

# FRESHER GUIDE PT.1

SURVIVAL GUIDE FOR FIRST YEAR STUDENTS



All you need to know about LUT Lahti,  
our degree, and how to get around Lahti





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TEK is the trade union for academic engineers and architects in Finland. Get to know the TEK representative for our campus, and all the member benefits!



# Welcome from OUR CHAIR

On behalf of Kapital, I would like to warmly welcome you to study Industrial Engineering and Management (IEM) and to become a part of the Lahti student community!

My name is Eve Väänänen, I am a third year bachelor student and the current Chair of Kapital, your new home guild. Kapital as a guild is here to support you throughout your studies and make sure you get the most out of your time studying IEM here at the Lahti campus of LUT University.

Beyond academics, we hope that you'll be able to fully enjoy your journey as a soon-to-be Teekkari and make some lifelong friends and connections from the Kapital community.



Can't wait to see you in August!

**Eve Väänänen**  
**Chairperson**  
[chair@kapitalry.fi](mailto:chair@kapitalry.fi)



# Welcome from THE IEM DEPARTMENT

*Dear IEM newcomer,*

You are about to start a new chapter in your life. For some of you, it means moving to a new continent, for others to a new country, and for many to a new city. For some, all of that, and some will see their own hometown in the future with completely new, international eyes. What you all have in common is that the journey that begins, is a step into the unknown. It is a step towards the path that provides you with skills, capabilities, and memories for the future, and where there is nothing to fear.

Congratulations, you have been accepted to LUT University to study Industrial Engineering and Management (IEM), first in a bachelor's degree, and in case you want, you can continue with us in your master's degree. Some of you may already have bright future plans in your mind, either in technology or in the business sector. However, most of you have hardly any ideas about your future career yet, and that is more than okay. When I started my own IEM studies, I had absolutely no ideas about my future career. For this reason, IEM studies offer you an excellent foundation by combining technology and business studies. It is an education that gives you the opportunity to follow your own dreams in the future, no matter what you do.

The work life of the future needs experts able to develop business in a sustainable manner, by combining technology and business. However, work life changes quickly; when I started my own studies, there were hardly any smartphones available, and laptops were rare. Technical development has been fast, and the pace of change will probably be even faster in the future. For this reason, in the future the super skill of work life will be a capability to work with people; understanding and genuinely listening to another person. You have also made an excellent choice in this regard by starting your studies in an international program.

In the spring of 2024, LUT University organized the first Homecoming Day in its history, which was attended by more than 2,000 university alumni. Hundreds of us IEM alumni were also present. While during the event the participants were asked to send instructions and greetings to the young themselves who started his/her studies, the same words were repeated in these instructions: enjoy have fun, spend time with friends. These are the kind of instructions that you, who are reading this, can also follow. The time you spend with your fellow students will probably provide the most memorable experiences of your upcoming journey. An excellent way to follow these guidelines is to get to know the people of your own guild Kapital and to participate in the activities of the guild. I warmly recommend finding your own place as a part of the guild, in the way that feels the most comfortable for you and getting to know your fellow students. In addition to unforgettable memories, it teaches you the understanding and working with people, offering you future super skills for the work life.

You are most warmly welcome to Lahti!  
-**Tero Rantala, Head of Bachelor's program in IEM-**





# Welcome from LTKY

**Hello Kapital fresher!** A very warm welcome to our LUT student community and congratulations on starting this exciting new chapter!

My name is Vera, and this year I have the joy of being part of the board of the Student Union of LUT University (LTKY), where I'm responsible for wellbeing, member services, and tutoring. And most importantly for you, I get to be Kapital's godparent for the year.

So, what exactly is LTKY, and what do we do?

In short, we're here to make your student life as smooth, supportive, and meaningful as possible. From your academic journey to your social life and mental wellbeing, LTKY is here to help you thrive. We advocate for students' rights and make sure your needs and voices are heard both within LUT and on a national level. We also offer guidance, services, and support when you need it. Our aim is to create a safe, inclusive environment where you can grow, ask questions, and feel heard.

In my role, I want to make sure you know where to turn if you're ever feeling like you need information about support services. Tutoring is also a big part of your first weeks, and your tutors are here to guide you through all the basics- from finding your classes to understanding how Finnish student culture works (spoiler alert: there are overalls and lots of fun traditions!).

Kapital, your guild, is where your LUT journey really begins. It's your home base in the student world- where you'll meet new friends, build your network, and start creating unforgettable memories. But you're also a part of something bigger: the vibrant,

diverse, and ever-growing LUT student community.

I really encourage you to get involved, attend events, try something new, talk to people. University is more than just lectures and exams- it's the people you meet, the challenges you overcome, and the fun you have along the way.

And remember, if you ever feel like you need support, I'm here. So are the rest of us at LTKY. Make sure to follow @ltkyl\_insta on Instagram to stay updated on events, services, opportunities.

I can't wait to see what you'll bring to our community- and if you see me on campus, come say hi! I'm always happy to chat, help, or just listen.

Wishing you a smooth start and an amazing journey ahead!

Warmly,  
Vera



Wellbeing, Member Services & Tutoring  
Student Union of LUT University (LTKY)  
vera.stojcheva@ltkyl.fi

# What is Kapital?

We are the Industrial Engineering and Management (IEM) guild at LUT University's Lahti campus, proudly representing all IEM students at the LUT - Lahti camps. Established in November 2023, we are one of the newest guilds at LUT - and the only international IEM guild in Finland, uniting students from diverse cultural and academic backgrounds.

*You can easily recognize IEM students by their dark blue overalls across both LUT campuses and Lahti's IEM students stand out with distinctive light blue details!*

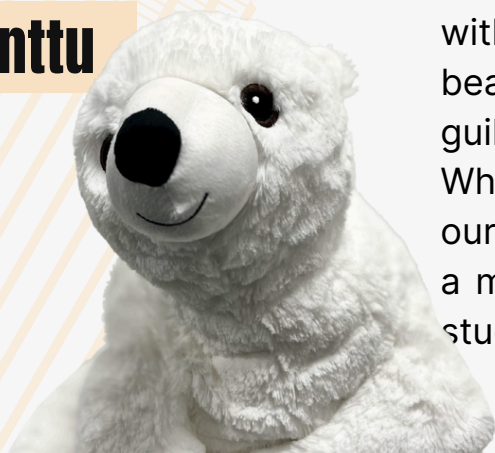


## But what's a guild?

A guild is a student organization that represents a specific degree program, fostering community, professional development, and student advocacy within a university. Guilds organize academic, social, and career-focused events, creating a strong network for their members.

