associations	72
International associations and clubs	72
Student Finnish to English – An introduction	73

The student life awaits you!

Way to go! You have just made it to Tampere University and entered a new chapter in life. It's completely normal to feel nervous about starting your studies. Did I pick the right field? Will I find new friends? Will I find my place in the university community?

These concerns are totally fine! Five years ago, when I was heading to the campus for the first time to start my studies, I was asking myself these very same questions. Fortunately, you have tutors to help you get started with your studies and university life, so you don't have to be alone with your questions. Once you get past the initial confusion, try your wings and delve into the possibilities of local student life. University studies are an excellent opportunity for you to challenge yourself and explore new terrain!

At TREY, we have an endless array of different association activities, from space, investing, and hiking to theatre projects and radio productions. All of us students belong to a subject association or a guild. You will get to know your subject association in the beginning of your studies. To find people with similar interests, I wholeheartedly recommend you to participate in the activities organised by different associations.

If you are interested in taking several subjects, the University offers a multitude of different courses. The free choice of minor subject ensures that you can participate in almost any course offered at the University. Dream big and build your own, unique degree! Would you be interested in studying memes, futures research, or environmental education?

All this – and more – is on offer at Tampere University, so be sure to take your time when you go through the curriculum!

Your time at the University is full of possibilities, so you can paint your own path. Whether you choose to focus on your studies, spend your days and nights at events and parties, or become a seasoned student activist, your way of being a student is just as good as anyone else's. So keep an open mind this autumn and jump head first into this unique stage in your life, and you will be left with many unforgettable experiences!

IIRIS TAUBERT

Student of Lifelong Learning and Education
Chair of the Student Union 2021



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.
- Apply for a student card. This can be done through 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. 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 2021, 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 may be longer than usual. 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!

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!

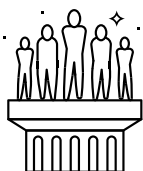
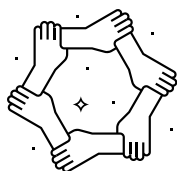
TREY provides members with many useful member services. You can find details about them on our website trey.fi/en/member-services.

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. If you have any study-related problems, you can contact the Student Union by email at kopo-help@trey.fi. 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 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, board games for game nights, 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/.

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. 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. The card may be picked up from one of TREY's service offices in Hervanta or city centre. You can also have your student card delivered to the TLK Office on the Kauppi campus.

SYL · OPISKELIJAKORTTI
STUDENTKORT – STUDENTCARD

SYL

Syntymäaika · Födelsedatum · Date of Birth

Sukunimi · Efternamn · Surname

Etunimet · Förnamn · Forenames

TREY
TAMPEREEN YLIOPIKKILASKUNTA
STUDENT UNION OF TAMPERE UNIVERSITY

Tampereen yliopisto

Vuositarra
Närvaroklistern
Yearsticker

Vuositarra
Närvaroklistern
Yearsticker

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 2022. Run, vote, discuss or listen. The most important thing is that you influence 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. In the spring of 2021, 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 2021 – 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 2021, the chair of TREY's Executive Board is Iiris Taubert (puheenjohtaja@trey.fi) and the Secretary General is Venla Monter (paasihteeri@trey.fi). You can contact the board members and staff through 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. If you are looking for individual contact information, see our website trey.fi/en/contact. The website has the most up-to-date information about the student union.

TREY's communication channels

TREY's website

You can find TREY's website from 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.

Newsletter and table tents

TREY's newsletter offers the community interesting information about events and current matters that concern the Student Union, Tampere University, or the city of Tampere. TREY's newsletter is published on Fridays and sent via Mailchimp. For more information about TREY's newsletter, visit TREY's website at trey.fi/communication.

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!

Telegram channel

TREY uses an open Telegram channel to communicate matters that concern all students. TREY's Telegram channel is used to share information about the Student Union's current issues and to support the University's communication in matters that concern the whole community. To get the link for joining the channel, go to trey.fi/communication.

