



# **UEF//**

# **Smart Start**

# **2023–2024**

MASTER OF SCIENCE IN EUROPEAN FORESTRY

# Get familiar with academic study and university life in advance, online

We welcome you to explore the University of Eastern Finland's [orientation materials for new students](#), which you can find in our student databank, Kamu.

With the help of these online materials, you can learn about UEF and life at the university in a versatile manner, including on video. You will find:

- a checklist for new students
- instructions on how to start using digital services
- UEF//Digistart
- campus information
- important places and services
- your own academic subject's materials for new students, and
- lots of other important materials!

You can ensure a smooth start to your studies by getting familiar with the online materials and UEF//Digistart already before your arrival. Your first course will start **on 9 August** with some programme-specific orientation and excursions (see the tentative programme on the following pages). The orientation for all international students at the UEF will continue on campus at the beginning of September with events organised by your academic subject/degree programme, your peer tutors, and the Orientation to University Studies course.

We're looking forward to seeing you on campus!

# Schedule of the first weeks (changes possible)

## WEEK 1

9 August (Wednesday), BOR101, Borealis building

09.15-10.45 Welcoming words and introduction to MDP in European Forestry (Timo Tokola and Marjoriitta Möttönen, UEF)

11.00-12.00 Practical issues, aims and evaluation (Marjoriitta Möttönen, UEF)

12.00-13.00 Time for lunch

13.15-14.00 Introduction to Trends in European Forestry course (Timo Tokola and Marjoriitta Möttönen, UEF)

14.00- Intercultural communication and time for practical issues (Marjoriitta Möttönen, UEF)

10-11 August (Thursday-Friday), excursion

Excursion to

- Koli national park (<http://www.outdoors.fi/en/kolinp> )
- Ruunaa hiking area (<http://www.ruunaa.fi/en/front+page/>)
- Parppeinvaara bardic village (<http://www.parppeinvaara.fi/en/> )

10 August (Thursday), excursion

08.15 Departure to excursion from Borealis parking place by bus

09.30 Arrival at Koli national park

09.30-11.00 Visitor Center Ukko and presentation about Koli national park (a possibility to buy snacks) (Staff of the Visitor Center Ukko)

11.00-13.30 A guided hike in Koli area

13.30-14.30 Lunch in Kolin Ryynänen (included)

14.30-15.30 A guided hike in Koli area and coffee at the Koli harbour

15.30 Departure from Koli

17.15 Arrival at Ruunaa hiking area

18.00-19.00 Get-together activities in Ruunaa

19.00-20.00 Dinner

20.30-22.30 A possibility to have sauna and to swim (take a swimming costume with you)

Overnight in Ruunaa cottages (bed linen included, 4-8 persons in one cottage)

11 August (Friday), excursion

07.30- Breakfast (included)

08.45-12.00 Ruunaa rapids by a wooden boat (coffee and snacks by the fire)

12.00 Departure to Parppeinvaara

14.00-15.00 Lunch at Parppeinvaara (included)

15.00-16.30 Bardic village (exhibitions)

16.30 Departure to Joensuu

17:40 Arrival at Joensuu

Please be prepared to hike in the forest (about 5-10 km depending on the weather) so good hiking shoes and waterproof jackets etc. are needed. Towels and bed linen are provided as well as lunch and dinner on Thursday and breakfast and lunch on Friday. However, you might also want to take with you some snacks.

## WEEK 2

14 August (Monday), BOR101, Borealis building

09.15-11.00 Nature and history of European forestry and forest resources in Europe (Heinrich Spiecker, University of Freiburg)

11.00-12.00 Lunch

12.15-14.00 Nature and history of European forestry and forest resources in Europe (Heinrich Spiecker, University of Freiburg)

14.15- Introduction to the project work (Heinrich Spiecker, University of Freiburg) and time for project work

15 August (Tuesday), BOR101, Borealis building

09.15-12.00 Forest resources in Europe, growth trends in European forests and selected topics in forest management (Heinrich Spiecker, University of Freiburg)

12.00-13.00 Lunch

13.15-15.15 Presentations of project works (Heinrich Spiecker, University of Freiburg)