We serve as a bridge between you (students), academia, and industry. We advocate for IEM students' interests at the university, support their professional growth, and strengthen their presence in the wider community. Beyond academics, we ensure a vibrant student life by organizing social events, networking opportunities, and memorable experiences throughout the year.

## Minttu



Finally, no introduction to Kapital is complete without Minttu - our fearless yet friendly polar bear mascot. Minttu embodies the spirit of our guild: resilient, strong, and a friend to many. Whether cheering at sitz parties or symbolizing our community's bond, Minttu is more than just a mascot - they're a proud emblem of the IEM student experience.



# Why join Kapital?



Being an IEM student at LUT Lahti isn't just about academics - it's about community, growth, and unforgettable experiences. By joining Kapital, you become part of Finland's only international IEM guild, gaining access to advocacy, networking, and traditions that will shape your journey as a student.

At Kapital, we represent Lahti's IEM students in university discussions, ensuring your feedback reaches faculty and decision-makers. Whether it's course improvements, academic policies, or resolving concerns, we advocate for your interests. We also take part in multiple groups and meetings to represent IEM students throughout the year with LTKY, KOE, and other guilds. Moreover, the guild acts as a mediator, effectively resolving conflicts between students and faculty, ensuring a cooperative academic environment - we make sure your voice is heard where it counts.



Now, university life isn't just about lectures and exams - it's about the friendships, traditions, and experiences you'll remember forever. We organize sitz parties, game nights, sports events, and other social gatherings to help you unwind and connect with fellow students. We will also bring Finland's unique Teekkari culture to you - helping you understand and embrace it, transforming traditions into lasting memories that will shape your student journey.

Make yourself at home in the Slounge - our shared guild room where all three LUT Lahti guilds come together. The guild room is the perfect spot to relax with free coffee and tea, challenge friends to board games, or simply unwind between classes. More than just a room, the Slounge is where spontaneous meetups turn into lasting friendships and where the guild community comes alive every day.



Beyond campus life, Kapital helps you prepare for the professional world. We arrange company visits, networking events, and excursions to other universities, giving you a firsthand look at Finnish work culture and industry opportunities.

All Industrial Engineering and Management students at LUT are welcome to become members. Your membership will last until you graduate from the university and all guild members are entitled to receive Kapital student overalls (see more on pg. xx). Members can also join our annual general meetings and run for the board and officer positions!

(Please note there are exceptions for the IEM highway students.)

Purchase  
the  
membership  
and find  
more info  
from the QR  
code!





# Orientation Week

Orientation Week marks the beginning of your exciting journey at LUT University! It's designed to help you settle in smoothly by providing essential information about your studies, student services, and life on campus.

Joining Orientation Week is highly recommended. It will make your transition to living and studying in Lahti much easier—and more fun. You'll meet your fellow students, connect with tutors, and get all the tools you need to start your studies with confidence.

Can't make it to Finland in time? No worries! There's an option to join the orientation online. Just remember to complete your course enrollments by the deadline and be ready to start your studies remotely. You'll find all the details you need [here](#). The full orientation schedule will also be published on that site.



And the fun doesn't stop there! After Orientation Week, we kick off Fresher Weeks, a series of events and activities that help you dive deeper into Finnish student life, especially the vibrant community here in Lahti. It's your chance to bond with new friends, explore traditions, and start making unforgettable memories.



# Upcoming events

## Orientation week events

**19  
AUG**

### Icebreaker & Grilling

Get to know your fellow IEM freshers in speed friending and grilling at the campus courtyard!

**20  
AUG**

### Kyykkä (Traditional Finnish game)

Get to know Kapital's favourite game, meet other students, and have lots of fun!

**21  
AUG**

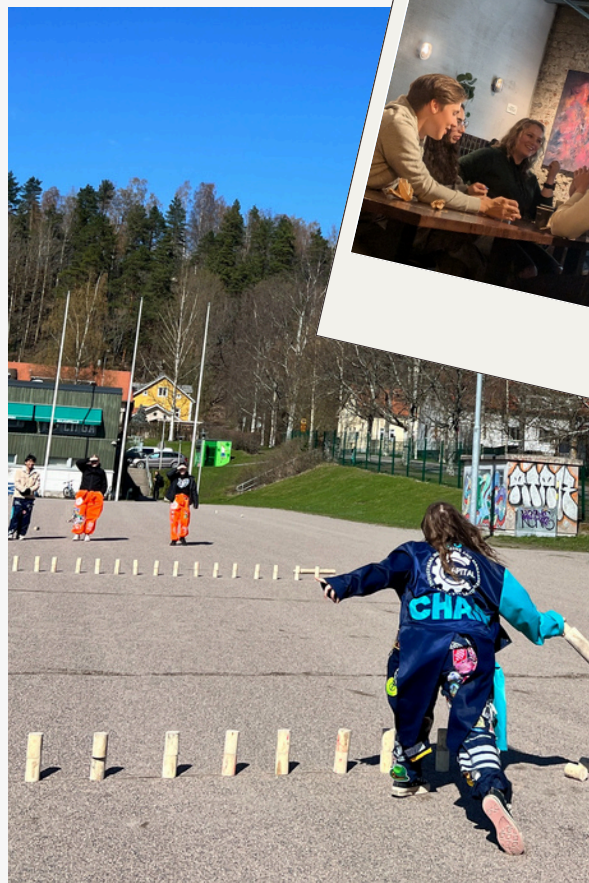
### Tutor Night

A fun evening to hang out, share moments, and get to know all your tutors—don't miss it!

**22  
AUG**

### Fresher Appro

Ever heard of an Appro? It's every Finnish student's favorite tradition—and now it's your turn to join the fun and take on the city with your fellow freshers!





