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# ***TURSASPEDIA***

***2022-2023***

**STUDENT'S GUIDEBOOK**



**Tamko**

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# ***WELCOME TO BECOME TAMKO MEMBER***

Congratulations with your study place at TAMK and welcome to study in the hometown of black sausage and hockey in Tampere! It is quite hard to get into TAMK and only about a tenth of the applicants can enter, so you can be really proud of your achievement. In this guide you will find useful information along the way for studies both for new students and those starting their studies again.

Being a student is much more than just studying and taking exams. It is an opportunity to meet new people, go abroad to gather new experiences, participate in all kinds of events or get involved in organizational activities. Every student can find their own place in our community, whether you have just graduated from secondary school or have been in working life for a long time, you were born in Tampere or came from elsewhere, or you are studying in Finnish or in English. Remember to enjoy every moment as a student!

Tamko will help you at every stage of your studies. We want to strengthen the student community through our own activities and act as a students' union for everyone. We organize tutoring, help students with matters related to health care, housing, and education, and of course we organize various events like Tursajaiset and much more!

Take a look at our guide, get in touch with just about anything and come to our office, Solu to for a cup of coffee!

***Joonas Soukkio***

**CHAIRPERSON OF TAMKO'S BOARD OF 2022**



Students' Union of Tampere  
University of Applied Sciences



# TAMKO- YOUR STUDENT UNION

Student's union of Tampere University of Applied sciences Tamko's statutory task is to act as a guardian of students' interests and to promote students' well-being and rights. Tamko is a politically and religiously unaffiliated. Our actors and employees work for the protection of student interests - all this so that your study time goes painlessly and higher education can be developed in a better direction.

The most visible symbol of Student Union's membership is the student card that you receive when you join Tamko. With a student card, you get hundreds of discounts and benefits that make everyday student life easier.

Tamko organizes entertainment, such as events around the topics of wellbeing, educational and social affairs and for the fun! It's also easy to start looking for new hobbies and friends through Tamko's large variety of clubs.

The student tutors you met in the first few days are all trained by Tamko. You can apply to become a tutor yourself! We search for eager tutors every year!

So it's easy to take a step into an active student life by applying for a tutor or by participating in the activities of clubs or subject organizations. If you want to influence the affairs of students and the practical activities of the Student Union, you can run for office on Tamko's Representative Council and Board.

You are the most welcome to join – there are more than 7500 of us already!

Become a member from our website:  
<https://tamko.fi/student-card/become-a-member/>



Opiskelijakunta Tamko



@opiskelijakuntatamko



[www.tamko.fi](http://www.tamko.fi)



@opiskelijakuntatamko





# TAMKO'S AGTORS



# TAMKO'S ACTORS

## THE BOARD

Tamko's Board conducts day-to-day operations together with the employees and carries out the tasks decided by Tamko's Council. The Board has meetings regularly and its members participate in many different working groups, meetings and events: this is the day-to-day operation of the Board.

The responsibilities of the Board are defined annually at the inaugural meeting and each member of the Board has his or her own area of responsibility. **All members of the Board are students of TAMK, just like you.**

You can apply to Tamko's Board at the Council's inaugural meeting in the autumn. Board's members are happy to answer questions about Board activities, you'll recognize them from the blue hoodies. You can also reach the entire Board by e-mail [hallitus@tamko.fi](mailto:hallitus@tamko.fi)



### **JOONAS SOUKKIO**

**BOARD'S CHAIRPERSON**

[puheenjohtaja@tamko.fi](mailto:puheenjohtaja@tamko.fi)

+358 44 082 6560



### **LINDA VALLENIUS**

**SOCIAL AFFAIRS**

[sopo@tamko.fi](mailto:sopo@tamko.fi)

+358 44 082 6564



### **ARTTU LAUKKANEN**

**EVENTS**

[tapahtumat@tamko.fi](mailto:tapahtumat@tamko.fi)

+358 44 082 6569



### **TUOMAS HEINONEN**

**TUTORING**

[tuutorointi@tamko.fi](mailto:tuutorointi@tamko.fi)

+358 44 082 6565



### **LAURA KORHONEN**

**COMMUNICATIONS**

[mavi@tamko.fi](mailto:mavi@tamko.fi)

+358 44 382 6563



### **HANNA OJANIEMI**

**BOARD'S VICE-CHAIRPERSON**

[vpj@tamko.fi](mailto:vpj@tamko.fi)

+358 44 082 6561



### **VILLE LINDGREN**

**EDUCATIONAL AFFAIRS**

[kopo@tamko.fi](mailto:kopo@tamko.fi)

+358 44 082 6563



### **TUOMAS VÄKIPARTA**

**INTERNATIONAL AFFAIRS**

[international@tamko.fi](mailto:international@tamko.fi)

+358 44 082 6566



### **OLLI HÄMÄLÄINEN**

**STAKEHOLDER RELATIONS**

[sidosryhmat@tamko.fi](mailto:sidosryhmat@tamko.fi)

+358 44 082 6568



### **RIKU PITKÄNEN**

**WELLBEING AND CULTURE**

[kulttuuri@tamko.fi](mailto:kulttuuri@tamko.fi)

+358 44 082 6570



# TAMKO'S ACTORS

## THE COUNCIL

Tamko's Council (edustajisto in Finnish) is the supreme decision-making authority. The Council has 21 members which are elected through Council elections every autumn by Tamko members. Tamko members who have paid the Students' Union membership and are enrolled as present for autumn semester are eligible to stand as a candidate and to vote in Council elections. Council's working language is Finnish.