Visiiri, the student magazine of Tampere

Visiiri is the latest student magazine in Finland. Funded by TREY, Visiiri is an independent journalistic publication.

The printed magazine appears six times during the academic year, with articles about current issues that concern students and the university community. You can find the magazine at magazine stands on campuses and in the centre of Tampere. Visiiri is also published online at visiirilehti.fi.

Students from various fields contribute to the content of the magazine. If you have something to give to the magazine, please contact the editors.

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 15 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

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 Turvokke introduce sporty activities at the Sports fair. Go visit both fairs, more information will be published on TREY's website. It is unsure whether the coronavirus situation will allow us to organise these events. We will keep you updated on the situation this autumn on TREY's communication channels.

Anniversary celebration 16–17 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.

The Biggest Wappu in Finland

The students' academic year usually culminates between April and May to a two-week Wappu. During that time, the student union, associations, and clubs organise many events for all students. All kinds of events take place, and there is something for every taste.

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!

Coronavirus

The coronavirus will have an impact on studies and campus life during the academic year 2021–2022. We are following the coronavirus situation and the national, local, and university-wide coronavirus regulations and guidelines on our regularly updated coronavirus page at trey.fi/en/korona.

TREY has also put together a list of frequently asked coronavirus-related questions and an information pack for associations and event organisers. All our coronavirus-related news articles can be found at trey.fi/en/korona at the top of the page.

The current coronavirus guidelines of Tampere University can be found in the intranet in a regularly updated article pinned to the navigation bar at the top of the page. We recommend you to follow the University's intranet and email communication to keep track of the latest developments in the coronavirus situation.

The Student Union is here to help students get through this exceptional time. If you have any questions and cannot find an answer, please do not hesitate to contact us by email at korona-help@trey.fi.

