



INFORMATION GUIDE FOR INTERNATIONAL STUDENTS 2014 - 2015

PUBLICATIONS BY THE STUDENT UNION OF ÅBO AKADEMI UNIVERSITY 1 / 2014



KÅREN
ÅBO AKADEMIS STUDENTKÅR



WELCOME TO FINLAND!

ÅBO FACT SHEET

Population	182.072
Swedish-speaking	5,3%

VASA FACT SHEET

Population	65.674
Swedish-speaking	22,7%

(december 2013)

Pietarsaari / Jakobstad



ÅBO AKADEMI UNIVERSITY
Vaasa / Vasa Campus



ÅBO AKADEMI UNIVERSITY
Turku / Åbo Campus



Helsinki / Helsingfors

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WELCOME TO THE STUDENT UNION OF ÅBO AKADEMI UNIVERSITY!

DEAR INTERNATIONAL STUDENT,

Welcome to Finland! This guide will introduce you to the Student Union and the student life at Åbo Akademi University. It tells you what a Finnish student union is and shares information about the services available for students at the Student Union of Åbo Akademi University. As our member you are entitled to a variety of benefits, which we hope will make your stay here easier.

As you might already know, Åbo Akademi University has two main campus areas, one in Åbo and one in Vasa. The two cities are situated approx. 340 km from each other. The Student Union of Åbo Akademi University operates both in Åbo and Vasa.

We hope that you will have a wonderful stay in Finland. Please, do not hesitate to contact us. We will be happy to help you with any questions you may have – that's what we're here for! Information about the Student Union of Åbo Akademi University and its services in English is also available on our website at **www.studentkaren.fi**.

Best wishes,

ALEXANDER LÅNG
President
so-karen@abo.fi

MONIKA ANTIKAINEN
Specialist, Social Affairs
se-karen@abo.fi

PETRA LINDBLAD
Specialist, Educational Affairs
he-karen@abo.fi

WHAT IS A STUDENT UNION?

IN FINLAND, STUDENT UNIONS ARE SERVICE AND INTEREST ORGANIZATIONS DEFENDING AND IMPROVING THE EDUCATIONAL, FINANCIAL, AND SOCIAL BENEFITS AND RIGHTS OF UNIVERSITY STUDENTS.

The student unions mainly work in the areas of higher education politics, social politics and international affairs. Every university in Finland has a student union and all students studying for a Master's or Bachelor's degree in Finland have a compulsory membership in it; those pursuing their doctoral studies may join their student union if they wish. Exchange students can and are warmly recommended to join the Student Union.

The Student Union of Åbo Akademi University (ÅAS) is a public corporation completely independent of Åbo Akademi University. ÅAS was founded in 1919 which makes it one of the first student unions in Finland. Today, ÅAS has around 5000 members.

ÅAS works to make sure that the conditions for your studies are as good as they can be. This is done by influencing the decision-making bodies of Åbo Akademi University at all levels. Student

representatives, elected by the students, are members of all these bodies. ÅAS also influences and takes part in decision-making by delivering statements on current propositions. Another important area of work is social affairs issues such as housing, health care, student discounts, and financial aid for students.

The Student Union also offers leisure time activities for students at Åbo Akademi University by arranging e.g. subsidised cultural and sport events. Moreover, ÅAS supports the different student associations. The student associations arrange excursions, social and cultural events.



WHAT BENEFITS DO I GET FROM BEING A STUDENT UNION MEMBER?

THE MEMBERSHIP FEE AT ÅAS IS 106 € PER ACADEMIC YEAR AND 53 € FOR HALF A YEAR. THE FEE MUST BE PAID BEFORE REGISTRATION AT THE UNIVERSITY. IF YOU WANT TO USE THE SPORTS FACILITIES AND ACTIVITIES AVAILABLE AT ÅBO AKADEMI UNIVERSITY YOU SHOULD PAY AN EXTRA SPORTS FEE. THE SPORTS FEE IS 22 € AND COVERS THE ENTIRE ACADEMIC YEAR.

THE STUDENT UNION CARD

The Finnish student identification card is called Frank. It is your Student Union membership card that offers you all kinds of services and benefits.

Before you can order your student card you need to be registered at Åbo Akademi University and a member of the Student Union. You can pay the Student Union fee at any bank in Finland. If you pay the membership fee at a foreign bank please be sure to pay all the bank fees and service charges which may occur! Please, make also sure to save the receipt. After you have paid the fee, you can register at Åbo Akademi at the International Office. The student card can be ordered at: **www.myfrank.fi**. The price of the card is

15,10 € and you will need to upload a digital photo of yourself when you order the card. It usually takes about three weeks before the card is ready to be picked up from the Student Union office. It is possible to check how the order for your card is progressing through the use of the link you're sent by Frank via e-mail when your order is received.

