



LAND OF THE CURIOUS





SAFER SPACE PRINCIPLES

- **Appropriate behavior is everyone's responsibility** - everyone has a right to a safe and fair environment.
- **Respect personal space** - both mentally and physically.
- **Discrimination is prohibited** - zero tolerance for inappropriate behavior such as violence, harassment or racism.
- **Violations will have consequences** - including warnings or suspension.
- **Together we create a community where everyone feels safe and welcome!**

MOVED



MOVEO

is a 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.



OPPORTUNITIES AND SERVICES



30 € / semester





Group exercise calendar Autumn semester 2025

Mon	Tue	Wed	Thu	Fri
	16.15-17.00 Kettlebell	16.00-17.00 Shuffle Dance	16.15-17.00 Pilates	14.00-15.00 CrossFit (Hiojankatu 5)
17.00-17.45 HIIT	17.00-17.45 Mobility	16.00-17.00 Fitness boxing (Sammonkatu 6)	17.00-17.45 Yin Yoga	
17.45-18.30 Body Care	17.00-18.00 Commercial Dance (Askonkatu 9E)	17.00-18.00 Latin Mix Solo (Svinhufvudinkatu 23 A)	17.15-18.15 Weightlifting Techniques (Gym)	
18.30-19.30 Rhythms of Peace	18.00-19.00 MOVEOAerobics	19.30-21.00 Gymnastics (Tunnelipolku 3)	18.15-19.15 Weightlifting Heavy lifting (Gym)	

NOTE!

On some days there will be changes on the schedule. Look the schedule via Avoinna24 system!

MOVEO membership is required to participate in group exercise classes.
Booking is required for all classes at www.avoinna24.fi/moveo/reservation

Sun
18.00-19.00
Salsa,
first steps
(Svinhufvudinkatu 23 A,
3rd floor)





Ball game calendar Autumn semester 2025

Time	Mon	Tue	Wed	Thu	Fri
16-18			19.30-20.30 Lady's Futsal Svinhufvudinkatu 8		16.00-18.00 Basketball Vipusenkatu 5 Building A1
19-20	20.00-22.00 Volleyball Vipusenkatu 5 Building A1	18.00-19.30 Padel Heinlammintie 64	20.30-21.30 Futsal Svinhufvudinkatu 8	21.00-22.00 Floorball Terijoenkatu 3	
20-21		20.30-22.00 Badminton Terijoenkatu 3	20.00-21.00 Tennis Heinlammintie 64	21.00-22.00 Rugby Svinhufvudin- katu 8	
21-22	21.00-22.00 Futsal Terijoenkatu 3		20.30-22.00 Volleyball Lahdenkatu 62		
MOVEO membership is required for all ball game shifts. Join the Whatsapp group before ball game shift. NOTE! For Padel and Tennis you have to book an appointment at the Avoinna 24- system!					



MOVEO's GYM, Niemenkatu 73

**+ warmup space
+ NEW GYM area
coming soon!**





*Pst! MOVEO also
offers remote group
exercise classes
during the week!
More info in eLUT*

It's time for a
BREAK EXERCISE!



How can I buy a **MOVEO membership?**



TRIAL WEEK
IN WEEK 36





www.lutshop.lut.fi

MOVEO

MOVEO Lahti membership, student

30,00 €

VIEW PRODUCT



Buy your membership here!





Liiku

LIIKUNTA & KULTTUURI

appro

Lappeenranta & Lahti

10.9.2025, 12-20



@liikuapprolahti



THANK YOU!

First 5 who follow
@moveolahti on
instagram gets...
(winner collect after
whole session)



WELCOME





WHAT IS ESN?



ESN Finland is a national student organisation with 15 local sections, part of a network spanning around 40 countries and 500+ sections.

Each ESN section in Finland offers a wide range of services and activities to help international students integrate into Finnish culture and make the most of their exchange period.