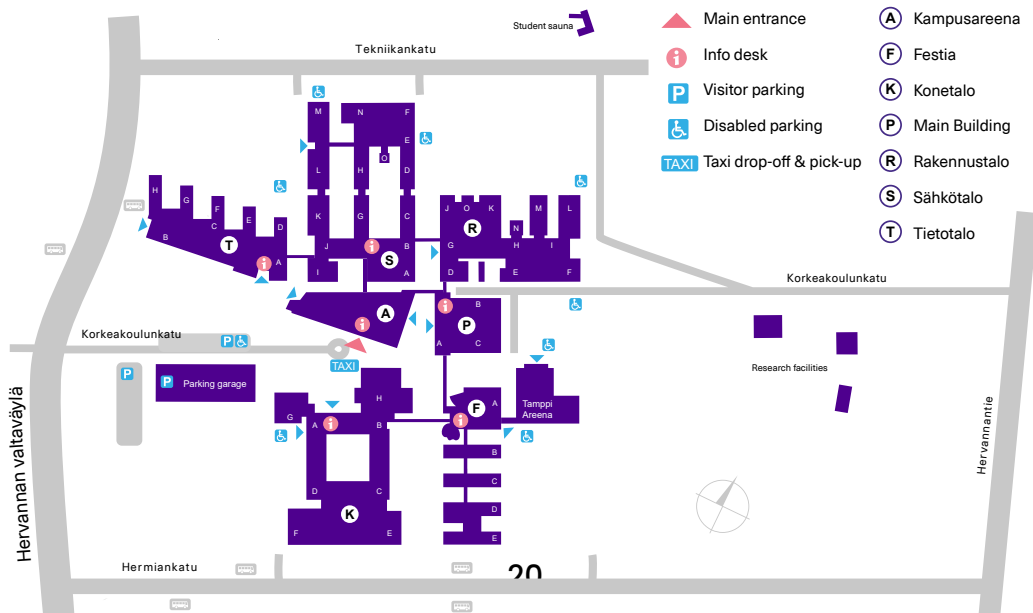
University campuses

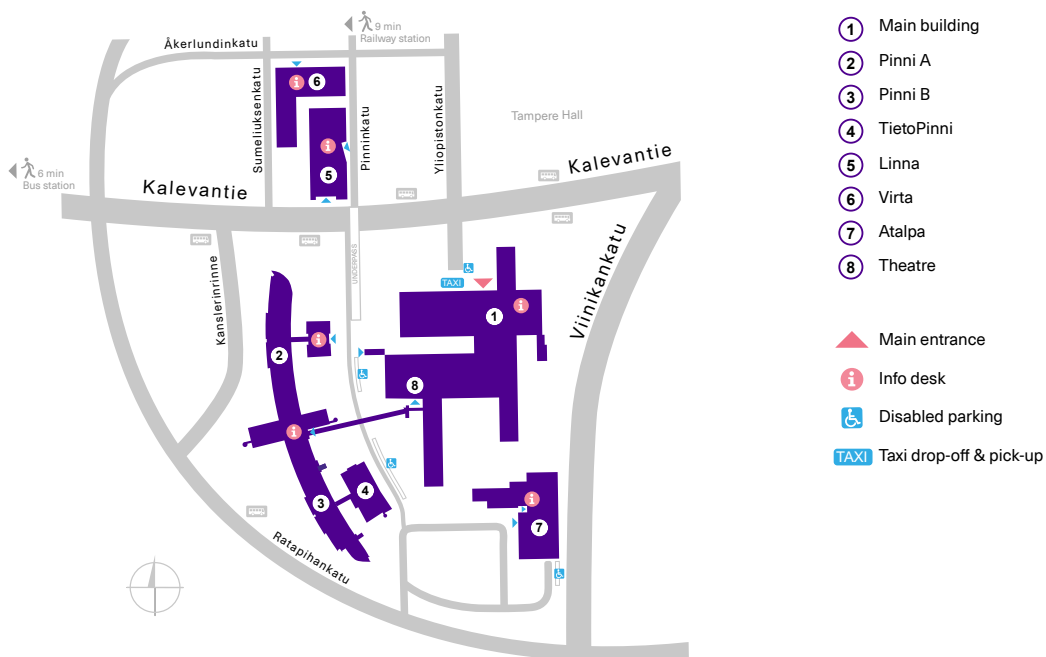
Campus maps

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 also has education in the University of Eastern Finland and units in the University Consortiums of Pori and Seinäjoki.



HERVANTA CAMPUS





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 E241 (After Alakuppila and the arc wall on the left, on the 2nd floor of E-building),
33100 Tampere
phone: +358 44 361 0210
email: help@trey.fi

Service office, Hervanta campus

Korkeakoulunkatu 10 (Pääatalo building, 2nd floor),
33720 Tampere
phone: +358 40 713 0073
email: help@trey.fi

Main office

Hervanta campus
Korkeakoulunkatu 10 (Main building 1st and 2nd floor),
33720 Tampere
email: toimisto@trey.fi

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 23 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.

AFFORD TO LIVE

Live at TOAS, we have your home in a central location and your money is enough for more than just rent.

Find your home at
toas.fi

TOAS



Make a

CAREFREE

**electricity contract
at a student friendly
price.**

Contact our customer service
+358 20 630 3000
asiakaspalvelu@sahkolaitos.fi.



**TAMPEREEN
sähkölaitos**



Carefree student life with a student loan

Complete your studies first, repayment begins after you have graduated. As an owner-customer you can apply for a loan online without handling costs and enjoy the OP bonuses and all the other benefits.

Read more and apply
op.fi/student-loan

The loan is granted by the
OP cooperative bank.



OP Tampere



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. For the contact information of everyone working at TREY, visit TREY's website at trey.fi/en/contact. Please do not hesitate to contact us if you have any concerns.

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/en/.

International students have their own application channel on TOAS, where you can apply for furnished flats: 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/en/.

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 <https://opiskelijantampere.fi/en/4/apartments/>.

