

ENKLAAVI

NEW STUDENT'S GUIDEBOOK

EVERYTHING YOU NEED TO KNOW



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FIRST OF ALL

Congratulations on your new place of study! Enklaavi ry warmly welcomes you to Lappeenranta and LUT University. It won't be long until your studies begin, and soon we'll meet on the shores of Lappeenranta.

This guidebook provides you with all the necessary information you need and the channels through which you can ask for more details!





ENKLAAVI RY

"Enklaavi is a geographical concept that refers to an administrative area or part of it that is completely or mostly surrounded by another similar administrative area." (wikipedia.org)

However, in Lappeenranta, Enklaavi is the student association for business students at LUT University, also known as a guild in Lappeenranta. Enklaavi currently has over 1,700 members, and its activities are maintained by dozens of active students. At the core of Enklaavi ry is its 11-member board, supported by committees, and especially by Fresher Captains and tutors during the Kuutti weeks.

As a student association, Enklaavi takes care of its members' interests and well-being, organizing a wide range of events from sports activities to party nights. During Kuutti weeks, we aim to ensure that our new students can start their studies and integrate into our student community.



LTKY



ENKLAAVI RY
LUT BUSINESS SCHOOL
KAUPPATIEIDEN OPISKELIJAT

ENKLAAVI'S BOARD

Each student association has its own board, which is responsible for the organization's activities. Enklaavi ry's 11-member board has been taking care of both strategic and operational activities since the association was founded in 1991.

You'll get to know us right at the start of the fresher weeks, and there's no need to be afraid of approaching us – feel free to tap us on the shoulder and ask even the dumbest questions. You can easily recognize us by our dark blue board sweaters or black t-shirts!





BOARD 2026



Puheenjohtaja
Veera Jukarainen



Varapuheenjohtaja
Einojuhani Kostainen



Talousvastaava
Mira Lommi



Yrityssuhdevastaava
Santtu Karhapää



Koulutuspolitiikka
Emma Lampen-Smith



Projektivastaava
Kasper Paakasuo



Viestintävastaava
Viivi Vanhatalo



Markkinointivastaava
Helmi Kahri



Sosiaalipolitiikka
Aleksi Iso-Möttönen



Tapahtumavastaava
Lauri Rautiainen



Juhlavastaava
Roosa Olli

Talousjaosto

Mira Liimatainen
Emilia Forsman
Maisa Saikko

Maisterijaosto

Ada Rautiainen
Elvira Santala
Kata Savolainen
Amanda Mykrä

Mediajaosto

Carl-Emil Hirvikoski
Hanna Haavijoki
Hilla Hautakangas
Jasper Forget
Lotta Varonen
Mea Nyman

Liikuntajaosto

Taika Salomäki
Samuli Tiainen
Neea Leppäluoto
Anastasia Leinonen
Mikael Niemelä



Tekijät 2026

Tapahtumajaosto

Jonas Jokinen
Aino Bordi
Aino Saarinen
Kristian Cumini
Joonatan Uotila
Lauri Färm
Ville Vihmo
Roope Luoma

Yrityssuhdejaosto

Niklas Noiva
Onni Mäkäläinen
Moona Heikkilä
Lei Li

Juhlajaosto

Aria Kämpynen
Silja Tietäväinen
Oskari Härkönen
Mikael Niemelä
Iita Koikkalainen
Jonas Papathemelis

ENKLAAVI'S COMMITTEES

In addition to Enklaavi's board, the core of its activities revolves around eight committees, each responsible for a specific area of the association's operations. Each committee is led by one or more board members, and new members are recruited annually after the board changes.

If you feel that low-threshold student involvement is your thing, joining a committee is a fantastic opportunity to develop new skills and gain experience - but most importantly, to form new friendships.

You can read more about the committees on Enklaavi's website under the "Committees" section.

FRESHER CAPTAINS

The board is also supported by the Fresher Captains. They are more experienced students whose main priority is to support and guide new students during the first year of their studies and help them integrate into the student community. They help freshers get acquainted with student life, practical matters, and the traditions of both Enklaavi and LUT University. In other words, the Fresher Captains will introduce you to the student culture of Skinnarila.

