



**ÅBO AKADEMIS STUDENTKÅR**  
THE STUDENT UNION OF ÅBO AKADEMI UNIVERSITY

# **INTERNATIONAL GUIDE**



An aerial, high-angle photograph of a modern university atrium. The space is filled with students, some sitting at tables and others standing. A large presentation screen is visible on the right side of the frame. The entire image is overlaid with a semi-transparent blue filter.

**WELCOME TO ÅBO AKADEMI UNIVERSITY (ÅAU)  
AND THE STUDENT UNION OF ÅAU (ÅAS)!**

**This is where your student life in Finland begins!**

Follow ÅAS in social media and check out [studentkaren.fi](https://studentkaren.fi) for more information about the Student Union and your membership benefits.

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## Dear international student,

Welcome to Finland! In this guide, we will introduce you to the Student Union of Åbo Akademi University (ÅAS) and student life at Åbo Akademi University. We want to tell you about the concept of a Finnish student union and inform you about the services available for students. As our member, you are entitled to a variety of benefits, which we hope will make your stay here easier and more enjoyable. This guide contains general information about ÅAS, the benefits you receive as a member, as well as the support and activities available to you.

The Student Union of Åbo Akademi University is present on both ÅAU campuses, in Åbo and Vasa. We want to be accessible to all our members and work to make student life as good as possible on both campuses and in all faculties. We are happy to assist you with any questions you may have. We hope that you will have a wonderful stay in Finland, and please do not hesitate to contact us!

Information about the Student Union of Åbo Akademi University and its services in English is available on our website: [www.studentkaren.fi/en](http://www.studentkaren.fi/en)

Best wishes and welcome to The Student Union  
of Åbo Akademi University,

The Board and Staff of the Student Union



## What is a student union?

In Finland, a student union is a legally mandated organization that represents university students. At Åbo Akademi University, this role is fulfilled by the Student Union of Åbo Akademi University (ÅAS). Our main task is to make sure that, as a student, you are well supported throughout your studies. We work to ensure that you can influence your education, focus on your studies without unnecessary financial stress, and that you have a home to go to.

ÅAS is a public corporation, entirely independent of the university. Founded in 1919, it is one of the oldest student unions in Finland. Today, we have around 5,000 members.

Membership in a student union is legally required for all Finnish undergraduate students, as well as for international students pursuing a Finnish degree (bachelor's or master's). As a student at Åbo Akademi University, you are therefore automatically a member of ÅAS. Exchange students studying in Finland for three months or longer are also welcome to join.

## What does the Student Union do?

ÅAS works to protect and promote the interests of its members both locally and nationally. At Åbo Akademi University, we focus on ensuring high-quality education, student representation, and access to facilities on campus. We also oversee legal protection, making sure that rules are followed and that all students are treated fairly.

Beyond the university, we push for better student housing, diverse sports and leisure opportunities, as well as access to municipal services and health care in both Swedish and English.

To support you, the Student Union's elected board and staff work actively every day.

# The Structure of ÅAS

The highest decision-making body of the Student Union is the Student Union Council, which consists of 25 members. The council is elected every two years in early November. All members of the Student Union have the right to vote and stand as candidates in the elections. The council's meetings are open to all members, and the dates and minutes of meetings are available online on the Student Union's website [studentkaren.fi](https://studentkaren.fi).

Each year, the council elects the Student Union Executive Board. The Executive Board is made up of a chairperson and several board members. They serve for one calendar year and are responsible for implementing the council's decisions.

The financial sector manages the buildings, student restaurants, and student housing. The Financial Board, elected by the council, is the decision-making body overseeing these areas.

## Benefits as a member

The membership fee for the Student Union of Åbo Akademi University is 69€ for the academic year 2025–2026 (34.50€ for the fall semester and 34.50€ for the spring semester). This fee must be paid before you register at the University.

## The Student Card

Your student card acts as your official student ID and gives you access to many benefits such as discounted lunches, cheaper train and bus tickets and more. The card is issued by the National Union of Finnish Students (SYL/FSF). To get your student card you must:

- Pay the Student Union membership fee (keep the receipt)
- Register as a student at Åbo Akademi University
- Order your card online at [frank.fi](https://frank.fi)

When ordering you'll need to upload a passport-style photo. The card will be mailed to a Finnish address so make sure your contact details are up to date. Once you receive your card bring it to the Student Union Service Point to have it validated with a sticker for the current term or academic year. Remember your card is not valid without this sticker and both the membership fee and validation must be renewed every year.

You can also use digital student cards via apps like Frank, Tuudo or Kide (available on iOS and Android). Use the same personal information you registered with at Åbo Akademi. If you encounter validation issues check your details in the university's Self Service portal.

