



# FRESHERS' GUIDE 2026



UNIVERSITY OF  
EASTERN FINLAND

## GREETINGS FROM THE STUDENT ASSOCIATION TERHO – HELLO NEW STUDENT!

Terho congratulates you on being admitted to your study program! 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, Master of Public Health (MPH) and Human and Planetary Health, 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 (sweatshirts, tote bags and blue student overalls) at a discounted member price. Members are also warmly welcomed to spend time, have coffee and relax at our club room (Terho Room) in the Canthia building on campus. Members may also participate in Terho's statutory autumn and spring meetings and have the opportunity to join the board, and they also receive a monthly email newsletter. 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](#).

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



@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 2026

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 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!**



## TERHO'S AUTUMN EVENT CALENDAR 2026

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, Greasy Spoon at 18 pm. Come enjoy a casual evening with food, conversation, and new friends – you'll get to meet fellow freshers, older students, and Terho board members. Food is at your own expense, but our partner restaurant offers a discount to participants. Pre-registration opens in August. More info will be shared via Terho's social media. After the event, you can continue the evening at Albatrossi in the harbour, where the first Party, Starttibileet, of the autumn will take place!

### **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!

## **2 September – Terho x Retikka Freshers' Initiation**

The freshman initiation event is organized together with Retikka ry, the student association for Nutrition Science students. During this fun tradition, freshers' complete various checkpoints around the Savilahti area in groups. At the end of the event, they are ceremonially initiated as "Terhos" and "Retikkas" according to long-standing traditions. The full programme will remain a surprise, but you can expect plenty of fun, food, and opportunities to get to know your fellow students! For those who wish to continue the evening, the festivities will carry on at Restaurant Apteekkari in the city centre with an overall party.

## **2 September – Kuopio Overall Party**

Organized by Preemio (Business students' association) at Apteekkari (bar). Expect music, dancing, and a mystery artist performance. Despite the name, you are absolutely welcome to attend the party even without overalls. Tickets via Kide.app in August.

## **3 September – Opening Ceremony**

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: city orienteering – a city adventure where freshers form teams, wear themed outfits, and explore Kuopio through various checkpoints. Ends with an epic afterparty!

## **7 September – Autumn Picnic around Old Vicarage (Vanha Pappila)**

This relaxed event starting at 17 pm is a great opportunity to get to know both other students and Terho's partner organizations attending the event. Snacks and fun activities will be offered on site, and it will also be possible to purchase Terho's student overall patches. The event is free of charge.

## **8 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!

## **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/Oktober – Freshers' Sitsit (Academic table party)**

An introduction to sitsit, the academic dinner party with food, drink, and singing. Held interdisciplinary with other student association. Dress up by theme, follow toastmaster instructions, and enjoy the night! Afterparty included.

## **October – Terho Goes X**

A fun activity event – past editions have included laser tag or spa nights. Details coming later in autumn.

## **October - Board Corner**

Has board activity sparked even a little interest? At Board Corner, you'll get to hear about board roles, talk with current board members, and find out whether there could be a position that suits your interests in next year's board. It's a great opportunity to ask current members anything you want and get all the information you need.

## **November – Texcursio**

The Health Sciences excursion (terveystieteilijöiden excursio = texcursio) brings together health sciences students from across Finland and is organized every other year in different cities. This year, the excursion will be held in Kuopio!

## **November - Statutory Autumn Meeting**

At the Autumn Meeting, a new board for the upcoming year will be elected. All members are welcome to attend, and anyone can stand as a candidate and vote. You can also ask current board members for more information about board activities and how to get involved.

## **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 (guild for physics students) 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, board members organize a fun and 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**

**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.

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

**Alumni** – A graduate or former student of the university.

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

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

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

**Frank** – a student-focused app where you can find a wide range of student discounts. You can also upload your student ID card to the app.

**Fuksi (Fresher)** – A first-year student.

**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.

**ISYY** – The Student Union of the University of Eastern Finland is an advocacy and service organisation for students. All students completing a Bachelor's or Master's degree at the University of Eastern Finland are members of ISYY. Membership is based on the Universities Act. Doctoral students may also join the Student Union if they wish. ISYY's main task is to act as a unifying organisation for its members, as well as to promote students' position in society and provide services for its members. ISYY offers, among other things, expert services, sports and leisure services, and opportunities for student advocacy and participation. The weekly newsletter "Wiikko-Ärsyke", sent by email, provides up-to-date information about studies and student life. ISYY can also be found on social media at @isyyuef.

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

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

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

**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.

**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.

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

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

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

**Nyyti ry** – a nationwide, non-profit organisation promoting student mental health. The purpose of its activities is to strengthen students' mental well-being and study ability. Its vision is to be an influential and well-networked promoter of student mental health. More information is available on Nyyti ry's [website](#).

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

**Oppari** – a service point located in the Canthia building where you can get help with IT-related issues. Oppari also serves as a self-study space, and in addition to shared areas, you can book study rooms via the Tuudo app for group work, for example.

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

**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.

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

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

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

**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.

**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.

**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).

**Sykettä & Sykettä sticker** – sports services for higher education students in Kuopio. Sykettä offers a wide range of exercise classes and access to gyms. Terho also has its own weekly Sykettä slot in a sports hall, where you can, for example, play badminton with others. To participate in the classes, you need a paid Sykettä sticker. The sticker is added to a mobile app and serves as proof that you have paid the Sykettä fee. Sykettä classes are a very affordable and versatile way to do sports in Kuopio. More information is available on the Sykettä sports services [website](#).

**Tempo ry** – the student association for music and dance students at Savonia University of Applied Sciences in Kuopio. Tempo students wear the same blue overalls as Terho, but the student associations can be distinguished by the logos on the back of the overalls.

**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.

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

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

**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.

**YTHS** – The Finnish Student Health Service provides general health, mental health, and oral health services for university and higher education students. All students completing a degree at Finnish higher education institutions are entitled to use YTHS services. If you live outside Kuopio, you can use YTHS services in your place of residence.