The Fresher Captains serve as an approachable link between the student guilds and new students, and they can help guide you further if you have any concerns. Feel free to reach out to them without hesitation – whether it's about practical questions, study-related worries, or even just a desire to chat! You can contact them, for example, by email at fuksivastaava@enklaavi.fi.

You can recognize Enklaavi's Fresher Captains by **their cowboy hats**, which they wear at events.

Otto Rantanen is the Fresher Captain for international bachelor's students

Mikael Niemelä is the Fresher Captain for Finnish bachelor's students



HARASSMENT CONTACT PERSONS (HCPS)

Harassment contact personnel are here to offer support to students based on the principle of low-threshold accessibility. If you experience bullying, discrimination, racism, or harassment at student events, in organizational activities, or during your studies, do not hesitate to contact us. You can also reach out if you feel stressed or anxious about your studies or if something else is weighing on your mind.

Additionally, you can contact us if you are concerned about inappropriate behavior directed at someone else. It is important to remember that your feelings are always valid, and you can talk to us with confidence.

All conversations with us are strictly confidential, and we operate under a duty of confidentiality. We respect the principles of a safer space and will not take any action without your consent. We will support you for as long as needed and help you consider the best ways to address the situation. You can be assured that making a report does not automatically trigger further actions. Feel free to come to us as you are, without fear of being judged. We act impartially and carefully listen to all parties involved, especially in situations where multiple people are affected.

You can contact us via email (hairinta@enklaavi.fi), the reporting form, Instagram, phone, or in person at the university. We are often present at Enklaavi's events, and you are always welcome to come and talk to us. At events, there may also be designated support persons who operate under the same confidentiality principles. If you prefer, you can send a message anonymously through the reporting form. If you wish your message to reach only a specific harassment support person, please mention this clearly in your message.

You can recognize us by the white vests during events.



The HCPs for 2026 are the board of Enklaavi as well as the Event Committee

SUOMEN EKONOMIT

Suomen Ekonomit is a service and advocacy organization for economists and business students, offering advice and support for entering the workforce, as well as protecting the interests of its members in society. For members, Suomen Ekonomit provides coaching, career services, tips, mentoring, legal assistance, and amazing events!

The journey towards working life is just beginning, but along the way, you'll likely come across the terms part-time job or summer job. Suomen Ekonomit has your back even then: we help with writing job applications, creating CVs, preparing for interviews, and setting salary expectations. Additionally, our employment lawyers ensure that your employment contract is legal. And if you get inspired to start your own business during your studies, we'll support you in that as well.

Student membership with Suomen Ekonomit is free, and by joining Enklaavi, you become part of this nearly 60,000-member community! You can join through the link on Enklaavi's website! You can find your membership card, available services, and benefits on Suomen Ekonomit's eLounge.

For more information about Suomen Ekonomit and upcoming events, you can check the [event calendar](#) or visit the [Ekonomit website](#). You can also ask your local business student representative for more details.

ENKLAAVI'S KYLLI

Julia Liikkanen

IG: @enklaavinkylli

julia.liikkanen@ekonomit.fi

040 6106976

EKONOMIT MER



BECOME A MEMBER

To become part of Enklaavi, you must join Suomen Ekonomit as a student member.

HERE'S HOW TO JOIN:

All students studying at the LUT Business School are eligible to become student members of Suomen Ekonomit. By joining Suomen Ekonomit, you also become a member of your own student association, which in Lappeenranta is Enklaavi ry.

Membership with Suomen Ekonomit is free of charge. When you join, Suomen Ekonomit will only charge you the Enklaavi ry membership fee, which will be forwarded to your student association. Enklaavi's membership fee is €35, covering your entire study period. As an Enklaavi member, you'll receive information about neon yellow overalls and membership benefits. Additionally, you can spend time at Enklaavi's guild room. As proof of your membership, you'll receive an electronic membership card from both Suomen Ekonomit and Enklaavi.



ENKLAAVI'S COMMUNICATION

Enklaavi's main communication channel is our Instagram account, where you can quickly find up-to-date information about events and other important matters. The highlights on our account also include information about event ticket sales and the weekly newsletter.