15.15-16.00 Introduction to the panel discussion "Green economy and how to increase productivity?", (Heinrich Spiecker, University of Freiburg)  
16.00- Time for panel discussion preparations

16 August (Wednesday), BOR101, Borealis building

08.15-10.00 Economics of multiple use forestry (Jouni Pykäläinen, UEF)

10.15-12.00 Why is it important to study the future of forest usage and how can it be done? (Teppo Hujala, UEF)

12.00-13.00 Lunch

13.15-15.00 European forests and society: forest policy and governance (Georg Winkel, Wageningen University)

15.15-17.00 Panel discussion "Green economy and how to increase productivity?" (Heinrich Spiecker, University of Freiburg)

17 August (Thursday), BOR101, Borealis building

08.15-10.00 Conservation of forest biodiversity (Jari Kouki, UEF)

10.15-12.00 Sustainable bioeconomy (Diana Tuomasjukka, EFI)

12.00 Lunch

18 August (Friday), BOR101, Borealis building + excursion

08.15-09.00 Forest nutrition and forest flora in boreal forests (Eeva-Stiina Tuittila, UEF)

09.15-10.15 Boreal forest management (Heli Peltola, UEF)

10.30 Departure to the field excursion from Borealis parking place by bus (take packed lunch with you)

10.30-16.30 Field excursion "Forest management in Finland" including several visits to different forest sites (about 5 km walking route) (Heli Peltola and Eeva-Stiina Tuittila, UEF)

WEEK 3

21 August (Monday), BOR101, Borealis building + excursion

08.15-10.00 Management of State-owned multiple-use forests in Finland (Kalle Eerikäinen, Metsähallitus)

10.15-12.00 Disturbances and carbon balances of boreal forests (Frank Berninger, UEF)

12.00-13.00 Lunch

13.15-15.00 Relations between society and forests (Jukka Tikkanen, UEF)  
15.00 Departure to Arbonaut by bikes (if you are on foot, you should leave already 14.50)  
15.15- A visit to Arbonaut (Tuomo Kauranne and Marjoriitta Möttönen, UEF)

22 August (Tuesday), BOR101, Borealis building

9.15-12.00 Introduction to the panel discussion "Forests, forestry and climate change" (Meriem Fournier, AgroParisTech and Viorel Blujdea and Lucian Curtu, Transilvania University of Braşov)

12.00-13.00 Lunch

13.15-14.00 Time for panel discussion preparations "Carbon and climate change"

14.15-16.00 Students work in teams on calculating CO<sub>2</sub> emissions and removals from forests and understanding adaptation for the panel discussion "Forest, Forestry and climate change" (Meriem Fournier, AgroParisTech and Viorel Blujdea and Lucian Curtu, Transilvania University of Braşov)

23 August (Wednesday), BOR101, Borealis building + excursion

09.15-10.30 French forestry (Meriem Fournier, AgroParisTech)

10.45-12.00 Romanian forests and forestry (Viorel Blujdea and Lucian Curtu, Transilvania University of Braşov)

12.00-12.45 Lunch

12.45-14.00 A visit to Natural Resource Institute Finland (Markus Melin, Luke)

14.15-16.00 Students presentations and panel discussion "Forests, Forestry and climate change"

24 August (Thursday), BOR101, Borealis building + excursion

08.15-10.00 Introduction to geographical information systems in forestry (Mikko Vastaranta, UEF)

10.15-12.00 Introduction to remote sensing and forest inventories in Finland (Lauri Korhonen, UEF)

12.00-13.00 Lunch

13.15 Departure to the field excursion from Borealis parking place by bus

13.30-15.30 Visit to John Deere (a company specialized in forest machinery) (Marjoriitta Möttönen and Mikko Turunen)  
(<http://www.deere.com>)

25 August (Friday), excursion

08.30 Departure for the excursion from the Borealis parking place

10.30 Arrival at Lusto – the Finnish Forest Museum

(<http://www.lusto.fi/en/>)

10.30-11.00 A possibility to have a cup of coffee at your own cost.

