



FRESHERS' GUIDE 2025



UNIVERSITY OF
EASTERN FINLAND

GREETINGS FROM THE STUDENT ASSOCIATION TERHO – HELLO NEW STUDENT!

Terho congratulates you on getting accepted to master's degree programme in Public Health! As a new student of health sciences, you are warmly welcomed to join our association. Terho is the student association of students in health and social sciences at the University of Eastern Finland, Kuopio campus. We represent students from Health Promotion, Nursing Science, Health Economics, Social and Health Administration, Social and Health Information Management and Master of Public Health (MPH), so our members have a wide range of backgrounds. Our association represents students from the Department of Medicine (Institute of Public Health and Clinical Nutrition), the Department of Nursing Science, and the Department of Social and Health Management.

Terho Association advocates for students' interests in education and social policy matters and organizes various events and sports activities throughout the academic year. Becoming a member of Terho is worthwhile and you are entitled to participate in our events and order Terho products at a discounted member price. All the international students studying in mentioned departments or programmes are welcome to join, including exchange students. At the moment, majority of our members are Finnish students, but we would like to warmly welcome everyone to join. More information about joining Terho can be found from the [website](#).

Our club room (Terho room) is located in the bunker on the ground floor of the Canthia building. You are always welcome to spend time there, have coffee, and relax. You can contact the Terho board by email at [terhohallitus\(at\)lists.uef.fi](mailto:terhohallitus(at)lists.uef.fi) and via private message on Terho's Instagram.

Note! If you are interested in ordering Terho's blue student overalls, please follow Terho's Instagram at the beginning of September. The overalls are only ordered **once a year in the fall**.

Congratulations once again on your study place and see you in the fall on campus!



@TERHOry



@terho.ry



@terhory



terhory.fi

You can join by paying the membership fee to our account. The fee is 35 € and it is paid only once during the study time in UEF.

Receiver: Terho ry
IBAN: FI45 4600 0010 6392 56
Message: Your name, study programme in UEF, your email address and home city in Finland.

BOARD 2025

The board of Terho warmly congratulates you on your study place and welcomes all new students to the University of Eastern Finland! Starting your studies, adjusting to a new daily rhythm, and perhaps moving to a new town or even a new country brings many new and exciting experiences. The board encourages you to take part in the events. It's one of the easiest ways to get to know other students. So don't hesitate to ask about anything regarding studies, student life, or life in Kuopio. We've all been fresher's, first-year students, and we know that sometimes it might be hard to find your place in a new environment.

Our members come from diverse backgrounds. Some students come straight from high school, while others already have multiple university degrees. We also represent a range of nationalities and cultural backgrounds. Our age range is wide, and some students study remotely from the capital area or even from abroad, while others live here in Kuopio. Despite different life situations and expectations, we aim to develop our student association to better meet the needs of all students.

The board is the executive body responsible for running the activities of the student association. You can contact the Terho board at any time with development ideas, event suggestions, study-related questions, or anything related to student life. We meet several times throughout the academic year, in addition to our official statutory autumn and spring meetings, which are open to all members.

You can reach the entire board via email: [terhohallitus\(at\)lists.uef.fi](mailto:terhohallitus@lists.uef.fi). Personal contact information of each board member can be found below and on our website. We're also active on Instagram and Facebook: **terhory** - Follow us to stay updated on our upcoming events!

Good luck starting your studies!





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TERHO'S AUTUMN EVENT CALENDAR 2025

Terho organizes various student events for its members throughout the academic year. In addition, Terho is actively involved in interdisciplinary events together with other student associations. We encourage you to take part in it. Joining events is a great way to meet people and feel part of the student community!

Below is a preliminary list of autumn events. The locations and exact times will be confirmed in late summer or early autumn. More details will be shared, especially through Terho's social media channels.

Members also receive a monthly email newsletter, which includes key upcoming events and other current updates. Most tickets for events are sold via the [Kide.app](#), so it's a good idea to download the app to your phone. Under the "Events" tab, you'll also find many other interdisciplinary events organized not only in Kuopio but across Finland.

Major and traditional student events often have their own social media channels, where you can find information about schedules and performers. You can also browse student events and their dates via the "[Opiskelijan Kuopio](#)" event calendar (in English: "Student's Kuopio")

1 September – Terho Startti-ilta (Kickoff evening)

The traditional Startti-ilta (kickoff evening) is held at our partner restaurant, Burger5. Come enjoy a casual evening with food, conversation, and new friends – you'll get to meet fellow freshers, tutors, older students, and Terho board members. Food is at your own expense, and pre-registration opens in August. More info will be shared via Terho's social media and the freshers' Facebook group.

1 September – Starttibileet (Kickoff Party)

Cross-disciplinary student party at Albatrossi (bar). The event kicks off the academic year with a bang! Tickets are available in August via the Kide.app or at the door. Look for blue-overalled Terho students and say hi!

