

Laureamko.

MAGAZINE | 2/2025



IN THIS ISSUE:

Checklist for new students | Laurea Wellbeing | Come join us!



LAUREAMKO-MAGAZINE, 2/2025

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Greetings from the President and Vice-President of the Laureamko Board

Hello and a warm welcome to Laurea and to our shared pink and fluffy Laureamko!

Congratulations on your choice of study – you have an amazing journey ahead of you, and we are delighted to welcome you to this unique community. For us, Laurea and Laureamko have always been full of important moments, new friendships, and great learning experiences—and we know that you'll get to experience all of that too. Studying is not just about reading books and taking exams, but above all about community, experiences, and finding your own path.

We remember how exciting and even a little scary it felt when we started our studies. Fortunately, the tutors welcomed us with open arms and helped us with everything we needed. Their support helped us make new friends and familiarize ourselves with student culture. We soon found ourselves getting excited about the student union's activities—tutoring and campus teams—and that's really where it all started.

Laureamko's activities have opened up a world of opportunities for us, boosted our self-confidence, and shown us that everyone's career path is unique. At the beginning of our studies, we could never have imagined the doors that Laureamko would open for us, and we are eager to share this experience with you.

Student tutoring has been particularly meaningful for us. Tutors help new students adapt and find their place in the community. Student union activities offer the opportunity to influence, create a sense of community, and make your time as a student memorable. Whether it's organizing events, representing students, or strengthening the community, everyone can find their own way to participate.

At Laurea, you have the freedom to follow your own path, and you never have to be alone. We are here to support you, and the entire community is always close by. Your time as a student offers many opportunities, and we hope that you will find friends, valuable experiences, and unforgettable moments here.

Good luck with your studies, and a warm welcome to our community!

Welcome to Laurea!

Hanna Oskarsson

President of the Board,
Laureamko

Tiuku Hynönen

Vice President of the Board,
Laureamko

Welcome to study at Laurea University of Applied Sciences!

Warm congratulations on your valuable admission to our university, as we are one of the most attractive universities of applied sciences in Finland. The most difficult stage towards a higher education degree is now behind you as a university student, and we at Laurea want to support you in your studies. Our service promise, "*We at Laurea are here just for you,*" is a promise to our students that they will receive a quality education and a promise to our partners that we will work together in collaboration and development.

1. At Laurea, you can study flexibly: When you study at Laurea, you will draw up a personal learning plan that supports your specific goals. At Laurea, you get to study in real-life work projects. You can also plan your own study schedule, and thanks to the flexible study options, you can speed up your graduation if you want.

2. At Laurea, you receive guidance and feedback: At Laurea, we support the individual development and progress of our students through various guidance activities. As teachers and instructors, we are committed to providing you with regular feedback on your development.

3. At Laurea, you build your future together with us and the working life: We are committed to working with you and the working life in accordance with Laurea's development-based learning model, LbD. You also have the opportunity to complete your studies entirely in working life development projects.

4. At Laurea, you will receive high-quality services that support your studies: Our services enable you to progress in your studies and ensure that your everyday student life runs smoothly. We also provide you with guidance and advice on all matters related to your studies.

I hope you enjoy your time at Laurea and get to know our university community through our wonderful student union, Laureamko!

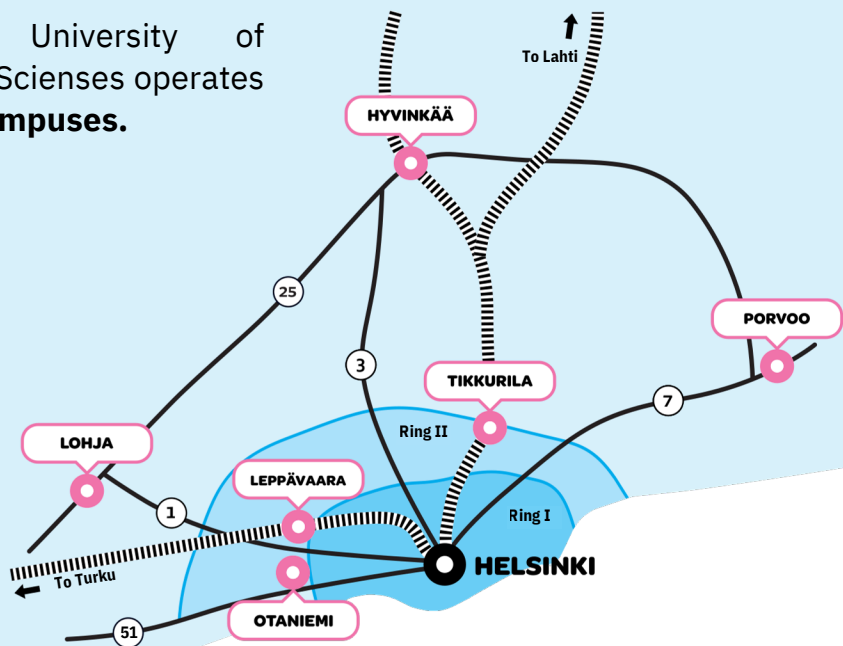
***We at Laurea
are here just
for you***



With best regards,
Jouni Koski
Principal, CEO

Get to know Laurea and its campuses

Laurea University of Applied Sciences operates at **six campuses**.



Bachelor's degree students: **8600**
Master's degree students: **1560**



Laurea has **680** staff members.



Number of graduates from Laurea **36 500**



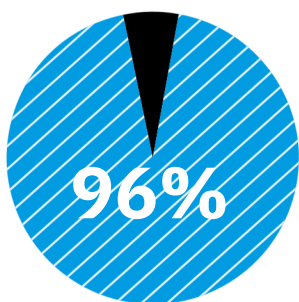
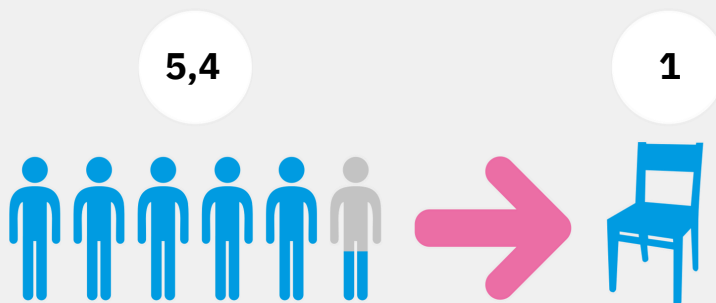
Every year, **250** exchange students study at Laurea.



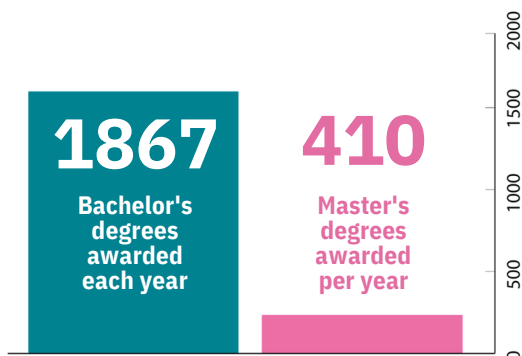
Every year, **720** international degree students study at Laurea.