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

- Tampereen Vuokratalosäätio vts.fi/asukkaalle/inenglish/
- Tampereen Vuokra-asunnot Oy tampereenvuokra-asunnot.fi/en/

Do you need temporary accommodation? If you can't find a flat before your studies start, Opiskelijan Tampere's temporary accommodation offers reasonably priced hostel accommodation while you're waiting. <https://www.opiskelijantampere.fi/en/56/temporary-accommodation/>. You can also contact TREY's Specialist in Social Affairs, who will help you find a roof over your head. trey.fi/en/contact

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.

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 www.vuokralaiset.fi/en/informationpackage/. 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.

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.

Homes for long-term purposes



Rental homes for students and young working people.
You can continue living in the apartments
directed to working people also after graduating.

POAS.fi

TEK

*We are the people
behind technology*

www.tek.fi/en/students

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.

A) 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 and you can read more about their conditions from 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.

B) 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.

Kela's phone service in international situations:
[+358 20 634 0200](tel:+358206340200)

Kela's customer service in Tampere:
Kuninkaankatu 21 18, 33210 Tampere
Open Mon–Fri 9.00–16.00

The City of Tampere services for immigrants:
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.

Student services of the city of Tampere

Student services and discounts

For information about the services and student discounts offered by the city of Tampere, visit tampere.fi/en/students. The web page will be released during the summer 2021. Remember to download Tampere. Finland, the official mobile application of the city of Tampere. In the app, you will find valuable discounts, information about local cafés and campfire sites, and an electronic library card that you can use to borrow everything from books to ukuleles.

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 your cycling routes. Current cycling maps and traffic notifications can be found from the tampereenliikenne.fi service (choose language from the column on the right side of the page). On Tampereen polkupyöräilijät ry's website 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 and trams of the regional transport services,

Nysse, will take you to all campuses. To benefit from the student discount, you need to use the [Nysse Mobiili](#) application. Students under the age of 25 can also buy youth discount tickets to a travel card. If you are 25 or older, you can still use a travel card, but you cannot add other than full-price tickets to it. To get a Nysse travel card, visit the public transport customer service at Frenckell square or order it in the [Nella Online Service](#) for 5 euros.

In addition to the travel card and the Nysse Mobiili app, you can also pay for your journeys in cash. When traveling within the regional train service area (Nokia/Lempäälä/Orivesi–Tampere), you can pay with a season ticket purchased to your travel card or your Nysse Mobiili app.

The local public transport area is divided into zones, A, B, C, D, E, and F, according to distances. You can find the zone borders at nysse.fi/en or in the journey planner at reittiopas.tampere.fi. When buying tickets, you always need to add at least two adjacent zones.

Between midnight and 4.40 a.m., a night fare is charged on top of the regular fare, unless you are traveling with a 30-day student season ticket. The night fare is automatically charged from the cash value in your travel card. If you don't have enough value on your travel card, you have to pay the night fare in cash. With cash and mobile tickets, the night fare is 3.50 euros, and with a value ticket, the night fare is 3 euros (fares in 2021). So if you plan on going out in the evening, take some extra cash with you or top up your travel card – unless you have a valid 30-day student season ticket.

Student discount on the bus

Students under 25 can use the local public transport services (bus, train, and tram) with youth tickets, which are more affordable than the student discount ticket. Youth discounts are available for all ticket types. To benefit from the student discount, you need to purchase a 30-day student season ticket in the Nysse Mobiili app. The ticket also covers the night fare. The 30-day youth discount ticket is loaded to a travel card. It is a couple of euros cheaper than the student discount ticket, but you will need to pay the night fare separately. Consider what your travel needs are and choose the discount ticket that suits you best.

You can download the Nysse Mobiili app from Google Play or App Store. To get a student discount, your information will be verified from the Finnish National Agency for Education's Studyinfo.fi service in Nysse Mobiili or its admin page. The discount price will be valid for the entire duration of your studies.

Repa, Nella and Lissu

The online services of Tampere public transport are Repa Journey Planner, Nella Online Service and Lissu Traffic Monitor. You should 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

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 (select language from the column on the upper left-hand corner)

LISSU TRAFFIC MONITOR follows the real-time bus traffic.