Note Bachelor's and Master's students are considered graduate students not post-graduate.

## **Student Restaurants and Lunch**

With your student card, you are entitled to subsidised lunches at student restaurants throughout Finland.

ÅAS owns four student restaurants in Åbo. Their weekly menus are available at [karkafeerna.fi](http://karkafeerna.fi). In Vasa, there is a student restaurant in the Academill building. You can use your card to get the student price at any student restaurant in the country.



## Kårkalendern

Kårkalendern is the Student Union's annual calendar, available free of charge at the service points in Åbo and Vasa. It is bilingual (Swedish and English) and includes major events organised by the Student Union and various student associations.



## Travel Discounts

Your student card gives you approximately 50% off long-distance train and bus tickets when bought in advance.

- For trains, visit: [vr.fi](http://vr.fi)
- For buses, see: [matkahuolto.fi](http://matkahuolto.fi)

You can also get discounts on local transport cards in Åbo and Vasa by showing your student card or an official student certificate from the university.

### In Åbo

Public transport cards are available at the public transport office at Auragatan 5 or via [foli.fi/en](http://foli.fi/en).

### In Vasa

Visit Citizen Services at Biblioteksgatan 13 or: [vaasa.fi/en/living/traffic-and-streets/public-transport](http://vaasa.fi/en/living/traffic-and-streets/public-transport)

## General Discounts

Your student card gives you access to discounts at museums, theatres, cinemas, shops, and restaurants. Always ask if student discounts are available. The Frank app is a useful tool for finding deals on everything from insurance to clothing.

## Starting Package

If you are an exchange student and a member of the Student Union, you can borrow a starting package with basic household items for a small fee.

The package must be returned before you leave Finland. This service is only available to exchange students, not international degree students.

In Åbo, the service is managed by the student unions of the universities in Turku and Turku University of Applied Sciences. More information is available at [www.tyy.fi/en/students/starting-package-storage](http://www.tyy.fi/en/students/starting-package-storage) or by contacting [startingpackage@utu.fi](mailto:startingpackage@utu.fi).

In Vasa, ÅAS runs the storage together with the student union of Novia University of Applied Sciences. You must book an appointment to pick up and return your package. Visit [www.studentkaren.fi/en/starting-package](http://www.studentkaren.fi/en/starting-package) or contact [havtornen@studentkaren.fi](mailto:havtornen@studentkaren.fi).

## Harassment Contact Persons

If you experience bullying, discrimination, harassment or any unwelcome behaviour, you can contact the Student Union's Harassment Contact Persons.

They offer support, advice and help you find a solution. You don't need to define what happened. Everything you share is confidential, and no action is taken without your permission.

Contact them at [trakasseriombud@studentkaren.fi](mailto:trakasseriombud@studentkaren.fi) or individually. Meetings can be held in Åbo or Vasa, at the office, on Zoom or wherever suits you best.

## University Chaplains

Mia Pusa and Emilia Kontunen are university chaplains who support students with questions about faith or life in general. You are always welcome to contact them.

Mia is based in Åbo and you can reach her by phone at **+358 40 341 7296** or by email at [mia.pusa@evl.fi](mailto:mia.pusa@evl.fi). Emilia is based in Vasa and can be contacted at **+358 44 480 8327** or [emilia.kontunen@evl.fi](mailto:emilia.kontunen@evl.fi).

## Students' Rights at ÅAU and in Finland

The Students' Rights Expert supports students facing challenges or uncertainties in their studies or daily university life. Whether it concerns academic rights, well-being, or understanding university policies, the expert offers guidance and assistance.

The role also includes acting as the in-house specialist on higher education and social policy. Additionally, the Students' Rights Expert is the main contact for student representatives, ensuring they receive the support and information needed to represent their peers effectively.

## Legal advice

As a Student Union member, you are entitled to legal advice. You can turn to legal counsellors in matters of inheritance, housing (for example, tenancy agreement), taxation, employment etc. Please note that writing or making contracts is not included in the counsellors' work description, but they can give you useful legal advice.

The counsellors are situated in Åbo. You can visit or call them Tuesdays from 6 to 7 p.m. Address: Student Union of the University of Turku (TYU), Yo-talo A, Rektorsåkersgatan 4, first floor (**+358 45 843 3428** [tyy-oikeusapu@utu.fi](mailto:tyy-oikeusapu@utu.fi)). The counsellors speak English fluently and the service is free of charge.

# Student Union Buildings

## Kåren in Åbo

Kåren is not only the shorter Swedish name for the Student Union of Åbo Akademi University, but also the name of the Student Union's own building that is located at Tavastgatan 22. Many student events are organised in the Kåren building, mainly in the ball room. There is also a lunch restaurant called Kårkafé Kåren.