11.00-12.00 A guided tour in the Arboretum

12.15-13.00 Lunch at restaurant Lusto (provided)

13.00-14.00 A guided tour to Lusto exhibitions

14.00-15.00 Time to see Lusto exhibitions

15.00 Departure to Joensuu

17.00 Arrival at Joensuu

WEEK 4

28 August (Monday), BOR101, Borealis building

09.15-12.00 Mediterranean forestry (Lluís Coll, University of Lleida)

12.00-13.00 Lunch

13.15-14.00 Introduction to panel discussion “Conservation vs. productivity” (Lluís Coll, University of Lleida and Harald Vacik, University of Natural Resources and Life Sciences, Vienna)

14.15- Time for panel discussion preparations

29 August (Tuesday), BOR101, Borealis building

09.15-12.00 Multifunctional forestry in mountain regions (Harald Vacik, University of Natural Resources and Life Sciences, Vienna)

12.00-13.00 Lunch

13.15-16.00 Panel discussion “Conservation vs. productivity” (Lluís Coll, University of Lleida and Harald Vacik, University of Natural Resources and Life Sciences, Vienna)

30 August (Wednesday), BOR101, Borealis building + excursion

09.15-10.00 Logging operations and secondary transportation in Finland (Kalle Kärhä, UEF)

10.15-11.00 AI in forest operations on a global scale (Mauricio Acuna, Luke)  
11.00-12.00 Lunch  
12.00-13.45 Testing the harvesting simulator etc. (Kalle Kärhä, UEF)  
14.00 Departure for the excursion from Borealis parking place  
14.00-16.00 Field visits (a harvesting experiment) (Kalle Kärhä and Marjoriitta Möttönen, UEF)  
16.00 Arrival at Joensuu

31 August (Thursday), BOR101, Borealis building + excursion  
08.15-09.45 New trends for pulp production (Antti Haapala, UEF)  
10.00 Departure to excursion (Marjoriitta Möttönen, UEF)  
10.45-12.30 Enocell pulp mill (Representative from, Stora Enso and Marjoriitta Möttönen, UEF) (<http://biomaterials.storaenso.com/about-us/enocell-mill>)  
12.30-13.15 Lunch  
13.45-16.00 Eno Energy Cooperative (Marjoriitta Möttönen, UEF) (<http://www.enonenergia.fi/node/6>)  
17.00 Arrival at Joensuu

1 September (Friday), BOR101, Borealis building  
08.15-10.00 Bioenergy and sustainability (Blas Mola, UEF)  
11.15-12.00 Feedback session (Marjoriitta Möttönen and Timo Tokola, UEF)

**The course includes the following parts:**

1. Lectures for each day (details can be found in ELEARN site, the link will be provided later)
2. Face-to-face sessions, panels discussions and group works
3. Three tests in Moodle site (make one after each week)
4. Assignments (5 assignments, see details below)

**The final grade (1-5) includes the following assignments:**

1. Project work (*Heinrich Spiecker, University of Freiburg*): 15%
2. Green economy and how to increase productivity? (*Heinrich Spiecker, University of Freiburg*): 15%



3. Carbon and climate change (*Meriem Fournier, AgroParisTech and Viorel Blujdea, Transilvania University of Braşov*): 15%
4. Conservation vs. productivity (*Lluís Coll, University of Lleida and Harald Vacik, University of Natural Resources and Life Sciences, Vienna*): 15%
5. Learning diary: 1 500-1 650 words (500-550 words for each week, 40%) (*Timo Tokola, UEF*)

To pass the course the above assignments and the tests in the ELEARN site have to be submitted via ELEARN **by 4 Sep**. The deadline for the learning diary is **8 September**. Instructions for the assignments will be given during the online sessions.

## **Orientation programme for new students in September**

In autumn 2023, the orientation programme will be held on 1 and 4-5 September. On 1 and 4 September, orientation sessions will be held online at 12-17 Finnish time. On 5 September, face-to-face sessions will be organized on campus. The detailed orientation programme and the links to the webinars will be available in August. [Read more about the orientation programme.](#)

We recommend that all the new international students will participate in the orientation programme. The orientation offers a lot of practical information to help the new students to have a smooth start for their studies at UEF.