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/

NYSSE CUSTOMER SERVICE

Frenckellinaukio 2 B

Check the opening hours at nysse.fi

Tel. +358 3 5656 4700



NYSSE

**Pay your trips
with Nysse Mobiili
- it is easy and
affordable**

Full-time students who have turned 17 years of age are eligible for an affordable 30-day season ticket from Nysse Mobiili. Night fares, upper age limits or home municipality restrictions are not applied.

The season ticket, which has an unlimited number of trips, is valid for selected zones on buses, trams as well as trains within Nysse region.

*Download Nysse Mobiili
app on Google Play
or App Store!*

More information: nysse.fi/students

THE TRAM IS COMING!

The Tampere tram will start operating in the autumn 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/.

If you are interested in the features or the planning of the tram, go to tampereenratikka.fi/en/.

The tramway customer service is managed by Nysse: 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

If you are studying to get a degree from a Finnish university

If you are studying for a degree from a Finnish University, you can get support for your health and well-being from the Finnish Student Health Service (FSHS). The FSHS is a specialist in student healthcare. They offer you low-threshold general, mental and oral health services and support the well-being of student communities. Basic degree students can access the services by paying the university student healthcare fee. All degree students must pay the healthcare fee to Kela at the beginning of the autumn and spring semesters in Kela's online service. Kela will not send an invoice to you, **so you have to remember to pay the fee on your own.** If you have not paid the fee by the deadline, Kela will deduct the fee from the study grant you get from Kela. If you are not getting a study grant from Kela, the fee will be recovered from you through

debt recovery proceedings. **Please remember to pay the healthcare fee on time!**

If you are an exchange student in Finland

Exchange students coming to Tampere University from the EU and EEA, Switzerland, Australia, and Quebec, Canada, have access to the public-sector healthcare services provided by the city of Tampere. Exchange students from these countries are entitled to public-sector healthcare services. Students have to be able to prove that they are entitled to public healthcare services.

In Tampere, the healthcare services of exchange students are mostly provided by the city at the Student Health Care Centre Tullinkulma (Hammareninkatu 5B, 33100 Tampere, 3rd floor).

If you are coming to Tampere from outside the EU and EEA, Switzerland, Australia, and Quebec, Canada, you need to have private health insurance that covers public-sector basic healthcare services.

Students who will be studying in Finland for less than two years should have a private health insurance that covers all costs up to 120,000 euros. Students who will be studying in Finland for more than two years should have a private health insurance that covers pharmaceutical costs up to 40,000 euros. Your insurance must be valid for the entire duration of your studies in Finland.

Contact information and opening hours

FSHS

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 at yths.fi/en.

Healthcare for exchange students:

Tullinkulma Health Care Centre

Hammarinkatu 5 B (3rd floor)
33100 Tampere

Open Mon–Thu 8.00–15.30, Fri 8.00–14.30

The Tullinkulma Health Care Centre serves its customers by appointment only. To book an appointment or ask for advice, call +358 40 806 2454 (Mon–Fri 8.15–12.00).

Treatment need assessments and appointments at FSHS

SelfChat at yths.fi/self

General and mental health services
Mon–Thu 8.00–15.00, Fri 8.00–14.00

Oral health services
Mon–Thu 12.00–15.00, Fri 12.00–14.00

By phone

Mon–Thu 8.00–15.00, Fri 8.00–14.00

General and mental health services tel.
+358 46 710 1073

Oral health services tel. +358 46 710 1085

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!

Treatment need assessments and appointments in public healthcare

The healthcare services of exchange students are provided by the student healthcare of the city of Tampere. Exchange students are served at the Tullinkulma Health Care Centre. When you contact the healthcare services, a healthcare professional will assess what treatment you need. In addition to essential medical services, you are entitled to essential preventive healthcare services, such as birth control advice. **Information and appointments at Tullinkulma Health Care Centre: call +358 40 806 2454, Mon–Fri 8.15–12.00.**

If you need medical treatment when the Tullinkulma Health Care Centre is closed, call the general healthcare counselling number 03 10023. The

healthcare counselling service is available every day at 7.00–22.00.