There are different facilities available for students to rent and use, both for larger events and for smaller meetings. The rooms available are the Ball room, Argentinasalen (the Argentina hall), Frimärksrummet (the stamp room), Von Knorringska kabinettet (the Von Knorringska room), the dining hall and the pub. Frimärksrummet and Von Knorringska kabinettet are both equipped with modern meeting technology; screens, microphones and speakers. In Von Knorringska there is also a pool table.

We also have available a sauna and “Marlirummet”, which is a kitchen and a meeting room for 25 people.

Information on all our different spaces can be found on: [karen.fi/sv/utrymmen](https://karen.fi/sv/utrymmen)





## Havtornen in Vasa

The students at Åbo Akademi Vasa have a unique Student Union house, Havtornen, “The Sea Towers”. Havtornen was officially inaugurated in 2007. Havtornen is a lively meeting point where you can find a meeting room, a living room, a sauna, a kitchen and even a large terrace facing the sea. You can rent Havtornen via:

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

## Service points

When you come to the Student Union Office either in Åbo or Vasa, you will be met by our service experts at the service counters. They take care of everything from validating your student card, selling merchandise, and answering questions. The opening hours can be found on our website, [studentkaren.fi/en](http://studentkaren.fi/en), and if there are any irregularities we inform through our [Instagram account](#).



# Health care

## Finnish Student Health Service (FSHS)

As a student, you are entitled to healthcare through the Finnish Student Health Service (FSHS), or SHVS in Swedish. Think of it as a health center just for students!

You can use their services if you're studying towards a bachelor's or master's degree in a higher education institution in Finland and you have registered as an attending student for the semester. The right to use services is valid according to each attended semester and it starts earliest on the first day of each semester. International exchange students not completing a degree at a Finnish higher education institution are not entitled to use FSHS services.

The FSHS offers services in general health, mental health, and oral health. All first-year students are invited to a health check, which includes an online health questionnaire and, if needed, a personal appointment.

In life threatening emergencies always call the general emergency number **112**. You can read more on: [112.fi/en/frontpage](https://112.fi/en/frontpage).

For more information, see: [fshs.fi](https://fshs.fi).



## Health care for exchange students

EU/ EEA and UK citizens can use public health care services and those with a private health insurance can make use of the private health care providers. Finnish student health services (FSHS) are not available for exchange students.

All students are recommended to have a valid health insurance during their studies in Turku. Only with proper health insurance can all the costs be covered if you become ill during you stay in Finland.

**In life threatening emergencies always call the general emergency number 112.**

If an exchange student needs medical care during the exchange, the student can use the health care centres in Åbo or Vasa. Please notice: Your postal code will tell it to you, which is your health centre.

## EU citizen

With the European Health Insurance Card you'll get the same health care as you would get in a health care centre at your home country. Please notice - the card won't cover the medical expenses. A separate insurance is highly recommended.

EU-exchange students have to pay 20,60 € for 3 first visits a year in a health care centre. After that it is free of charge.

## Non-EU citizen

An insurance is obligatory for the non-EU citizen (required by the residence permit).

For non-EU ex-students the invoice in a health care centre depends on what services they use. Might be around 50–150€ of each visit.

# Student Life & Traditions

## Finnish Student Life

Like every country, Finland has its own cultural traditions that vary regionally, and even language-wise. In addition, student life brings its own traditions to Finnish culture, which you will see during your stay here. There are slight differences between the Swedish-speaking and the Finnish-speaking student culture, however the two are closely related. At Åbo Akademi University the student life is largely shaped by the Student Union and by the associations who work together to ensure that student life is varied and brings balance to the studies.

Down below, you will find information on the traditional student attire; student caps, overalls and patches, as well as information on the traditional events organized by the Student Union, other large student events, and information on the associations that are active at ÅAU. We want the student life to be open to all and we formally invite you to be a part of it.



## Student caps

In Finland, there are primarily two types of graduation caps, or student caps; the white with a black band (studentmössa/ ylioppilaslakki) which you can wear after you pass your matriculation exam and graduate from high school, and the white with a coloured band (yrkesexamensmössa/ ammattilakki) which you can wear when you graduate from a vocational school.



Aside from these two, there is also the one worn by those studying technology (teknologmössa/ teekkarilakki). This one is similar to the studentmössa but has a black tassel.

At university, the student cap is worn on several occasions, but most importantly on Vappu. You are welcome to wear any student cap you own on these occasions.

## Student overalls

Finnish students often wear overalls to parties or other student events. The subject associations are typically the ones to sell the overalls, and the different colours symbolise which subject(s) the association represents. The colours might represent different subjects depending on the university. At ÅAU, some colours you might commonly see are bright red, yellow, and lime green. Red represents social sciences, yellow represents economics, and lime green represents chemistry. These are only a few of the many overalls you will see during your studies.