# Upcoming events

## Fresher Weeks events

**25  
AUG**

### Beach party

Sausages, sun, and games! The perfect mix to relax and make new friends!

**27  
AUG**

### LAHO Picnic

All students from all student associations in our campus gather to create connections and get to know each other.

**02  
SEPT**

### Fresher Promotion

It's time to officially become a fresher! As tradition goes, all newcomers must pass the promotion to be officially crowned freshers.

**03  
SEPT**

### Fuksiaiset

Teams of freshers running around the city while completing challenges. Let the best team win!

**04  
SEPT**

### Lahti City Welcome

The City of Lahti welcomes all newcomers with an special event.

**04  
SEPT**

### Masters Night

For all masters, this event is just for you! Get to know fellow master students, networks and enjoy a night of fun and meaningful connections.

**05  
SEPT**

### Back2Uni

Unwind before classes crash in. Join us for a chill evening, meet older students, and enjoy the last moments of freedom.

**12  
SEPT**

### Basics of Teekkarism

Learn everything you need to know about teekkari culture!



# Welcome from Student Advisor

Hello Freshers! My name is Liam Hallanoro, I'm 21 years old and fully Finnish, but I've lived in the US, Dubai, and, of course, Finland. I'm beginning my third year studying IEM, and spent last year as the first Fresher Captain of Kapital!

This year I've got a couple roles in some of our student-led associations: secretary of Lahties + Treasurer of LahtiAG. Though, I have a real job where I get paid :/. Thankfully this job of mine is being your **Study Advisor** for this year!

In addition to helping y'all out I'm also in charge of helping all the other degrees held here in Lahti (SSE, EnTe, + all the masters).

In this role, I work alongside the Study Counsellors and the First Year Experience (FYE) team, and help students with questions related to courses, late enrollment, and Sisu problems!

I am also one of the people in charge of Tutoring, so don't be afraid to come talk with me and ask questions.

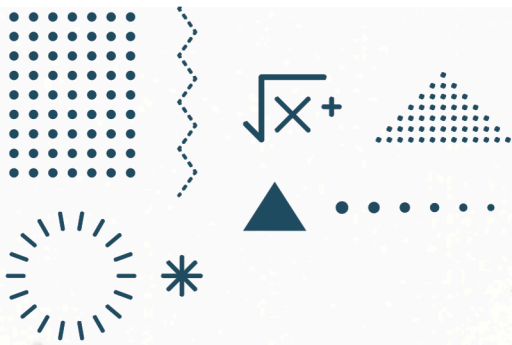
TL;DR: You can come to me for questions related to your studies, and for other things, I can guide you to the right person.

*(If you have been following the LUT Newcomers Lahti channel in Discord, then you probably already recognize my name, as I'm very active there.)*



**Liam Hallanoro** | [liam.hallanoro@lut.fi](mailto:liam.hallanoro@lut.fi)





# Congratulations Fuksi!

Become a student member of TEK! Membership is completely free, and includes a host of services to help you not only work in Finland, but to thrive here. These include guidance on how to summer job hunt, recommendations for your salary, as well as legal aid to check your first contract or to later protect your rights.

TEK is a community of around 80,000 university students and graduates in the field of technology. We strive to ensure that our members have the best working conditions possible, in order to help them solve the major issues of our time; from climate change and natural resource scarcity to artificial intelligence.

Find out more at [www.tek.fi/en/students](http://www.tek.fi/en/students) or join [www.tek.fi/en/join](http://www.tek.fi/en/join) now!

Best regards,



**Senni Auvinen**

Student Liaison

050 438 9779

Telegram: @LUTintykki

[senni.auvinen@tek.fi](mailto:senni.auvinen@tek.fi)

**TEK**  
*Powering your career*

# Message **TEK** from our **REPRESENTATIVE**

Hi and congrats on your study place! My name is Samut Jokela, 4th year IEM student, and for this year I'm the TEK officer for Kapital. I'll tell you this many times during your first few weeks of your study, aka, freshers weeks, but for some context I'll explain about TEK just a bit and tell you why you should join them.

TEK is a trade union for engineers and architects in Finland. They typically charge membership fees, but for students it's completely free and you still get to utilize all their member benefits. TEK provides many benefits like work life guidance which can range from salary recommendations, contract review, and professional courses. In addition, TEK also maintains "TEK Lounges" in major cities across Finland - free to use for all members.

Finally, one of the most popular benefits is the cabins which members can book at a

discounted rate! (check out their website for more: <https://www.tek.fi/en/services-and-benefits/membership-benefits>)

If you have any questions about TEK feel free to send me a message or ask your tutors about it!

PS, they also give an overall belt for all students that sign up for their membership.

See you all soon,

**Samut Jokela.**



Samut.Jokela@kapitalry.fi | Telegram: [@SamutJokela](#)



# Student Services

## Important apps

### Slice.fi

Slice.fi is Finland's largest student benefit platform and home to the free digital student card used in over 250 institutions across the country.

With the Slice app, you can access thousands of student discounts—from local cafes to national brand.