On our website, you'll find all the latest updates on Enklaavi events, as well as the event calendar where you can view upcoming events.

Enklaavi also publishes a weekly newsletter on our website every Sunday, which can be found under the "Members" section and "Weekly Newsletter." The weekly newsletter provides a summary of the events for the upcoming week, along with regularly updated information about course registration deadlines, upcoming application periods, and recruitment announcements. The link to it will also be sent to the Enklaavi Chat for easy access!



Hakijalle Enklaavi Jäsenille Tapahtumat

Mikä on **Enklaavi**

Enklaavi ry on Lappeenrannan teknillisen yliopiston kauppatieteiden opiskelijoiden kasvava ja dynaaminen ainejärjestö. Vuodesta 1991 asti toiminut ainejärjestömme on noussut LUT:n suurimmaksi ja aktiivisimmaksi killaksi. Tällä hetkellä Enklaavilla on noin 1700 jäsentä.

Enklaavi tarkoittaa hallinnollista aluetta, joka on toisen vastaavan hallinnollisen alueen ympäröimänä. LUT-yliopisto sijaitsee Lappeenrannassa Skinnarilan kaupunginosassa, joka opiskelijoiden keskuudessa nimetty SVV:ksi eli Skinnarilan Vapaa Valtioksi. Skinnarila on huhujen mukaan hakenut itsenäisyyttä Suomen valtiosta, jolloin siitä olisi muodostunut Enklaavi.

INSTAGRAM-ACCOUNTS

Enklaavi has several different Instagram accounts through which you can get information about events and other important announcements. So, it's a good idea to make sure you're actively using Instagram!

Enklaavi @enklaavi
 Kylli @enklaavinkylli
 NESU-Enklaavi @nesu_enklaavi
 LUT @unilut
 LTKY @ltkyl_insta

Many of Enklaavi's committees have their own Instagram accounts, and it's definitely worth following them. There, you'll find updates on each committee's activities and other related content.