To get your own overalls, you need to join an association. You can find all the associations' social media or contact information on our website at [studentkaren.fi](http://studentkaren.fi).

## Overall patches

The student overalls are often decorated with different types of overall patches. These patches are either sold for a small amount (3€ usually) or given out for free. Many events also have an overall patch specifically made for that event. You can get overall patches from the Student Union and from the associations. It is also common that different stores (like K-market) and companies sell patches. The associations will sell their patches on different occasions, but if you want to stack up on patches you can do that at the fairs the Student Union organises once every semester.



## Associations

There are many associations at Åbo Akademi University. Some of these are also student associations of the Student Union, which means that they fulfil certain criteria on membership and inclusion and are granted student association status by the Student Union Council. The student association status means that they are eligible for grants and benefits from the Student Union. Most of the associations at ÅAU are also student associations. There are many different types of associations, and there is a good chance that you find one that suits you and your interests. For the full list of the Student Union's student associations and their contact information, check out our website [studentkaren.fi](http://studentkaren.fi).

As there are many different associations that do different things, we recommend that you visit the Fresher's fair and the Association Fair. There you can meet them and familiarize yourself with the events they organize for their members.

Nearly all students join an association when they start studying, commonly the subject association of their major, to meet new people and integrate into student life. We encourage you to find an association that suits you best, to enjoy the student culture at ÅAU!

## Subject associations

Subject associations are, as the name might suggest, associations that gather people from specific subjects. These can be on either program level or subject level, meaning that there are associations that gather people from an entire program, such as social sciences, as well as associations for people studying a specific major e.g. English.

## **Nations**

The nations gather students from different regions in Finland. While most of the members are from that specific region, they are open to all, regardless of where you are from. Unlike the subject associations, the nations gather people from all subjects and faculties at ÅAU.

## **Sports associations**

If you are interested in sports, there are several to choose from. There is an association for almost all sports, from ice hockey to karate, so there is a good chance that you will find a sport that you like. Some of the sports associations also organize different types of sports events so that you can try different things.

## **Music associations**

There is a strong tradition of student choirs at Åbo Akademi University. In Åbo there are Florakören and Brahe Djäkmar, and in Vasa there is Pedavoces. They typically organize auditions a few times a year to find new members and you do not need to have any experience beforehand.

If choirs are not for you there are also bands. Axelbandet and RÅA (Rockföreningen vid Åbo Akademi – The Rock Association at ÅAU) can be found in Åbo and in Vasa there is RÅAV (Rockföreningen vid Åbo Akademi i Vasa – the Rock Association at ÅAU in Vasa). Regardless of what instrument you play, or even if you do not play an instrument, you are welcome to join.

## **Cultural, religious and hobby associations**

Aside from the above-mentioned associations there are many more. There are associations for theater, political parties, and even one for strange interests and hobbies. There is a very good chance that you will find an association that is appealing to you.

# The Student Union's traditional events

## Gulnäbbsintagning – Freshers' Celebration

As an initiation process, the student associations and faculties organise a humorous race with small competitions for the new students in teams. The race also serves as a way of helping the freshers familiarize themselves by taking them all over the city. You will recognize the event from the black plastic bags that the students wear, as well as from their noses which usually are painted yellow. This is because a new student is called “gulnäbb”, Swedish for “yellow beak”.

If you want to participate, there are a few things that are good to keep in mind. The competitions can be more or less anything, so comfortable clothes are recommended and remember that the event is taking place outside, so keep the weather in mind.

While alcohol may be a part of the competitions, you are never obligated to drink! You can always choose an alcohol-free option or even to abstain from that competition without penalty. The same goes for any competition that you do not feel comfortable with. It is supposed to be a fun introduction, and if you ever feel uncomfortable you are allowed to say so!



## **Gulnäbbsakademin – Freshers' Fair**

The Fresher's Fair, arranged in September in Åbo and Vasa, is an opportunity for student associations to present their activities and recruit new members. You can also buy ÅAS' patches and meet the Board and staff at the Fair, welcome!

## **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.

Traditionally, the Lilla Wappen-party is at the end of September, and at midnight the students take off their caps and turn them inside out and wear them like that.



## 6 December – Independence Day

Finland's Independence Day is a quiet festivity compared to many other countries. Usually, people stay at home with family and eat dinner and watch the President's annual independence ball. The student unions of Åbo also have a procession to the cemetery to honour the memory of those who died in the second world war. If you want to join in the procession, you are very welcome!