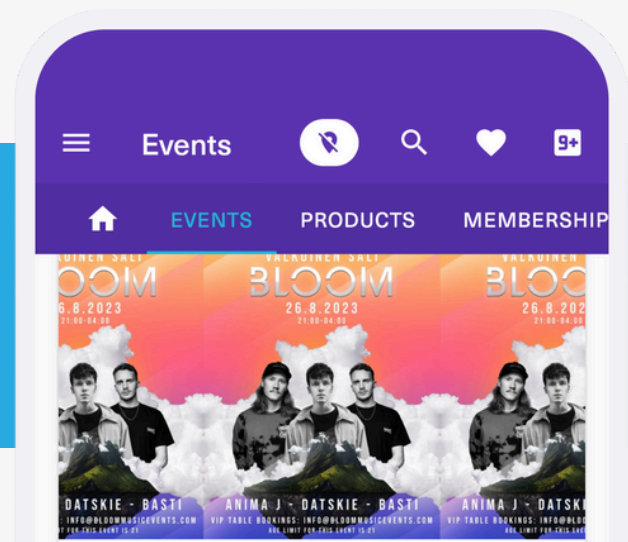
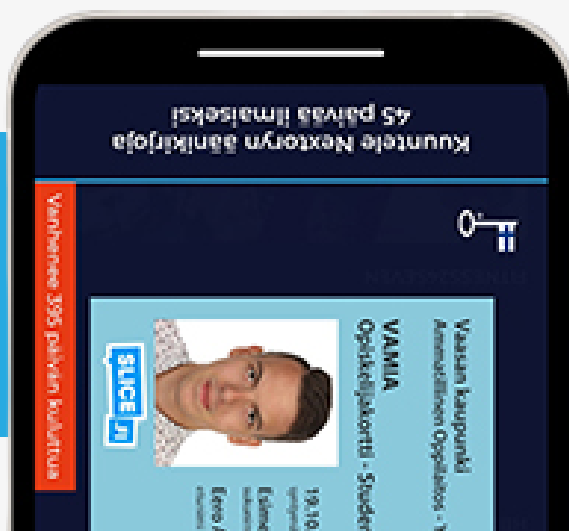
In addition to benefits, Slice also produces student magazines and content focused on health, finance, sustainability, and student life. If you're a university student, you can get your Slice card through your student organization. Download the app, claim your card, and make the most of your student life!

### Kide.app

Kide.app is a popular Finnish event and ticket platform used by student organizations and universities. You can use it to:

- Find student events like parties, sitz, sports events, trips, and more
- Buy tickets easily using your phone
- Join student clubs or associations
- Get student deals or products, like overalls or patches

You just need to create an account, and then you can browse all kinds of events happening around your campus or in other cities. Most student events in Finland use Kide.app, so it's super helpful to have!



# Student Services

## Government Offices



## Banking

### Nordea



## Phone Services



## Supermarkets



### Additional markets:

- Siamtori: Asian
- Nam Market: Asian
- Furat Market: Middle Eastern
- Eestin Elintarvikkeet: Estonian



# Lahti 101

## How to get to Lahti?



### From the airport (Helsinki)

Most international students arrive in Finland at the Helsinki-Vantaa airport. From the airport, you can make extensive use of Helsinki's public transport system HSL to explore the capital area. The easiest and most comfortable way to travel around Finland is by train.

### To Lahti

To travel to Lahti from the airport, you can buy one ticket that covers the entire journey. The trip starts at Helsinki Airport Station, where you'll take commuter train P or I to Tikkurila Station. From there, you'll continue to Lahti on commuter train Z or an InterCity train.

You can buy tickets and check routes through the VR website, VR mobile app, R-kioski stores, or the Junalippu ticket machines at train stations.

**Important:** If you buy a student ticket without a valid student ID (or digital student card), you risk a €100 fine.



# Lahti 101

## Transport around Lahti

Lahti's local bus system is called Lahden Seudun Liikenne (LSL). It operates across four zones (A–D), but most places you'll need are within zones A and B, for example city center or university.

Buses usually run from 5:00 AM to 11:00 PM, though there may be some changes on weekends or holidays. Ticket prices depend on how many zones you travel through and whether you have student status, which gives you a discount.

*PS: You cannot pay with cash on the bus, you'll need to pay by card or buy a mobile/online ticket.*

To activate student status for discounted fares:

1. Fill out the student status form (available on campus)
2. Bring the form to Palvelutori, on the 2nd floor of Trio Shopping Center
3. Order your LSL bus card online
4. Register your student status through the Waltti account management page

The Waltti travel card (physical bus card) can be ordered in two ways:

- Through the Waltti online shop, where you can either load value for single trips or buy a 30-day unlimited pass by zone. *Note: there's a small service fee, which you can avoid by using the app instead.*
- The Waltti app which offers the same features and is more convenient for most students.

Register as a student to get the student discounts.

Lahti's two main bus spots are:

- **Matkakeskus** – the central transport station (next to the train station)
- **Kauppatori** – the main market square

From either location, you can take bus **1K (Karjusaari)**, **1S (Soltti)**, or **13 (Niemi)** to reach the M19 campus.

You can buy tickets in the Waltti app by linking your bank card. Cash is no longer accepted on buses. If you prefer, you can also buy your first ticket at an R-kioski when you arrive in Lahti.





# See you on the second part!

You will learn about your tutors, well-being in campus, the team behind our student association, student culture in Finland, and much more! ***Stay tuned...***

Join the Fresher's Telegram Groupchat and get to know your classmates!

Join the groupchat here





# FRESHER'S GUIDE PT.2

SURVIVAL GUIDE FOR FIRST YEAR STUDENTS



All you need to know about student life in LUT university, and how to survive your first year!



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Get to know our board and Fresher Captain, those who will help you in your student journey!

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## Tutor introductions

Put a face to the name and get to know your tutor!

**3.**

## Student life

Sitz, appro, excursion and much more events are part of the student life in Finland.

**4.**

## Wellness

Learn about all the wellness related services you can find around campus

**5.**

## HCP

HCP (Harassment Contact Person) introduction and how to contact them

**6.**

## Important links

Important links related to our student association.



# Welcome from our **FRESHER CAPTAIN!**

Hey Freshers!

First of all – HUGE congrats on getting into IEM and welcome to LUT! My job is to make sure you feel welcomed, included, and most importantly, that you have FUN while getting to know this wild and wonderful student life.

I'm Amalia Pistokoski, your very own Fresher Captain. I'm 21 years old, with a multicultural background and a life shaped by growing up in multiple different places, an experience that's become a big part of who I am. I'm a second year IEM student, and I'll be your go to person, guide, and general chaos coordinator for this year.

Apart from showing you how to survive student life without losing your mind (or your student card), as your FC, I'll be introducing you to all our traditions, weird chants and fun events. Got questions? Lost on campus or in life? Hungry and emotionally unstable? You can come talk to me. You'll spot me by my blue helmet, and maybe a slightly sleep deprived look :) Seriously though – I'm here to help, and I actually want you to talk to me. Whatever it may be.

Besides all of that, I highly recommend being active in the student culture and joining Kapital! You'll get cheaper tickets to events, unforgettable stories you'll half-remember, and the kind of experiences that make your parents both proud and slightly concerned. Also, amongst other fun things, you will have the opportunity to meet people from other degrees and go on excursions to other cities.