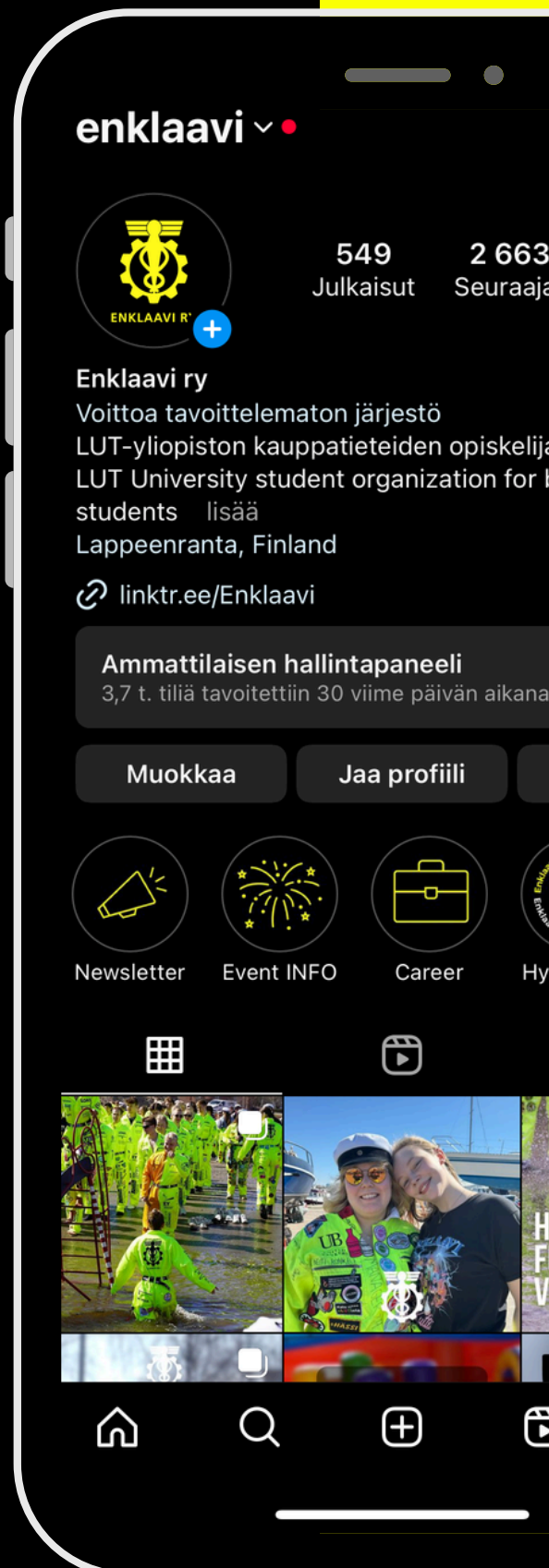
COMMITTEES INSTAGRAM-ACCOUNTS

Master's Committee @enklaavimasters
 Corporate Committee @enklaavicorporate
 Event Committee @enklaavieventti
 Media Committee @enklaavimediamaafia
 Sports Committee @enklaavisport
 Festive Committee @enklaavinvuosijuhlat

INTER-GUILD EVENTS IG-ACCOUNT

Enklaavi also organizes many interguild events that have their own Instagram accounts – those are definitely worth following as well!

@Lappeenrannanhaalaribileet
 @MarathonMondaypr



IMPORTANT GROUPS

Join the Telegram groups below and follow the Skinnarila bot (@SkinnarilaBot) on Telegram to stay up-to-date with what's happening in Skinnarila!

If you're a master's fresher, you'll find more relevant information in the Masters group than in the Enklaavi Freshers 2025 group. Sustainable International Business students also have their own chat for their own communication. There is also a group for ALL Enklaavi members that we suggest you join since it'll be the most active throughout the year!

01. ENKLAAVI'S FRESHERS 2025



02. ENKLAAVI'S MEMBERS



03. ENKLAAVI'S MASTER STUDENTS



04. SIB-STUDENTS



USEFUL WEBSITES



ENKLAAVI RY

On Enklaavi's website, you can find up-to-date information about the activities of the student association.

<https://www.enklaavi.fi/en/>



SKINNARILAINFO – FOOD MENUS & IMPORTANT BUSES

Here, you can find the menus for the school cafeterias and the schedules for the main buses. The website is only in Finnish, but you can use a translator to read it.

<https://skinfo.dy.fi/>



LAPPEENRANTA'S BUS GUIDE

Bus schedules and routes:

<https://lappeenranta.digitransit.fi/?locale=en>



LTKY'S HOMEPAGE

Events, advocacy, associations, and much more, such as the **exam archive**, where you can find previous course exams!

<https://ltk.fi/en/>



ELUT

This is where you'll find pretty much EVERYTHING related to school—definitely make use of the search function!

<https://elut.lut.fi/en>

STUDENT'S MUST-HAVE APPS



KIDE.APP

This is where you can buy tickets for all student events – both in Lappeenranta and around Finland.



SLICE

Here, you can get your free student card, and the app also offers many discounts for various online stores and more.



MOBILE PAY

At many student events, the only accepted payment methods are MobilePay or, alternatively, cash – so make sure to download MobilePay!



TELEGRAM

All interguild student events are announced in Lappeenranta's own Skinnarila bot channel. In addition, the Enklaavi Fuksit 2025 group will be the primary channel at the beginning, followed by the Enklaavi Chat group for ongoing updates.



TUUDO

Tuudo is a personal helper for students' academic life. By using a single app, students can view their class schedule, register for courses, navigate the campus, visit the library, and check the menus of student cafeterias.

KUUTTI

[Enklaavi's fresher] ; KUUTTI

An Enklaavi fresher is a first-year student at LUT University's Business School. The term is used during the fresher weeks for all first-year students of Enklaavi before they are officially inducted as kylterifreshers during the promotion ceremony. Kuutti is the Finnish term for a baby seal, or a seal pup.