The Council decides on Tamko's operations, such as the strategy, action plan, possible changes to the rules and the political program. Through these activities, the Representative Council directs the operations of Tamko's Board. The Representative Council can also take the idea of any student into consideration and take it forward.



**JUKKA HULKKO**  
COUNCIL'S CHAIRPERSON  
edustajisto.pj@tamko.fi



**KATI TUOMISTO**  
COUNCIL'S VICE-CHAIRPERSON  
edustajisto.vpj@tamko.fi

## COUNCIL ELECTIONS

Because the Council decides on the broad lines of the Students' Union, students must have the power to decide who is allowed to represent them on the Council. That's why it's **important to vote** in the Council elections every autumn! Every Tamko member who has enrolled as present for fall semester can vote. Voting takes place either by e-mail or alternatively by traditional ballot.

Every Tamko member studying at TAMK and enrolled as present can stand as a candidate for the Council on Tamko's website. Because the Council elections are a list election, the conditional candidate must join an existing list maintained by, for example, sub-associations or, alternatively, form their own list. After that, your own candidate marketing can begin!

Read more about Council elections from Tamko's website:  
<https://tamko.fi/students-union/council/council-elections/>

# TAMKO'S ACTORS

## EMPLOYEES

Tamko has five employees who support the Board in running the day-to-day operations of the Students' Union. Each employee has their own area of expertise: executive director, member service expert, educational and social affairs expert, tutoring expert and communications expert. They are responsible for the operation and development of their own area and for supporting Board members in their tasks. You can find employees from Tamko's office Solu. We are a phone call or email away!



**HENNA RUOSTILA**

**EXECUTIVE DIRECTOR**

toiminnanjohtaja@tamko.fi  
+358 44 382 6560



**ELLI KORHONEN**

**EXPERT, TUTORING**

asiantuntija.tuutorointi@tamko.fi  
+358 44 082 6567



**HANNASTIINA RUISMÄKI**

**EXPERT, EDUCATIONAL AND SOCIAL AFFAIRS**

edunvalvonta@tamko.fi  
+358 44 382 6562



**JASMIINA RONKAINEN**

**EXPERT, MEMBER SERVICES**

office@tamko.fi  
+358 44 382 6561



**PETRA TOIVONEN**

**EXPERT, COMMUNICATIONS**

viestinta@tamko.fi  
+358 44 082 6562





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# ***SOLU***

## ***STUDENT'S LIVING ROOM***

Tamko's office Solu is located in TAMK's main campus in L-building. Tamko's Board members and employees can be found from Solu. Solu has also sauna and conference facilities for rent. You can also find TTO ry's, TIRO ry's, Tampio ry's, SOPU ry's and PIRATE ry's offices from Solu.

Solu is the heart of Tamko. From there, you get all the services of the Student's Union, most importantly the student card. You can come to Solu for advice on any matter. From Solu you will also find overall patches and borrow sports equipment such as badminton equipment, sledges and skates or baseball equipment, and at the same time you can drink a cup of coffee or tea for free.

**Solu is open from Monday to Friday from 9am to 4pm.**

We will inform about exceptions to opening hours.

Address: Tampereen ammattikorkeakoulun opiskelijakunta (Tamko)  
Kuntokatu 3, L-building  
33520 Tampere

+358 44 382 6561  
office@tamko.fi



**WELCOME TO SOLU  
FOR A CUP OF  
COFFEE, DO SCHOOL  
STUFF OR SPEND  
SOME FREETIME!**



## SAUNA AND CONFERENCE FACILITIES

Tamko office has sauna and conference facilities downstairs for 35 people. Facilities are rented primarily for Tamko members but also for members of Tampere University Community and third parties.

Tamko members and sub-associations can use the facilities for free mon-fri during the office hours if they aren't reserved.

### Facilities include

The kitchen has serving utensils and cutlery for about 35 people. The meeting room has a high-definition video projector, a screen and audio equipment. A wheelchair lift is available. The sauna area also has a hairdryer and peflets. Note that towels and cleaning are not included in the rent. Please note that there is no disabled toilet on the premises.

### Rental of the facilities

Normal rental time is from 5pm to 12pm. Extra hours can be arranged with extra charge.

You can see the booking status of the sauna on our website in the booking calendar.

Bookings and questions: [sauna@tamko.fi](mailto:sauna@tamko.fi)



### RENTAL PRICES

**TAMKO MEMBERS**  
SUN-THU 130 € / FRI-SAT 170 €

**OTHER MEMBERS OF UNIVERSITY  
COMMUNITY**  
SUN-THU 155 € / FRI-SAT 195 €

**OTHERS:**  
SUN-THU 240 € / FRI-SAT 280 €





# STUDENT CARD



# AMK STUDENT CARD

Tamko offers two kinds of cards (AMK student card and Tamko membership card), so please make sure that you order the right one!

By joining Tamko, you'll get a student card which is your key to thousands of student discounts in Finland. Plus, you'll enjoy all the Tamko membership benefits. If you are degree student you will get discounts from VR trains, long distance buses and Kela-supported meal.