The orientation offers:

- essential information on studying and university life at UEF
- tips on different practical matters
- information on Finland and on the Finnish culture
- a possibility to meet other students

Digistartti is part of the orientation, and it introduces the digital study environments of UEF for the new students. [Read more about Digistartti.](#)

[Find more practical information aimed at new UEF students from Kamu.](#)

In addition to the general orientation, for the students starting in the Master's programmes (MSc European Forestry, MDP in Forestry and Transfor-M) and for the exchange students in forest sciences, the School of Forest Sciences organises **a get-together session during the first week of September (details will be informed later).**

# I can – I am a Master in European Forestry!

## Why European Forestry?

The MSc European Forestry programme provides you with an ideal opportunity to get a high-quality education, to network with professionals from all over the world and to travel across Europe. Our accredited two-year 120 ECTS course-based programme is well organised and you can rely on solid support from the MSc European Forestry secretariat with regard to practical arrangements.

During the two years you will be spending with us, you will study at least at two top-quality European universities, participate in an amazing European Forestry field course that takes you across Europe and have an internship in a forest company or institution which familiarises you with working life. At the end of our programme, you will be awarded a double degree which means that you will be awarded a Master of Science (Agriculture and Forestry) degree by the University of Eastern Finland and a Master of Science degree by your second-year host university.

## Programme facts

MSc European Forestry (MSc EF) is a top class taught Erasmus+: Erasmus Mundus Joint Master Degree Programme (EMJMD) in the field of forest sciences. The quality of our programme is acknowledged by the European Commission, which awarded the MSc European Forestry Erasmus Mundus status for the years 2004–2019 and for the years 2019–2023.

In MSc EF, six European top-class forestry universities collaborate intensively to offer joint study modules in addition to their existing curricula. The MSc EF Consortium consists of the following institutions: the University of Eastern Finland (coordinator); AgroParisTech, France; the University of Freiburg, Germany; the University of Lleida, Spain; the

University of Natural Resources and Life Sciences Vienna, Austria and Transilvania University of Braşov, Romania. In addition, Associated Partner HEIs in Brazil, Canada and China and Associated Industrial and Associated Scientific Partners contribute to the programme delivery.

Our programme has been running since 2001, and we are proud to say that our graduates have exceptionally impressive careers, many of them attributing their career success to our programme! Our graduates are indeed amongst the most sought after in the field by national and international employers alike. The majority of our graduates are currently employed around the world by organisations such as:

- Forest and nature management agencies and governmental bodies
- Research institutions
- Forest enterprises in paper and pulp industries and saw milling
- Environmental NGOs.

## **Learning objectives**

Our programme is a two-year interdisciplinary programme that provides academic education in the field of sustainable resource management with an emphasis on current bioeconomy issues. MSc EF offers a new approach to forestry and nature management markets and it connects the increasing number of forest-related issues with a European dimension at international as well as national levels.

The objective of the MSc EF programme is to educate professionals who have a thorough understanding of a sustainable forest bioeconomy as well as the European business culture. The curriculum is specifically designed to take into consideration the needs of potential employers and therefore our graduates are highly valued by national and international agencies, governmental bodies, NGOs, research institutions and timber, paper and pulp enterprises.

# Welcome to Joensuu from JMYO!

JMYO stands for Joensuu Metsäylioppilaat and we are a student association for all forestry students in our university. Our mission is to supervise interests of our members, act between staff and students and to organize sauna-evenings, parties, academic "tableparties" and other fun stuff. We also host outdoor activities like fun olympics, trips to different nature areas, and offer the possibility to join our weekly sports club. We also organize some international events like international dinner evenings and a bicycle trip. Our activities provide a great opportunity for you to get to know Finnish students. Almost every student in our faculty is a member and international students are welcome, of course! At the beginning of the autumn, our board will give you more information about our activities. We inform about our activities mainly through social media. You are more than welcome to join our activities!

Joensuu Forest Student Association  
Head of international relations, Veera Hautala



# Guidance and help

## Student tutors' greetings



Hi! and welcome to the School of Forest Sciences here at the University of Eastern Finland (UEF)! My name's Islam and I am one of the students tutoring the international programmes in the School of Forest Sciences, UEF. I am living in 80160 Joensuu, Finland. I am an incredible friendly, I'm always ready to help and guidance the coming students. In my own experience, I appreciate how much their support and guidance have contribute to my growth. If you have any questions or just want to talk about your studies or new environment as well as life at UEF, please ask me!