OUR MISSION

- ESN Lahti hosts social events, from cultural evenings and weekly hangouts to checkpoint races and sitz parties, which help students connect, share cultures, and build lasting memories.
- We're here to support you throughout your stay in Lahti — whether you need help regarding issues related to your studies, practical advice or local tips.
- In collaboration with TimeTravels, we organise excursions to other cities, helping you discover more of Finland and beyond.
- As part of the ESN network, we represent the voice of international students locally and nationally, working to improve the exchange experience for everyone.





ESN LAHTI 2025



Treasurer

Local Representative

Projects Manager

Our mascot



President

Communications Manager

Events Manager

Vice-president

Web Administrator

Pirates of the Baltic Sea

- PoBS is an international cruise for students from Finland, Estonia, Latvia, Lithuania, Poland, Denmark, Norway and beyond!
- It includes two nights of activities on a beautiful cruise ship, a day in the magnificent capital of Sweden, Stockholm and tons of fun with more than 1500 students from all over the world!
- The next one: 02 to 04 November 2025





The program brings together international students from LUT and LAB with local people.

The aim is to help foreign students to learn more about the Finnish culture and everyday life. In return, international students give a greater understanding of other cultures and a possibility to improve language skills.

More information:



eLUT



eLAB

Want to be
my friend?



ESN CARD

- Access to members-only events.
- Discounts on ESN Lahti trips, events and products, such as overalls and patches.
- Exclusive international deals from ESN partners (like Ryanair and Flixbus). You can find the list of all the ESN International partners on the official ESN website: esncard.org
- This option automatically includes your ESN Lahti membership for one year!

ESN MEMBERSHIP

The free membership option is a great way for exchange students — and anyone else interested — to join our community and stay updated on all our events!



ESN CARD



ESN MEMBERSHIP

FOLLOW US ON SOCIAL MEDIA!