Laurea is Finland's most attractive University of Applied Sciences:

5.4 primary applicants per starting place (2021)



Employment rate of graduates in 2020 one year after graduation



Follow Laurea on social media



FACEBOOK
LaureaUAS



INSTAGRAM
@laureauas



LINKEDIN
Laurea University of Applied Sciences

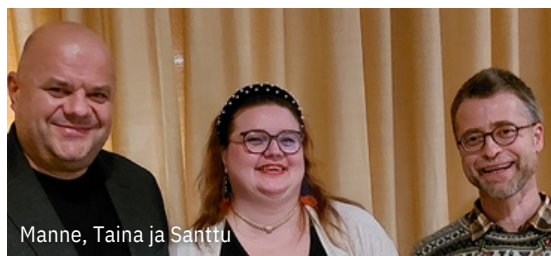


YOUTUBE
LaureaUAS



TIKTOK
@laureauas

Laurea's wellbeing services introduce themselves



Greetings from the Counselling Psychologist

Congratulations on your study place at Laurea – and welcome to our community!

Starting your studies marks a significant life change. There's a lot to take in and a new daily routine to get used to. It's completely natural to experience a wide range of emotions and thoughts during such a big transition. Excitement is often part of the journey, but sometimes challenging feelings can arise too.

We, the counselling psychologists at Laurea, are here to support your wellbeing and help ensure your studies progress smoothly. You're welcome to talk with us about anything related to your wellbeing or life situation. Our services mainly consist of short-term guidance and confidential, free-of-charge support sessions. If needed, we can also help you find further support.

You can reach out to us easily and without hesitation. Appointments are booked online. You'll find booking instructions and our contact details in Tuudo and on the student intranet.

Wishing you a wonderful and inspiring time at Laurea!

Warm regards,
Manne, Taina & Santtu

Greetings from the University Chaplain

Laurea's university chaplains are professionals in listening, offering support, and meeting people with care and compassion. We're here to support students in all kinds of life situations—regardless of your beliefs or background.

We have special expertise in helping with grief and navigating life's various crises. We also offer support with relationship and family challenges. You're welcome to talk with us about deeper questions related to life's meaning and purpose. All conversations are strictly confidential, and chaplains are bound by absolute confidentiality.

You can book an appointment with us by phone or email:

Hanna Vuollo: hanna.vuollo@evl.fi or 050 4201 540. Available at the Tikkurila campus or online.

Panu Mäkelä: panu.makela@evl.fi or 050 4082 294. Available at the Espoo campuses or online.



Marko Kallionpää

Greetings from Special Education Teacher

Welcome dear student starting your studies at Laurea University of Applied Sciences. You have made a great choice by deciding to complete a degree or part of a degree at a university of applied sciences. There can be many reasons for beginning your studies. What matters most is that you start your journey with an open mind and understand that it's okay not to know or understand everything right away.

If you think you might need individual support during your studies, Laurea's Special Education Teacher is here to help. For justified reasons, you can receive an official support statement. This may entitle you to accommodations such as extra time in exams or other support measures.

The earlier you get in touch, the sooner we can help, and the easier it will be to reduce stress related to starting your studies.

You can contact the Special Education Teacher at Laurea University of Applied Sciences by emailing marko.kallionpaa@laurea.fi or by sending a message via phone/WhatsApp to **+358 (0) 50 4722 555**. You can also find the Special Education Teacher on Instagram: [@laurean_erkka](https://www.instagram.com/laurean_erkka)



Leena Kuosmanen

Greetings from Student Social Councillor

Congratulations on starting your university studies!

The student social councillor is here to support you as you adjust to higher education—whether you're a young student, changing careers later in life, or have recently moved to Finland from abroad.

Feel free to reach out if you'd like to talk about balancing studies, work, and family life, navigating KELA matters, or if you're simply feeling a bit lost. You can also get support for your studies through special courses led by the student welfare officer, designed to help you recognize your strengths and experience success. Whether you're dealing with unfinished assignments, learning challenges, stress, or performance anxiety, help is available.

You can meet with our student social councillor, Leena Kuosmanen, either on campus or via Teams video call—even in the evenings. Book an appointment by emailing leena.kuosmanen@laurea.fi or through the online booking system available on the student intranet.



Guidance, Advice and Discussion Support from Popup Guidance

Popup Guidance provides information, advice, and guidance to Laurea students. Whether you are a degree student or a pathway student, you are welcome to turn to us. We aim to assist with all general study-related matters.

Your concern might relate, for example, to reviewing the study offerings, the use of Pakki, or scheduling your studies. You can book an appointment with Popup Guidance to discuss matters related either to your studies or student wellbeing via Teams. You can also book a meeting with a special education teacher through the Popup Guidance booking system.

More detailed instructions and further information about Popup Guidance can be found on the student intranet or through the QR-code below.

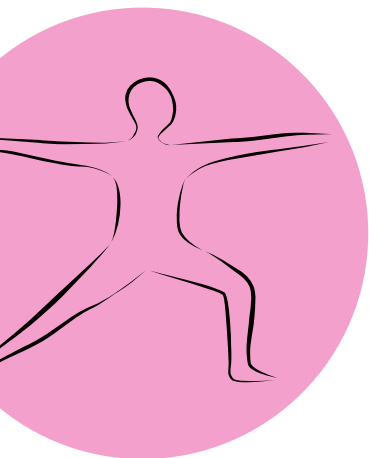
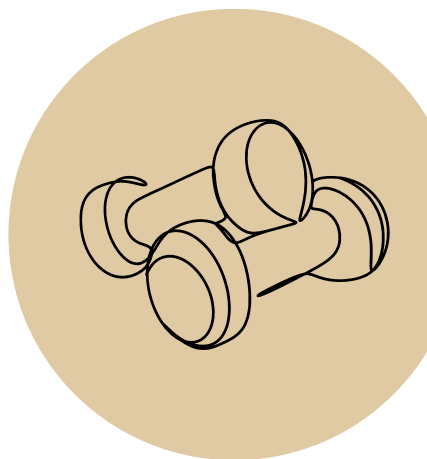
Throughout the academic year, we also organise various info sessions, workshops, and webinars to support study progress and student wellbeing, as well as peer group activities. You can view our offerings in the student intranet event calendar.