Islam Mohammad, email. [islammmoh@uef.fi](mailto:islammmoh@uef.fi), tel. +358 408733083



Welcome to our vibrant and green academic community! As a fellow student and one of your tutors, it gives me immense pleasure to extend a warm and heartfelt greeting to each one of you. My name is Muhammad Ramzan from Pakistan. Congratulations on choosing to pursue a Master's degree in Forest Sciences! You have embarked on a remarkable journey that will not only broaden your knowledge but also make a significant impact on the world we live in. Our university is renowned for its excellence in environmental studies, and we are thrilled to have you join our community of passionate learners. Additionally, I encourage you to embrace the spirit of collaboration and friendship within our close-knit community. The forest sciences field thrives on teamwork and cooperation, and together we can achieve remarkable things. Participate in various extracurricular activities, engage in lively discussions, and build connections that will last a lifetime. Once again, welcome to land of lakes and forests! May your journey here be filled with joy, knowledge, and rewarding experiences. I look forward to meet and would like to help all of you.

Muhammad Ramzan, email [mramzan@uef.fi](mailto:mramzan@uef.fi), tel. +358 41 7255 437



Hello and welcome to the School of Forest Sciences here at the University of Eastern Finland! My name is Sami and I am one of the students tutoring the international programmes in the forest sciences. I have lived in Joensuu for over 15 years now, even though I originally hail from Helsinki and have an international background myself. So it's been a while! I have also been a tutor for students in wood materials science and forestry for over 5 years now, also a long time! I am very happy to meet new students of our university and help out wherever I can. I hope we have time to organise a cookout out in the woods as a group sometime during the autumn, before winter arrives! Please feel free to get in touch if you have any questions or just want to chat about studies and life here at UEF!

Sami Tanskanen, email [sami.tanskanen@uef.fi](mailto:sami.tanskanen@uef.fi). tel. +358 440 137 337

## Contact information of the programme staff



### Programme coordinator

Marjoriitta Möttönen, D. Sc (Agr. and For.)

email: [marjoriitta.mottonen@uef.fi](mailto:marjoriitta.mottonen@uef.fi)

office: Borealis 365 (3rd floor)

mobile: +358 50 442 3031



### Leader of the programme

Timo Tokola, Professor

email: [timo.tokola@uef.fi](mailto:timo.tokola@uef.fi)

office: Borealis 363 (3rd floor)

mobile: +358 50 401

# Degree structure

<b>1. YEAR 60 ECTS</b>	<b>Academic year 2023/2024: Obligatory and elective studies</b>	<b>Credits (ECTS)</b>	<b>Location</b>
Aug-Apr	<b>Module 1</b>		Joensuu, Finland
	Trends in European forestry	5	
	Academic skills in forest sciences	1.5	
	Research methodology in forest sciences	3.5	
	Global virtual seminar	3	
May- July/Aug	<b>Module 2</b>		Spain, France, Germany, Austria and Romania
	European forestry field course	8	
	Applied period in forest institutions	9	Preferred Consortium country
Sep-Apr	<b>Elective courses</b>	30	Joensuu, Finland + online courses
<b>2. YEAR 60 ECTS</b>	<b>Academic year 2024/2025: Obligatory and elective studies, Master thesis</b>	<b>Credits (ECTS)</b>	<b>Location</b>
Autumn & spring semester	<b>Module 3</b>		MSc EF partner university according to the student's individual study track (not UEF)
	Obligatory and elective courses	30	
	Master's thesis and thesis seminar (online)	30	
	European forestry forum and graduation ceremony	0	Tentatively in Romania in September 2025

## First year

### Autumn semester

All the first semester studies will take place in Joensuu, Finland. Studies begin in early August with welcoming and orientation, during which you bond with your new classmates and have all the essential practicalities organised, such as registering to the University of Eastern Finland and opening a bank account. During the autumn semester you will attend the courses included in Module 1 as well as elective courses.