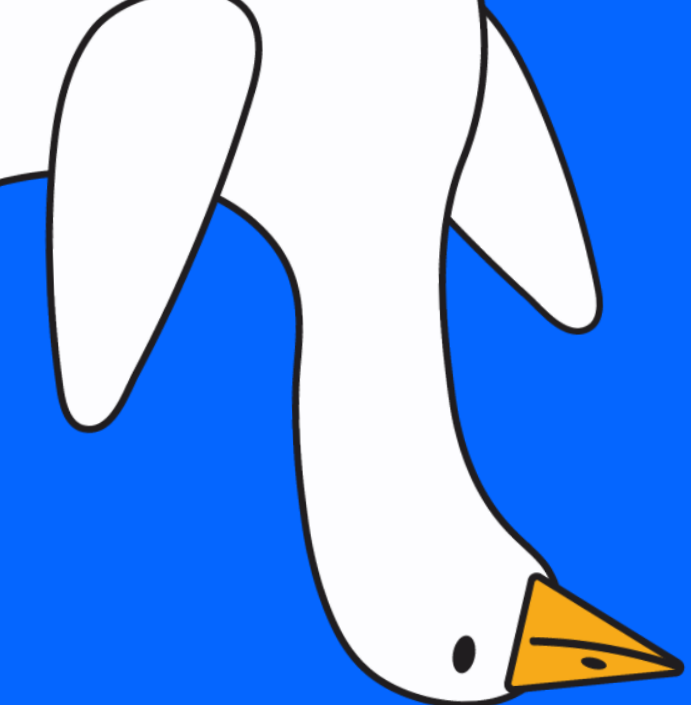
Instagram



Telegram



Kide.app

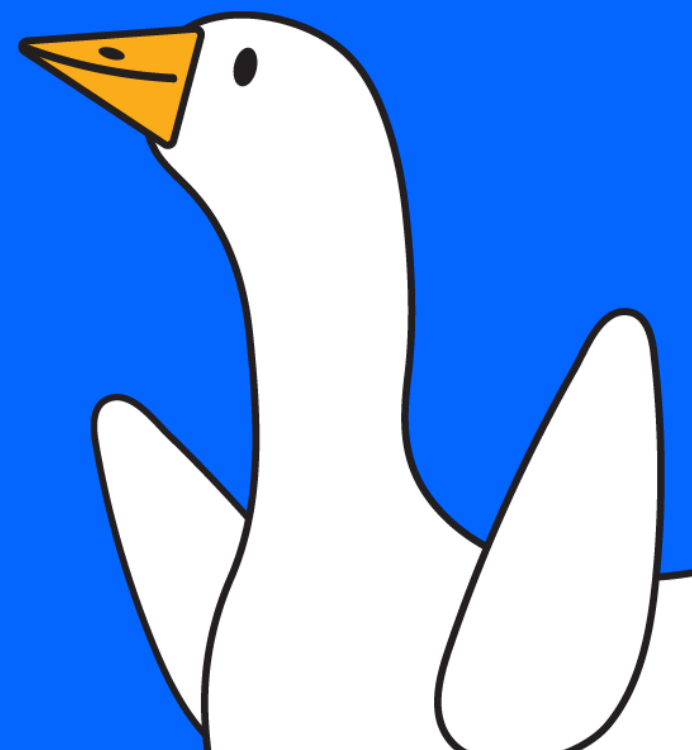


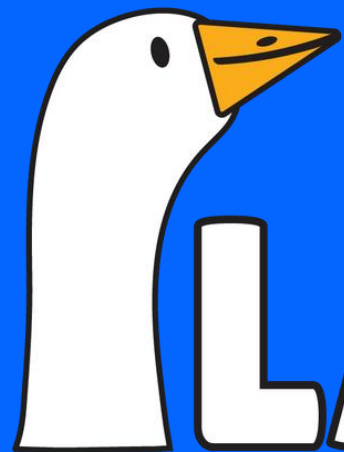
WHAT IF YOU?

Don't drink?