We do not recommend you to order a ISIC combination card with payment function because it requires a Finnish personal identity code. Instead you can consider buying a separate international student card via Kilroy.

FINNISH STUDENT HEALTH SERVICE (FSHS) 44 € of your Student Union fee

HEALTH CENTER IN ÅBO

ADDRESS	Kyrkovägen 13, 20540 Åbo
OPEN	Mon-Thu 8-15.00 Fri 8-14.00
APPOINTMENTS	
046 710 1050	General practitioners and specialists, 8-15.00
046 710 1047	Dentists, 8-14.00
046 710 1045	Mental health services, 9-12.00

HEALTH CENTER IN VASA

ADDRESS	Hovrättsp. 15 C, 65100 Vasa
OPEN	Mon-Thu 8-15.00 Fri 8-14.00
APPOINTMENTS	
046 710 1097	Preventive health care and medical care
046 710 1098	Dentists



goes to the Student Health Care Service, which provides health care for Student Union members all over Finland. All appointments at the general health and mental health services, including appointments with specialists and physiotherapists are free of charge for students. An appointment to the dentist costs between 16-30€ depending on the length of the appointment. NOTE: There is a penalty fee of 25 € for all uncan-

celled, unused appointments! You can also go to any FSHS centre in the entire country, should you for example get ill whilst travelling. See: **www.fshs.fi**.

WHERE TO CALL WHEN THE HEALTH CENTRE IS CLOSED
When the student health centers are closed, and you are in need of urgent health care, you must turn to the municipal health care services.

RESTAURANTS AND CAFÉS IN ÅBO

CAFÉ ARKEN	Fabriksgatan 2
CAFÉ FÄNRIKEN	Fänriksgatan 3
CAFÉ KÅREN	Tavastgatan 22
CAFÉ GADOLINIA	Porthansgatan 3
CAFÉ HANKEN	Henriksgatan 7

Note that Gadolinia also serves late lunch. More info at www.studentlunch.fi.

For Åbo: In the evenings and at weekends contact the emergency service by calling the Health Center On-Call Service, tel. 02 313 8800. Tyks T-Hospital is located on Savitehtaankatu 1.

For Vasa: If you need urgent care contact the emergency service of the main health centre of the City of Vaasa. You will not need to make an appointment in advance. Service available from Monday to Sunday between 8 a.m. and 10 p.m., address Sepänkyläntie 14-16, phone (06) 325 1700. After 10 p.m. go to the emergency clinic of Vaasa Central Hospital, address: Hietalahdenkatu 2-4, phone (06) 323 1311.

DISCOUNTED TRAVEL

You get about 50% off rail travel and coach travel (for journeys of over 80 km), by showing your student card when you buy the ticket in advance. For more information on trains, see: www.vr.fi, and for

RESTAURANTS AND CAFÉS IN VASA

ALEXANDER	Academill
CAFÉ ANN-MARIE	Academill

coaches, www.matkahuolto.fi. You can also get discount travel cards for local buses in Åbo and Vasa with your student card or an official student certificate from the university.

The place to buy these cards in Åbo is the public transport office at Auragatan 5. See: www.bussit.turku.fi or in Vasa at Vasa Lokaltrafik Ab at Hovrättsesplanaden 11.

STUDENT RESTAURANTS AND STUDENT LUNCH

At student restaurants you can eat cheap student lunches if you show your student card. The cost for a student lunch is around 2.60€. ÅAS owns five student restaurants / cafés in Åbo. You will find weekly menus etc. at the address: www.studentlunch.fi.

There are other student restaurants located all around the university area, for example there is a student restaurant in Academill in Vasa. You will get a student priced lunch not only on your campus, but in all student restaurants in Finland.

GENERAL DISCOUNTS

With your student card you can get discounts at most youth hostels in Finland. Ask for a discount when booking. You can also get discounts on everything from takeaway pizza to haircuts by showing your student card. It's always worth asking for student discounts while shopping!

KÅRKALENDERN

Kårkalendern is the Student Union yearly calendar which you will receive free of charge. It's mainly in Swedish, but contains e.g. dates for the biggest Finnish student events.

LEGAL ADVICE

As a Student Union member you are entitled to legal advice. You can turn to legal counselors in matters of inheritance, housing (e.g. tenancy agreement), taxation, employment etc. Please note that writing or making contracts doesn't belong to the counselors' work description, but they can give you useful legal advice.

The counselors are situated in Åbo. You can visit or call them Tuesdays 18-19. Address: Student Union of the University of Turku (TYU), Yo-talo, Rektorsåkersgatan 4, ground floor (02 276 9614). The

counselors speak fluent English and the service is free of charge.