### Spring semester

The courses in Module 1 and your elective courses continue in Joensuu until 30 April. After Joensuu, you will attend the European Forestry Field Course which is included in Module 2. This course begins in early May and takes you on a journey across Europe (Austria, France, Germany, Romania and Spain).

After the European Forestry Field Course, you will travel to your country of choice for your Applied Period in Forest Institutions. During the first semester, the MSc European Forestry Secretariat will help you find a suitable internship placement. The Applied Period lasts a minimum of two months, during which you will have a local supervisor that will guide you through the internship and give support both in practical and academic matters.

### **Second year**

The second-year studies (Module 3) are carried out in one of the Consortium Universities in Austria, France, Germany, Romania or Spain, which is chosen already during the previous winter (in January-February 2024).

## **List of courses 2023-2025**

<b>Modules</b>	<b>ECTS</b>
<b>Module 1 (all compulsory)</b>	<b>13</b>
LM00CO25 Trends in European Forestry	5
LM00CO20 Academic Skills in Forest Sciences	1.5
LM00CO21 Research Methodology in Forest Sciences	3.5
LM00CO28 Global Virtual Seminar	3
<b>Elective courses (choose at least 30 ECTS)</b>	<b>30</b>
<u>Autumn semester</u>	
LM00CN94 Forest inventory and modeling	8
LM00CO04 Forest policy analysis	6
LM00CO09 Forest work science	6

LM00CO03 Futures analysis of forest bioeconomy	4
8020270 Information skills and sources in science and forestry for international students	1
LM00CN16 Intensive forest management	3
LM00CO14 Supply and energy use of lignocellulosic biomass	6
8031003 University study skills	1
<u>Spring semester</u>	
LM00CN93 Advanced remote sensing	6
LM00CO00 Applied geoinformatics 2	5
LM00CO15 Bioenergy markets and policies	6
LM00CO17 Data-driven qualitative methodologies for forest scientists and foresters	5
LM00CN79 Carbon dynamics of forest soils, lectures and literature	6
LM00CN30 Carbon dynamics of forest soils, practicals	4
LM00CO33 Economics of multiple-use forestry	3
LM00CN83 Forest zoology	4-6
LM00CN50 Innovation management in forest industries	4
LM00CO06 International forest governance and environmental policy	5
<u>All year</u>	
LM00CN49 European forest bioeconomy	5
LM00CN33 Forest soil literature (literature exam)	2-5
LM00CN87 Forest health and biodiversity management	3
LM00CW38 Introduction to remote sensing and geoinformatics MOOC	3
Online courses provided by the University of Lleida (Spain):	
Forest dynamics in a global change context: drivers, processes and modelling approaches	5
Introduction to Spatial Statistics: Spatial analysis with R	5
Stand to Continental Forest Health Management	5
<b>Module 2</b>	<b>17</b>
LM00CO24 European forestry field course	8
LM00CO27 Applied period in forest institutions	9

<b>Module 3</b>	<b>60</b>
Advanced Courses at the 2 <sup>nd</sup> year university	30
LM00CO29 Master's Thesis	30
LM00CO26 MSc European forestry thesis seminar and maturity test (M.Sc. Agr. & For)	0
European forestry forum – Job fairs and graduation ceremony	0
<b>min.</b>	<b>120</b>

## Academic calendar at UEF

The academic year is based on a two-semester system. The official academic year starts on 1 August and ends on 31 July. However, in the autumn semester lectures are scheduled mainly between September and mid-December, and in the spring semester between early January and May. The Christmas break is about three weeks and during the spring semester, there is a week-long Easter break. There is generally no teaching during the summer and on public holidays.

Check the up-to-date information on <https://kamu.uef.fi/en/student-book/academic-calendar/>.

Teaching will not be arranged during the opening ceremony, sports afternoon, Independence Day, Maundy Thursday and the First of May.