I can't wait to meet you all during orientation week. It's going to be weird, wonderful, and one of the most unforgettable times of your student life.



**Amalia Pistokoski**

**TG: @AmaliaPistokoski**



# MEET OUR BOARD



To support our student community, Kapital is led by a board of dedicated students. We take care of everything from organizing events to making sure your rights as a student are protected.

The board works on a non-profit basis with one goal in mind: making student life more enjoyable by keeping the teekkari spirit alive and building a fun, inclusive community.

In this section, you'll get to know who we are, what we do, and how we're here to help you make the most of your time in Kapital!



# Maggie Walters

## Vice-Chairperson & Project Coordinator

Hello everyone! My name is Maggie, and I am a third-year IEM student studying with you at LUT's Lahti campus. I know that everyone has told you you're going to have an amazing time at LUT, so I won't say it again. I'll just tell you that it is true. I am originally from the United States, so I understand how daunting it is being an international student in Finland. But, trust me, you are going to have an amazing time and a new amazing place to call home.

As a board member I serve as the Project Coordinator and Vice Chair. As Project Coordinator I essentially work on coordinating all external events and other related projects. These include excursions, annual ball, Wappu, and many other projects that Kapital is working on. As Vice Chair, I am essentially responsible for keeping our chair, Eve, sane and making sure our board stays on track - even when things get chaotic.

One of the highlights you can look forward to is Fresher Weeks, packed with activities designed to help you settle in, make new friends, and get acquainted with university life. I'm so excited to meet you all and introduce you to all the amazing things I experienced as a Fresher. Here's to a fantastic year ahead!



**Favorite Event:** TUTAnic



**Favorite Drink:** Minttu-Chocolate



**Favorite Sitz Song:** Silja line special



**Best IEM Memory:** All of Wappu 2023 + 2024



# Siiri Hietala

## Events Coordinator & Secretary

Howdy y'all! My name is Siiri and I'm a second-year IEM student here at LUT University. I'm 22 years old and I moved to Lahti from Oulu last fall as I started my studies here.

And congratulations on your study place at LUT, I'm sure you're going to have an amazing time here in uni! There is going to be a lot going on at once and it can feel overwhelming but you'll get the hang of it! And don't forget that your peers and tutors are there to help you out as well <3

For Kapital I am the event coordinator and secretary. As the event coordinator I am responsible for internal events and my job is to plan and organize fun events from smaller hangouts to sitz parties for our members. As the secretary, my job is to keep track of meeting documents and draft agendas for our board meetings.

Can't wait to meet you all in August, see ya soon!



**Favorite Event:** Checkpoint races



**Favorite Drink:** Peach Ice Tea



**Favorite Sitz Song:** Intian Kuu



**Best IEM Memory:** IEM Days in Tampere!

# Max Martikainen

## Treasurer

Hi everyone! My name is Max, and I'm beginning my third-year IEM studies here at LUT's Lahti campus.

Starting university can feel overwhelming at first, trust me I was at the same place – but actually, you're just about to join an amazing community that will make you feel at home in no time regardless of where you come from.

I'm passionate about entrepreneurship and student life, outside of Kapital I've been involved in LahtiES as well as different fun projects. At Kapital, I'm responsible for Corporate Relations, where I work on building connections with companies and creating opportunities (for example, excursions, sponsorships and connections) for students like you.

I'm excited to welcome you and help you make the most of your time here. Here's to a fantastic year ahead!



**Favorite Event:** Annual Ball



**Favorite Drink:** Jallu (Only at sitz)



**Favorite Sitz Song:** Jallutähti



**Best IEM Memory:** Travelling to other guilds annual balls and meeting so many inspiring students across Finland.



# Chaska Luna

## Communications Coordinator

Hello! My name is Chaska, and I'm a 3rd year IEM student.

First of all, congratulations for getting in! We are super excited to meet you, and I promise we are working super hard so that you can have the best experience as a fresher! As a foreign student myself (all the way from Peru), I know how intimidating this can be, but don't worry, we are here to help you transition and have the best time.

My role in the board is to make sure our community is informed about what's going on, whether it is through cool social media posts, guides (like this one!), or other communication channels.

Something to look forward? Fresher's week! I highly recommend going to every event out there, this is the best way to make friends and meet new people.

I really can't wait to meet you! See you in August!



**Favorite Event:** Sitz parties (all of them)



**Favorite Drink:** Appelsiini soda



**Favorite Sitz Song:** Ko-ko-kosken Ko-ko-korvaa



**Best IEM Memory:** IEM days!

# Nihan Suleiman

## Academic Affairs Coordinator

Hi everyone! My name is Nihan and I'm a 3rd year IEM student. I'm truly looking forward to meeting you all and watch you become part of LUT University as well as our guild, Kapital.

A bit about myself: My parents are from Bangladesh but I have lived in Helsinki, Finland my whole life. I am fluent in three languages: Finnish, English and Bengali. I can imagine coming to a new environment can feel intimidating and scary but I can guarantee that just showing up to campus and participating in the fresher weeks is already an amazing way to find your place here.

As the academic affairs person, I pretty much handle all the communication between the students and the IEM department. If you ever have any questions or concerns related to your studies, feel free to contact me. I am happy to help.



**Favorite Event:** Annual Ball



**Favorite Drink:** Coca-Cola



**Favorite Sitz Song:** Silja Line Special



**Best IEM Memory:** Fresher Baptism



# Elias Heroja

## Treasurer

Hi everyone! I'm Elias, the treasurer of the guild and a third year student.

For those of you coming from outside of Finland, welcome to Finland. I hope you will survive our dark winter. Just kidding. I'm sure you will find your place here and have an amazing time. If it seems too daunting, we are all standing ready to support you. Don't be afraid to ask. If you are from Finland, welcome to Lahti, the newest university city of Finland.

As a treasurer, I am often more in the background running finances and other technical details of the guild. These include for example the website or membership registry. If you have problems with membership of the guild, feel free to get in contact. But hopefully everything will run smoothly on that front.

See all of you in August! Remember to take part in the Freshers Week events.