## Fastlagstisdag/ Fastlaskiainen – 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 or March is celebrated through sleigh competitions. The associations build imaginative sleds and then compete for the trophy. Shrove Tuesday buns are also a must for this day. The sweet buns are filled with whipped cream and jam or almond paste.





## Associations' fair

The Association fair is similar to the Fresher's fair but is arranged in March. Just like the Fresher's fair, the Association fair is an opportunity for student associations to present their activities and recruit new members. You can also buy overall patches, song books and much more.

## Vappen and May Day celebrations

Vappen, also known as Vappu or Valborg, is one of the most important student festivities. In Åbo, there is a rowing competition in the Aura river on the last day of April, and in the evening all the Swedish speakers of Åbo gather at Vårdberget to hear the televised speech of the chair of the Student Union board, as well as spring songs by the choirs Brahe Djäknar and Florakören. Students usually wear nicer clothes and the student cap to the event at Vårdberget. Afterwards there is usually a dinner at Kåren.



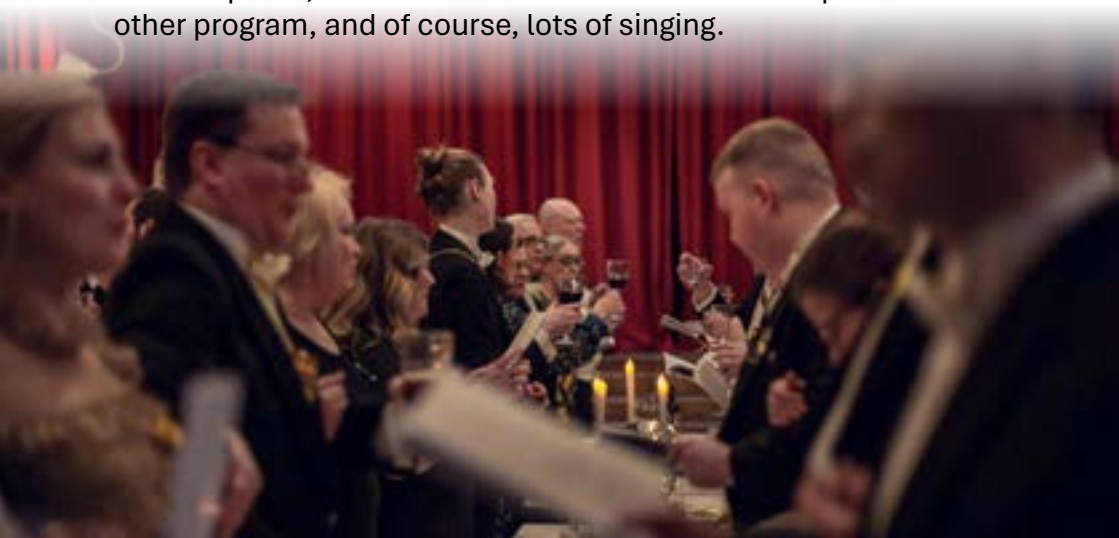
The day after, on the First of May, Vårdberget is filled with picnickers – both students and families. Students usually wear their overalls and caps during the picnic.

In Vasa on Vappen, the students gather at the church square in front of the statue of Zacharias Topelius for a ceremony where he receives his student cap. When the statue has received the hat, everyone else puts their hats on as well. Afterwards the university choir Pedavoces performs a few songs in front of the old Lyceum next to the statue. After all of this, the students arrange picnics in the park around the Court House (Hoviska) or meet at one of the restaurants nearby (e.g. Strampen or Faraos).

## **Annual Ball**

The Student Union and many student associations celebrate their organisation's birthday through an annual ball. The Student Union's annual ball is always on a Saturday in mid-February and alternates between Åbo and Vasa. In 2026 the annual ball will take place in Åbo.

The dress code is usually white tie or evening dress, and the traditions for the ball are very specific. The dress code and more specific information is shared before the event. The annual ball has several different parts, and you can choose if you participate in all of it or in parts. The most important part of the annual ball is the banquet, which is a three-course dinner with speeches and other program, and of course, lots of singing.



## Procession of flags

An old and dear tradition of the Student Union is the procession of flags. It is a solemn way of celebrating 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.



## Other traditional events

### Sitzes

A sitz party is a traditional student party with its own specific rules and style. In short, it is a three-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.

People often drink snaps (shots of vodka typically) at a sitz, but

there is always a non-alcoholic alternative available. Before each snaps there is typically a song, and the toastmasters often tell a short story or joke to introduce the 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, such as Halloween, Superheroes or Beach Party and you are encouraged to dress according to the theme.