OMBUDSMAN FOR HARASSMENT

Harassment is any unwanted one-sided physical or verbal behavior including racist or sexist comments that have negative consequences for the person subjected to them. According to Finnish law, employers are obliged to make sure that nobody gets harassed at work. The university is also responsible for its students. If you feel that you are being bullied or harassed, sexually or otherwise, you can contact one of the Student Union's persons responsible for cases of harassment for help: Monika Antikainen (se-karen@abo.fi) or Matias Dahlbäck (is-karen@abo.fi) or simply visit them at the Student Union office during opening hours. You can also contact them via trakasseriombudsman@abo.fi. All discussions with the ombudsmen for harassment are confidential.

STUDENT PRIEST

Mia Pusa and Tia-Maria Nord are the Student Union's own priests. If you want to talk about issues concerning religion or life in general, you can always contact Mia or Tia-Maria. Mia is at the Student

Union office in Åbo (Tavastgatan 22, 3rd floor) every Tuesday 12-14. You can also call (02) 215 4655 / (040) 341 7296 or e-mail her: mia.pusa@evl.fi. You can also call Tia-Maria at 044 480 8227 or e-mail her: tia-maria.nord@evl.fi.

KÅREN'S GYM – RODDIS

The Student Union has its own gym in Åbo, located in the basement at Kåren (Tavastgatan 22). The price for getting your key programmed to the gym is 40 € for half a year and 70 € for the whole year. Pay this amount to: Nordea



FI49 2284 1800 1256 36, recipient Åbo Akademi Studentkår. Include your name, matriculation number and the period of time you wish to pay for in the message.

Take the receipt to the Student Union office and we will activate your hid key. If you don't have a hid key, you can order one from the ÅAU webshop, shop.abo.fi. Before you start to use Roddis, you can come and check it out - just come to the Student Union office at Kåren. Note: you don't have to pay the ÅA sports fee to get access to Roddis.

SPORTS AT ÅBO AKADEMI UNIVERSITY

The sports fee for the academic year is 22 € for students in Åbo and Vasa. Information about sports at Åbo Akademi University can be found on the university's homepages: **www.abo.fi/student/motion/en**.

ÅA sports offers various sports alternatives. Volleyball, aerobics, spinning, bailatino dancing, and wall climbing... you name it! There are sports just for the sake of exercise, as well as competitions. There are also many courses, giving you a chance to try some new sports too. Sports at Åbo Akademi

University are not supposed to be deadly serious. First and foremost it should be fun, and everybody can take part.

The sports activities in Åbo are coordinated by the Sports Secretary Carl (Calle) Myrberg, who you will find in Gadolinia (Porthansgatan 3). You may also contact him: cmrberg@abo.fi, 02 215 4654.

The sports activities in Vasa are coordinated by the Sports Secretary Martin Norrgård who you will find in room: B213a in Academill (right upstairs of Café Ann-Mari). You may also contact him: martin.norrgard@abo.fi, 06 324 7161.

STARTING PACKAGE

The student unions of the universities of Turku and the Turku University of applied science run

a starting package storage where exchange students who are ÅAS members can borrow a package with household items which is then returned again before leaving Finland. The address of the storage is: Rektorsåkersgatan 4B.

Together with the student union of Novia University of Applied Sciences, ÅAS also runs a starting package storage in Academill, room C224. Please see ÅAS' website for information on how to obtain your starting package.

Please note: the starting package service is only available to exchange students, not international degree students.

STARTINGPACKAGES

STARTINGPACKAGE@UTU.FI | ÅBO
STARTINGPACKAGE@ABO.FI | VASA

Fee is 20€ + a 50€ deposit



THE STUDENT UNION STAFF

ÅAS HAS AN EMPLOYED SECRETARIAT AND A COORDINATOR FOR THE STUDENT HOUSE HAVTORNEN TO ASSIST THE STUDENT UNION BOARD AND TO GIVE ADVICE TO STUDENTS IN DIFFERENT QUESTIONS. YOU CAN ALWAYS TALK TO THE SECRETARIES AND ASK FOR ADVICE IN CONFIDENCE.

THE SECRETARY GENERAL Ann-Katrin Bender is the chief of the staff. She prepares proposals by the Board and the Student Union Parliament, participates in interest group activities and is responsible for financial affairs.

| gs-karen@abo.fi | +358 (0)2 215 4652 | 050 521 7140

THE EXPERT OF ACADEMIC AFFAIRS Petra Lindblad is responsible for educational affairs,

higher education policy and the protection of students' rights. If you have any questions or problems concerning courses, exams or teaching you can contact the Secretary of Educational Affairs.

| he-karen@abo.fi | +358 (0)2 215 4139 |

THE EXPERT OF SOCIAL AFFAIRS Monika Antikainen works with issues related to student housing, health care, equality, students'



general well-being and exchange students. She is also the contact person for disabled students and for students subjected to different kinds of harassment. Monika can give you advice in case of disabilities or special needs, e.g. contacting your teacher about dyslexia and help you get assistance.