Please note that student healthcare services do not offer on-call or emergency services.

For non-urgent medical advice, call the general healthcare counselling number 03 10023 or 03 5657 0023, every day at 7.00–22.00.

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!

www.yths.fi/en/using-services/using-web-services/

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

The FSHS does not provide on-call or emergency services. If you need urgent treatment, please call the city's healthcare counselling number 03 5657 0023, every day at 7.00–22.00.

At night-time and on weekends and public holidays, contact the Emergency Department Acuta at the Tampere University Hospital on Ensitie 8, 33520 Tampere. Call the local medical helpline 116 117 if you feel that you need urgent treatment and your local healthcare centre is closed.

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.

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 things on their minds.

Read more here: nyyti.fi/en/

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) • tampereenseurakunnat.fi/english



Tampereen ev.lut. seurakuntien oppilaitostyö



@tampereen_oppilaitostyo

Tampere Evangelical Lutheran Parishes proudly present: UNIVERSITY CHAPLAINS OF TAMPERE UNIVERSITY

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!

Risto Korhonen, +358 50 383 5391 risto.korhonen@tuni.fi

Mervi Ulmanen, +358 50 360 9709
mervi.ulmanen@evl.fi

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.

tampereenseurakunnat.fi/sivustot/in_english/activities/students

Student restaurants

Many student restaurants that offer inexpensive food are located on the university campuses. The meal subsidy 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.

The campuses also have several cafés where you can buy snacks.

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.

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. Don't forget about the mobile student card in Pivo! pivo.fi/palvelut/pivo-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.

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: <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.

The harassment contact persons always help you on your terms. They will never take any further action without your consent. All discussions with the harassment contact persons are completely confidential.

You can contact the harassment contact persons by sending email to hairinta@trey.fi. Read more in trey.fi/en/harassment.

Sustainability

Are you worried about the environment, climate change, or unsustainable consumerism? Fortunately, TREY has an Environment Programme to ensure that sustainability is a cross-cutting theme in all of the Student Union's activities.

TREY also has a sector for sustainable development and the Environmental Working Group that works under it. In 2021, the Environmental Working Group's agenda includes things such as TREY's carbon footprint calculation, the development of sustainable association activities, and a theme week

for environmental awareness. The promotion of sustainability will also be reflected in tutoring already during the Welcome Week.

The purpose of the Environmental Working Group is to put TREY's Environment Programme into practice. You can join the working group next year or make other efforts to promote sustainability. Both ways are equally good and easy ways to promote sustainability!

Eetu Periviita, member of the Environmental Working Group

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 the 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 if emphasised at Tampere University and that students are considered when making decisions. If you have any study-related problems, you can contact the Student Union by email at kopo-help@trey.fi.

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.

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

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:

Education specialists: Education specialists coordinate student admissions, the curriculum planning of degree programmes, and student counselling in faculties. Education specialists always work for a specific degree programme or programmes.

The study counsellors mainly work on the Hervanta campus, and each engineering degree programme has one. Study counsellors are usually students from the same degree programme. 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. The academic tutors give guidance to students at the beginning of their studies and keep track of their study path.

Sisu guidance counsellors help people use the University's Sisu system and support them in all kinds of Sisu-related issues. Sisu guidance counsellors assist both students and staff.

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/studentsguide. 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/studentsguide

Sisu

Sisu is an information system for teaching, studies and administration for the whole university community. You will need the Sisu system to enrol for courses and to make your personal study plan (PSP/HOPS) for your degree studies. The system allows you to monitor your study progress, print out an official academic

transcript, or apply for credit transfer or your diploma. You can sign in to Sisu at tuni.fi/sisu (choose language from upper right-hand corner) with your TUNI account and password.