See also: **ENKLAAVI, FUKSI , KYLTERI**

OVERALLS

As an Enklaavi member, you can get Enklaavi's overalls. The overalls for business students in Lappeenranta are neon yellow. And the best part is, they really stand out in the nightlife. These truly unique overalls are ordered once enough sponsors are gathered. If needed, you'll get the chance to test your sales skills and find new sponsors with the help of Enklaavi's amazing Head of Corporate Relations. The overalls cost 30 euros for members.

In addition, Enklaavi's kylli will be handing out the famous "kyllin hyvää" (Kylli's goods) during the overall distribution. This time, it's the economist belts!



GUILDS OF LUT-UNIVERSITY

In addition to Enklaavi, there are 10 other guilds and 1 student organization on Lappeenranta Campus.



ARMATUURI

Energy Technology
White overalls



CLUSTER

Software Engineering
Red overalls



DOMINUS

Social science and
Communication
Light blue overalls



KAPLAAKI

Industrial Engineering
and Management
Dark blue overalls



KETEK

Chemical Engineering
Black overalls



KRK

Mechanical Engineering
Orange overalls



LATEKSI

Computational
Engineering
Fuchsia overalls



PELETTI

Environmental
Technology
Grey overalls



SÄTKY

Electrical Engineering
Green overalls



TESSERACT

Technology and
Engineering Science
Beige overalls



ESN LPR

Exchange students
Blue overalls

In Lahti you can study Energy Technology (**Fuusio**), Industrial Engineering and Management (**Kapital**) and Software Engineering (**SoSA**). LAB University of Applied Sciences also have their own student organizations.

DICTIONARY

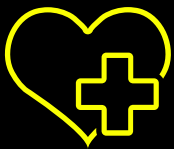
- AALEF:** LTKY's (the student union) own company includes for example the restaurant YOLO located on the university campus, as well as Meidän Kioski, in the university lobby.
- Academic quarter:** The "academic quarter" is a tradition used in universities, according to which lectures, for example, start 15 minutes past the hour. If it is not specifically stated that a lecture begins on the hour, you can assume that the academic quarter is in effect.
- Appros:** A student event where the goal is to visit local bars, restaurants, or similar venues and collect stamps, which eventually earn you an overall badge.
- Kuutti/Fuksi:** First year student, aka fresher.
- Kylteri:** A senior business student. Freshers become 'kylteris' during the spring fresher baptism in the warm embrace of Lake Saimaa.
- G-bar/Gee:** Cafe Bar G, a bar located behind the Student Union Building.
- eLUT:** An important online information bank for students, where you can find comprehensive information about completing studies at LUT University.
- Excursion/Excu:** A study trip to almost anywhere. The trip may include, for example, company visits, other activities, and hanging out with fellow students.
- LTKY/Iytty:** The Student Union of LUT University. The advocate for university students, ensuring that everyone enjoys university life to the fullest.
- Moodle:** A virtual learning environment used at the university, where each course has its own page containing all the necessary information for completing the course.
- NESU:** Derived from the words Nordiska Ekonomie Studerandes Union. It connects Nordic business students. In Finland, NESU associations organize events such as sitsit in various cities.

PRACTICAL STUFF



APPLY FOR BENEFITS FROM KELA AND SUBMIT A CHANGE OF ADDRESS NOTIFICATION (ONLY FOR FINNISH CITIZENS OR PERMANENT RESIDENTS)

Kela benefits are applied for through OmaKela, and the easiest way to submit a change of address is through the Posti website, which updates the information both to Posti and DVV



PAY THE HIGHER EDUCATION STUDENT'S HEALTHCARE FEE TO KELA

The student healthcare fee is also paid through OmaKela, and it must be paid by November 15, 2026. No separate invoice will be sent to your home or electronically



REGISTER AS PRESENT AND ACTIVATE YOUR LUT CREDENTIALS BEFORE THE FRESHER WEEK

You can register as present through Oili (<https://oili.csc.fi/>). With your LUT credentials, you'll get access to your student card and be able to log into your school email and platforms like Moodle



READ ENKLAAVI'S KUUTTIEKSKLAAVI AND CHECK OUT ELUT > STARTING STUDIES

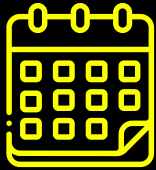
ELUT and Enklaavi's KuuttiEksklaavi contain a lot of useful information for new students, so have you already checked them out?