***More information on
Popup Guidance through
Laurea's student intra:***



YOGOBE services

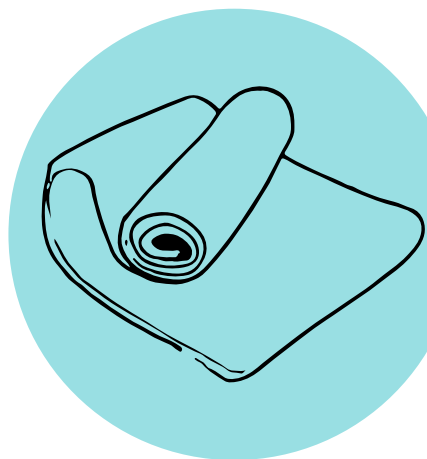
Yogobe offers a comprehensive selection of videos on yoga, exercise, and wellness, produced by top instructors in the Nordic countries. The service supports you in exercising regularly and helps you build a routine that fits your everyday life. Practice anywhere, anytime – whenever it suits you!



As a member of Laureamko, you can use the YOGOBE service, which costs €220 per year, at no extra charge! All you need is a valid membership to receive your personal code.

If you are a Laureamko member and would like to use Yogobe services, please follow these instructions:

1. Order your Yogobe benefits via the QR code below using the Kide.app app.
2. We will then send you a code and registration instructions by email.
3. Activate the code according to these instructions to enjoy Yogobe's wide range of services.



Get the YOGOBE services as a Laureamko member:



Laurea Wellbeing

Where to get help?

REFLECTING YOUR STUDIES

- How can my previous skills be recognized as a part of my degree?
- What options do I have to develop my skills and build an individual learning path?
- Who to talk to when direction is lost?

→ HEADS OF STUDENT AFFAIRS

You can contact a head of student affairs when you need help in special situations related to studies. These include, for example: recognition of competence and of higher education studies, questions related to the right to study and returning to studies after a long absence.

ASSISTANCE IN THE STUDIES

- Do you need support in study techniques, time management and balancing between your studies and family life?
- How do you manage here when familiar is unfamiliar?

→ STUDENT SOCIAL COUNSELLOR

Student Social Counsellor supports your adaptation to higher education studies and to the study community. You can have personal counselling and counselling in peer groups. There are self-management studies and PopUp Guidance online available.

SPECIAL SUPPORT FOR STUDIES

- The lines are jumping in front of my eyes.
- I can't concentrate!
- How do I keep up with others' pace in my studies?
- How can I make use of digital tools in my studies?

→ SPECIAL EDUCATION TEACHER

Support for matters related to learning difficulties and technologies. Have your dyslexia tested, get tips for using digital aids, find new ways to learn languages, and receive support for attention and concentration issues. Ask for a statement recommending individual support with your studies.

JOB SEARCH AND CAREER REFLECTIONS → CAREER SERVICES

- I don't know what I want from my career - what will I become?
- My experience doesn't match the jobs I want.
- I don't know how to make a CV or cover letter. LinkedIn scares me.
- How do I look for a job?

Receive assistance in your career reflections. Job search with little experience or when changing careers, writing a CV and other career topics are faced from the student's needs. We also provide information on employment, salaries and expected skill-levels.

ANXIOUS, DEPRESSED, WORRIED

- My life is a mess.
- I cannot get a grip.
- What to do?

➔ COUNSELLING PSYCHOLOGISTS

Don't hesitate to get in touch even on matters outside your studies. We address issues such as stress, anxiety, exhaustion, depression, social relations, (lack of) motivation, and many other themes of similar nature daily. Contact us sooner rather than later, so we can find the best way to help.

LIFE, RELATIONSHIPS, GRIEF

- Do you want to reflect on the meaningfulness or spirituality of life?
- Do you need help coping with relationship or family challenges, or life crises?

➔ UNIVERSITY CHAPLAINS

As professionals in listening and holistic encounters we help you in grief, crises, relationship challenges etc. confidentially. You can ponder questions related to the broader meaningfulness and conviction of life. We serve students regardless of the view of life, nationality or life situation.

SUPPORT FROM OTHER STUDENTS

- Do you need peer support for fluent study life?
- Do you want tips for balancing studies and other aspects of life?
- Do you want to clarify your own strengths?

➔ WELLBEING STUDY UNITS & GROUPS

Learn more about peer groups and study units which can be found at Laurea Student intranet Events and curriculum on Pakki-system under Complementary competence.

QUIET ROOMS

At Laurea, quiet rooms on campus are reserved for relaxation, rest, rejuvenation, or religious practice, for example. The main principles for using the space are to respect the purpose of the space for silence, the opinions, religion and beliefs of others, and the fact that the space is open to all Laureans.

The spaces reserved for silence are B410 in Tikkurila and 127 in Leppävaara.

Laurea study and wellbeing support at the student intranet:



Recognition and accreditation of prior learning

At Laurea, there are several flexible ways to gain competence as part of your degree. Your existing skills and knowledge, in line with your degree objectives, can be recognised and accredited through the recognition and accreditation of Prior Learning. The starting point is a competence-based approach, where the decisive factor is the competence itself, rather than how or where it was acquired. At Laurea, the procedures for the recognition and accreditation of prior learning are *Recognition of prior studies* and *Demonstration of competence*.

Through the Recognition procedure, previous higher education studies can be credited towards your degree based on a certificate or transcript of records, either by replacing or incorporating them.

Substitution is possible when studies completed elsewhere correspond to the learning outcomes and level of your degree's core studies. Inclusion means that studies completed elsewhere are incorporated into the complementary studies of your degree.

Through the Demonstration of competence procedure, you can demonstrate your competence in accordance with the degree objectives by other means, regardless of how, when and where you acquired your competence. You may have acquired competence through work, training organised by your employer, organisational activities or hobbies, for example.

Competence can be verified in various ways, and the method of demonstrating competence is agreed either individually with you or may already be defined in advance, depending on the training or study module.

Getting to know the libraries

The Laurea Library, which has six locations, is open to everyone. As well as offering a wide range of materials, the campus libraries provide comfortable workspaces for students.

You can obtain a library card via the Tuudo app. If you are a Laurea student, you can create a library card on the Tuudo app. The Tuudo mobile card is ready to use immediately.

This card also gives you access to all printed materials at all 3AMK universities (Haaga-Helia, Laurea and Metropolia) and their campus libraries throughout the capital region and Uusimaa.

Our library service helps you find relevant, high-quality information amidst the vast amount of data available. We offer information retrieval services to students and staff alike. You can book an information retrieval guidance appointment on the Laurea website.



What is FSHS?

The Finnish Student Health Service (FSHS) provides student health services to higher education students. FSHS services include oral health services, health screening, physiotherapy services and mental health services. FSHS also works with higher education institutions to promote a healthy learning environment.

Appointments can be made via the call centre or FSHS Self-service. You can find out more about the services offered by FSHS and book an appointment on their website (yths.fi/en). FSHS also conducts a health screening survey *HealthStart* for first year students. Please remember to complete the HealthStart questionnaire, which assesses students' health status and helps FSHS staff to target their services as early as possible.

FSHS has service points in two cities in Helsinki capital region: in Helsinki and in Espoo. However, students are also entitled to use other service points in other locations, as long as this is agreed when making an appointment.