Want to find new friends

**Have a hobby that you want to do
in university?**



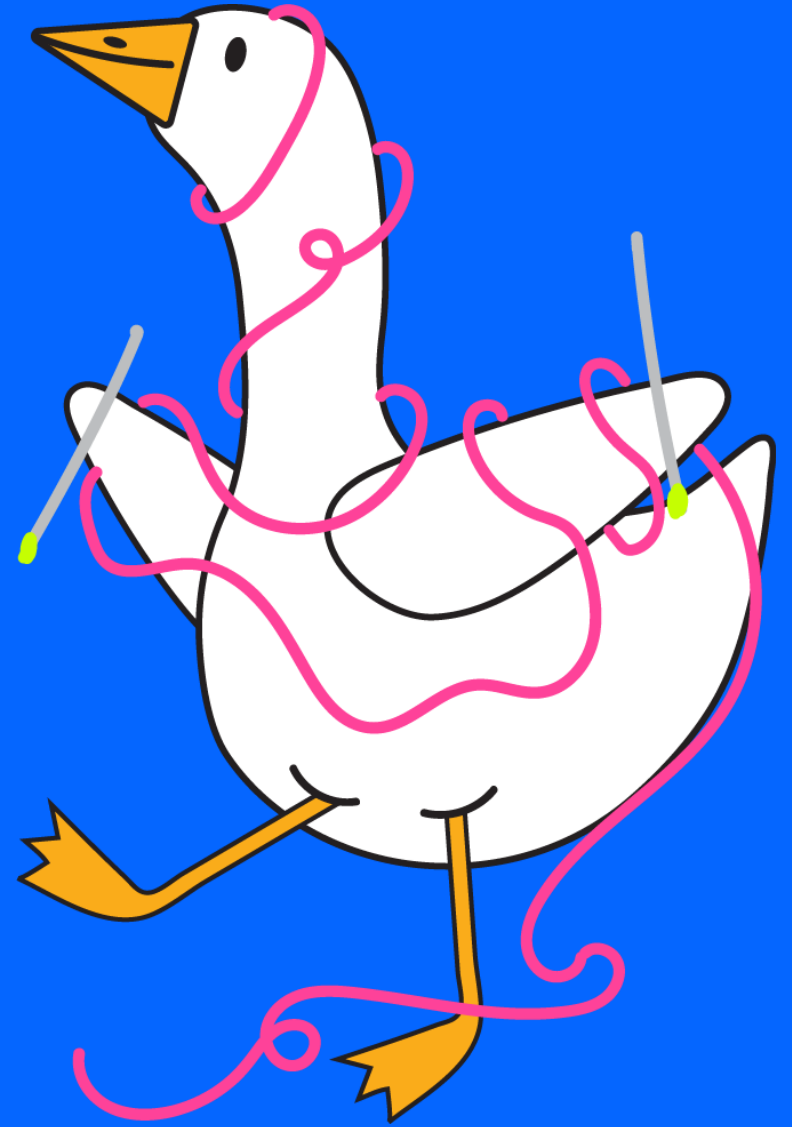


LASTU

IS

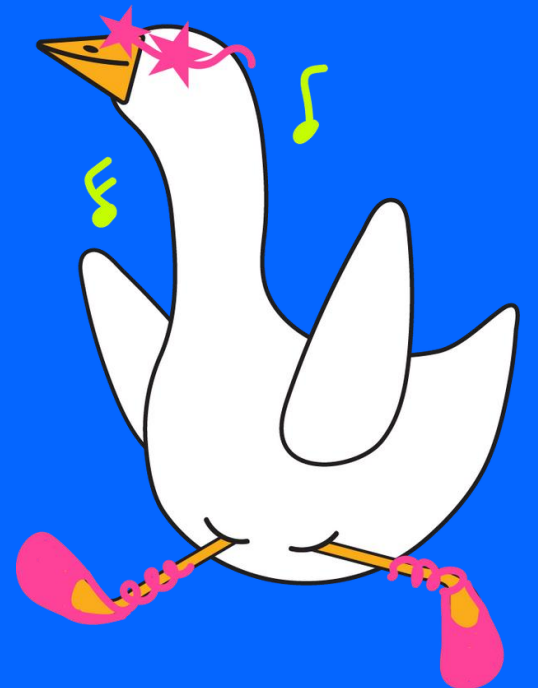
FOR YOU!

What is LASTU?



WE ARE A STUDENT ASSOCIATION RESPONSIBLE FOR HOBBY CLUBS

- ★ **Range of student driven hobby clubs (for free)**
- ★ **Free events for students in english**
- ★ **Opportunity to find new friends**
- ★ **Free food**