DOWNLOAD YOUR STUDENT CARD

You can get your student card for free through the Frank app! It is also possible to order a physical student card

HOW TO PREPARE FOR THE FRESHER WEEKS?



CHECK OUT THE FRESHER WEEKS' PROGRAM

The current evening program for the Fresher weeks can be found on LTKY's website: <https://ltk.fi/opiskelijalle/uudet-opiskelijat/>
The orientation organized by the school (day program) can be found at elut.lut.fi: Starting studies

PREPARE CASH AND/OR DOWNLOAD MOBILEPAY AND KIDE.APP

In most student events, the only accepted payment methods are MobilePay or kide.app, so if you haven't downloaded them yet, make sure to do so now. Sometimes you can also pay with cash so make sure you have some on you as well.



TAKE SOME FORMAL WEAR WITH YOU

On Thursday, August 28th, the Suit Up party will take place, with a cocktail dress code. If possible, pack an outfit that fits the dress code for the fresher weeks. Dress codes will be rehearsed later.

IF YOU WANT TO DRINK BEVERAGES – BUY THEM BEFOREHAND

If you think thirst might catch you off guard during Fresher Weeks, it's a good idea to get your starter drinks in advance. The Fresher Weeks' schedule is busy, and everyone else will also be thinking about buying their drinks from the University's Sale, but its shelves will be empty before you know it. Having an emergency frozen pizza on hand wouldn't hurt either.



TRAVELLING

PUBLIC TRANSPORTATION - JOUKO

Buses are often the most convenient way to get around Lappeenranta – though a small downside is that they run poorly at night.

You can get a bus card with a student discount from the Aalef kiosk at the university, making travel significantly cheaper. The card can be charged with either value or time.

A mobile ticket can also be purchased through an app at the regular adult fare. Singular tickets can also be purchased on the bus with your card.



PAYIQ

Don't be surprised if your ticket price varies – buses use off-peak fares on weekends, public holidays, and on weekdays after 5:30 PM, making tickets slightly cheaper than usual.

ADDITIONALLY...



ELECTRIC SCOOTERS- AND CITY BIKES

Always a good choice – except when drunk or when there are two on board.



TAXI

In Lappeenranta, you can order a taxi through Taksisaimaa or the 02Taksi service. When booking a taxi, it's a good idea to share a ride with fellow students. Fortunately, Uber is also gradually starting to make an appearance here!



BY WALKING OR BY BIKE

Your legs, your own bike, or Donkey Republic's city bikes will take you efficiently from one place to another, regardless of the time of day.

CAMPUS'S RESTAURANTS

Bistro – A little further from the LOAS office. The furthest one, the 'office cafeteria'.

YOLO – As the name suggests, it is located at the student union building, and you can get refills!

LUT Buffet – In the main building, the school cafeteria.

Cafe Shalik – Indian food next to auditorium 2310.

Street Cafe – Coffee, pastries, energy drinks.

Restaurant Skinnarila – Usually the same food as in the Buffet, but located in the AMK facilities.

Cafe Shalik Pizza buffet – Located in building number 6

In the school cafeterias, students can get a lunch for €2.95 by showing their student card. You can also buy snacks at the university's Sale or Street Cafe



DRESS CODE

AKA HOW TO DRESS

SMART CASUAL

Smart Casual is typically worn for events such as company visits and case nights, where a neat appearance is expected. It is often considered similar to Business Casual, making it suitable for office wear.

For a Smart Casual event, you can wear neat jeans with a collared shirt and possibly a relaxed blazer, dress pants with a more informal top, a pencil skirt with a relaxed top, or trousers paired with a stylish blouse and a blazer.



COCKTAIL

Cocktail attire largely depends on the nature of the event. The safest choice is a suit or a knee-length dress, paired with a blazer, bolero, or shawl if needed for shoulder coverage.

For formal occasions, a dark suit, white shirt, and a subtle tie are recommended. In more relaxed settings, a colored shirt and a playful tie can be suitable.