| se-karen@abo.fi | +358 (0)2 215 4653 |

THE COMMUNICATIONS OFFICER Matias Dahlbäck is in charge of the webpage and the Student Union's presence in various social media. He is also responsible for the weekly information mails. Additionally he works as ombudsman in the event of harassments together with Monika.

| is-karen@abo.fi | +358 (0)2 215 4656 |

THE SECRETARY OF ADMINISTRATIVE AFFAIRS Markus Heikkilä takes care of most of the administration at the Student Union Office and is hence the one you will meet first when you come to our office in Åbo.

| ks-karen@abo.fi | +358 (0)2 215 4650 |

Marcus Beijar works as the COORDINATOR IN THE STUDENT HOU-

SE HAVTORNEN IN VASA. He takes care of most of the administration of the Student Union Office in Vasa.

| vl-havtornen@abo.fi | +358 (0)6 324 7225 |

THE STUDENT UNION BOARD

The Student Union Board consists of a chairman and five to six board members. They are elected by the Student Union Parliament for one calendar year. The Board operates both in Åbo and in Vasa. Each board member has a specific responsibility area and the Board is responsible for executing the Student Parliament's decisions.

President:

Alexander Lång, so-karen@abo.fi

Vice president:

Amy Rönnerberg, vo-karen@abo.fi

Board Members:

Anna Nylund

Alexander Skog

Ken Snellman

Carl-Erik Strandberg



THE STUDENT UNION HOUSES

KÅREN IN ÅBO

Kåren is not only the shorter Swedish name for the Student Union of Åbo Akademi University, it is also the name of the Student Union's own building that is located at Tavastgatan 22.

Many student parties are organised in the Kåren building, either in the great hall or in the pub on the ground floor.

If you have any questions concerning your stay in Finland, you can always turn to the Student Union offices. The Student Union office in Åbo is located in the Student Union's own building Kåren on the second floor and is open Monday through Friday noon-3pm.

HAVTORNEN IN VASA

The students at Åbo Akademi Vasa have a unique Student Union house, Havtornen, "Towers at the Sea". Havtornen was officially inaugurated in 2007.

Havtornen is a lively meeting point where you can find conference rooms, general facilities, a sauna, a kitchen and even a large terrace facing the sea. All students and associations at Åbo

Akademi University have the right to use Havtornen free of charge, and this possibility is often used by our active student associations who use the building for all kinds of parties and get-togethers. The Student Union Office is located in Havtornen and is open Monday through Friday noon-3pm.

Exchange students in Åbo and in Vasa have the possibility to visit Kåren and Havtornen with their tutor for a cup of coffee and a guided tour of the buildings. This is a great opportunity to learn more of the history and the usage of the buildings.





FINLAND–SWEDISH STUDENT LIFE AND TRADITIONS

LIKE EVERY COUNTRY, FINLAND HAS ITS OWN CULTURAL TRADITIONS THAT VARY REGIONALLY. IN ADDITION, STUDENT LIFE BRINGS ITS OWN TRADITIONS TO FINNISH CULTURE, WHICH YOU WILL SEE DURING YOUR STAY HERE. HERE IS A PRESENTATION OF THE HIGHLIGHTS OF THE YEAR.

GULNÄBBSINTAGNING

As an initiation process, the student associations and faculties organise a humorous race with small competitions for the new students. Students compete in teams, and if you want to you can join the event. You will recognize the event from the black plastic bags that the students wear, as well as from their noses which are painted yellow. This is because a new student is called “gulnäbb”, Swedish for “yellow beak”.

GULNÄBBSAKADEMIN (FRESHER’S FAIR)

The Fresher’s Fair, arranged in September in Åbo and Vasa and is an opportunity for student associations to present their activities and recruit new members. Some companies are also present at this fair. This is also a chance

for international students to find a student association, so do not hesitate to come.

LILLA WAPPEN

Lilla Wappen marks the end of the summer. Back in the day, when being a student was highly reputed in society, students used to wear their student caps all summer and only put them away for the winter. Lilla Wappen is a reminder of that time. Traditionally, there is a party at the end of September, and at midnight everybody takes off their caps and turns them inside out.

DECEMBER 6TH – INDEPENDENCE DAY

Finland’s Independence Day is a quiet festivity compared to many other countries. Usually people stay at home and eat dinner, and watch the President’s annual in-

dependence ball.

The student unions of Turku also have a procession to the cemetery in order to honor the memory of those who died in the wars.

ÅRSFEST (ANNUAL BALL)

The Student Union and many student associations celebrate their birthday through an annual ball. The dress code is tailcoat or evening dress, and the traditions for the ball are very specific. The Student Union's annual ball is always on a Saturday in mid-February and alternates between Åbo and Vasa.