2 September – Hubailuapprot (Hubailu bar crawl)

Student bar crawl organized by KuoLO, the medical students' association. Visit selected venues, collect stamps in your appro (bar crawl) pass, and enjoy live music at the afterparty. A classic Finnish student event!

3 September – Terho Hangout Night

Join us at the Studentia Chapel for a chill evening! Meet other students and some of Terho's partners, enjoy snacks and fun activities, and get your hands on Terho's overall patches. Free entry.

3 September – Kuopio Overall Party

Organized by Preemio (Business students' association) at Apteekkari (bar). Expect music, dancing, and a mystery artist performance. Tickets via Kide.app in August.

4 September – Opening Ceremony & Campus Rysäys

The official UEF academic year opening starts at 14:00. Students parade from Savilahti to the city centre, followed by a lively campus event. In the evening: Kaupunkisuunnistus – a city adventure where freshers form teams, wear themed outfits, and explore Kuopio through various checkpoints. Ends with an epic afterparty.

9 September – Lentävä Lähtö Appro (Lentävä lähtö bar crawl)

Another bar crawl, this time organized by Preemio. Earn stamps in your pass and return it to the final venue for a reward. Fun and social!

18 September – Terho x Retikka Freshers' Baptism

A playful initiation ritual (in collaboration with Retikka ry, the nutrition students' association). Freshers form teams and complete activities around the Savilahti area – and are ceremoniously "baptized" as official Terho members. Surprises, fun, and food guaranteed!

September – Forest Trip

Join our traditional forest hike! Pack snacks, hike a short trail, and enjoy grilling at a campfire spot. Weather permitting. More info coming soon.

September – Terho x Kulti x Kvantti Freshers' Sitsit (Academic table party)

An introduction to sitsit, the academic dinner party with food, drink, and singing. Held with Kulti ry (biomedicine) and Kvantti ry (physics). Dress up by theme, follow toastmaster instructions, and enjoy the night! Afterparty included.

October – Terho Survivor

A fun activity event – past editions have included laser tag or spa nights. Details coming later in autumn. Survivor-themed overall patch available for €3!

30 Oct–1 Nov – Texcursio

The national health science student excursion. This year's event will be held in Jyväskylä and brings together health science students from all over Finland. Watch for registration info!

November – Sport Tryout

Held twice a year, these sessions allow students to try new sports or wellness activities – past options have included archery, aerial yoga, wall climbing, and relaxing yoga.

December – Terho Christmas Party

Come celebrate the end of the year in a cozy holiday atmosphere! Enjoy snacks, games, and time with your fellow Terhos. Details coming in November.

During Autumn – Terho x Kvantti Quiz Night

Joint event with Kvantti ry at Bar Freetime. Trivia, prizes, and chill vibes. Date to be announced.

During Autumn – Dinner in the Dark

A three-course dinner enjoyed blindfolded! The evening also includes small surprise activities. The event is hosted in English to include international students – you are warmly welcome!

After Overalls Arrive – Overall Baptism

Once student overalls arrive, tutors and board members organize a special baptism ceremony to welcome them into use. Expect snacks, music, and fun – details to follow!

After the Christmas break, Terho's events will continue and students slowly start preparing for the highlight of student life: Vappu (May Day, 1.5.)! In addition to Terho's own events, there are cross-disciplinary student events in Kuopio almost every week, so there's surely something for everyone.

It's also worth mentioning that Terho and Retikka ry (the nutrition students' association) organize joint weekly sports sessions at the university sports facilities. To participate, you'll need a SYKETTÄ sticker (more info elsewhere in this guide). The content of the sessions can vary widely depending on participants' wishes, anything from casual games to more structured sports. For example, Terho and Retikka have co-hosted dodgeball tournaments that have brought many students together for fun and movement. You're warmly welcome to join!

COMMON FINNISH TERMS YOU MAY COME ACROSS

Terhohuone – Our student association's own room, clubroom. You can hang out there, study, have coffee, or meet other students. It's located in the basement of the Canthia building.

Kampus (Campus) – The entire university area and its buildings.

Fuksi (Fresher) – A first-year student.

Alumni – A graduate or former student of the university.

MPH – Abbreviation for Master of Public Health, an English-language master's degree program at UEF.

Ainejärjestö (Student Association) – A student-run organization representing students of a specific academic field or degree program. The association organizes events, advocates for students, and is led by a board.

Kilta (Guild) – A type of student association typically for students in technical fields (e.g. engineering). For example, Kvantti ry is the guild for physics students in Kuopio.

Studentia, Kappeli, Lukema – Studentia is the white building between Canthia and Snellmania. It includes sports facilities and Kappeli, a space run by the local church for students and staff to use. Lukema (or "Luksa") is part of Studentia and houses student lounges and the ISYY office (Student Union).

Akateeminen vartti (Academic Quarter) – Classes often start 15 minutes after the official start time. However, always check your course schedule for the exact time.