The FSHS service is partly financed by the higher education students' health care fee, which is paid to Kela each semester. The amount of the fee is set in November each year, so it is practically possible to pay it for the whole year in the spring payment. In 2025, the fee is €35.60 per semester and €71.20 per academic year. *There will be no separate invoice for the fee.* Next due date is 15.11.2025. Students can use all FSHS services without having to pay a separate attendance fee once the fee has been paid! You can pay the fee for the semester or for the whole year through OmaKela.



International Opportunities in Your Studies

Laurea offers excellent opportunities for internationalisation – whether you're interested in student exchange, doing an internship abroad, or gaining international experience right here in Finland by engaging with incoming international students.

A student exchange is a unique way to enrich your study experience: you'll get to immerse yourself in a new culture, improve your language skills, grow your independence, and build a global network of contacts. Best of all, an exchange doesn't just leave you with unforgettable memories – it also gives you valuable professional experience that will benefit your future career.

As a Laurea student, you can choose between:

- a short-term exchange (3 days to 2 months),
- a long-term semester exchange (3 to 12 months),
- an internship abroad – or even combine all of these within one degree!

You can get an Erasmus+ grant or Laurea's own grant for many exchange destinations, helping to make your international journey more affordable.

If now isn't the right time for you to go abroad, you can still gain international experience by becoming a tutor for exchange students. In this role, you'll connect with people from around the world, improve your language skills, explore different cultures—and have a great time doing it!

For more information about your international opportunities, ask your tutor teacher in your field of study or contact the International Affairs Team. You can also find detailed instructions, application periods, and funding opportunities on Laurea's Intra.



We are here for you!

Every year, Laureamko has nearly two hundred people to develop and secure a better tomorrow for students. Among other things, they help new students start their studies and develop Laurea into an even better university by taking forward student feedback and bringing the student voice to the university's working groups.

Because student life shouldn't necessarily be just about studying, Laureamko also organizes a variety of student events to counterbalance this.

Make the best time of your life better – Become a Laureamko member!

As a Laureamko member, you will have access to the Slice mobile student card, which offers many benefits and discounts that are only available with these cards, across Finland and online. You can download the application for free from your phone's app store.

Slice also acts as an official student ID, so by being a member you don't need separate certificates etc. to prove your student status, e.g. on the train, in the student cafeteria or when redeeming general student benefits, e.g. when visiting the swimming pool. In addition to these, as a member you also get access to Yogobe's online yoga services for free.

You can become a member through our online store at shop.laureamko.fi. From the same place, you can order our products and buy tickets to our student events and those of many other organizers.

GETTING STARTED WITH SLICE

After signing up, it will take at least a few hours before you can start using Slice. At the beginning of the semester, when students start at several universities at the same time, the delay can be up to more than a day. However, once your data has been transferred, you can start using Slice by ordering your credentials at slice.fi/upload.

You can find more information about becoming a member and using Slice on our website at laureamko.fi. If you need help joining, you can send a message, for example, via the chat found on the website.

Laureamko.

IN NUMBERS

As a Laureamko member, you get access to a Slice student card with thousands of student benefits across Finland.

Slice is used by over 200,000 students at various universities in 160 locations



CAMPUS TEAM MEMBERS

Laureamko has approximately 50 - 100 campus actors in total in all six campus teams each year

STUDYPOINTS

In the year 2024, a total of 715 study credits were applied for from Laureamko's activities!

VOX BOX FEEDBACK

We received and processed over twenty pieces of study-related feedback during 2024.



**EVENT TICKETS
REDEEMED PER YEAR**

+ 12 000

Over 12,500 free tickets were purchased and redeemed for events organized by Laureamko during the previous year.

*+ 2500 overall
badges sold per
year*

OVER A HUNDRED TUTORS A YEAR!

During orientation days, new students to Laurea are welcomed by Laureamko's pink-shirted tutors. Laureamko trains over a hundred tutors annually.



Laureamko Overalls 500 - 700

Almost a thousand student overalls are purchased through Laureamko annually, both from campus offices and the online store.

Support and assistance provided by Laureamko

Laureamko supports Laurea students in all their endeavors related to studying and student life. Our board members and specialists are happy to answer all your questions, whether they concern student financial aid, student healthcare or higher education studies. If we can't answer, we'll point you in the right direction!

Laureamko's website has a help section for students, where you can find answers to the most common questions students have. You can also give feedback on, for example, the university's or student union's activities in our feedback channel Vox Box. Do not hesitate to contact us if you need advice on, for example, student rights.

The office's contact information can be found on the Laureamko website. There you will find the responsibilities of the board and employees, as well as phone numbers and email addresses. You can also reach Laureamko's office members through the website chat, which is open on weekdays from 10:00 to 14:00.



Become a member of Laureamko! - Student card offered by Laureamko



1. Go to our webstore in Kide.app .
2. Select membership period. Membership can be bought for one semester up to 4 years.
3. Log in to the web store with your Facebook account or with Kide.app account.
4. Select the wanted membership period and fill out the application form.
5. After filling out the application form you can go and pay the membership that you have selected. Before the payment you can also continue shopping in the web store and get other products such as coverall patches or tickets to the next student event at the same time.
6. Use the same info as in member register. When information matches, you can send the form.
7. Fill the form and choose the picture carefully. Information you give will be displayed on your student card and can't be changed afterwards.
8. NOTE! If you are ordering password on the same day you bought your membership, it's possible that information haven't yet transferred between register and Slice doesn't recognize you as a student. Try again next day and if the problem continues, contact laureamko[at]laureamko.fi.
9. Slice will send you an e-mail with your activation code.
10. Remember to check your spam folder.
11. Download Slice app to your mobilephone from app store.
12. Sign in the app.
13. Remember to give the app all permissions it asks to activate your student card.
14. Enjoy student discounts and benefits with Slice!



JÄSENYYPDEN HINTA:

For the entire duration of your studies (4 v) 109€ | For the entire duration of your studies (3,5 v) 99€ | Three years 89€ | Two years 65€
Year or academic year 40€ | One semester (spring or fall) 30€



MEMBERSHIP PRICE:

Yogobe - online yoga services online (total value up to 200€/year!)
Lots of national and local benefits from Slice!
Laureamko events and products up to half price!



**Redeem your Laureamko membership here and
get your first overall badge for free!**



You can pick up your badge either from the Laureamko campus office or
purchase a postal delivery service from the online store.



FACEBOOK
Laureamko



INSTAGRAM
Laureamko



www.laureamko.fi



laureamko@laureamko.fi



Useful dates



First year is a busy time! Here are the key dates of the year to help you make the most of it. You can also keep up to date with upcoming events by following Laureamko on Instagram and Facebook.