FASTLAGSTISDAG/ FASTLASKI-AINEN - SHROVE TUESDAY

Fastlaskiainen is the common celebration among the Finnish- and Swedish Universities in Åbo and Vasa, and the name of the event is a combination of the Finnish word Laskiainen and the Swedish word Fastlag. This winter day in February is celebrated through sledge competitions at the hill called Vårdberget in Åbo and at "fiskstranden" in Vasa. Shrove Tuesday buns are also a must for this day.



WAPPEN

Wappen, also known as Vappu or Valborg, is one of the most important student festivities. In Åbo there is a picnic by the river on the last day of April, and in the evening all the Swedish speakers of Åbo gather at Vårdberget to hear the speech of the president of the Student Union board, as well as spring songs by the choir Brahe Djäkna. Afterwards there is a dinner at Kåren, and on the First of May, Vårdberget is filled with picnickers – both students and families.

In Vasa the students gather at the church square in front of the old Lyceum to listen to the songs of the university choir Pedavoces. A speech for the students is given and the statue of Zacharias Topelius receives its student cap. After this the students arrange picnicks in the park around the Court House, or meet at the restaurant Strampen.

PAMPAS NATIONALDAG (THE NATIONAL DAY OF PAMPAS)

The name Pampas is used for the flatlands of Österbotten, the area surrounding Vasa. The national day of Pampas is a day to celebrate it. The day starts with competitions between different teams from the Swedish-speaking universities and continues all day until the olympic finals in the afternoon. The festivities carry on all night until dawn when breakfast is served. This is the biggest party of the year among the Swedish-speaking students in Vasa.

THE FIND-A-FRIEND ICE SKATING

Near or on Valentine's Day the Student Unions in Åbo arrange the Find-A-Friend ice skating event. If you've never tried ice skating before, this is your chance. We're all Bambis on ice at first :)

PROCESSION OF FLAGS

An old and dear tradition of the Student Union is the procession of flags. It is a solemn way of celebrating the Independence Day, and it also gives colour to the First of May and Annual Ball festivities. The Finnish flag always leads the procession, and it is followed by the flag of the Student Union as well as the flags of the student associations. The procession is formal and the people walking in it should wear dark clothes and the student cap.

AND MUCH MUCH MORE...

While there are traditions that are upheld, every year at ÅAU and ÅAS is different. Ideas are formed, events are planned and memories are made. Keep your eyes and mind open (and remember to read the newsletters) and you're sure to find something interesting out there.

SITZES

A sitz party is a traditional student party with its specific rules and style. In short, it is a two-course dinner with a lot of singing, eating and drinking. The singing is led by one or more toastmasters. It is important to respect the toastmasters, who have a big task in setting the style and pace of the evening.

Usually people drink schnapps at the sitz, but there is always a non-alcoholic alternative available. Before each schnapps, there is a song. Sitzes are usually arranged by the student associations, and their traditions differ quite a lot from each other. There is often also a specific theme for a sitz, for example Halloween, Super Heroes or Beach Party.

NB! You never have to drink alcohol if you do not want to, it is always your own choice whether to drink and how much. At sitzes, there are usually people who take a nonalcoholic alternative. Getting blind drunk is not an obligatory part of the sitz culture.

STUDENT CAPS AND OVERALLS

In Finland, when you pass your matriculation exam and graduate from high school, you can wear the white student cap, *studentmössa*.

This is something to be proud of, and the graduation ceremony, where the cap is worn for the first time, is an important occasion. At university, students wear the student cap on a number of occasions.

One of these is 30 April, when Åbo Akademi students gather to celebrate the start of Wappen, the first of May. Another is Finland's Independence Day, 6 December, during a procession to the graves of war heroes.

During your stay in Finland, you will also surely see students dressed in overalls in different colours. Overalls are particularly used at special events and parties by students in Finland and Sweden. The student associations offer the students the chance to buy an overall during the freshman year, and the colours vary according to faculty and field of study. It is customary to personalize the overalls, and they are almost invariably decorated with various badges, souvenirs and inexpensive gadgets. There's also a practice of swapping a part of the overall with another person, typically with a partner. Also badges are readily swapped, especially amongst friends who are of different associations.

The Annual Balls usually require formal wear, but customs vary between different Student Unions and Student associations.




HOW CAN I STAY UPDATED ABOUT CURRENT EVENTS AND HAPPENINGS?

The main source of information about what is going on is e-mail. In Åbo international students receive information through the Nuntii e-mail list. 'Nuntii' is the Latin word for 'news'. On this list you will find information both about courses and social events, as well as other things that are important to know.

The International Office, ESN and the Student Union all use this e-mail list for sending information. In Vasa international students receive information through the e-mail list novajoj@abo.fi. 'Novajoj' is Esperanto for 'news'. Exchange students will automatically subscribe to these mailing lists.

