

ENKLAAVI

NEW STUDENT'S GUIDEBOOK LAHTI

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 Lahti and LUT University. Your studies are about to begin, there is a lot to learn both in class and outside from it. This small booklet is there to help you out and whenever there's a question, please reach out!

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 and Lahti, Enklaavi is the student association for business students at LUT University, also known as a guild in LUT's student culture. Enklaavi currently has over 1,400 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, officers and for you, most importantly, our tutors.

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 reach out to us with any questions via any of our contact information. Since the board of Enklaavi is based in Lappeenranta, we try to maintain an active communication towards you as best as we can – and also visit you!





BOARD 2026



Chair of the Board
Veera Jukarainen



Vice-Chair of the Board
Einojuhani Kostainen



Head of Finance
Mira Lommi



Head of Corporate Relations
Santtu Karhapää



Head of Academic Affairs
Emma Lampen-Smith



Head of Projects
Kasper Paakasuo



Head of Communications
Viivi Vanhatalo



Head of Marketing
Helmi Kahri



Head of Social Affairs
Aleksi Iso-Möttönen



Head of Events
Lauri Rautiainen



Head of Festive Affairs
Roosa Olli

MEET YOUR TUTORS

Starting your studies is a major chapter in your life: move to a new city, your own apartment, new friends, places, systems and customs to learn. This can seem much, but luckily we have the perfect solution: tutors! These lovely people are students who will help you out with kicking your student life off on the right foot. Be it problems with course registration, company for a party or questions about where to hang out, your tutor will help you out.

Right now you probably already know who your own tutor is, but remember you can always reach out to any tutor, they're all there for you!



Eeli Remes

Study year: 3rd
Field: Software and systems engineering



Deniz Kotan

Study year: 3rd
Field: Industrial Engineering and Management

Dani Kertesz

Study year: 3rd
Field: Industrial Engineering and Management



Muhasana Muskan

Study year: 3rd
Field: Software and systems engineering

MEET YOUR TUTORS



Karens Jerjomins

Study year: 3rd

Field: Industrial Engineering and Management



Miska Puurunen

Study year: 3rd

Field: Software and System Engineering



Anna Palásti

Study year: 2nd

Field: Energy technology



Flor Gil Fernández

Study year: 4th

Field: Energy Technology

ENKLAAVI'S ACTIVE WORK

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.

Because Lahti is only starting its kylteri culture and student activity on the business side, there are no active committees in Lahti under Enklaavi. If you feel like you would like to start organizing something over there, please reach out to someone in Enklaavi's board. We're more than happy to help you kickstart your own kylteri culture. Even though the board is positioned in Lappeenranta, we will educate you, help you financially and try to be present as much as possible!

If you're interested, reach out to kopo@enklaavi.fi!

ADVOCACY IN ENKLAAVI

What is advocacy?

Study advocacy or education policy is the collaborative effort of multiple parties to ensure smooth and issue free studies. Some examples education policy oversees are any issues regarding courses as a whole or issues a single student is having are taken care of, and the quality of teaching overall is maintained and improved.

Head of Academic Affairs

The Head of Academic Affairs of Enklaavi is a board member and their responsibility is to take care of any issues related to business school studies and most importantly to advocate for all of you. If any business student has issues with their studies you are warmly welcomed to contact the current head of academic affairs even if the issue may seem mundane. If a more complex issue were to arise, the head of academic affairs is able to escalate it within the business school or within other guilds if the issue isn't directly related to business studies.

The Advocacy network

Every guild's board has their own person responsible for study advocacy. Together with LTKY's study advocacy representatives we meet regularly to discuss ongoing issues within our guilds. There is also a network between all business studies' guilds in Finland for us to discuss business studies related topics. We meet a few times throughout the year, often hosted by our labour union Suomen Ekonomit.

INFORMATION ABOUT HARASSMENT AND HARASSMENT CONTACT PERSONS (HCPS)

What is considered harassment?

Harassment can take many forms, from bullying, aggressive language, sexual advances or physical altercations. People experience harassment differently, so in general be mindful of your words and actions.

What to do if you experience harassment?

If you experience harassment in a student event or somewhere in the student life, you can always contact LTKY's designated Lahti HCPs, but usually every event has their own from the organizing guild of club, and their contact info can be found from the event info.

When you contact a HCP, the conversation you have is confidential and you are the one who decides how you want to proceed with the situation. The main role of the HCP is to be an impartial listener for you and then mediate the situation if you wish so.

LTKY's HCP's of 2026

Pia Kuosmanen - pia.kuosmanen@ltk.fi - +358442938812
Vera Stojcheva - vera.stojcheva@ltk.fi - +358406852840

Everybody deserves to feel safe in events and student life. Let's all be mindful of our actions!