Dance club

Arts and crafts club

DnD club

Warhammer 40K club

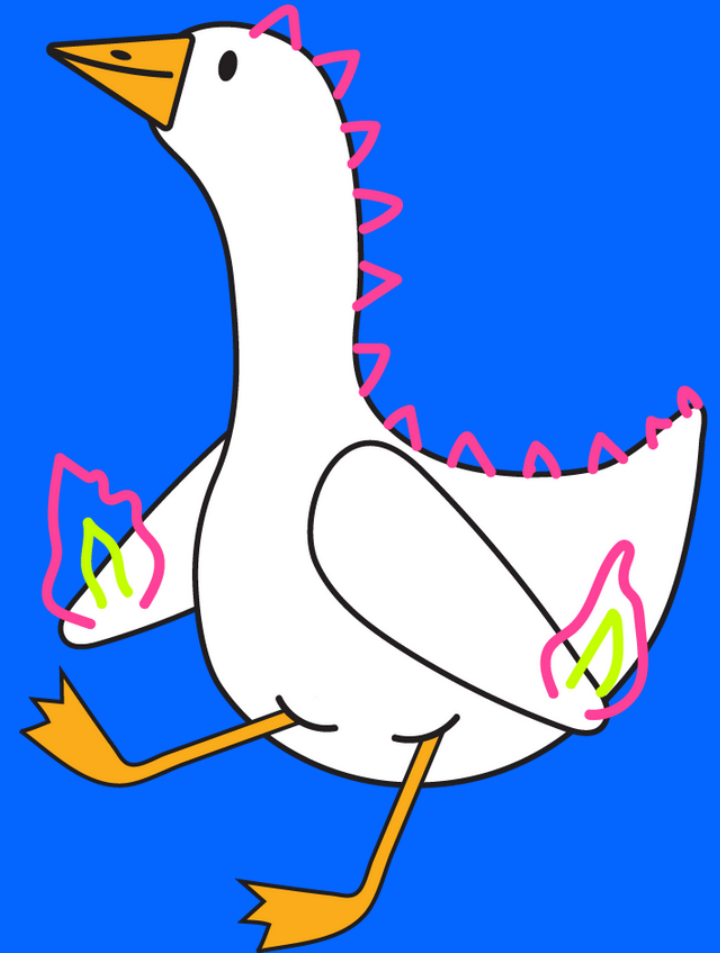
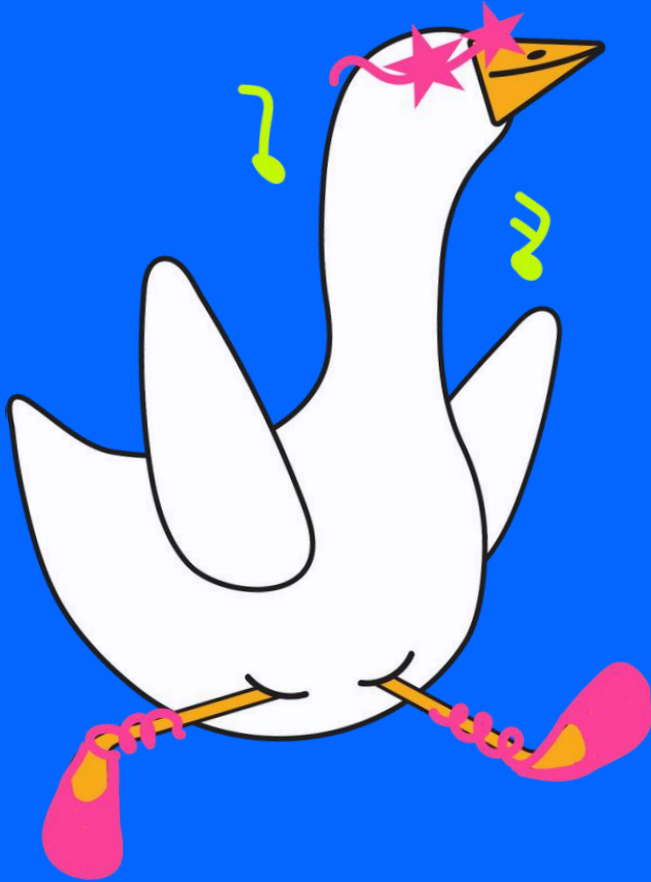
Quiz club