Poikkitieteellisyys (Interdisciplinarity) – Activities that bring together students from different academic fields. Interdisciplinary events (or poikkari-events) are open to everyone, regardless of their major.

SN-, CA-, MS-, MD- – Codes for university buildings and rooms. For example, CA305 = Canthia, 3rd floor, room 305. You can look up rooms in the Tuudo app.

OPS (Curriculum) – Your program's official curriculum. Available on the UEF website.

HOPS (Personal Study Plan) – Your personal roadmap for studies. You create it based on the curriculum to plan and track your progress. It can be updated anytime.

SYKETTÄ & SYKETTÄ sticker – The local student sports service offering a wide range of affordable group classes and gym access. Terho also has weekly sessions. To participate, buy a SYKETTÄ sticker via the app to prove you've paid the sports fee.

Peppi – UEF's student information system where you register for courses, follow your academic progress, and view your student number (study ID). Make sure you're viewing the correct study right if you have multiple.

Tuudo – A mobile app for students with lunch menus, timetables, study records, and a campus map. Also works as a student ID card.

Kide.app – An app/website for buying tickets to student events. Widely used in Finland.

Kamu – UEF's official info portal for everything study-related.

Opiskelijan Kuopio (Student's Kuopio) – A website with information for students about Kuopio, local events, and student benefits.

eLearn & Digicampus – Online learning platforms used for course delivery.

Noppa (Credit) – 1 credit = approx. 27 hours of work.

Excursio (Excursion) – A student trip or academic visit. Terho organizes a national health science excursion called Texcursio every year.

Approt – Student bar crawls where you collect stamps at each venue. Completing the route earns you a themed overall patch.

Sitsit – A traditional Finnish academic dinner party with food, drinks, and lots of singing. There's usually a theme and dress code. Terho organizes freshers' sitsit to introduce newcomers to this fun tradition.

Toastmaster – The hosts of a sitsit. Their word is law: they guide the program and enforce rules during the event.

Mellan sup ("Mellis") – A collective drink cheer shouted during sitsit. If shouted mid-song, the shouter continues the singing after the sip.

Laulukirja & Läsy – Laulukirja is a student songbook used at sitsit (academic dinner parties). Läsy refers to the printed song sheets placed on tables, usually containing a selection of songs for the evening.

Vuosijuhlat, Vujut (Annual Gala) – A formal event celebrating the student association's anniversary with dinner, speeches, and dancing. Followed by an afterparty and next-morning: silliaamiainen.

Silliaamiainen ("Sillis") – A relaxed and often humorous post-gala brunch. Attendees usually wear student overalls, and the event location is a surprise.

Plasu (Plaseeraus) – Your assigned seat at sitsit or formal events. You may suggest seatmate preferences when buying your ticket.

Avec – A plus-one or date you bring to a party.



Board members representing Terho at the annual celebrations of Preemio ry and Kulturi ry.

IMPORTANT ORGANIZATIONS

ISYY

The Student Union of the University of Eastern Finland (ISYY) is a student advocacy and service organization operating on both UEF campuses: Kuopio and Joensuu. All bachelor's and master's degree students at UEF are members of ISYY, as required by Finnish university law. Doctoral students may also join voluntarily.



ISYY's main role is to act as a unifying organization for its members. In addition, it works to promote students' interests in society and offers various services. These include expert guidance, sports and leisure activities, and opportunities to get involved in student advocacy.

ISYY also publishes a weekly newsletter called Wiikko-Ärsyke, which provides up-to-date information about studying and student life.

More info: <https://www.isyy.fi/en>

YTHS / FSHS

Ylioppilaiden terveydenhoitosäätiö YTHS / The Finnish Student Health Service FSHS provides services in general health, mental health, and oral health for university and university of applied sciences students.

In Finland, all students pursuing a degree in higher education are eligible to use the services of the Finnish Student Health Service (FSHS). For exchange students, eligibility may vary depending on the type of exchange program and your home country's social security coverage. So please make sure to check your personal eligibility before using FSHS services.



More info: <https://www.yths.fi/en/frontpage/>

SYKETTÄ

SYKETTÄ – Kuopio University Sports is a joint sports service for students and staff of the University of Eastern Finland and Savonia University of Applied Sciences on the Kuopio campus.

Each week, SYKETTÄ offers over 60 guided group exercise classes, more than 20 open sports sessions, various fixed-time slots for student and staff groups, and freely bookable sports facilities. In addition, the SYKETTÄ sports services provide trial sessions for different sports, short courses, nutrition lectures, and personal training services. You can access the services by paying a sports fee. There are different options available: a group fitness pass, a ball sports pass, or a monthly pass.



More info: <https://xn--sykett-gua.fi/kuopio/en/kuopio-en/>



NYYTI

Organisation is promoting students' mental health. The right to mental health belongs to every student.

We provide tools for caring for oneself and peers. We work to ensure a society where students have the opportunity to thrive. Mental health matters!

N Y Y T I R Y **More info:** <https://www.nyyti.fi/en/nyyti-english/>