After you've filled out our membership application, we will order the student card for you. The card will have academic year sticker which tells how long the card is valid.

Join Tamko and just wait for your student card to arrive!:

<https://tamko.fi/student-card/become-a-member/>



## Membership prices:

4,5 years 118,00€

4 years 106,00€

3,5 years 94,00€

1,5 years 58,00€

1 year 42,00€

Prices include 10€ joining fee.

## STUDENT DISCOUNTS

With Tamko's AMK student card you'll get thousands of student discounts in Finland and in Tampere. You'll also get discounts from Tamko's own services and events and Campusravita restaurant and CampusShop at main campus.

If you are a degree student or master's degree student you are entitled to a discount at all student restaurants covered by the meal allowance.

You can get student priced meal by showing Tamko's AMK student card or Kela meal subsidy card. Meal subsidized lunch can be bought from Campusravita at TAMK's main campus and from Tori restaurant at Mediapolis campus.

**WITH TAMKO'S AMK  
STUDENT CARD SOLU'S  
SAUNA RENTAL  
SUN-THU 130 €  
(NORM 155 €)**

**TAMKO'S AMK  
STUDENT CARD  
SPORTUNI YEAR  
MEMBERSHIP FOR  
84€  
(NORM 108€)**

**TAMKO'S AMK  
STUDENT CARD  
CAMPUSRAVITA'S  
LUNCH  
-0,10€!**

# STUDENT CARD

## TAMKO MEMBER CARD

Tamko's member card is for you who are studying at TAMK but do not meet the conditions for getting previous page's Tamko's AMK student card. In other words, you are studying, for example, in an open UAS student, Professional Teacher Education students or a education export group this card is for you.

Tamko's member card differs from a AMK student card in that it cannot receive Kela's meal subsidy or VR trains and Matkahuolto's long distance buses' discounts. However, you can apply for VR's own student discount separately, see [vr.fi/en](http://vr.fi/en) for more information

With Tamko's member card, you get the local benefits negotiated by the Opiskelijan Tampere, the cheaper priced membership of SportUni and Tamko's own benefits from event tickets, sauna rental and overall patches!

### Membership prices for new students:

- 4,5 years 118,00€
- 4 years 106,00€
- 3,5 years 94,00€
- 1,5 years 58,00€
- 1 year 42,00€

Prices include 10€ joining fee.

So you save money by joining more than one year at once!



**USING TAMKO  
MEMBERSHIP CARD ONE  
NIGHT AT HOTEL  
NORLANDIA 85 € / SINGLE  
ROOM INCLUDING A RICH  
HOTEL BREAKFAST**

**WITH TAMKO  
MEMBERSHIP CARD  
CAMPUSRAVITA  
LUNCH  
6.35€  
(NORMALLY 8.30€)**

**WITH TAMKO  
MEMBERSHIP CARD  
TICKETS TO  
TAMPERE ART  
MUSEUM 5€  
(NORMALLY 12€)**

# *STUDENT CARD*

## *PIVO MOBILE STUDENT CARD*

Pivo mobile student card works like a plastic student AMK card but through mobile app. By showing it, you get discounts from VR trains and Matkahuolto's long distance buses and KELA's meal subsidy. When using the Pivo mobile student card, the app checks that you are a enrolled as present in TAMK and a member of Tamko.

When you join Tamko, the information about your joining should be updated to Pivo about in a day. So you can use your Pivo mobile student card while you wait for your plastic card to arrive! PIVO activates when is your first day of studies. You can download Pivo to your phone from your app store.

You cannot become a member of Tamko through Pivo, but you can join through the Tamko's website's membership form.

Unfortunately, the green Tamko member card is not available on Pivo app.





# STUDENT CARD

## OPISKELIJAN TAMPERE

Opiskelijan Tampere negotiates student benefits for students in Pirkanmaa region. Currently, more than 300 benefits are available in the Pirkanmaa, and more are being negotiated all the time!



OPISKELIJAN  
TAMPERE

The student card is your best way to get discounts! By showing your student card or Pivo mobile student card, you get benefits all over Tampere. By following Opiskelijan Tampere social media channels, you will stay up-to-date on new benefits, fun competitions and interesting news.

On Opiskelijan Tampere website, you will find information about student apartments for rent, search for a roommate or temporary accommodation at the beginning of the school year reasonably. The website also contains a lot of information needed to study in Tampere.



Opiskelijan Tampere



@opiskelijantampere



[www.opiskelijantampere.fi/en/](http://www.opiskelijantampere.fi/en/)





# PROMOTING STUDENTS' INTEREST



# PROMOTING STUDENTS' INTEREST

Promoting students' interest is influence work. Tamko is promoting students' interests in different administration levels of TAMK, Tampere University Community and city administration. Each member of the Students' Union has the opportunity to influence by providing feedback, voting in elections, or joining activities.

Tamko is promoting students' interests also on national level as a member of University of Applied Sciences Students in Finland – SAMOK. SAMOK's goal is to defend the interests of UAS students comprehensively and influence work is carried out from Universities of Applied Sciences up to the international level. SAMOK actively aim to develop higher education and influence that higher education is high-quality, attractive and valued.