SUOMEN EKONOMIT

Suomen Ekonomit is the professional association for business students, business school graduates, and economists in Finland. As a student member, you gain access to a wide range of valuable benefits and support throughout your studies – and whenever you need it.

Even if working life still feels far away, many of your first career experiences will happen during your studies. Suomen Ekonomit can help you with writing your CV and job applications, preparing for job interviews, and understanding topics such as salaries and employment contracts. You'll also have access to mentoring, career services, training opportunities, and a variety of events across Finland.

Student membership is completely free, meaning you can enjoy member benefits and services at no cost. As a member, you'll also become part of a community of over 60,000 business students and professionals.

What is a Kylli?

A Kylli (student liaison) acts as a link between Suomen Ekonomit and students. My role is to help you with anything related to membership, member benefits, and Suomen Ekonomit. If you have questions, feel free to reach out – no question is too small.

I also organize free student events, share information about current benefits and opportunities, and make sure that students' voices are heard within Suomen Ekonomit. Whether you're just starting your studies or approaching graduation, I'm always happy to help!

Get in touch!

ENKLAAVI'S KYLLI

Julia Liikkanen

IG: @enklaavinkylli

julia.liikkanen@ekonomit.fi

040 6106976

Welcome to the economics and business community – see you at our events!

EKONOMIT
MEMBER



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.



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

Lahti student events @lahoevents

enklaavi ▾ ●



549
Julkaisut

2 663
Seuraaja

Enklaavi ry

Voittoa tavoittelematon järjestö

LUT-yliopiston kauppätieteiden opiskelijajärjestö

LUT University student organization for business students

lisää

Lappeenranta, Finland

linktr.ee/Enklaavi

Ammattilaisen hallintapaneeli

3,7 t. tiliä tavoitettiin 30 viime päivän aikana

Muokkaa

Jaa profiili



Newsletter



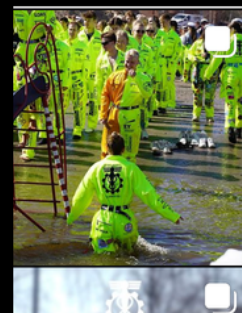
Event INFO



Career



Hyvinvointi



IMPORTANT GROUPS

Here you can find important groups that are related to the Lahti campus life.

ENKLAAVI MEMBERS LAHTI



LUT DISCORD SERVER

You can join LUT's Discord server From ELut → Newcomer's channels → Lahti Discord. Under that you can find a "Digital Business"-channel.

LASTU HOBBY CLUB GROUP



LASTU ry is a collective hobby club in Lahti! More about LASTU later on!

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/>



LAHTI'S BUS GUIDE

Bus schedules and routes:

<https://www.lsl.fi/in-english/>



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 Lahti 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

Telegram is the most common channel for communications in student life. You will have multiple groups to join: guild chat, NESU chat, club chats, campus chats etc.



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 a Finnish term for a seal pup: seals (norppa) are found in Lake Saimaa.

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

OVERALLS

As an Enklaavi member, you can get Enklaavi's overalls. The overalls for business students in LUT Business School are neon yellow. And the best part is, they really stand out in the nightlife. 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 LAHTI

In Lahti Campus, there are three LUT technology guilds. Here are all of their logos, fields of studies and the color of their overalls!



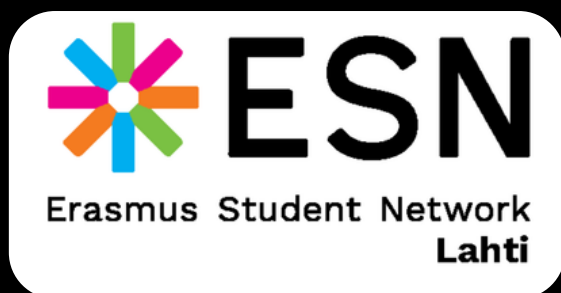
KAPITAL
Industrial Engineering
and Management
*Dark blue with a
turquoise sleeve*



SOSA
Software and
System Engineering
Olive green



FUUSIO
Energy Technology
Light purple



ESN LAHTI
Erasmus student
network

In Lappeenranta there are ten technology guilds, ESN Lappeenranta and four LAB guilds. See more about them on LTKY's webpages!

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.
- Aether:** Former Student Association (guild) for all of the programs in Lahti held by LUT. This association is dissolved as of May 2024, and the resulting guilds are the current guilds of Lahti; Fuusio, Kapital and SoSA.
- 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 (engl. pub crawl). Appros can also mean any kind of event where you go from one place to another, e.g. to people's apartments
- 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.
- 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.
- LTKY/lytky:** 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:** From the words Nordiska Ekonomie Studerandes Union. It connects Nordic business students. In Finland, NESU associations organize events such as sitz parties in various cities.
- Sitz/Sitsit** An academic tableparty where you eat, drink, and sing.