In Åbo the international degree students have their own e-mail list called degreestudents@abo.fi. On this list you will find information about social events, as well as other things that are important to know. By e-mailing he-karen@abo.fi you will be added to this list.

It is also a good idea to check out notice boards around campus for information about events in the near future. Information is also available through the Student Union's fan page on Facebook.

 www.studentkaren.fi



www.facebook.com/AASStudentkar



[@AASStudentkar](https://twitter.com/AASStudentkar)

STUDENT UNION OF ÅBO AKADEMI UNIVERSITY – THE ORGANISATION

ÅAS IS LED BY ITS HIGHEST DECISION-MAKING BODY, A 25-MEMBER STUDENT UNION PARLIAMENT. THE PARLIAMENT IS ELECTED BY THE STUDENTS OF ÅBO AKADEMI UNIVERSITY FOR A TWO-YEAR TERM.

All ÅAS members have the right to both vote in the Student Union elections and run as a candidate. As a member of the student union you can influence ÅAS' decisions by voting in the student union elections, held every other year in November.

The **Student Union Parliament** decides what the Student Union will focus on during the year and determines how much money will be used and for which purposes. The Parliament also appoints e.g. the Student Union Board which is responsible for executing the Student Parliament's decisions.

The **Student Union Board** operates both in Åbo and in Vasa. The Student Union Parliament also selects student representatives for various bodies in the university.

COMMITTEES

The student union committees are groups of people formed due to shared interest in certain issues. A committee organizes some of the student union's activities and work as a link between the Student Union and its members. For easier identification, the Swedish name is given in brackets.

The committee for advocacy of student's rights
(Stora utskottet)

The committee for advocacy of student's rights discusses issues related to studies and education as well as social policy (housing, health care, sports, equality). The committee's meetings often include the executive board informing about current affairs and upcoming events. National reforms, local problems and questions

from the members are discussed in the committee.

The Environmental and Development Affairs Committee

(Miljö- och biståndsutskottet)

The environmental committee works for sustainable development by discussing current environmental problems and by thinking of ways to make Åbo Akademi University more environmentally friendly. The activities arranged by the committee include excursions, debates and recycling days, where students bring things they no longer need and others can pick them up free of charge.

The committee also organises different campaigns to increase students' knowledge of development and charity issues and arranges all kinds of charity events.

The Student Union Parliament meetings are open to all Student Union members.



STUDENT ASSOCIATIONS AT THE STUDENT UNION OF ÅBO AKADEMI UNIVERSITY

THERE ARE ALMOST 70 STUDENT ASSOCIATIONS WITHIN THE STUDENT UNION. THE ASSOCIATIONS UNITE PEOPLE ACCORDING TO FOR EXAMPLE COMMON SUBJECT OF STUDY, AREA OF FINLAND, AND INTEREST OR HOBBY. PART OF THE ASSOCIATIONS BOTH IN ÅBO AND VASA ARE INTRODUCED BELOW.

ESN VAASA is the section of the Erasmus Student Network of the University of Vaasa. ESN is an international organization, which operates all around the world. We make sure that exchange students will enjoy their stay in a different culture and help them to adapt to Finnish mentality.

ESN Vaasa operates as a sub-committee of Student Union of University of Vaasa (VYY) and its purpose is to bring the international students and Finns closer together. All students in Vaasa are welcome to join the activities organized by ESN Vaasa. We are constantly looking for new people: become active in developing and executing new fresh ideas and events and have the best time of your life! For more information see www.facebook.com/esnvaasa or

contact esnvaasa@esnfinland.eu.

ESN VID ÅBO AKADEMI (ESN ÅA) Erasmus Student Network (ESN) is a non-profit international student organization. Our mission is to represent international students, thus provide opportunities for cultural understanding and self-development under the principle of Students Helping Students. Here in Åbo Akademy our ESN team brings you closer to the Finnish culture by organizing different events and trips. So come meet and let us show you an unforgettable journey in this enchanting country!

For more information please see www.esnabo.org.

INTERNATIONAL STUDENTS OF TURKU UNIVERSITIES - ISTU is a registered non-profit organisation of international bachelor's, and master's students, as well as PhD candidates, and researchers studying at all universities in Turku (University of Turku, Åbo Akademi, Turku University of Applied Sciences, and Novia). ISTU is also open for exchange students. ISTU is a community of international students.

We offer a variety of interesting social and cultural activities that make university life more fun and exciting.

ISTU welcomes everyone; come and take part!

isturku.org

facebook.com/groups/isturku/

ABO KDS (ABO KARATE-DO SHOTOKAI) is a karate club as well as a student association at Åbo Akademi. We practice hard but in a relaxed atmosphere and our members also get the chance to participate in national as well as international karate courses. We welcome everyone curious about karate to join us! Next beginner's course will start in September/October.