AUTUMN 2025

- Laureamko's Wellbeing Appro
 - 21.8. Lohja
 - 28.8. Leppävaara
 - 2.9. Tikkurila
 - 4.9. Verkkokampus
 - 15.9. Otaniemi
 - 25.9. Hyvinkää
- 1.9.-8.10. Nomination period for Council of Representatives election
- 2.9. Orientation week closing event & Summer End Party
- 17.9. Freshers' party for autumn 2025 freshers
- 9.10. Raide-Jokeri Appro
- 1.-31.10. Student Representative search
- 29.10.-5.11. Voting on Council of Representative's election
- 6.11. Internship Fest (service industries, business administration, and information technology)
- 15.11. FSHS Healthcare fee deadline
- 24.-30.11. Registration for spring courses
- 26.1.2026-8.2.2026 Tutor search

JHL IS THE TRADE UNION FOR YOUTH AND STUDENTS!

We are the most diverse trade union in Finland. Our members work in about one thousand different occupations in six occupational sectors. It's very likely that we are the right union for you, too!

You can join JHL already during your studies, even if you do not work yet. The membership of Trade Union JHL is free for full-time students.

This means that you pay nothing, but you get our extensive membership benefits. Besides security in working life, the membership in JHL offers such benefits as financial support for open UAS studies, interesting events, all kinds of membership benefits for leisure time and local branch activities.

JHL.FI/JOIN



JHL.FI/EN/MEMBERSHIP/YOUTH

Bachelor of Business Administration

On these pages you will find information as a student of the Bachelor of Business Administration degree. Students of, among others, Business Administration, Legal Competence, Information Processing, Cyber Security and Security and Risk Management graduate with the degree title of Bachelor of Business Administration.

Student representative search - Every year, Laurea and Laureamko search for students who want to develop their degree and bring the voice of students to Laurea's decision-making process for degree-specific working life development groups. As a student representative, you can bring degree-specific feedback to the group and network with your future employers. The group also includes working life representatives who bring an important working life perspective to the development of Laurea's degrees. The official student representative search is organised annually in October by Laureamko.

At Laurea, business majors have access to black overalls, except for business majors in information technology who purchase their overalls through the student association Jenkins. You can try on overalls at any campus office, where you can either buy the overalls directly for yourself or order them at home from Laureamko's online store. If the right size is not available, you can participate in Laureamko's pre-order of overalls via **Kide.app**. You can purchase light blue overalls for **information technology degree students** through Jenkins.



LATO RY

Laurean Business Administration Students LATO ry, is the local association of Laurea Business Administration students. We represent business administration, security and risk management, and law students. In addition to organizing various events, we also do local advocacy.

CONTACTS:

hallitus@latory.fi | Instagram: @lato.ry | Facebook: Laurean tradenomiopiskelijat LATO ry | Toimisto @ Leppävaaran kampus, 007



JENKINS RY

We are the student organization for Laurea's information technology students! We organize fun and useful activities for students throughout the year, and you can contact us with any questions related to your studies.

Welcome to join us and we hope to see you soon!

CONTACTS:

jenkinsry.fi | hallitus@jenkinsry.fi | Facebook: Laurean Tietojenkäsittelyopiskelijat Jenkins ry | Instagram: laureajenkinsry

ABOUT STUDENTS OF BUSINESS AND TECHNOLOGY



We are a community for all BBA students.

We are a national student union focusing only on promoting the interest of business and technology students and a community for all BBA students. We have more than 14 000 members and 29 member associations around Finland.

We support BBA students in preparing for working life, provide help in work-related issues and coach BBA students in all questions concerning career and work.

STUDENT MEMBERSHIP

No limits – only benefits. Being a member of Students of Business and Technology is a smart choice.

As a member of Students of Business and Technology, you are part of Finland's biggest community for business students. We offer you many benefits concerning studies, working life and leisure time. As a member you develop yourself, meet nice people and have fun – at the same time as ensuring the best possible beginning for your career. We offer three different member levels: Black, Gold and Silver.

Tutustu kaikkiin etuihin kotisivuillamme! >>>

tradenomiopiskelijat.fi

 Rahantarvoisia jäsenetuja opiskelijoille	Member+ edut Alennuksia verkkokauppoihin	Palkka- ja lakineuvonta Liiton juristit tukenasi	CASHBACK Saat jäsenmaksut takaisin!	Oma valmentaja Ura Työnhaku Hyvinvointi	Vakuutukset Tapaturma Matkustaja	Pankkiedut Opintolaina Sijoittaminen Säästäminen	Oikeusturva Huippuetu! Työelämän supervakuutus	Must have! Työttömyys-turva* Kerrytä ansiosidonnaista
Työssäkäyville* MUSTA-TASO 87€/VUOSI	MUSTA	MUSTA	MUSTA	MUSTA	MUSTA	MUSTA	MUSTA	MUSTA
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Bachelor of Social Services

On these pages you will find information for students pursuing a degree in social work. Students pursuing a degree in social work and health sciences at the University of Applied Sciences are, among others, rehabilitation counselor students, students in the field of criminal justice and social workers.

Student representative search - Every year, Laurea and Laureamko search for students who want to develop their degree and bring the voice of students to Laurea's decision-making process for degree-specific working life development groups. As a student representative, you can bring degree-specific feedback to the group and network with your future employers. The group also includes working life representatives who bring an important working life perspective to the development of Laurea's degrees. The official student representative search is organised annually in October by Laureamko.

At Laurea, social workers have access to green overalls. Green overalls are also used by students in the criminal sanctions field and rehabilitation counselors. You can try on overalls at any campus office, where you can either buy the overalls directly for yourself or order them to your home from Laureamko's online store. If the right size is not available, you can participate in the pre-order of Laureamko's overalls via Kide.app.



LASO RY

Laurea Social Sciences Students Association (LASO) is a student association founded in 2023 that supports students in the social sciences, criminal justice, and law fields.

The association organizes events, offers benefits and collaborates with social work professionals. Welcome to join us!

CONTACTS:

hallitus@lasory.fi | Instagram: laurealasory



About us

Talentia promotes and protects the professional and wage interests of over 26 000 highly educated professionals in the field of social work, social welfare, and early childhood education. Talentia is affiliated to Akava, the Confederation of Unions for Professional and Managerial Staff in Finland.

Our objectives

The aim of Talentia's activities is to ensure that our members feel well at work, are paid fair wages, and can exercise their profession in accordance with their professional ethics. Talentia's activities are guided by a strategy approved by the Council and prepared by the Board, which both consist of Talentia's members.

Membership

In Finland, being a member of a trade union is a legal right and highly common. Finnish trade unions are occupation-based and Talentia Union of Professional Social Workers is the only Finnish trade union that solely represents highly educated professionals in the social work, social welfare and early education fields.

The main aims of Talentia are to promote and protect the professional and wage interests of our members in the labour market as well as ensure that our members feel well at work and have the right to exercise their profession in accordance with their professional ethics.