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. Every association at ÅAS follows the principle for safer spaces, which means that if you feel uncomfortable about anything, the contact person at the event will help you. At sitzes, there are usually people who take a non-alcoholic alternative. Getting drunk is not an obligatory part of the sitz culture. You can also always wear whatever you feel comfortable in, regardless of theme or dress code.

## **Pikkulaskiainen**

Pikkulaskiainen can be translated as “little laskiainen” and is a winter festival organized in Åbo during February. The event is organized by the economy students’ association at the University of Turku (TuKy) and draws both Finnish and Swedish-speaking students. During Pikkulaskiainen there is a bar crawl, and you collect stamps from different bars, restaurants and cafés to receive an overall patch.

## **Glöggrundan – Glögg bar crawl**

Glöggrundan is a traditional event organized by Merkantila klubben (economy students’ association at ÅAU), typically in late November in Åbo. The event itself consists of a bar crawl during the day and then an after-party at different bars in Åbo. During the bar crawl, you go to different bars, stores and restaurants to get stamps. Depending on how many times you have participated, you want to get a certain number of stamps to get a different

overall patch.

The first time you participate you can receive the “Glögg kandidat” overall patch (Glögg Bachelor), and after that you can receive the higher “levels”; “Glögg magister” (Glögg Master), “Glögg doktor” (Glögg Doctorate), “Glögg professor” (Glögg Professor) and “Glögg gud” (Glögg God). You can only receive one per year, and they must be taken in order, i.e. you must have the “lower level” to receive the “higher level”.

During the after-parties different artists perform at the bars. Depending on which artist you want to see, you buy a ticket to that specific after-party when you buy the ticket.

## **Pampas Nationaldag – The National Day of Pampas**

The nickname Pampas is used for the flatlands of Ostrobothnia, the area surrounding Vasa. The national day is celebrated during an entire week typically in late March, that is filled with different types of events, leading up to the actual National Day on Saturday. 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 continue all night until dawn when breakfast is served. This is one of the biggest parties of the year among the Swedish-speaking students in Finland.

## Wordlist

**Appro** – Bar crawl

**Evenemangskalender** – Event calendar

**Fantåg** – Flag procession

**Fastlagstisdag** – Shrove Tuesday

**Förening** – Association

**Första maj** – May Day

**Första maj picknick** – May Day picnic

**Gulnäbb** – Fresher/ new student

**Gulnäbbsakademi** – Freshers' Fair

**Gulnäbbsintagning** – Freshers' Celebration, playful contest among new students

**Halare** – Overall

**Halarmärke** – Overall patch or just patch

**Info-/PR-ansvarig** – Board member responsible for PR

**Intresseförening** – Hobby association

**Kassör/skattmästare** – Treasurer

**Konferens** – “Conference”, an official break during a dinner

**Medlemsavgift** – Membership fee

**Medlemsförmån** – Membership benefit

**Medlemsmöte** – Meeting for members

**Mösspåläggnig** – Capping

**Nation** – Nation, an association for students from a certain area of Finland, accepts members from everywhere

**Ordförande** – Chair of the Board

**Pulka** – Sledge

**Sånghäfte/ sångbok** - Song leaflet/ song book

**Sångledare/ Toastis** – Master of ceremonies (MC)/ Toast Master

**Sekreterare** – Secretary

**Sillfrukost / Sillis** – Herring breakfast, a party the day after an annual ball, the Sillis is a relaxed brunch that usually starts at noon

**Sitz – Sitz party** – Dinner with singing and playful rules

**Specialförening** – ÅAS' student association; associations that have a status as the Student Union's official partner and have committed to following the guidelines provided by ÅAS, e.g. their activities are open for all student union members.

**Specialföreningsmäss**a – Association Fair

**Studentmössa** – Student cap

**Studentrabatt** – Student discount

**Styrelse** – Board

**Styrelsemedlem** – Member of the Board

**Tutor** – Tutor, a fellow student that helps you out in the beginning and answers questions.

**Tutor utbildning** – Tutor training

**Valborg/ Vappen** – Valpurgis/ Vappu

**Värd** – Event Coordinator

**Årsfest** – Annual Ball

**Årsfestveckan** – Anniversary week

**Ämnesförening** – Subject association

## Let's stay in touch!

We hope you will have a great stay here in Finland. Remember to read the newsletter we at the Student Union send to your @abo.fi-address every week. The newsletter is filled with information about current events and consists mostly of information from the Student Union, the student associations and organisations providing services for students.

You can find information about events on Instagram or Facebook, and our webpage contains lots of information about our services and the student life at ÅAU. Feel free to contact us on social media, phone or email if you want to! You can find all the contact information on our webpage.