Monitoring students' interests requires Tamko's actors to know the challenges students face in their studies and everyday life. Remember to give feedback if you face challenges - and thank when things works.

Tamko's actors contact information:  
[tamko.fi/contact-information](https://tamko.fi/contact-information)



**GOT SOMETHING ON  
YOUR MIND?**

**CONTACT US ABOUT  
EDUCATIONAL OR WELL-  
BEING CHALLENGES  
THROUGH THE FORM IN  
TAMKO'S WEBSITE.**

# ***PROMOTING STUDENTS' INTEREST***

## ***STUDENT REPRESENTATIVE ACTIVITY***

The Students' Union appoints all student representatives to the multi-member bodies of Tampere University of Applied Sciences for example statutory bodies, working groups and advisory boards. In addition, representatives appointed by the Students' Union work in, for example, the boards and other bodies of various companies, foundations and other similar entities.

Student representative activities at TAMK is done for students and the aim is to develop higher education.

**ARE YOU INTERESTED IN  
BECOMING A STUDENT  
REPRESENTATIVE?**

**CONTACT OUR ACTORS IN  
CHARGE OF EDUCATIONAL  
AND SOCIAL AFFAIRS:  
[TAMKO.FI/CONTACT-  
INFORMATION](https://tamko.fi/contact-information)**





# ***PROMOTING STUDENTS' INTEREST***

## ***EDUCATIONAL AFFAIRS***

Educational affairs refers to monitoring and developing the functionality and quality of education and higher education and higher education services. In the students' everyday life, the results of education policy are reflected, for example, in the quality of teaching, the equal treatment of students and the fluency of study as a whole. The work of influencing education policy relates to the structures and quality of education, funding of the University of Applied Sciences, student counselling services and internationalisation.

Educational affairs include all efforts and goals, which aim to develop the education in TAMK. More information about educational affairs from the board member in charge of educational affairs.

Tamko's board's educational affairs representative: [kopo@tamko.fi](mailto:kopo@tamko.fi)

## ***SOCIAL AFFAIRS***

Social affairs deals with everything that belongs to the student's life. Promoting social affairs consists of improving housing, living, healthcare, equality and accessibility. To ensure that the interests of students are heard, we influence both municipal and national social policy debate. We are doing urban influence work in cooperation with Student Tampere and Student Union of Tampere University TREY.

The aim of this activity is to promote the well-being of students and to improve student social status. Tamko's social policy activities can be joined through sports, club and leisure activities.

Tamko's board's social affairs representative: [sopo@tamko.fi](mailto:sopo@tamko.fi)

# PROMOTING STUDENTS' INTEREST

## HARASSMENT CONTACTS

Inappropriate, discriminating and insulting talk, messages or e-mails don't belong to TAMK as they don't belong to any other place of study or work. Tamko Harassment Contacts support and give advice to students who have experienced harassment of any form. Our contacts don't document names and they have full professional confidentiality. Therefore, Tamko Harassment Contacts can't discuss their cases even with Tamko's board. Also, they are students, just like you!

### Tamko Harassment Contacts

Amanda Piipponen FI/ENG: [hairinta.amanda@tamko.fi](mailto:hairinta.amanda@tamko.fi)

Lounatuuli Mäkelä FI/ENG/POR: [harassment.lounatuuli@tamko.fi](mailto:harassment.lounatuuli@tamko.fi)

Jose Torres ENG/SPA/FRA: [harassment.jose@tamko.fi](mailto:harassment.jose@tamko.fi)

You can contact all Harassment Contacts through  
[harassment@tamko.fi](mailto:harassment@tamko.fi)



**IF YOU EXPERIENCE HARASSMENT,  
HARASSMENT CONTACTS HELP YOU.**



AMANDA

LOUNATUULI

JOSE

[HARASSMENT@TAMKO.FI](mailto:HARASSMENT@TAMKO.FI)





# WATERWALL

# INTERNATIONALITY

The key areas of the Student Union's international activities are international tutoring and taking the international perspective into account in the protection of students' interests. The aim of international activities is to promote the integration of foreign students and to enable Finnish students to internationalize from home country.

Good tips for internationalizing from Finland:

- Apply for international tutoring!
- Participate in course held in some other than your own native language
- Join CLINT or apply for other organizations for the role of the international affairs representative
- Attend language club
- Get involved in TAMK's friendship programme, where you get an international student as your friend.



Tamko's board's international affairs representative: [international@tamko.fi](mailto:international@tamko.fi)

## CLUB INTERNATIONAL TAMPERE - CLINT

CLINT is Tamko's club which organizes a wide range of events, excursions and other activities in an international spirit. Tamko and CLINT rent Survival Kits to international students, which include basic needs for the duration of the exchange.

[Click here for more info about the Survival Kits](#)



Club International  
Tampere (CLINT)



@tamkclint



[clint@tamko.fi](mailto:clint@tamko.fi)





# TUUTORING



# TUTORING

TAMK has a large number of active tutors who guide you at different stages of your studies. There are four different forms of tutoring: peer tutoring, international tutoring, degree tutoring, and peer coaching. Tamko coordinates tutoring and trains all tutors. Those who have completed their training and acted as tutors may, if they wish, receive credits from tutoring.