Photography club

Public speaking club

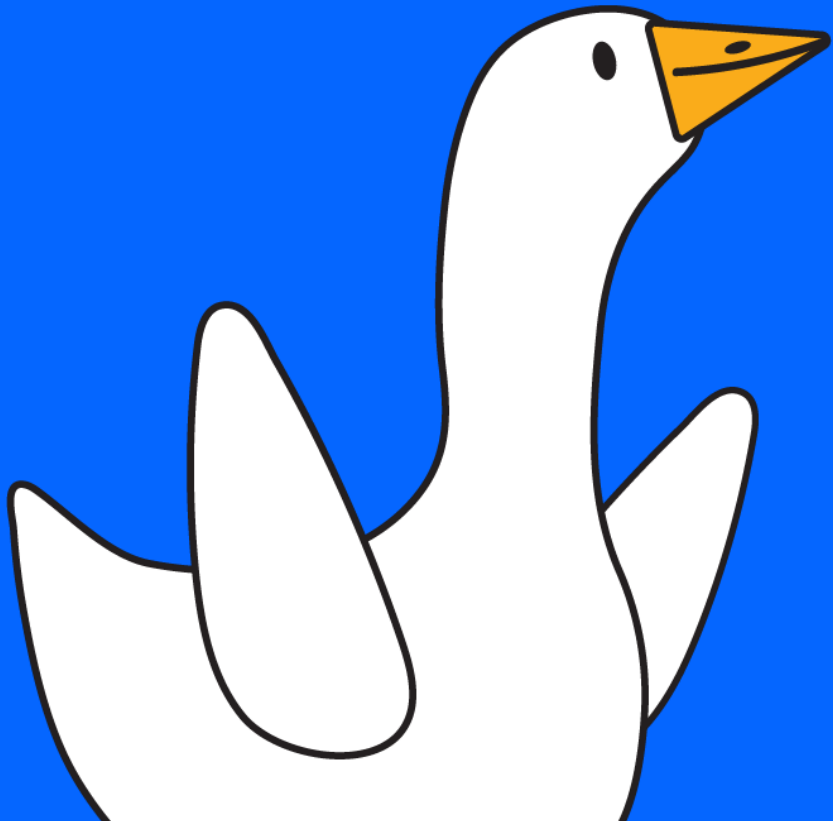
Reading club

Finnish language club



WHAT HOBBY DO YOU WANT TO TRY?