For the Suit Up party during Fresher Weeks, a dress, or smart trousers with a collared shirt, would be a great choice.



HOKINAIT

Hokinait is a commonly used but unofficial dress code in Skinnarila, suited for festive yet casual occasions—despite having nothing to do with ice hockey.

It falls between smart casual and cocktail attire, meaning appropriate outfit choices include neat jeans or a little black dress (which can also be in other colors), or a skirt paired with a slightly more festive top. These can be complemented with a casual blazer or a stylish cardigan (so no hockey jerseys :D).



DRESS CODE

AKA HOW TO DRESS

OVERALLS

The easiest and most common dress code. Until freshers get their overalls, they can simply wear regular clothes instead.

Overalls should not be worn just anywhere—they are only appropriate when the dress code specifically states "overalls." If you're unsure whether overalls are expected for an event, it's safer to wear regular clothes instead.

Overalls can also be combined with themed outfits, for example, when the dress code is "Overalls + Afterski." In this case, you wear your overalls along with other theme-appropriate clothing.



BLACK TIE / WHITE TIE

This dress code is primarily seen in academic annual celebrations (vuju) in Skinnarila.

For these events, attire is either white tie or a full-length evening gown. A white tie ensemble consists of a tailcoat with matching trousers that have a silk stripe on the side, a white tailcoat shirt, a white vest, and a white bow tie. The outfit is completed with cufflinks, patent leather shoes, and suspenders instead of a belt. If desired, a pocket watch can also be worn. As an alternative, a dark suit can replace the tailcoat.

For those opting for a full-length evening gown, the dress should cover the ankles. If the dress has an open back or shoulders, a bolero, stole, or shawl should be worn. The fabric is typically formal and elegant, and statement jewelry is acceptable. A small evening clutch is used as an accessory.

Academic honors, ribbons, and guild sashes can be worn to signify which organization or student association the attendee represents.



MORE INFORMATION ABOUT DRESS CODES CAN BE FOUND BY DOING A QUICK GOOGLE SEARCH. A GREAT TIP IS ALSO TO CHECK IF THERE ARE PHOTOS FROM PREVIOUS YEARS' EVENTS FOR INSPIRATION!

PARRU RY

Parru, aka the Polytechnic Academic Sports Club, is a sports club under the Lappeenranta Student Union (LTKY).

The teams consist of students from various fields of study, making it a great way to meet other students in Lappeenranta, not just business students!



"UNDER PARRU RY, THE FOLLOWING SPORTS TEAMS CAN BE FOUND:

PARRU RY'S SOCIAL MEDIA:



<http://www.parru.info/>



@parrury

PARRU HT

ICE HOCKEY



@parruht



parruht@gmail.com



PARRU ICE SKATERS

ICE SKATING



@parruiceskaters

PARRU SB

FLOORBALL



@parrusb

FC PARRU

FUTSAL



@fcparrru



parrufc@gmail.com



PARRU GOLF

GOLF



@parrugolf

PARRU BASKETBALL

BASKETBALL



@parrubasketball

WILDMEN

AMERICAN FOOTBALL



@wildmenofficial



HOBBY AND RECREATIONAL CLUBS

In addition, Lappeenranta is home to over 20 student-founded hobby and leisure associations, which are easy to join!

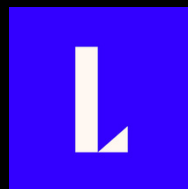


NESU-ENKLAAVI

The association that manages NESU activities in Lappeenranta.



@nesu_enklaavi



LUTES

A student-led entrepreneurship community.



<https://lutes.fi/>



NORPPARADIO

The maintenance team of the student-run Wappuradio.



<https://norpparadio.net/>



QUINTA WINE CLUB

Brings together those interested in wine culture.



@quintawineclub



LASKIN

A hobby association for skiing and snowboarding.



@laskettelukerholaskin97



SKUUTTI

The goal is to promote students' boating hobby and sailing activities.