What is included in a membership:

- Interest protection in the labour market
- Advice and help in problems regarding your employment relationship
- Earnings-related unemployment benefits if unemployed
- A wide range of discounts and offers
- Legal protection in working life, as well as
- A numerous amount of other benefit

CONTACT INFORMATION:

Instagram: talentia_ry
WWW: www.talentia.fi



“

We offer support in matters relating to our members' employment as well as professional and work situations.

Bachelor of Nursing

On these pages you will find information for students studying physiotherapy, nursing and public health nursing.

Student representative search - Every year, Laurea and Laureamko search for students who want to develop their degree and bring the voice of students to Laurea's decision-making process for degree-specific working life development groups. As a student representative, you can bring degree-specific feedback to the group and network with your future employers. The group also includes working life representatives who bring an important working life perspective to the development of Laurea's degrees. The official student representative search is organised annually in October by Laureamko.

At Laurea, physiotherapy, nursing and public health students have access to purple overalls. You can try on overalls at any campus office, where you can either buy the overalls directly for yourself or order them at home from Laureamko's online store. If the right size is not available, you can participate in the pre-order of Laureamko's overalls via Kide.app.



 **SUOMEN Fysioterapeutit**

Fysioterapeuttiopiskelija!

Ota vahva startti urallesi liittymällä omaan ammattiliittoosi – osaksi alan parasta verkostoa!

www.suomenfysioterapeutit.fi/opiskelijat



Tehy and its members

Tehy is the trade union for people with a social care, healthcare or early childhood education degree. Students in these fields may also join the union.

Tehy is the largest Finnish trade union of qualified social care, healthcare, and early childhood education professionals. We know our field, campaign boldly and are never far away. We effect change and promote a better working life.

We promote the financial, professional and legal interests of our members, for example by negotiating collective agreements in the social care, healthcare and early childhood education sectors. We also influence legislation, labour market policies, working life solutions and social changes.

We support each other at every stage of working life. We are a community that provides security, but also joy and energy.

Become a student member

If you are studying full-time for a degree in health and social care, early childhood education and care or rehabilitation, our membership is free of charge.

All of Tehy's member benefits are also available to student members! In addition, you are protected by leisure-time accident insurance – this benefit is only available to student members. You can benefit from Tehy's services and benefits during your studies, at work and in your free time. As a student at Tehy, you get a head start in working life!

Students get to influence the future direction of Tehy and working life. The council, elected from among the members, is Tehy's highest decision-making body and is elected every four years. Students can vote and be elected as decision-makers. This is rare in trade unions!

Sign-up gift when you become a student member



Degree programme in Hospitality Management and Service Design

On these pages you will find information for students studying for a degree in hospitality management. Students in the service business, restaurant and event business graduate with the degree title of hospitality management.

Student representative search - Every year, Laurea and Laureamko search for students who want to develop their degree and bring the voice of students to Laurea's decision-making process for degree-specific working life development groups. As a student representative, you can bring degree-specific feedback to the group and network with your future employers. The group also includes working life representatives who bring an important working life perspective to the development of Laurea's degrees. The official student representative search is organised annually in October by Laureamko.

At Laurea, Hospitality Management and Service Design students have access to orange overalls. Students can purchase their overalls through Laurea's restaurant students' association LARE ry. You can find Lare in room 007 on the Leppävaara campus.



LARE RY

Laurea's Restaurant Management Student Association LARE ry promotes the professional identity, cohesion and cooperation of restaurant management students. The association oversees the interests of its members and organizes events for students and other interested parties. LARE ry was founded in 2016 and operates at Laurea's Leppävaara campus. Restaurant management students can become members. With the same membership you get Sureo and Lare memberships.

CONTACTS:

www.larery.com | hallitus@larery.org | Instagram: larerylaurea | Facebook: Laurean restonomiopiskelijayhdistys LARE ry | TikTok: laurearestonomit | Discord: larerylaurea



Why Bachelor of Hospitality Management Union?

Sure - Finland's Bachelor of Hospitality Management Union is a vanguard for bachelors of hospitality management. Our vision is that every bachelor of hospitality management can wake up in the morning knowing that they will be able to fulfill their dream and do meaningful work in the hospitality industry. We believe that together with others we can build a better world.

Hospitality Manager Students' Union

As a member of the Restaurant Management Student Association Sureo, you become part of the national restaurant management student network and receive the events of all restaurant management associations at the member price. Anyone studying to be a restaurant manager can become a member of Sureo. If you are a full-time degree student, you pay the student membership fee regardless of whether you work in a paid job alongside your studies. As a member of Sureo, you are also a student member of Sure and Akava's Special Areas. This means more benefits - just for you!

Sureo membership is tailored specifically for hospitality students, so that you as a hospitality student receive support in your studies, work and free time. Sureo wants to guarantee you the opportunity to develop yourself into the career you want to be!

Becoming a member

Your membership starts on the day your application is received by us. You can also set your membership start date to another future date. Once your membership application has been processed, you will receive a Welcome to the Restaurant Association email, a membership fee invoice, and additional information from Akava's Special Areas. The first month of membership is free of charge.

With the same membership you get Sureo and Lare membership



Lite - membership

Finnish Restaurant Association
student Lite membership
Lite membership covers all the same
benefits as Star membership,
excluding unemployment insurance.
22€/year
(no unemployment fund)



Star - membership

Restaurant Association Student Star
Membership
Star membership covers all benefits
including unemployment insurance.
Star membership is aimed at those
who study while working
85€/year
(including unemployment fund)

Bachelor of beauty and cosmetics

On these pages you will find information for Bachelor of beauty and cosmetics.

Student representative search - Every year, Laurea and Laureamko search for students who want to develop their degree and bring the voice of students to Laurea's decision-making process for degree-specific working life development groups. As a student representative, you can bring degree-specific feedback to the group and network with your future employers. The group also includes working life representatives who bring an important working life perspective to the development of Laurea's degrees. The official student representative search is organised annually in October by Laureamko.

At Laurea, students in the arts have access to pink overalls. Students in the arts can purchase their overalls by participating in a pre-order through Laureamko's online store. The pre-order will be sent on **September 12th**, after which it is not possible to order the overalls.



LESO

LESO, or Laurea Students of Disability Studies, is a subject organization for all students of disability studies! We take care of the interests of Laurea students of disability studies, both in terms of education and well-being. We support students of disability studies in their studies and everyday life. We are also involved in organizing events and enabling, for example, various excursions for the benefit of disability studies!

YHTEYSTIEDOT:

leso@laureamko.fi | Instagram: laurealeso



Become a Pro student member

As a student member of the labor union, you receive the benefits of full membership even during your studies, free of charge.

Why become a student member of a trade union?

In addition to member benefits, you will receive reliable information about the application of collective agreements in your field and earnings trends in the field. If you are working alongside your studies, in the summer or as an intern, Pro's working life experts and career coaches will help you when applying for a job, when signing an employment contract, during your employment relationship and when it ends.