## PEER TUTORING

TAMK has peer tutors whose purpose is to introduce new students to each other, to the study environment, to the key issues in the field being studied and to student life. Each group of students starting a bachelor's degree has a designated student tutor who acts as a working pair for the teacher tutor. Peer tutors meet new students right from day one and support their group throughout the first year of study.

The application period for a peer tutor is in the autumn. Follow our channels so you know when the application period for tutoring starts!

**YOU CAN GET IN TOUCH  
WITH MATTERS  
RELATED TO STUDENT  
TUTORING  
TUUTORINTI  
@TAMKO.FI**





# TUTORING

## DEGREE TUTORING

Degree tutors do the same work as peer tutors, but they are tutoring students studying in English language degree programs who have an understanding of moving home to Finland from abroad. The application period for a degree tutor is also in the fall.



## INTERNATIONAL TUTORING

International tutors help exchange students coming to TAMK. International tutoring gives experiences, new friends and language skills. The application period for an international tutor is in the autumn and spring. You can get extra points for an exchange study application for international tutoring.



## PEER COACHING

Tamko organizes peer coaching which are a form of peer tutoring during studies. Peer support can be applied for at any stage of studies, ie it is not tied to the start of studies and one's own group of students.

Peer coaches organize both individual and group activities, which are announced in the autumn. Peer coaches offers support for example for students who are absent and returning to study, students who want community spirit, and sparring in their studies.





# ELSURF





# LEISURE

A student's everyday life cannot revolve around exam books and lecture notes alone. Leisure activities are important for everyone. For us in the Students' Union, the well-being of the student is also important. In addition to our own leisure activities, we inform members about the events and hobbies of third parties and the Students' Union, where possible.

## CLUBS

TAMK has both subject clubs and hobby clubs. Clubs organize both their own activities and events for everyone. By joining clubs you can find new friends and things to do!

Subject clubs are clubs of certain degree programs. Clubs introduce students from different classes with each others, maintain relations between companies in the field, for example in the form of excursions, and organize events for its members. A list of all TAMK's subject clubs can be found on our website.

Hobby clubs, on the other hand, focus around certain leisure activities, such as beer or theater. You will find all hobby clubs listed on our website.

## FOUNDING YOUR OWN CLUB

You can also set up your own club around a theme of your choice! Tamko's clubs can apply for financial operating grants from Tamko, as well as e-mail addresses, financial administration advice and support.

If you are interested in founding a club, put the main idea of the club's activities, purpose and continuity to the stakeholder relations representative of Tamko's board [sidosryhma@tamko.fi](mailto:sidosryhma@tamko.fi) and let's put the idea forward!



# LEISURE

## STUDENT ASSOCIATIONS

A student association is an association that operates alongside with the Students' Union, and its purpose is to bring students from the same subject or field of study together, promote their interests and organize various activities. Student associations cooperate with each other, clubs and Tamko. Some subject associations are also local student organizations in their respective trade unions. TAMK has eight different subject organizations:



TIRO ry - Engineering students of Tampere



TTO ry - Business administration students of Tampere



PIRATE ry - Health care students of Tampere



SOPU ry - Social service students of Tampere



TAMPIO ry - Forestry students of Tampere



TaRe ry - Hospitality management students of Tampere



TARINA ry - Media and arts students of Tampere



MusTa ry - Music students of Tampere



**MORE DETAILED INFO  
AND CONTACT INFO  
FOR THE STUDENT  
ASSOCIATIONS CAN BE  
FOUND ON TAMKO'S  
WEBSITE**



# LEISURE

## EVENTS

Student events enrich the everyday life of students which is full of studies. Most of the events are organized by student associations and clubs of the Tampere Universities and that means that many events are cross-disciplinary so all students in the University Community can participate in the events. There all sorts of events, non alcoholic aswell.

Student events are held weekly, and the easiest way to find information about them is to follow student associations' and clubs' social media and Kide.app. Kide.app is application and the key to student events. It's also where most event tickets are being sold.

In addition to student associations' and clubs' events Tamko also organizes events. Established events organized by Tamko include for example the New Students' event called Tursajaiset in September and January, the Gateway to Working Life recruitment event, studying year opening and closing parties and various advocacy events on campuses.

We welcome new ideas - feel free to contact us if you have an idea for a new event!

Tamko's event representative  
[tapahtumat@tamko.fi](mailto:tapahtumat@tamko.fi)



# LEISURE

## TURSASPASSI

Tursaspassi is intended for first-year students and contains selected pieces, events and other fun stuff from Tamko and its partners. Doing enough tasks from Tursaspassi you can win great prizes!

The stamps are to be issued by the party mentioned in the activity either at the scene of the performance or later in Solu, provided that there is enough proof of the accomplishment. You can recognize Tursaspassi events from Tursaspassi stamp.

Tutors distribute Tursaspassis to their own groups. If you do not receive your passport from your tutor, you can pick it up from Solu.

Stamps are collected in the Tursaspassi throughout the school year from the autumn of 2022 to the spring of 2023. In spring Tamko organizes Tursaspassi returning party at Solu where you can return your Tursaspassi. More info is coming closer that day. The last day to return the passport to Solu is 30.4.