**YOU CAN CREATE A
HOBBY CLUB WITH US!**



Financial support for the club

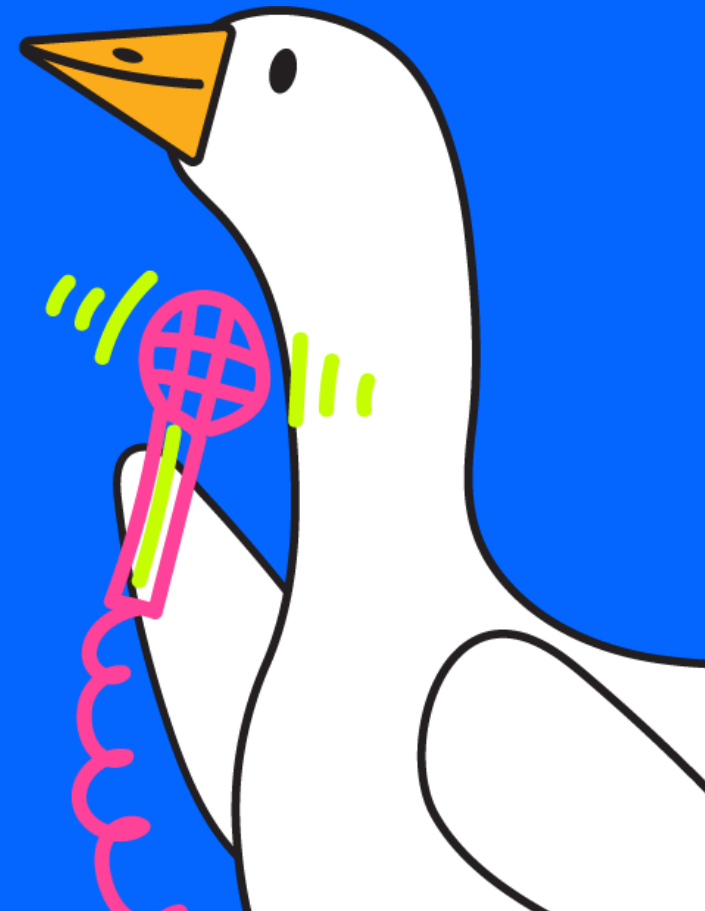


Promotio



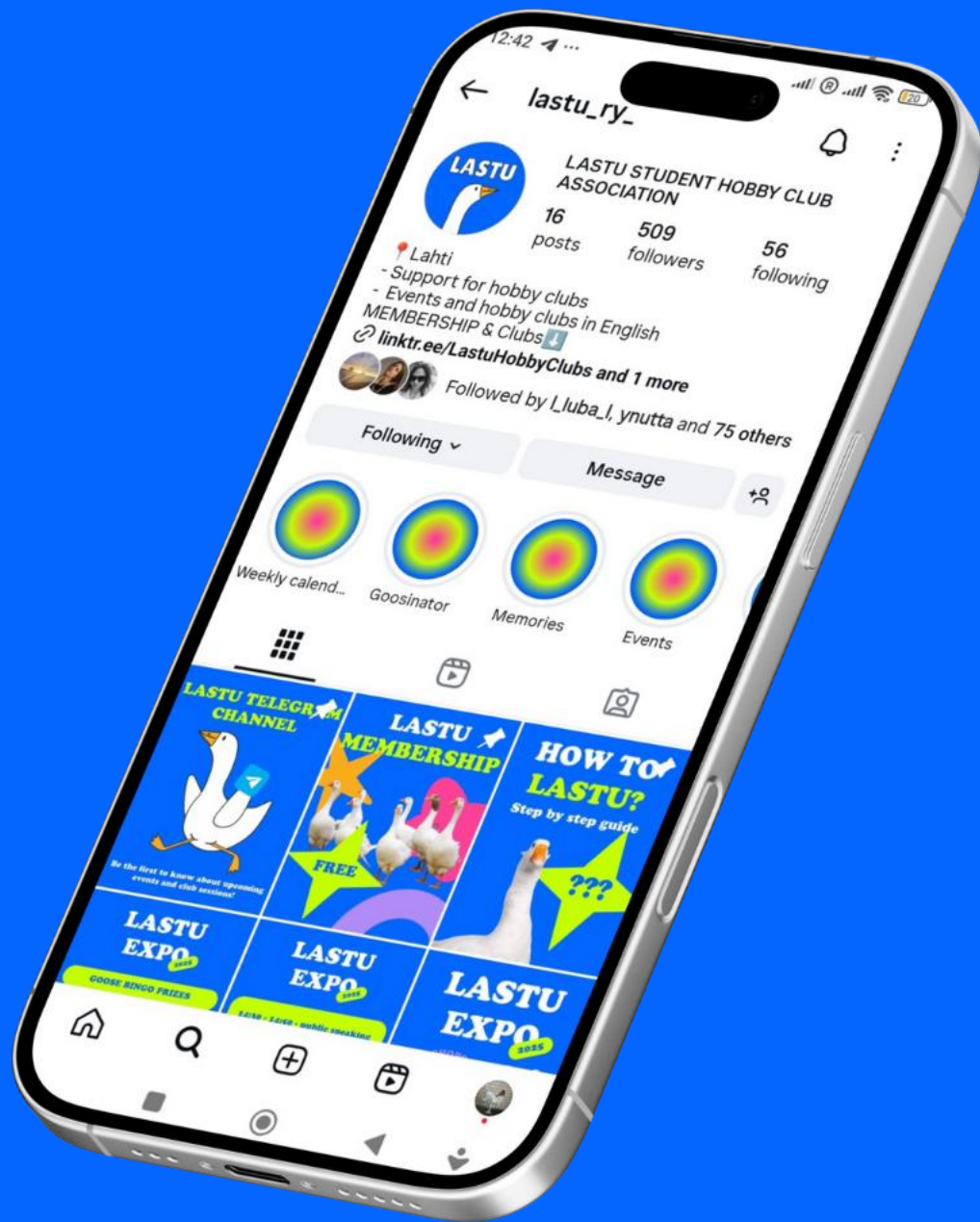
Help withⁿ your clubs' sessions

Just dm us!