## Save the date! Important events

9–11 Aug 2023	Introduction to the programme
14 Aug–1 Sep 2023	Trends in European Forestry
1, 4–5 Sep 2023	Orientation programme (partly online)
5 Sep 2023–30 Apr 2024	Module 1 and elective courses
1 May–31 May 2024	Module 2: European forestry field course
1 June–31 July 2024	Module 2: Applied period in forest institutions

## Join us in Facebook

<https://www.facebook.com/europeanforestry/>

<https://www.facebook.com/UEFforest/>

## Official hashtag

#MScEF

City of Joensuu, Facebook: <https://www.facebook.com/Joensuunkaupunki/>

City of Joensuu, Instagram:

[https://www.instagram.com/joensuu\\_idassa/?hl=fi](https://www.instagram.com/joensuu_idassa/?hl=fi)

Visit Joensuu, Instagram: <https://www.instagram.com/visitjoensuu/?hl=fi>

# Welcome to Eastern Finland, the University of Eastern Finland and our Student Union!

At first, everything can feel new and confusing, but luckily you have joined a student community where you will surely find all the support you need. Students are a wonderful bunch and we at the Student Union of the University of Eastern Finland (ISYY) work hard to ensure that you are happy with your life and studies during your time at the university. We look out for your interests, so that you can focus on your studies. In addition, ISYY provides you with recreational activities, sports services and opportunities to make a difference.

Whether you have questions related to student life or you want to make your time at the university memorable by joining our events, activities and clubs - we are here for you! ISYY's office is located on campus, you are always welcome to pop by.

All degree students join ISYY as a part of the university's registration process. Exchange students and postgraduate students are welcome to join – and most do!

## **Some of our services and benefits available to our members are:**

- Interest advocacy
- Anti-Harassment Contact Persons
- Student card and free student calendar
- Customer service at our office
- Recreational activities and events
- ISYY Club memberships (including ESN Joensuu and ESN Kuopio)
- SYKETTÄ Sports Services
- Sports equipment and board game rental for free
- Weekly Feed (an electronic newsletter in English)
- Support and services for Student Associations (e.g. grants and training)
- Opportunities to make a difference in the Student Union and the University

Visit our website to learn more about the Student Union, our operations, services, and all the fun and useful things ISYY membership offers you. Our expert staff is also ready to help you anytime in English. If you would like to make a difference and get your voice heard in student-related matters, you can become a candidate in ISYY's Representative Council Elections this autumn or vote for the student you think would make the best decisions on students' behalf.

We wish you the best in your studies this semester and a happy student life!

[Read more about ISYY](#)

# ESN for international and local students

## Who are we?

ESN Joensuu and ESN Kuopio are part of ISYY and dedicated to bringing internationality to the campus cities. We are part of Erasmus Students Network (ESN) with more than 555 local sections in 43 countries. The most important task of the ESN sections is to introduce Finnish culture and lifestyle to international students and give Finnish students an opportunity to gain international experiences by arranging events and activities. We are active in promoting intercultural understanding and social inclusion.

## How to become a member?

Every member of ISYY is an ESN member. You can participate in our events (most of them free of charge) and on our trips if you are interested in gaining international experiences. Become a board or active member? Becoming a board or active member gives you the opportunity to participate in the organisation of events and decision making. The tasks of board members are planning and management of events and trips, communication, finding partners and being part of the decision making in the Erasmus Student Network. Active members can participate in organising events and trips. If you wish to participate, please join our meetings, they are open to everyone. Contact us for the meeting schedule and location. The General Meeting will be held at the start of the autumn semester where new board members are being selected. Active members can sign up during the meeting.

## Events we organise

Would you like to go sledging, hike in Koli or participate in Sitsit? In that case, ESN Joensuu and ESN Kuopio are the right clubs for you! We organise many events and activities during the academic year, such as, Get to Know

Each Other Party, barbecues and picnics, board game nights, ice skating, International Dinner - and the list is open to your suggestions! We also organise trips to Lapland and Lofoten together with Timetravels. You can buy our ESNcards, overalls and badges at the Student Union office. Come join us!

## **GET INVOLVED!**

### **ESN Joensuu**

Contact us by [email](#) or read more on our [Instagram](#) and [Facebook](#)

### **ESN Kuopio**

Contact us by [email](#) or read more on [our website](#) and [Facebook](#)

# Digital tools for students

The University of Eastern Finland uses a wide range of digital tools that help you with your studies, work and communication. Using these tools is the best way to stay updated on matters pertaining to your studies and the university.