Online services

In the students' everyday life, different online environments become familiar.

For instructions and information about the curriculum and academic services, visit the Student's Guide at www.tuni.fi/studentsguide.

All main study services can be found in the Student's Guide in tuni.fi/studentsguide. Tampere University curricula are updated in tuni.fi/studentsguide/curriculum.

The most important study-related electronic services are

- Sisu information system
- Intranet, intra.tuni.fi/en
- TUNI Moodle, moodle.tuni.fi
- EXAM, electronic examination system Office 365, sites.tuni.fi/exam-en/
- Library Services 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. (choose language on the upper right-hand corner). On the intranet, you will find news, event information, handbooks, staff search, and links to electronic services.

In the news section, you will find important study-related announcements and newsletters, information about the University's decision-making (including decisions of the University Board and faculties), and events for staff and students. On the intranet, the different newsletters and news are targeted, which means that all communications are not visible to students directly. You can make additional adjustments to your targeting settings if you want. You can update your own profile by clicking your name in the upper right corner of the intranet interface.

On the front page of the intranet, you will see an overview of your studies: your degree schedule and calendar, messages from other systems, upcoming exams, and study credits. 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. Below is a short overview of special arrangements. For more detailed information about applying for special arrangements, consult section Student life in the University's Student's Guide.

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 electronic or technical aids
- quiet exam facilities
- extended loan period for course books
- special exam rooms
- other arrangements or support provided by the teacher

To get special arrangements, you need to contact the University's student counselling services first. For

more detailed instructions on how to apply for special arrangements, please see the University's Student's Guide, section Student life.

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.

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. The Student's Guide has more information about work and career planning at tinyurl.com/tunicareerplanning.

Students and recent graduates of Tampere University can look for job opportunities and traineeships in the JobTeaser service at tau.jobteaser.com. In the service, you will find vacancies, employer introductions, and support for career planning. Sign in to JobTeaser with your TUNI account. Information about the multitude of employment options for university graduates can be found on the Töissä.fi website (toissa.fi/home-en-us).

If you need support for finding employment and mapping out your career path, contact the University's career counsellor by email at careercounselling.tau@tuni.fi. You can also seek career support from Ohjaamo, which offers free employment advice to under 30-year-olds on job search, career choices, and If you need support for finding employment and mapping out your career path, contact the University's career counsellor by email at careercounselling.tau@tuni.fi. You can also seek career support from [Ohjaamo](#), which offers free employment advice to under 30-year-olds on job search, career choices, and crystallising your goals crystallising your goals.

Ohjaamo Tampere

Address: Hammareninkatu 5 B

Tel. +358 40 197 5144 (at 9.00–16.00)

Email: ohjaamo@tampere.fi





Sports

SportUni

BEST UNIVERSITY SPORT FOR STUDENTS AND STAFF

sportuni@tuni.fi

[sportuni.fi](https://www.sportuni.fi)

@SportUniTampere

#SportUni

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 fitness classes – over 60 hours per week, with live stream and recorded online classes

- 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 (01/08/2021–31/07/2022) 80 euros
- Autumn semester (01/08/2021–31/12/2021) 46 euros
- Spring semester (01/01/2022–31/07/2022) 52 euros
- Per-visit fee 6 euros

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
www.akateeminenmahti.fi/sports-club-for-students/

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/.

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.

Events for students

The students' national championships (OSM) are organised together with local students. Since many competitions have been cancelled due to the coronavirus pandemic, some of the traditional student championship games have been replaced by e-sports competitions. Read more on their website at 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. 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! <https://www.oll.fi/en/>

Social media.

Facebook: [Opiskelijoiden Liikuntaliitto – OLL](#)

Instagram: [@liikuntaliitto](#)

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

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 from 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 72)
- 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 2021, different advocacy channels will be developed. When this guide comes out, you will get the most current information on different advocacy channels from Olga and Tuomas, the international organisers of the student union's board. You can find the contact information in 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.

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.

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 63 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 in 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 66 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!

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.