The important thing is that when you finish your studies and head to work, you are already covered by the security provided by your union.

When you become a member, you join the Pro student association, which ensures that students are also heard in the labor market.

The Pro Trade Union is a force of 120,000 members working in almost every sector of society:

industry, finance, services, ICT and communications, and the public sector. We are a strong influencer in working life, and we support the livelihood, skills, and well-being of our members.

We are familiar with the employment and job conditions of numerous different fields, and we will help you to get your dream job while you are still studying. We negotiate 150 collective agreements.

All degree students, regardless of their field of study, can become a student member of Pro.

pro•

proliitto.fi



Become a Laureamko active

Did you know that you can also get involved in student active activities? Laureamko's activities are carried out by students. At Laureamko, students can act in many different roles. As a student active, you will gain new skills, friends, networks and, above all, a huge number of new and great experiences. You can get up to 35 credits in total for the skills you gain in active activities.

The Representative Council is a group elected from among Laureamko's members, where each member of the Representative Council can influence the direction the student body is heading. The members of the Representative Council, or more familiarly known as the editors, decide on the next year's action plan and budget, the size of the membership fee, and strategic lines. The members of the Representative Council are elected to their positions through elections.

The Board implements Laureamko's action plan. The Board is responsible for activities that cover the entire student body, such as coordinating tutoring activities, developing marketing and communications, defending student rights across Laurea and the country, and planning various types of events. The Board of Representatives elects the members of the Board at its organizational meeting.

The task of student representatives is to bring the student perspective to the attention of all levels of Laurea. They ensure student-oriented decision-making in numerous Laurea working groups and institutions as equal members of the groups, especially in degree development groups. The application for student representatives is open annually in October. All Laurea students can apply to become student representatives in an open application.

Student tutors are Laureamko's most visible and active group. You can read more about tutoring and applying to be a tutor in the following section.

Campus teams are a group of local Laureamko actors operating on each campus. These actors organize local events and promote the interests of students on their own campus, as well as sell Laureamko products, such as student overalls, and offer coffee to students on campus while they are in the office. You can join the campus team at any campus team meeting, if there are free places in the campus team. The easiest way to find the meeting time is on the campus team's own social media or by asking directly at the campus team office.

The employees are specialists hired by the student union who support student activities.



Council of
Representatives



Laureamko
Board



Campus
Teams



Student
Tutors



Student
Representatives

Become a student tutor!

A TUTOR PROVIDES HELP AND SUPPORT FOR NEW STUDENTS. YOU ALSO HAVE THE OPPORTUNITY TO BECOME PART OF THIS GROUP!

During the orientation days, new students at Laurea are welcomed by Laureamkon tutors wearing pink shirts. What exactly do these tutors do, and how can you become a tutor?

Tutors' most visible task is to participate in orientation days with new students. There, they help new students to form groups, show them around the campus and guide them in using the systems. Tutors also ease their nerves by offering low-threshold help and support as peers. Tutors are also available to provide support and share their knowledge with new students after the orientation days. They organise various events where students can get to know each other and have fun. The closing events of the orientation week are organised by the tutors. In addition to Laurea's practices, tutors introduce new students to student life. They will inform you about various events and can also give you tips on things like sewing badges onto your coveralls.

As a tutor, you will have the opportunity to meet people from all over the world. Every semester, a large group of exchange students arrives at Laurea, and tutors are responsible for welcoming them to Finland and to the university. Helping out with the exchange students can help you improve your language skills and gain valuable international experience. As a tutor, you will be a source of help and support for new students. Would you like to become part of this group?





APPLYING TO BECOME A TUTOR

To apply to become a tutor, fill out the application form on the Laureamko's website and attend a tutor interview. Students from daytime, blended, online, and pathway programs are all welcome to apply. We welcome tutor applicants of all ages. You can apply to become a tutor in any field of study and from any campus.

All selected tutors will be trained for their role. In addition to teaching the necessary skills and knowledge, the tutor training focuses on team building within the tutor group and aims to make the training as enjoyable as possible for the tutors. The training includes a few group meetings and an overnight tutor camp. During the training, you will get to know tutors from other fields and from all six Laurea campuses. Tutors will also be able to participate in Laureamkon's own recreational events, so you are very likely to make new friends during the training!

Tutoring teaches you a many skills that are also useful in working life. You gain experience in leading groups and organizing events, while also improving your presentation skills. You get to network and meet a wide range of people, and you feel good about helping others. You can also apply for five credits for the skills you gain through tutoring. Tutoring is a flexible commitment, depending on the tutor's availability, so there is no need to worry too much about how much time you will need to commit.

The next tutor application period is open from **September 1 to 14, 2025**. The application period for students who **started their studies in autumn 2025** will be open from **January 26 to February 8, 2026**. Mark the dates in your calendar and don't forget to apply!

Student events

Laureamko organizes many different student events each year. Event tickets for Laureamko members are **50% off!**

Welcome to the Student Union Annual Party! This festive event brings students together to celebrate the achievements of the student community, create memories, and celebrate the past year. The annual party is a more formal occasion where you can enjoy delicious food, listen to speeches, and enjoy the party program. This is also a great opportunity to network and meet new people at the university.

A smaller cocktail event is organized annually, and a larger evening party is organized on milestone anniversaries. Welcome to spend an unforgettable evening!

May Day is said to be the most important celebration for students and anticipation is always good. For students, May Day celebrations start well in advance in April and end on May 1. It is a tradition to visit several events during May Day events and collect stamps as proof of participation. By completing a certain number of events, you will receive an official Laureamko May Day badge, depending on how many years the participant is in.

Welcome to Academic table party, the traditional and joyful table party of students! Academic table parties are occasions where students come together to enjoy good food, drink, company and sing traditional student life songs together. Academic table parties are full of traditions, songs and games. They offer students the opportunity to relax, have fun and create memorable moments together.

Fresher's party is a celebration aimed at all students starting their studies. At Fresher's party, groups go around checkpoints outside, complete various challenges, and the best performing groups are awarded at the event's after-party. The event offers an opportunity to meet new people, get to know student organizations, and see other starting students from all Laurea degrees. Fresher's party usually has a diverse program, such as games, competitions, and fun activities that help new students find their place in the student community.

The First party of the year and the Summer end party, Laureamko's traditional start-of-semester party's that serves as the closing event of the orientation weeks. These parties are generally a starting student's first contact with the world of student parties. Unlike Fresher's party, these parties are aimed at everyone at Laurea who is either starting or continuing their semester.

Raide-Jokeri Appro is an fall semester's huge bub crawl event organized by Laureamko where students complete following the Raide-Jokeri main route. This unique appro takes students to bars and places that you don't usually see on bub crawl's ! So hop on board and let the tracks transport you!