For contact info and more about KDS karate, please visit www.abokds.org or check us out on facebook!

ASTÉRIX is the association for students of the French language, but also for others with an interest in the French language and the culture are more than welcome to join. During the academic year Astérix organises for example different soirées like cheese & wine and fondue or raclette. Astérix also organises different activities in collaboration with other student associations at Åbo Akademi. Astérix vid Åbo Akademi can also be found on Facebook. Welcome to Astérix!

BRITANNICA is the association for students of the English language and literature at Åbo Akademi. We organize plenty of events, ranging from laser tag tournaments to movie nights, pub crawls, Open mic nights and pub quizzes. Our events are open for everyone and we're a pretty jolly bunch. To hang out with us is a perfect way of getting to know Finns that aren't shy when it comes to communicating! Like us on Facebook (Britannica vid Åbo Akademi) so you can get

information about our upcoming events.

ESZETT ist der Studentenverein am Institut für Germanistik an Åbo Akademi. Wir organisieren regelmäßig verschiedene Veranstaltungen, wie Partys, Filmabends, Mitgliedabends mit verschiedene Themen usw. Unsere Zielgruppe ist vor allem die Germanistikstudenten aber auch deutschsprachige Austauschstudenten, die finnische Studenten kennenlernen möchten, und diejenigen, die sich für die Sprache und Kultur im deutschsprachigen Gebiet interessieren. Wir freuen uns darauf, euch kennenzulernen!

EX TEMPORE is the subject organization for pharmacy students at Åbo Akademi University. Our HQ is located on the 3rd floor in BioCity and you can recognize us from our dirty white overalls. We arrange fun activities throughout the year and cooperate with other organizations often. Have some fun during your studies, join us and become an Ex Temporite!

FLORAKÖREN is the female voice choir of Åbo Akademi University in the city of Turku, Finland and was founded in 1944. Today the

choir has around 70 active singers, of which the majority are students at one of the universities in the city. The choir strives to provide its members with an opportunity to participate in ambitious, high-quality musical activities. Florakören is led by Ulf Långbacka, who, apart from being a composer and conductor, also lectures in musicology at Åbo Akademi University.

Q UNION is attuned to interests, needs and demands of higher education LGBTIQ community. Q Union offers a wide range of activities from casual membership meetings to culture and sport events, such as parties, movie nights and rugby. Further we offer opportunities to make the world a better place fuelled by the politics of queer. We take pride in establishing a safe and inclusive environment free of homophobia, transphobia, racism and of both hetero- and homonormativity in all of our events.

Visit our website (www.homoglobiini.fi) to learn more about us and our upcoming events.

HUMANISTISKA FÖRENINGEN VID ÅBO AKADEMI R.F., a.k.a. HumFen, is the umbrella associa-

tion for all subject associations at the Faculty of Arts and the Department of Psychology and Logopedics. We arrange a variety of events during the year, such as band evenings and sitz parties, which are open for all students at ÅA. Members receive advantages such as weekly emails (also in English!) about happenings and current affairs, as well as discounts at our events.

For more info, contact us at hum@abo.fi or visit humfen.org.

IDROTTSKLUBBEN ACADEMIA, IKA R.F. Interested in team sports? So are we! IKA is a student sports club looking for new players in our teams. We have players in women's and men's volleyball, men's floor ball and futsal. We need more players especially to both volleyball teams and futsal, and would like to start a women's floor ball team. If you are interested of any of these (or other) team sports let us know! You can e-mail us to ika@abo.fi, or contact us through Facebook!

INFÅ is the subject association for Computer Scientists at Åbo Akademi, but others with a passion for computers are also welcome to join us. We arrange for in-

stance movie nights, LAN-parties and awesome parties together with other associations. We are also active in sports, participating in tournaments organized by ÅA and we also assemble once a week to jog and go to the sauna.

For more information, check out our website www.infa.fi or visit us in our association space "Spacebaren" in the basement of the ICT-house.

KATHARSIS is the subject association for those who study developmental psychology. Our studies are often based on own studies at home, and that's why we try to increase the cohesiveness also outside the school's borders. We arrange among other things theme nights, where we experience different culture's food and have program connected to the theme, besides that, we yearly arrange the traditional whine,- and cheese night. Visit our blog at <http://foreningenkatharsis.blogspot.com/>, and hopefully we'll see you at some of our events!

KULTURISTEN R.F. is the association for students of ethnology and folkloristics at the Faculty of Arts and Humanities. We enjoy everything from traditional sagas to

popular culture, and believe all things, even the small bits and pieces, have a story to tell. We are very proud of our logo, which was especially made for us by Tove Jansson, the creator of Moomin. You can find us at the Arken building, strolling down town in our pink student overalls, or on Facebook!