**Instagram:** @AASudentkar

**Facebook:** Åbo Akademis Studentkar – ÅAS



The Student Union is financially supported by:



**Svenska  
kulturfonden**

# Contact us

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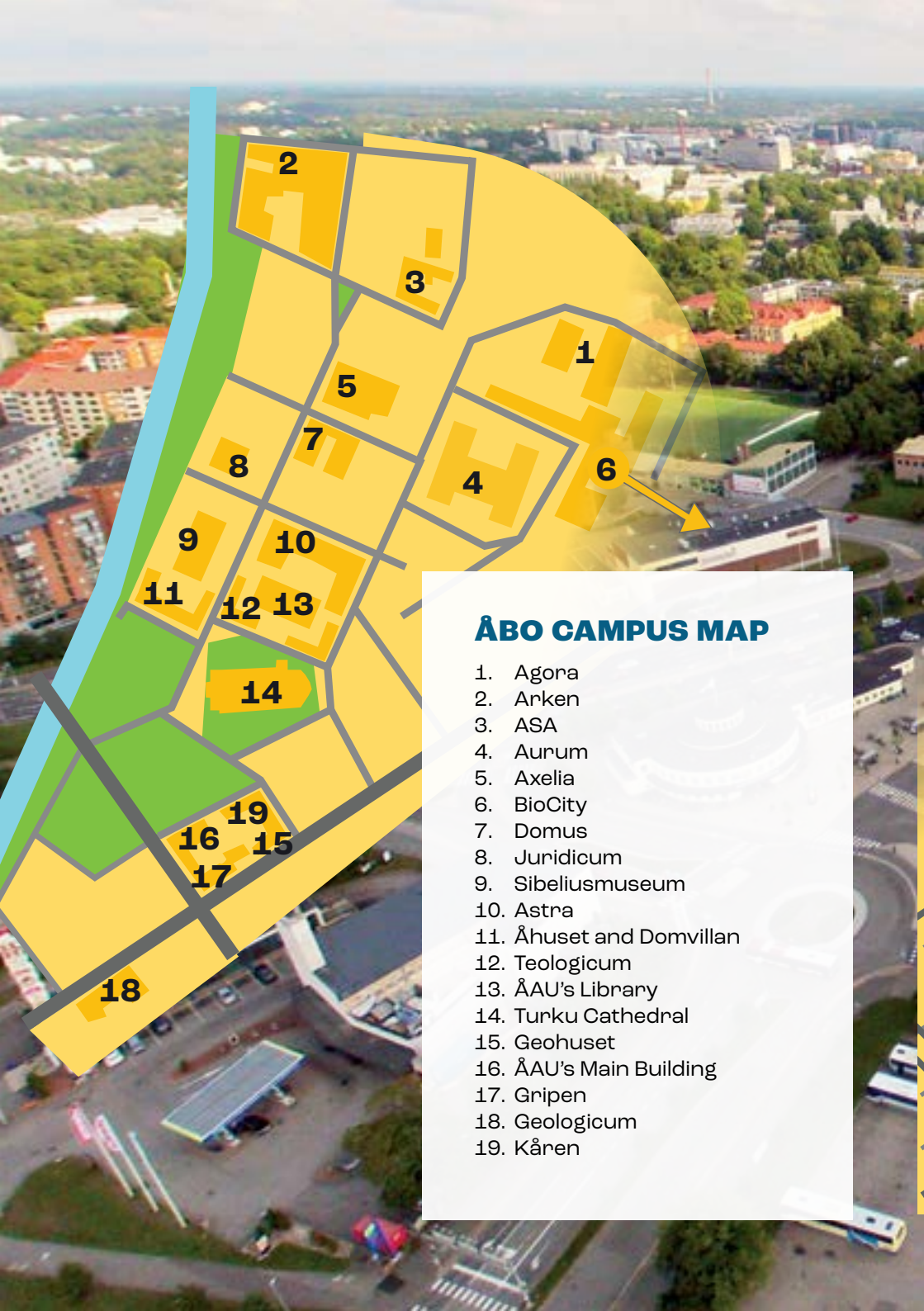
## **Chair of the Board**

Email: [so@studentkaren.fi](mailto:so@studentkaren.fi)

## **Chief Executive Officer**

Email: [vd@studentkaren.fi](mailto:vd@studentkaren.fi)

Tel. 045 167 2426



## ÅBO CAMPUS MAP

1. Agora
2. Arken
3. ASA
4. Aurum
5. Axelia
6. BioCity
7. Domus
8. Juridicum
9. Sibeliusmuseum
10. Astra
11. Åhuset and Domvillan
12. Teologicum
13. ÅAU's Library
14. Turku Cathedral
15. Geohuset
16. ÅAU's Main Building
17. Gripen
18. Geologicum
19. Kåren