Questions about Tursaspassi?  
[tursaspassi@tamko.fi](mailto:tursaspassi@tamko.fi)







# SPORTS



# SPORTS

## SPORTUNI

TAMK's sports services are produced in cooperation with SportUni. By paying the SportUni fee, you can use all the sports services of the sport centres on the three campuses. You can find SportUni's sport centres in Kauppi (TAMK's L-building), Hervanta and City Centre's "Atalpa".

SportUni enables high-quality, versatile and equal sports services for the students and staff in Tampere

University of Applied Sciences and Tampere University. SportUni offers a wide range of group exercise, instructed sports, sports trials and courses as well as facilities and equipment that enable you to exercise independently.

You are required to pay the SportUni fee to use the sports services. Tamko members can get the student priced fee and can pay that at Tamko's office or via TUNI Pay.



### Prices:

**Autumn term 1.8.2022-31.12.2022**  
Tamko members 48€ / Staff 66€

**Whole year 1.8.2022-31.7.2023**  
Tamko members 84€ / Staff 108€

**Spring term 1.1.2023-31.7.2023**  
Tamko members 54€/ Staff 71€

**Summer term 1.5.-31.7.2023**  
Tamko members 41€/ Staff 53€



SportUni



@sportunitampere



<https://sites.tuni.fi/sportuni-en/>



# SPORTS

## TOLU RY

Tampereen orastavat lihakset urheiluseura ry (or Tolu ry, freely translated as Tampere's Burgeoning Muscles Sports Club) is a student sports club that works closely together with Tamko. We participate in organizing various events and activities and in increasing knowledge about the delights and necessity of sports.

All Tamko members are welcome to attend the regular weekly sports shift. Various sports are played on weekly sports shift with a relaxed mood. Follow Tolu Instagram to know more about weekly sport shifts!

Welcome to enjoy sports and good company!



Tolu



@urheiluseuratolu







# HOUSING AND PUBLIC TRANSPORT



# HOUSING

For many students, starting their studies means moving from their familiar environment to their own for the first time. Finding an apartment can seem difficult and even scary, but don't worry - there are many housing organizations in Tampere. Take a look at what these organizations have to offer:

- *VVO JA LUMO*
- *SATO*
- *AVARA*
- *OPISKELIJAN TAMPERE*
- *TOAS*
- *POAS*
- *VTS*

## GENERAL HOUSING ALLOWANCE

Students can apply for general housing allowance from Kela. The months of study or the maximum periods of study grant are not taken into account when granting housing allowance. Housing allowance does not affect the receipt of a study grant and is not taken into account as income in the study grant.

You can apply for housing allowance once you have entered into a tenancy agreement.

Read more from Kela's website:

<https://www.kela.fi/web/en/general-housing-allowance>



# HOUSING

Tamko cooperates with POAS and TOAS. Tamko follows and affects students housing situations in Tampere region for example by these cooperations. Tamko has a representative in the TOAS board.

## POAS

POAS is a limited nonprofit company owned by the City of Tampere. We offer affordable rental housing in Tampere, near workplaces, services and universities, as well as close to public transportation connections. Apartments are rented to students at the schools in Tampere and the Pirkanmaa region, as well as to working people under 30 years of age.

POAS's apartments can be found all over Tampere in the vicinity of educational institutions and universities, as well as with good transport connections.



[WWW.POAS.FI/EN](http://WWW.POAS.FI/EN)

## TOAS

TOAS rents affordable, high-quality and well-located housing for students. In addition to renting, we are responsible for the maintenance of our apartments and the construction of new residential properties. TOAS wants to make everyday life easier for students, and so they have enough money for more than just rent.



[WWW.TOAS.FI/EN](http://WWW.TOAS.FI/EN)



# ***PUBLIC TRANSPORT***

## ***TAMPERE REGIONAL TRANSPORT***

In Tampere, you can easily walk, cycle and use public transport. Tampere's public transport called Nysse, works with blue buses, the red tram, and on city bikes and trains on selected connections.

**NYSSE**

All Nysse tickets can be used to pay for bus and tram travels. You can also use value and season tickets and mobile tickets loaded on Nysse mobile app. Those work also on commuter trains in the Tampere region and on long-distance trains. Timetables, routes and ticket prices can be found on Nysse website.

All this can be found from Nysse-mobiili app:

- buy mobile single tickets
- load your travel card
- search for routes and timetables
- follow buses' and tram's locations
- get a student-priced monthly card



## ***TAMPERE CITY BIKES***

You can also get around Tampere by city bikes. For the use of city bikes the Tampere City Bikes application is downloaded, which is used to register and pay for the use of the bike. You can find the prices and more information from Nysse-website: <https://www.nysse.fi/en/city-bikes.html>





# ***OPISKELUTERVEYDENHUOLTO***

## ***FINNISH STUDENT HEALTH SERVICE (FSHS)***

The healthcare of the students of Tampere Universities is organized by Finnish Student Health Service (FSHS). FSHS's services are available for degree students of the University of Applied Sciences, excluding the students of Open University of Applied Sciences and those in commissioned and continuing education.



In addition to the primary healthcare and dental care services, FSHS's services include study environment and study community work and healthcare services.

General and mental health services are located in city center nearby railway station and the oral health services unit is located in Hervanta.

You can get acquainted with the services, service points and other instructions here: [www.yths.fi/en](http://www.yths.fi/en)

## ***HEALTHCARE FEE FOR STUDENTS IN HIGHER EDUCATION***

The health care fee is paid to Kela on its own initiative. The student must pay the fee even if they don't use FSHS services or has occupational health.