LIBERALA STUDERANDE LSK is Svensk Ungdoms (SU) political organ for universities. LSK i Åbo is the biggest group in Åbo Akademis Studentkårs student council and our members are also active in the student union. As the name implies LSK is a liberal group where everybody can feel at home. Join us if you really want to influence your student environment. You can find more information at: www.liberal.fi

NYLÄNDSKA NATIONEN VID ÅBO AKADEMI was founded for students in Åbo who are from Nyland (Helsingfors, Esbo, Vanda, etc.) or is a "Nyländsk" person by nature. We have approximately 200 members. Our motto is "Love across the faculties" so here you are welcome whatever you study!

We throw some of the best events in Åbo so you really should

come and check us out! We have a sitz (dinner with songs and fun) about 11 times a year. The annual ball is always in March and there you get to put on your prettiest evening gown or your white tie and eat dinner and dance waltz and foxtrot.

We also offer other activities such as ice-skating, bowling, going to a theatre and evenings when we play board games. At these events you can just relax and have a good time in great company.

If you have any questions please contact us by e-mail at nn@abo.fi. We are happy to answer all of your questions! You can also visit our website www.nylandskanationen.org for more information. Since we welcome members from different faculties joining NN is an opportunity to get to know people who don't study the same as you.

OTAKT is the association for those who love dancing, no matter if you have done it before or not. You don't need a partner nor a folk costume to join us. The entire autumn is free of charge and we teach folk dance and ballroom dancing from scratch, but more experienced dancers also learn

something new. Apart from dance practice, we arrange parties, excursions to dance places, sauna evenings etc. Moreover, we go on trips and participate in courses both in Finland and abroad.

Welcome to be a part of our merry bunch!

PICTURA VID ÅBO AKADEMI R.F. is a photo club for everyone - both students and personnel at Åbo Akademi - interested in photography. Keep yourselves active and inspired and meet others with similar interests!

As a member you have access to our darkroom and studio, and can participate in all events, courses and outings.

Check out our website www.fotoklubben.fi!

PULTERIT RY is a student union for geologists and persons interested in geology at Turun Yliopisto and Åbo Akademi. We are a bilingual group, and we work as a bridge between the two universities in Turku. We plan events and trips with other geology unions in Finland, which can be found in Helsinki and Oulu. Everyone feel free to come and join our events!

SIGMA - When you're a first year student (a gulis) everything is new, you know neither the place or the people. For me one of the worries was that the institution would be located in an old shabby basement with no cozy factor, where you would spend at least 5, 6 years, in some strange mathematicians company. My first day at university proved the opposite! The association of math students Sigma is a great support for us students. I never thought one could get so many good friends in one year. Through all the events Sigma arranges you get to know "your own people" but also students from other institutions in a relaxed way. I hope and believe that your first year here at the Academy will be as rewarding as mine, and if it does not seem so, join Sigma!

STATSVETENSKAPLIGA KLUBBEN VID ÅBO AKADEMI R.F. (SF-klubben) is a student association for all social science students at Åbo Akademi University. Our activities consist of excursions, parties, seminars, meetings, debates, sport events, company visits and coffee meetings. We are one of largest and most active student associations at the University. Our

activities are mainly in Swedish, but feel free to visit our webpage www.sfklubben.com or contact the board by email: sf@abo.fi.

VASA STUDENTMISSION is an organization whose goal is to reach out with the gospel of Jesus Christ. We have two target groups. The first target is every student. We want to offer community and a safe environment for questions about life's questions. The second target is Christians. We want to offer Christians a fellowship that supports and builds up their faith. In the fall we begin with a pizza night, after which we arrange meetings on Mondays and other parties and events. Welcome!

STUDENTMISSIONEN I ÅBO - Are you curious about life's deepest questions? Do you want to grow as a person and human being? You are mostly welcome to join us at the local group of International Fellowship of Evangelical students (IFES; Studentmissionen in Swedish)! Are you a non-churchgoer, but curious about Christian Faith? Welcome to the Alpha-course, in English this fall! For more info www.studentmissionen.fi/abo or abostudmiss@gmail.com.

VOCALIS is the students' association for logopedic students, i.e. speech- language pathology-students. We're a small but active association that was founded five years ago. We cooperate a lot with other associations. Among our recurring events you find our "gulis-intagning" with Impuls and the Autumn-sitz with DaTe. You recognize us by our dark blue overalls with a mouth printed on the back and our amazing party spirit!



THE STUDENT UNION OF THE UNIVERSITY OF TURKU



THU
4.9.

WELCOME PARTY

@ APOLLO 21.00-04.00 | K-18

APOLLO
nightclub

HUMALISTONKATU 6, TURKU | WWW.NIGHTCLUB.FI