RaflaRumba Appro is a student event founded in 2010, where students tour bars and restaurants in the Helsinki city center area. For each drink or food item consumed, you receive a performance stamp. Basically, you get one stamp per restaurant. The event will end in a afterparty in the city center area.

RAIDE-JOKERI APPRO



9.10.2025

LIPUT
JA
LISÄTIETOA



TICKETS
AND
MORE INFO

Laureamko.

Laurea Penguins

Laurea Penguins is Laurea UASs' ice hockey team established in 2024. The team will compete in the university / UAS league FCAA during the 2025–2026 season. The Penguins will host one home game in both the autumn and spring seasons, with dates to be announced on social media once confirmed. Spectators are welcome at these matches.

During the 2024–2025 season, the Penguins secured a spot in the final tournament through a playoff game held in Kuopio, which was decided in a shootout. The Penguins' matches were said to be the most entertaining of the league that season.

The team is continually welcoming new players with prior ice hockey experience. If you're interested in joining, feel free to reach out via email or social media.

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

Email: penguins.laurea@gmail.com



Elections for the Council of Representatives

The Council of Representatives is the highest decision-making authority of the Student Union. It is elected by fellow students for a one-year term. The Council decides on the general guidelines for the Union's activities, appoints the Board and statutory student representatives, and guides and supervises the Board's activities. The Council also leads the Union's strategic work. The Council of Representatives consists of fifteen members and their deputies. The meetings of the Representative Council are open to all members of Laureamko, meaning that any member can attend and observe the decision-making process.

The Council of Representatives elections determine who will make the top decisions at Laureamko for the following year. Fifteen members and fifteen deputy members are elected to represent the students' voices on the Council of Representatives. At their meetings, the members of the Council of Representatives decide on matters such as Laureamko's budget, action plan and political guidelines. Representatives can influence Laureamko's activities.

Election schedule

- Nomination period: September 1, 2025, at 12:00 p.m. – October 8, 2025, at 12:00 p.m.
- Deadline for purchasing membership to be eligible to vote: October 20, 2025, at 12:00 p.m.
- Deadline for requesting corrections to the electoral roll: October 27, 2025, at 12:00 p.m.
- Voting: October 29, 2025, at 12:00 p.m. – November 5, 2025, at 12:00 p.m.
- Announcement of election results: November 5, 2025, at 6:00 p.m.
- Deadline for appeals: November 19, 2025, at 12:00 p.m.
- 2026 Representative Council organizational meeting: November 20, 2025, at 4:00 p.m.

Put yourself forward as a candidate!

Would you like to influence how Laureamko allocates its budget? Would you like to influence the goals that your student union lobbies for? Stand for election to the Council of Representatives and get involved.

Being a representative is an effective way to influence things, but it's also a great way to learn. You will become familiar with how the student union spends its money, plans its activities and evaluates their success, and how it is managed strategically. You will also have the opportunity to learn about a wide range of topics that interest you. These topics could include educational development, membership marketing, developing student union services, student livelihoods and even university sports. You will also earn credits for your learning.

As a member of the Council of Representatives, you can also run for the following positions:

- Chair of the Council of Representatives
- Vice-Chair of the Council of Representatives

The Chair of the Council of Representatives summons the Council to meetings and chairs the meetings. They are assisted by the Executive Director of Laureamko, who acts as the secretary of the Council. The Chair and Vice-Chair of the Council are also invited to attend Board meetings.

Student overalls



Overalls are traditionally worn at almost all student events, such as appos, sitz, May Day, bar parties and almost any student event... They are part of student culture and can be recognized from the street scenes of students from both your own and other universities.

You can try on overalls at any of Laureamko's campus offices. You can check the opening hours of the offices on Laureamko's website or on each campus office's Instagram.

You can pre-order the overalls at shop.laureamko.fi or from the link below. Based on pre-orders, we will place the overalls order on **September 12, 2025**. It will take approximately 6-8 weeks from the order to deliver the overalls, after which we will try to distribute them to the campuses as quickly as possible.

Ask your campus office for more information about overalls!

When purchasing, you can choose to have it delivered as a one-time package to your nearest R-kiosk or alternatively to your own campus office without delivery costs. Healthcare overalls are also available for purchase and pick up immediately from campus offices.

- Bachelor of beauty and cosmetics overalls are **pink**
- Degree programme in Hospitality Management and Service Design overalls are **orange**
- Social service workers overalls are **green**
- Health sector overalls are **purple**
- Information technology overalls are **light blue**
- Bachelor of Business Administration overalls are **black**

Hospitality Management, Service Design and IT Business Administration students obtain their overalls from their respective subject associations, **LARE RY** and **Jenkins RY**.

Your rights and responsibilities as a student

Laurea students have rights and responsibilities. These are based on the university's degree regulations and Finnish law. Students have the right to know in advance *the objectives of a course, the workload, the learning outcomes, the working life skills offered, the methods of assessment, the dates, and other key information*. This is stated in Laurea's degree regulations. You can check your rights as a student on the Laureamko website: laureamko.fi/en/students-rights/

A student's rights enable fair and equal treatment. Planning a smooth daily routine is supported when the student knows when course assignments are due and when the final grades will be available at the latest.

Student rights and responsibilities go hand in hand. Students have both the right and the responsibility to participate in courses or project studies in such a way that the learning outcomes are achieved. Students are expected to plan their studies and commit to them. Remember that you can provide feedback on a course both during and after it. You can read more about student rights and responsibilities more in depth from Laurea's degree regulations on Laurea's website.

*You can find your
student rights here:*



*You can find
Laurea's degree
regulations here:*



Checklist for new students

Do you feel uncertain whether you have completed all the essential tasks? Review the most important things here!

1

Bring with you

- a.** Official ID (passport or ID card).
- b.** Any work certificates or other documents required for accreditation.

2

Activate your user ID and do the network orientation

- a.** Instructions for activating your account can be found on the Laurea's website.
- b.** Your studies will start with an independent Canvas web orientation. The link can be found on the Laurea website.

3

Necessary purchases

- a.** Studying at Laurea requires a laptop so we recommend you get one if you do not already have one.
- b.** Books are available from the library, but there are a limited number of books available. If you decide to purchase a book, please take advantage of online flea markets and local libraries, for example.
- c.** Download the Tuudo-app where, for example, you can find the chapter order conveniently.

4

Housing and financial aid

- a.** Check out the student housing options and apply for a more affordable place to live.
- b.** Check the Kela website to see if you are eligible for the student housing supplement and file your application in time.
- c.** Also check the study grant calculator and income limits on the Kela website to avoid any unpleasant surprises.

5

FSHS

- a.** Remember to pay your health insurance fee on time: the due date for the spring semester is 15.3. and the due date for the autumn semester is 15.11. The payment is made through OmaKela.
- b.** Also check out the services of the FSHS.

6

Student Union

- a.** Join a student union in Kide.app.
- b.** Follow Laureamko on social media.

*Check the complete
new student's checklist
from Laurea's website:*