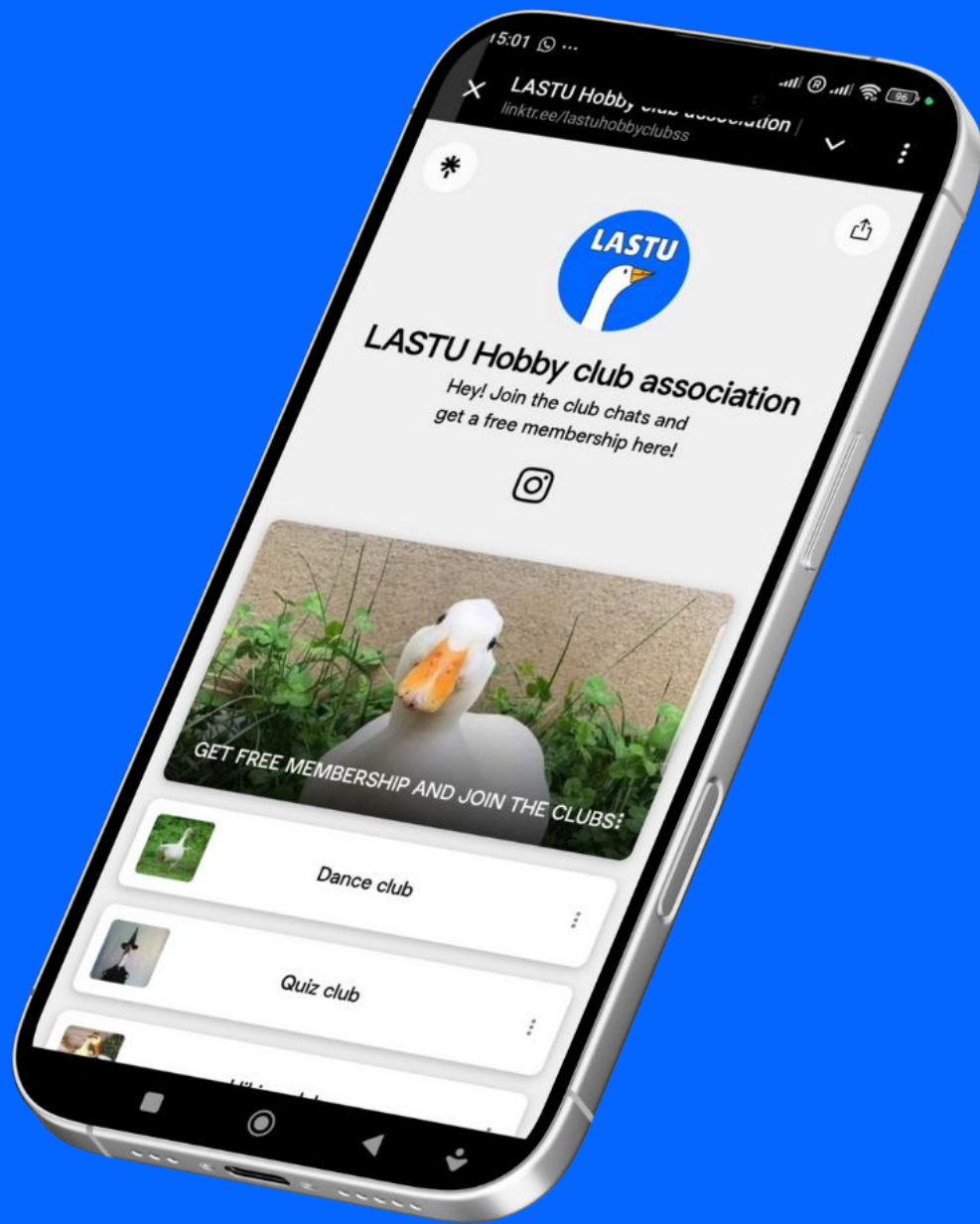


JOIN OUR EVENT!





**OUR INSTGRAM HAS ALL THE
INFO ABOUT CLUBS
AND EVENTS**



**LINKTREE TO JOIN ALL THE
CLUB'S GROUP CHATS
(IN THE PROFILE DESCRIPTION)**

JOIN US!



CLUB CHATS



INSTAGRAM



**FREE
MEMBERSHIP**



THANK YOU MOVEO, ESN & LASTU!