**Favorite Event:** Kapital on Wheels



**Favorite Drink:** Trocadero



**Favorite Sitz Song:**  
Pikkukakkosen posti



**Best IEM Memory:** TUTAnic

# Eve Väänänen

## Chairperson

Hello! My name is Eve and I'm a third-year IEM bachelor student here at the LUT, Lahti campus. I'm originally from Jokela, Finland but I've grown to know my way around Lahti quite well since moving here so if you ever have any questions about living in Lahti or Finland, feel free to ask me! :)

A huge congrats on your study place! I cannot wait to have you be a part of our great community and I'm sure that you'll have the time of your life here at LUT!

I am the chairperson of the board and you might be wondering what I actually do – to put it short: a bit of everything! Most importantly though, my role is to make sure that all of our operations stay on track! :) I love my role as it is quite versatile and it allows me to do my best to ensure that our guild can offer you, our fellow IEM students, the best possible services and Teekkari experiences!

I'm sure you might have a lot on your mind right now but I truly hope that at least one of those thoughts is "Wow! This place actually seems pretty cool!". New changes and life situations can be daunting at first, but I can guarantee you that we will do our best to make your fresher year as unforgettable as we can (in the best way possible!!)

I cannot wait to meet you all, see you in August!



**Favorite Event:** TUTAnic



**Favorite Drink:** Redbull  
Juneberry



**Favorite Sitz Song:** Skumppaa  
punkun kaa



**Best IEM Memory:** IEM days! :)



# MEET YOUR TUTOR

Your tutor is here to guide you through your first weeks at university! Whether you have questions about courses, campus life, or student traditions, they're your go-to person for support.

One of these awesome people will be your tutor—they'll contact you soon with all the next steps!

## Gleb Ershov

Hey there! I'm Gleb, your guide through the fascinating world of student life. I'm here to make your journey in our program smoother, answer your questions and make your experience unforgettable! Let's jump into this adventure together!

## Jimi Lipiäinen

Yo, I'm Jimi from Lappeenranta, Finland. I just finished my 1st year of studies in IEM and I'm looking forward to make your year one to remember. I love cooking and baking but also playing video games and watching anime. My favorite part of student life are sitz parties and events where you can be creative. I'm excited to meet you next fall!

## Daniel Kertesz

Hey! My name is Dani and I'm from Hungary. I just finished my 1st year at LUT. In my freetime I play some tennis and watch a lot of series. I enjoy playing the piano too. My favorite things about studying here are the university campus ,especially the sauna, parties, excursions and the people I met. Can't wait to meet you!!



## Milena Jortikka

Hi, my name's Milena. I'm from Espoo, but I've studied in international programs for most of my life, so if you have any questions related to coming from a similar background, I'd be glad to help. In my spare time, I enjoy reading, going to the gym, painting, and new recipes, whether that be cooking or baking. I'm excited to meet you all and hopefully make the transition to university life as effortless as possible! 🥰

## Nihan Suleiman

Hi! My name is Nihan and I'm studying IEM Bachelor's degree. I've lived in Helsinki my whole life and have lived in Lahti for about a 2 years now. My personal favorite thing about Lahti is the student environment! I'm looking forward to getting to know all of you and hope to meet you soon! 😊

## Vera Sahradyan

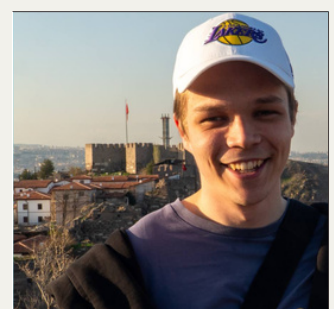
Hi! My name is Vera ❤️ I just finished my first year of studies at LUT. I enjoy travelling, going to concerts and rewatching TV shows. My favourite thing about studying here is the student culture and sitz parties! Looking forward to meeting you! ✨

## Erkka Erdenebat

I'm Erkka, I'm 2<sup>nd</sup> year student and I'll be your upcoming student tutor! I will be helping you to take your first steps here in Finland! Please don't hesitate to reach out to me! I'll always be here for you, and I'll make sure your newcoming process will be smooth and easy. I'm excited to meet you all and I'll see you during the orientation days!

## Anton Ronkainen

Hi I'm Anton from Finland and I just finished the first year of studies in LUT. Besides studying I enjoy sports doing all sports related stuff. From watching online to playing on the field. Best thing about my studies here in LUT has been the global environment in the campus and the new people I've met from all around the world. Can't wait to see you all when the studies start!





# STUDENT CULTURE

## LAHO Events

LAHO is the term for all student organisations located in Lahti. That includes all LUT and LAB guilds, student unions for LUT and LAB (LTKY and KOE), hobby clubs and exchange student networks in Lahti. The LAHO community likes to do a lot of co-operation when it comes to events and benefits for students in Lahti.

LAHO Events is something that is for all students in Lahti regardless of which guild is organizing the event. You can find information about these events on their instagram page @lahoevents or from our M19 Campus on the LAHO Board near the event arena! These events are a great way to get to know people outside of your own guild and to see how for example Sitz parties might differ between study fields and what traditions they might have!



# STUDENT CULTURE

## Overalls

Every student guild in Finland has its own pair of overalls with colors that make them identifiable. For example, our NAVY BLUE is known by almost every student in Finland for being the color of LUT IEM students.

You will be getting patches during your first weeks here so make sure you don't lose them because a big part of having overalls is customizing them to be unique to yourself! You can customize your overalls with patches and by changing sleeves with your friends from other guilds. Swapping your pant legs is also allowed, however, changing it from the knee downwards is reserved only for swaps with your significant other.





# STUDENT CULTURE

## Events

### Appro

Similar to a bar crawl, an appro is a Finnish student event where you move from bar to bar collecting stamps by either buying drinks (alcoholic or non-alcoholic) or completing fun challenges—depending on the theme of the Appro.

For example, MOVEO's Appro features sports-related checkpoints, making it a fully non-alcoholic event focused on physical activity!

Once you've collected enough stamps on your pass, you can exchange it for an exclusive overall badge unique to that Appro.



