

Student Union – benefits, services and fun activities

Dear new exchange student of the University of Helsinki, congratulations for the excellent choice and a warm welcome to Helsinki! The Student Union of the University of Helsinki also welcomes you to the university students' own community, the Student Union. The Student Union is a 142-year-old interest and service organisation for approximately 30,000 students, which you can join by paying the membership fee. We always inform students about our activities in English as well.

→ For more information, please visit www.hyy.fi.

Services and benefits provided by the Student Union

- **Health:** Finnish Student Health Service (FSHS) provides free or highly affordable general, mental and oral health care services for student union members. The services do not unfortunately apply to doctoral students.
- **Housing:** Lyyra, owned by the Student Union, provides marketplace to find housing and an accommodation guide in cooperation with Helsinki Education and Research Area at www.lyyra.fi. The Student Union members receive direct advice from the Student Union concerning housing and house hunting. A large part of the region's international students live in the housing of Foundation for Student Housing in the Helsinki Region (Hoas) but it is not required to be a member of the Student Union.
- The Student Union members acquire a **Lyyra student card (16.10 euros)**, which functions as a payment card in UniCafe student restaurants and provides you with numerous discounts in Helsinki and around Finland, including public transport, among other things (some discounts do not apply to doctoral students). With Lyyra card, you do not need any other chargeable discount cards. Lyyra card also includes an online service where you can look for housing, among other things. With Lyyra card, you can also receive a 20 % discount in the Student Union's Gaudeamus book store which sells study and research literature.
- Every campus has several UniCafe student restaurants where you can receive additional discount on your lunch with your Lyyra card.
- Student union members receive free legal advice from the law students.
- Childcare services are provided for students with a family during day-time exams and lectures.
- All members receive a complimentary student calendar.
- The student paper is distributed once a fortnight for each member. The paper also has articles in English occasionally.
- The Student Union's consultant secretaries advise students in difficult situations concerning the organisation of studies and social matters.

Fun student life within the Student Union

- HYY provides its members with a fun student life. The student organisation culture in Helsinki and Finland is exceptionally rich and diverse.
- Join the fun and get to know other exchange students as well as Finnish students.
- ESN-HYY is an active section of Erasmus Student Network, which organises weekly parties for exchange students and plenty of other activities, such as excursions, clubs and trips. Trips to Lapland are popular, in particular.
- HYY annually organises major celebrations for all students.
- Approximately 250 various student organisations operate within HYY (subject and faculty organisations, student nations, recreational organisations, societal organisations, etc.), which organise thousands of events every year.
- The Old Student House, the New Student House and the new Domus Gaudium are centres of active student life in the heart of Helsinki.

Student Union as your interest representative

- The Student Union represents students in university decision making. Students are involved in university administration right at the highest level, the University Board.
- The City of Helsinki listens to the Student Union's views on how the capital could be developed into a more student-friendly direction.
- As the oldest and largest student union in Finland, HYY has excellent relations with the Parliament and the Ministry of Education and Culture. Students' voice can always be heard in governmental decision-making.
- All members can participate in interest representation work by joining the Student Union committees.
- The Student Union Board and the Secretariat work daily on behalf of students' interests. You can also ask for advice from the consultant secretariat in matters relating to your studies, among other things.

How to join the Student Union

- Do you want to join the Student Union and enjoy all services of the fun student community? You can find the joining instructions on the reverse side of the congratulation letter you received from the Student Union. See you in Helsinki!