**KAMU** is an ever-evolving student data bank, where you can find instructions that concern all students, as well as links to various tools and support services related to studies. In addition, news aimed at students are published in Kamu.

[Read more about Kamu student data bank.](#)

**AN EMAIL ACCOUNT** is automatically created for you in the form username@student.uef.fi. Log in to your email and other O365 services by entering your username in the form username@uef.fi. You can find a link to student email on the Tools page in Kamu.

[Read more about the UEF user account.](#)

**PEPPI** is your most important tool right from the start! Use Peppi to register for the academic year, exams and courses, and to make your PSP. You can register as present for the academic year electronically through the Oili registration service.

[Read more about Peppi.](#)

**TUUDO** is a free mobile app (for iOS and Android) via which you can register for courses and exams. In Tuudo, you can also find your study records and automatically created schedule, as well as campus maps and public transport timetables. You can also conveniently access the most important health and well-being services available to students via the Tuudo app.

[Read more about Tuudo.](#)



**YAMMER** is an internal communication channel for students and staff. Everyone can join in the discussion, follow different groups and create new ones. Important news aimed at students are published in the [UEF Opiskelijat // Students Yammer group](#). The UEF Students group is intended for information that concerns all students, and the Yammer group of your study community is good source of the latest information in your field. You can find a link to Yammer on the Tools page in Kamu. You need a UEF user account to log in.

## Feeling lost? Kamu will help you out!

Kamu is a student data bank for all the students of the University of Eastern Finland. Kamu contains instructions, tools and links to various services for students. There is information for all the phases of your studies – from freshman year to graduation. Besides guides, information on our services and UEF news, you can search for tips to improve your study skills, or check what kind of campus activities are available. There are also tips related to student health care and different forms you may need during studies.

[Read more about Kamu student data bank.](#)

What to do after my arrival? Search for Checklist	How to study at UEF? Search for Study Skills	What is an academic quarter? Search for Glossary
Where are my fellow students? Search for Study Communities	I am sick, what to do? Search for Health Care	Are there restaurants on campus? Search for Lunch
What happens during the summer? Search for Summer School	IT problems? Search for IT Services	What type of sports can I do? Search for Sports

# Services promoting student well-being

## Advisory service for new students

During the summer of 2023, the university will offer guidance and advice to new students via [a chat available on the frontpage of Kamu](#), as well as over the phone (+358 29 445 8580). The service is open from 5 June to 11 August from Monday to Thursday at 12–14 (from 12 noon to 2 pm).

The advisory service provides answers to questions related to the start of your studies, who to contact in different matters, and what to get done before your arrival on campus.

The service does not provide subject-specific advice nor answer questions related to student admissions. In questions related to IT, please turn to [UEF's IT Services](#).

Please note that during summer the UEF staff will be on holiday and this is why there might be delays in responses, especially in July. Thank you for understanding.

Please feel free to contact us with anything – even if you're not sure this is the right place – we'll guide you to the correct source of information!

## SYKETTÄ Sports Services

A sufficient amount of physical activity supports students' physical, mental and social well-being, promotes learning, and reduces stress. SYKETTÄ Sports Services cater to the needs of students and staff members of the University of Eastern Finland on the Joensuu and Kuopio campuses, offering an affordable and broad selection of sports, while also taking different needs into account. Participating in the activities offered by SYKETTÄ Sports Services is also an excellent opportunity meet fellow students across discipline and faculty boundaries.

[Learn more about SYKETTÄ Sports Services](#)

## **Bridges project supports student well-being**

The Bridges project implemented in 2021–2023 brings together various actors involved in student well-being, and provides students support in order to promote their well-being. In particular, a sub-project carried out by the Student Union ISYY organises concrete activities and events for students to enjoy the company of their peers. The project will be running until the end of 2023.

Further information is available on [the website of the Bridges project](#) and on [the website of the Student Union](#)

Tuudo – an app for student well-being

You can now conveniently access the most important health and well-being services available to students via the Tuudo app.

Learn more about the [Tuudo app](#)