Source: ES - Photo by: Anu Kiljunen

### Sitz

Sitz parties or academic dinner parties are an essential part of Finnish student culture. It's a night where university students come together to enjoy good food, drinks, themed vibes, and most importantly, lots of singing! The evening often continues with an afterparty, giving you even more time to mingle and make memories with fellow students.

Singing plays a central role in sitz culture. Teekkaris have long-standing singing traditions, and you'll get to know them very soon. At LUT, we even have our own songbook called PunaMusta, filled with classic tunes that are a staple at every sitz.



# STUDENT CULTURE

## Events

### Excursions

'Excursions' encompass a range of activities such as company visits, study trips, and research journeys. These excursions often comprise both official and informal segments, with evenings spent together after company visits being a common tradition. Additionally, some excursions are solely recreational in nature. Typically spanning one or more nights, these trips are a perfect chance to foster new friendships and broaden one's professional network.



### Annual Balls

'Annual balls' are held to commemorate the birthdays of guilds, organizations or associations. These events adhere to a set of customary etiquette and typically follow a structured format. Primarily, the festivities, known as '**vujut**', revolve around activities like enjoying good food, and drinks, and engaging in pleasant singing and dancing. The celebration typically commences with a cocktail party, during which invited guests express their greetings and gratitude to the party organizers. This year, Kapital will be celebrating our second year anniversary with various events and of course, our annual ball. Being our biggest event of the year, our annual ball team has already started the planning and is ready to host a lovely event for all to enjoy. Stay tuned for more information in the coming months!





# STUDENT CULTURE

## Events

### Wappu

The grandest celebration of the year: **WAPPU**. It is celebrated during April, with it often spanning the whole month, and it culminates into the grandest event of the year **WAPPU EVE**, when Freshers become Teekkaris and older Teekkaris are allowed to once again brandish their cherished Teekkari caps. The month leading to Wappu Eve surely is packed with events and definitely something for everyone! For almost every day of Wappu there is an event being held in every university city meaning it truly is a celebration you have to experience, especially Wappu Eve!





# STUDENT CULTURE

## Sitz parties 101

New to sitz parties? Don't worry—we've got you covered. While these academic dinner parties are all about fun, laughter, and singing, there are a few traditions and rules that keep things running smoothly. Follow these, and you'll fit right in!

### General Rules

- Toastmasters' word is law! Always follow their instructions to keep the party on track.
- Stay seated during the program. You may only leave the table during official breaks, unless otherwise instructed.
- No talking during speeches or songs—let everyone be heard and keep the vibes respectful.
- You can request songs, and remember: every speech ends with a song request!

### Taking the floor

Want to give a speech, joke, or toast? Here's how to do it properly:

1. Stand up and say: **"Kilinkolin kilinkolin!"**
2. Introduce yourself
3. Share your speech, story, or joke
4. Request a song
5. Lead the crowd and start the song
6. End with a loud "Skål!"

#### The "Skål!" ritual:

After saying "Skål!", cheers to:

- ➡ Front right
- ➡ Front left
- ▼ Directly in front of you





# STUDENT CULTURE

## Dress codes

Dress codes for student events heavily rely on the nature of the event. Usually, the dress code is clearly stated in the event description or advertisement – this can be anything from student overalls to white-tie attire. It is heavily encouraged to follow the dress code for all events you attend. For some events the dress code is much stricter whereas for others you can let your imagination run wild!

### Themed dress-code

For a lot of sitz parties and themed events there is an existing dress code that follows the theme of the event. These are the events where you can let your imagination roam and put together the best costume you can think of. It is encouraged to follow the themed dress codes since often the best dressed get a prize! It also makes joining the event much more fun when everyone is devoted to the theme and atmosphere.



### Overalls

Often overalls are stated clearly in the dress code. If you're going to a themed event, the dress code description will, for example, say "Theme + Overalls". However, if you're ever unsure whether you're supposed to wear overalls, don't hesitate to ask a friend or reach out to the event coordinator!



# STUDENT CULTURE

## Dress codes

### Smart-casual

There are many versions to what might be considered as smart casual but it refers to a mix of a professional and a casual look. There is a more casual version which refers to company visits or other events of the same nature. A business casual look is good for these sorts of events. This means something similar to a button up paired with jeans or straight pants/ a skirt paired with a neat shirt. For a more professional smart casual outfit, a suit or a clean knee length dress are suitable options.



### Annual Balls

When it comes to annual balls, the dress code is often the most strict since it is a white tie event. For men, the dress code is a dress suit, and for women, a full-length evening gown. The dress may be revealing but in that case, it is encouraged to wear a scarf or a bolero jacket to cover your shoulders for the beginning of the evening.





# TEKKARI CULTURE

Teekkari is a proud title for engineering students in Finland. You'll officially earn it on May 1st—Wappu Day—after completing the Teekkari baptism.

Teekkaris wear their iconic white tassel cap with pride, and you'll spot plenty of older students rocking theirs during the orientation days. Soon, it'll be your turn too!



## Fresher Baptism

A very important event held after the Fresher weeks, the Fresher Baptism is held to promote more students to Freshers, A.K.A. Freshmen! During it you walk into Lahti's Vesijärvi, recite the Fresher Oath, and get baptized by your Fresher Captain.



## Teekkari Baptism

Like the Fresher Baptism, the Teekkari Baptism is another CRUCIAL event held during your first year, though this time, during Wappu Eve. After sliding down a metal slide into Vesijärvi Freshers become Teekkaris A.K.A. proper engineering students, and at midnight all new Teekkaris are allowed to put on their Teekkari Caps for the first time!



# TEEKKARI CULTURE

# Kyykkä

Kyykkä is an old Karelian village game that has been played in various parts of Karelia and its surrounding areas since the 1800s. After the 1950s, the game is practiced especially in academic contexts at universities, where the game is played several times during studies. In University contexts there are multiple national contests to take part in during a year. PoWi Cup being one of them is held in Lappeenranta where LUT also has its biggest campus.

## Rules in a Nutshell

While the rules might sometimes slightly differ depending on who you ask from, the game itself is pretty simple. Traditionally, the game is a scrimmage between the teams. It requires a playing field with two demarcated areas at a distance of ten meters from each other. Wooden game pieces 'Kyykät' are placed in a row at the front borders of the squares, always two on top of each other. The game is played in such a way that each team tries to use throwing sticks 'Kartut' to get the opposite side's Kyykät out of the square over the side or back boundaries.