PLACES TO BE

- Slounge:** Lahti students' common living room, located in the Mukkula campus building. The perfect place for meeting fellow students in a relaxed setting.
- Karaoke room:** Karaoke room A124 aka the former studio of Limu-Radio. The room is equipped with Singa's song repertoire and two microphones connected to the room's sound system. You can access the room with your keycard during campus hours.
- Event arena:** A lobby space in the Mukkula building for hanging out, playing games, hosting events and enjoying cafe Lamkooma products.
- Area 26:** Area 26 is our new student event place located at Aleksanterinkatu 26. At the venue, guilds organize all sorts of events such as sitz parties or weekly sauna nights!
- Community space:** A common area with fun little things to do such as jigsaw puzzles or drawing located on the second floor of the Mukkula building. Open during some weekdays specified in eLut. A Student Community Coordinator is always present during the opening hours, and you are welcome to talk to them about issues regarding your studies or life in general
- Kampus park:** A nice park area between Mukkula and Niemi buildings with seating area and a small amphitheatre style seating area. The park is nice for sitting with friends or organising small events.
- Mukkula-building:** The main campus building located at Mukulankatu 19 containing the majority of classrooms, the library, student hangout areas and more.
- Niemi-building:** The other building at Lahti campus located at Niemenkatu 73. It contains other classrooms, Moveo gym areas, FSHS services and some restaurants, not to forget the turtle pond in the center of the building.

PRACTICAL STUFF



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

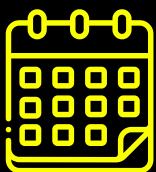
You can register as present through Oili (<https://oili.csc.fi/>). With your LUT credentials, you'll get access to your student card and be able to log into your school email and platforms like Moodle



DOWNLOAD YOUR STUDENT CARD

You can get your student card for free through the Slice app! Remember to allow your information to be used by Slice from your Sisu account, otherwise you won't be able to get your student card activated.

HOW TO PREPARE FOR THE FRESHER WEEKS?



CHECK OUT THE FRESHER WEEKS' PROGRAM

The fresher week programmes consist of both day programmes and evening programmes. Day programmes can be found on LUT's webpage at

<https://elut.lut.fi/en/starting-studies/bachelors-degree-orientation/bachelors-degree-orientation-lahti>

and evening programmes from LTKY's webpage at

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

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.



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 - LSL

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

You can get a bus card with a student discount either through the Waltti-app or a physical travel card at a LSL-service point. 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 or student discount if the discount has been activated. Singular tickets can also be purchased on the bus with your card at a regular adult fare.



WALTTI-MOBIILI

ADDITIONALLY...



ELECTRIC SCOOTERS

Always a good choice – except when drunk or when there are two on board. You can find two brands of e-scooters, Ryde and Dott through their own apps.



TAXI

In Lahti the most affordable taxi is Bolt or Uber. You can book these through their respective apps. When booking a taxi, it's a good idea to share a ride with fellow students. There are other, more expensive, options such as Lahden aluetaksi or Menevä.



BY WALKING OR BY BIKE

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

CAMPUS'S RESTAURANTS

Food&Co Isku Center –

On the first floor of the Mikkola-campus building, offering breakfast, lunch and cafe options.

Lamkooma – A small cafe near the slounge offering small foods affordably!

Restaurant Shiksha – A restaurant offering Finnish- Indian fusion food next to the auditorium at Mikkulankatu or on the second floor of the Niemenkatu building.

Restaurant Kanttis – A restaurant in the Niemenkatu building, that unfortunately does not offer student priced meals.

In the school cafeterias, students can get a lunch for €3.10 by showing their student card. In Kanttis prices range from 10,50€-13€



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, whatever suits the theme of the event, the weather and is best for you!

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 the student life.

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!

HOBBY AND RECREATIONAL CLUBS

Here are the hobby opportunities from inside the student community in the Lahti campus!



LASTU RY

Instagram: @lastu_ry_

The collective Lahti hobby club association. You can check out what they have to offer from this linktree page!



SAUNIS

Saunis is a relaxing sauna night held on Tuesdays by the guilds of Lahti. More information regarding the time and location can be found on the guilds' social media pages.

WELLBEING AND EXERCISE

MOVEO – THE SCHOOL'S GYM AND SPORTS SERVICES

<https://elut.lut.fi/en/study-guidance-and-support-services/student-support-and-wellbeing/moveo-sport-and-wellbeing-0>

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://ltk.fi/opiskelijalle/hyvinvointi/>

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

<https://www.lahti.fi/en/leisure-and-sports/sports-services/>

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 Lahti **academic advisor** Liam at liam.hallanoro@lut.fi.