The healthcare fee in 2022 is €38.50/semester and it must be paid to Kela every semester, i.e. twice a year. Autumn 2022 healthcare fee needs to be paid by 30.9.2022. Kela does not send a separate invoice for the payment. Student's must remember to pay the payment at OmaKela independently.

FSHS's services are free-of-charge, but non-cancelled appointments are subject to charges.

More information about healthcare fee can be found from:  
[www.kela.fi/web/en/healthcare-fee-for-students-in-higher-education](http://www.kela.fi/web/en/healthcare-fee-for-students-in-higher-education)





# STUDYING TANK



# ***STUDYING IN TAMK***

## ***STUDENT'S GUIDE***

TAMK Student's Guide is a handbook that offers you information regarding studies and student life. The guide contains the teaching schedules of all the programmes and information about the practicalities of studying and student services. You can ask for more information about matters related to studying from, for example, a teacher tutor and the student counsellors.

## ***STUDENT SERVICES***

You can turn to any study affairs coordinator in almost all matters related to studying. You can turn to Study Services in almost all study-related matters. Study Affairs Coordinators take care of, for example, student benefit guidance, student admissions matters in general level, transcript of records, study certificates, insurances, meal subsidy cards and degree certificates.

## ***IMPORTANT TOOLS***

- **Pakki**

The student's desk where you can find e.g. progress of studies, PSP, applications for crediting, course registrations, transcript of records and certificate of study, exams and space reservations, application for additional time, attendance registration and electronic degree diploma.

- **Intra**

TAMK's official communication channel with internal news, important news, current articles, all student and staff services, links to systems, events and contact information.

- **Moodle**

Moodle learning environment is usually used as the home page for courses. It has course materials, links, assignments, and interaction-promoting activities, such as discussion areas. In addition, Moodle offers tools for working in groups and organizing exams, tasks and exercises.

# ***STUDYING IN TAMK***

## ***PRINTING***

TAMK uses Ricoh's printing and copying system. You can purchase a printing quota from the Ricoh online store. You can use Tamko's student card as a printing card.

Multifunction devices work as printers, copiers and scanners. By default, all devices print and copy black and white pages on both sides of the paper, and all devices can print in both A4 and A3 size. You can print your job from the school computer to the print queue to wait, and then print your queued job from any device you want. You can print from your own device via a browser at [webprint.tampere3.fi](http://webprint.tampere3.fi). Printers can be found on all TAMK campuses, including University campuses.

More information about printing can be found from here:

<https://www.tuni.fi/en/it-services/handbook/printing-and-copying-0/printing-and-copying>

## ***IT-HELPDESK***

IT customer service will serve you in matters concerning the electronic services of the University Community by e-mail, phone, self-service channel ([helpdesk.tuni.fi](http://helpdesk.tuni.fi)) and chat.

- IT Helpdesk self service channel works mon-fri 8-17
- Chat and Chatbot (on the lower edge of IT-services' page)
- 0294 520 500
- [it-helpdesk@tuni.fi](mailto:it-helpdesk@tuni.fi)
- [helpdesk.tuni.fi](http://helpdesk.tuni.fi)





# STUDYING IN TAMK

## STUDENT WELLBEING

In the University Community the goal is to keep your studies running smoothly and you to do well. Don't be left alone with your thoughts! In this list you will find some of the services and actors that support your ability to study. See more at [tuni.fi](https://tuni.fi).

- **PARVI**

Parvi is located on the service street of the TAMK's main campus (B1-24). Parvi has support services, peer support and a variety of encounters! Parvi organizes weekly small group activities, leisure activities and various on-call guidance and support services.

- **STUDENT WELLBEING ADVISOR**

TAMK's Student Wellbeing Services aims to enhance the well-being and welfare of students and to promote their ability to study. They offer easily accessible guidance and individual psychosocial support in any phase of your studies and on many different welfare issues you may face during your time at TAMK.

- **COOPERATION WITH CONGREGATION**

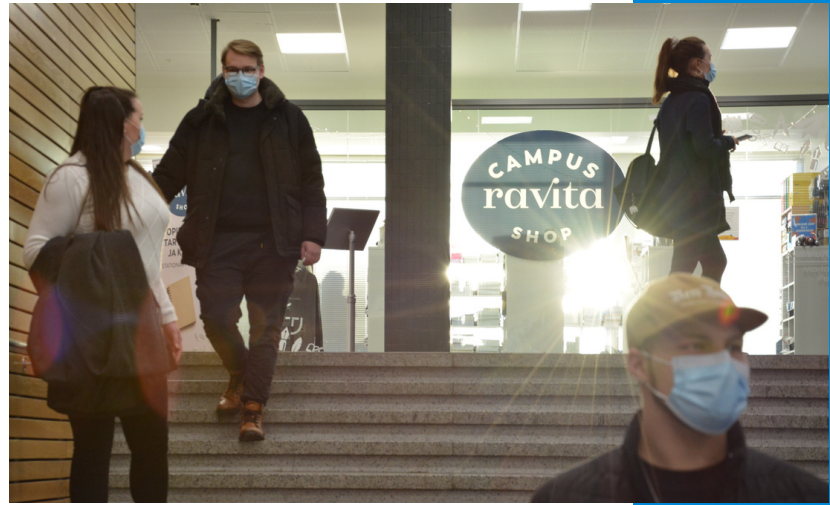
TAMK's educational pastor Jussi Houttu supports students in everyday life and offers the opportunity for personal discussions. The most important values behind the pastor's work are absolute confidentiality and respect for each person's beliefs.