## FIND YOUR WAY IN ÅBO

1. Turku Cathedral
2. Kåren
3. ÅAU's Main Library
4. Astra
5. Arken
6. ASA
7. City Library
8. Salutorget (Market Square)
9. Trätorget
10. Bus station
11. Art museum
12. Åbo train station
13. Kuppis train station
14. Åbo universitetssjukhus
15. ÅUCS emergency
16. Student Health Service
17. Studentbystiftelsen
18. FPA (Kela)
19. Police station





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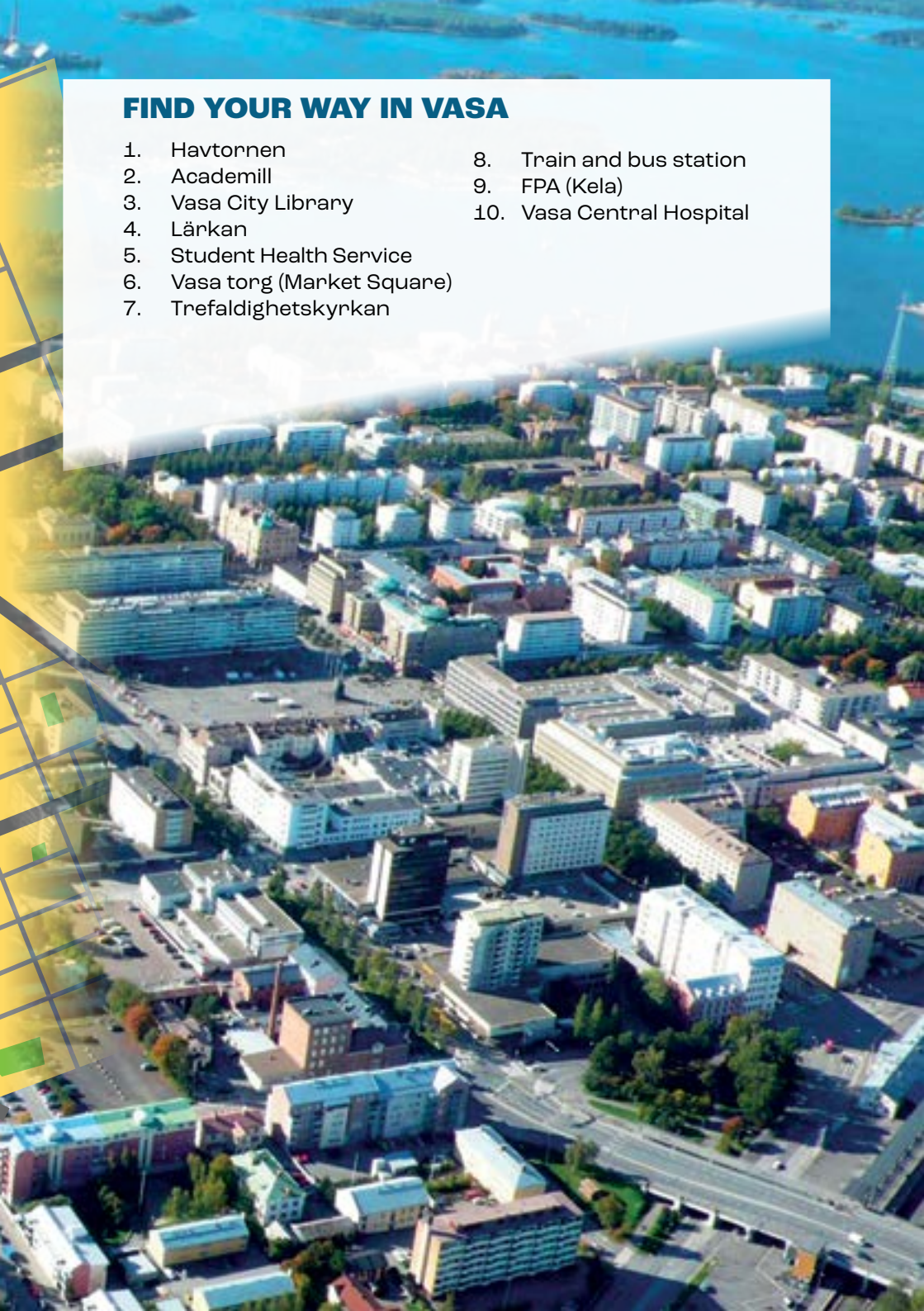
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## FIND YOUR WAY IN VASA

1. Havtornen
2. Academill
3. Vasa City Library
4. Lärkan
5. Student Health Service
6. Vasa torg (Market Square)
7. Trefaldighetskyrkan
8. Train and bus station
9. FPA (Kela)
10. Vasa Central Hospital





[www.studentkaren.fi](http://www.studentkaren.fi)