@skuuttisc

"MANY MORE ASSOCIATIONS AND ADDITIONAL INFORMATION CAN BE FOUND HERE:

<https://ltk.fi/en/sub-organizations/hobby-associations/>

WELLBEING AND EXERCISE

MOVEO – THE SCHOOL'S GYM AND SPORTS SERVICES

<https://elut.lut.fi/fi/opintojen-ohjaus-ja-palvelut/opiskelijoiden-tuki-ja-hyvinvointipalvelut/moveo-hyvinvointi-ja>

LUT WELL-BEING SUPPORT – MATERIALS.

<https://elut.lut.fi/fi/opintojen-ohjaus-ja-palvelut/opiskelijoiden-tuki-ja-hyvinvointipalvelut/hyvinvoinnin-tueksi>

LUT STUDENT SUPPORT AND WELL-BEING SERVICES

<https://elut.lut.fi/fi/opintojen-ohjaus-ja-palvelut/opiskelijoiden-tuki-ja-hyvinvointipalvelut>

LTKY

<https://ltkyl.fi/opiskelijalle/hyvinvointi/>

SPORTS FACILITIES IN THE CITY OF LAPPEENRANTA (SWIMMING HALLS, GYMS, OUTDOOR SPORTS AREAS, ETC.)

<https://www.lappeenranta.fi/fi/kulttuuri-ja-liikunta/liikunta/liikuntapaikat>

ENKLAAVI SPORT:

Enklaavi's sports committee, Enklaavi Sport, organizes various sports events and activity trials for Enklaavi members to promote students' well-being. Events are announced on Sport's Instagram [@enklaavisport](https://www.instagram.com/enklaavisport).

STUDENTS' MENTAL HEALTH

HEALTHCARE SERVICES

YTHS Lappeenranta
<https://www.yths.fi/en/frontpage/>

! IN AN EMERGENCY !

Mental health and substance abuse emergency service, tel. 05 352 4610
(open 24/7 every day of the year)
<https://www.ekhva.fi/en/customers/>

SUICIDAL THOUGHTS OR OTHER CRISES

Mieli ry's Crisis hotline, tel. 09 2525 0116 (open 24/7 every day of the year)
<https://mieli.fi/en/support-and-help/crisis-helpline/>

INFORMATION, SUPPORT, AND ACTIVITIES RELATED TO MENTAL HEALTH

Nyyti ry
<https://www.nyyti.fi/en/nyyti-english/>

GRIEF, RELATIONSHIPS, LIFE CRISES

Saimaa Crisis Center, tel. 09 4135 0510

You can also leave a message via WhatsApp or email for contact. More information:
<https://www.mielenterveysseurat.fi/etela-karjala/in-english/>

You can talk confidentially with the campus chaplains about the joys or sorrows of your life; you choose the topics! The campus chaplains respect everyone's beliefs, so you do not need to belong to the Evangelical Lutheran Church to contact them. Their services are free for everyone

<https://elut.lut.fi/en/study-guidance-and-support-services/student-support-and-wellbeing/campus-chaplains>

PROBLEMS WITH YOUR STUDIES?

University studies are quite different from high school, and it is completely normal for many things to feel unfamiliar at first. It may take some time to get used to university life. However, if you start feeling like you're struggling with your studies or not earning enough credits, here are a few places you should consider reaching out to for support.

STUDENT PSYCHOLOGIST

<https://elut.lut.fi/en/study-guidance-and-support-services/student-support-and-wellbeing/study-psychologist>

Topics that can be discussed with a student psychologist:

- Lack of motivation
- Thesis anxiety
- Distance learning feels difficult
- Stress is draining energy
- Nervousness is hindering studies

INDIVIDUAL STUDY ARRANGEMENTS

<https://elut.lut.fi/en/study-guidance-and-support-services/student-support-and-wellbeing/individual-study-arrangements>

CAREER CONSIDERATIONS

LUT Urapalvelut / careerservices@lut.fi
<https://elut.lut.fi/en/study-guidance-and-support-services/career-services>

STUDY ADVICE

For study-related questions, contact the business studies academic advisor at heikki.helppi@lut.fi.

AND ONE MORE TIME,

**WELCOME TO
ENKLAAVI!**