# Student Wellness

Your well-being matters—both inside and outside the classroom. At LUT, we want to make sure you feel supported, balanced, and energized throughout your studies.

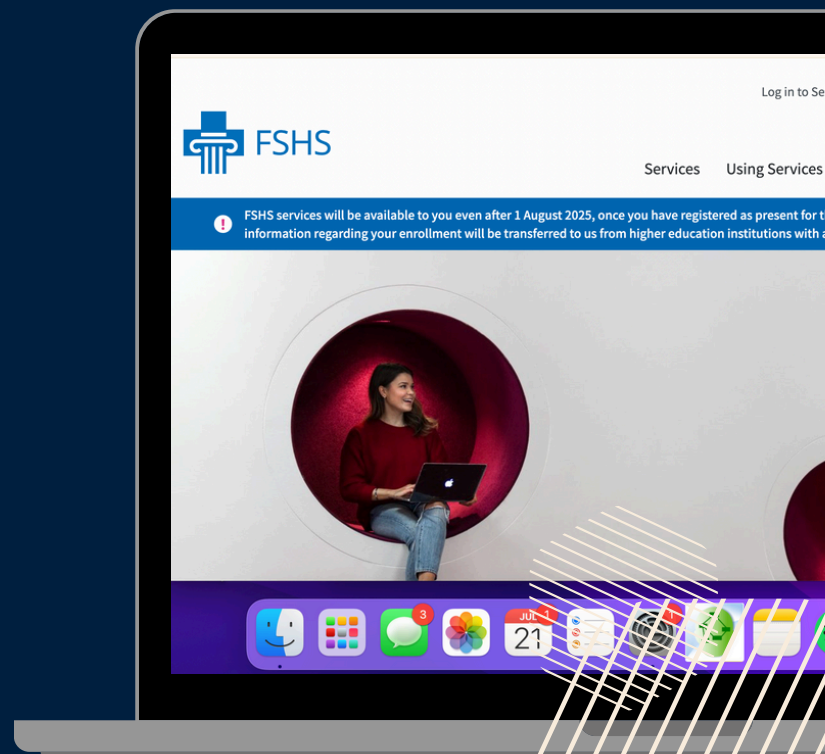
Whether you're looking to stay active or need someone to talk to, there are services here to help. From affordable gym memberships to accessible mental health support, you're never alone on this journey.

Explore [FSHS's mental health information page](#) to learn about factors influencing mental well-being and discover practical tips for improvement.

In [Mielenterveystalo.fi](#) you can also find self-help programs to improve your mental health:

- [Self-Help Program for Anxiety](#) is designed for those struggling with excessive worry, future-related anxiety, or persistent feelings of unease.
- [Self-Help Program for Insomnia](#), if you are having trouble falling asleep, wake frequently at night, or feel anxious about sleep, this program can help you understand and manage insomnia.

You can find information about these services in eLUT.



# Student Wellness MOVEO

MOVEO is a joint sports and wellness service for LUT University's and LAB University of Applied Sciences' students and staff. MOVEO operates on both Lappeenranta and Lahti campuses, providing sports facilities, services and experiences.

Get your membership from the LUT Shop (30 €/semester)! Membership includes usage of Gym, Ball games and Group exercise classes. Autumn semester pass is valid until end of January and Spring semester pass until end of August.

Welcome to study – and to get moving!

We're happy to have you with us! In MOVEO we offer you a wide range of activities. Whether you're a beginner or an experienced mover, you'll find a way to stay active and feel good!

See you in action!

[moveo@lut.fi](mailto:moveo@lut.fi)  
[elle.puntanen@lut.fi](mailto:elle.puntanen@lut.fi)





# HCP

## Harassment Contact Person

A harassment contact person is a support person who you can turn to if you feel like you've been harassed by another student or staff member.

Harassment contact people will support and guided you through harassment cases. They will help you find the right person to tell about distress and guide you on where to find more help, if needed. They advise and support students who have encountered harassment, assault, discrimination, bullying or any other unequal treatment.

Harassment contact persons are not official authorities (e.g. police), but they are trained for their roles. You can be in contact with them even if you are not the subject of harassment, but have seen harassment or want to talk about harassment prevention.

Harassment contact persons will not take any further action without the consent of the person concerned. All discussions with harassment contact people are strictly confidential as they are bound by a confidentiality obligation.

### Kapital's HCP



Dániel Kertész  
@danikrtsz



Maggie Walters  
@maggie\_walters



Nihan Suleiman  
@Nihan\_S

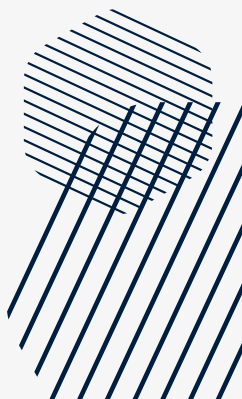


Eve Väänänen  
@evevaananen

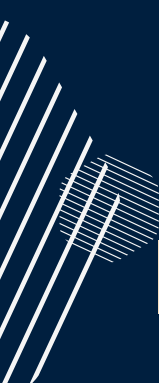
### LTKY's HCP

Pia Kuosmanen  
pia.kuosmanen@ltk.fi

Vera Stojcheva  
vera.stojcheva@ltk.fi



# IMPORTANT LINKS



## **ELUT**

Your go-to platform for all things university-related! From course info to official documents—if it's about your studies, you'll find it here.

## **FRESHERS GROUPCHAT**

Connect with your fellow IEM newcomers of 2025! Ask questions, get updates, or just chat and get to know your new classmates.

## **KAPITAL MEMBERSHIP**

Become an official member of Kapital! Get access to member-only benefits like discounted events, special invites, overalls, and much more.

## **FRESHERS DISCORD**

Join the official Discord for newcomers! Ask anything about your move to Lahti or Finland, get tips, and meet your future classmates before the semester even begins.

*Click on the titles to access the hypelink!*





**Now you are ready  
to kick-start your  
journey at LUT!**

**See you soon, fuksi!**