- **INDIVIDUAL STUDY ARRANGEMENTS**

If you need individualised support because of a learning difficulty, an illness or disability, you are eligible for individual study arrangements. TAMK offers you different support arrangements depending on your support needs.

- **KOPPARI**

Koppari helps you find a suitable support service in TAMK's own guidance or in the Tampere area and online.



# STUDYING AT TAMK

## USEFUL APPLICATIONS

- **Microsoft Authenticator**

The authentication application you need for two-step authentication when using TUNI electronic services.

- **JobTeaser**

A versatile career site designed to support students and recent graduates at the beginning of their career path. JobTeaser contains e.g. career guidance, career tips, event calendar, coaching, international webinars and internships, projects and summer jobs.

- **Tuudo**

Booking facilities, studying schedule, lunch menu

- **Pivo**

The application has a mobile student card and a meal subsidy card

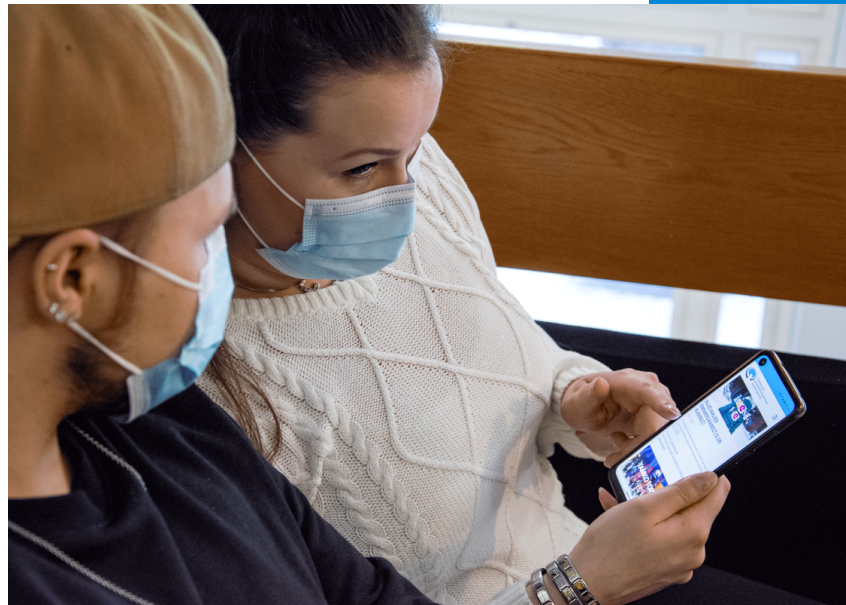
- **Tampere Finland**

Includes e.g. library card to Pirkanmaa libraries, events and discounts via Tampere tutuksi- passport.

- **Kide.app**

Here you will find tickets for student events as well as products from student organisations such as overalls and songbooks.

YOU SHOULD  
DOWNLOAD THESE  
APPS TO YOUR  
PHONE TO MAKE  
YOUR STUDENT LIFE  
EASIER!







# STUDENT'S ALPHABETS



# STUDENT'S ALPHABETS

## **Academic year sticker**

The student card is valid when you have paid for the membership and card has valid academic year sticker on.

Membership and sticker can be bought for spring or fall term or for a year.

## **Appro**

A student event that consist of touring around the city and usually collecting stamps in the passport for various performances.

## **Meal subsidy**

By presenting a student card or a meal subsidy card issued by Kela, you are qualified for a discount in all Finnish student restaurants. Discounted meal cannot cost more than €2.70.

## **Campusravita Oy**

Restaurant company that maintains the student restaurant, cafeteria, and bookshop at main campus.

## **ECTS**

European credit transfer system. Finnish Universities of applied sciences use the European ECTS system. One credit requires approximately 27,5 hours of studying

## **Kyykkä**

Popular outdoor game among students. Remotely like Finnish Mölkky. World Championships are held every winter in Tampere, Hervanta.

## **Läsy**

A songbook with various drinking songs that are sung at Sitsit student events.

## **Mediapolis**

TAMK's Mediapolis campus is located in Tohloppi in western Tampere, media studies are conducted here.

## **Overalls**

Outfit for every student occasion! Each field has its own overalls. You can get coveralls through your own subject organization or club.

## **PISTOT**

Monthly student parties organized by TTO ry, TIRO ry and PIRATE ry

## **Proakatemia**

TAMK's remote campus located in Finlayson. Students in the degree program in Entrepreneurship and Team Leaders study there.



# STUDENT'S ALPHABETS

## **PSP**

Personal studying plan which is done with your Student Councillor and teacher tutor. You can track and plan PSP from Pakki.

## **Puolikuu (half moon)**

Part of Campusravita's restaurant at the main campus. It was named after its shape. It is located at the other end of the dining hall, across the B-line.

## **Register for attendance**

To preserve your study right, you have to register for attendance or non-attendance each academic year. Attendance registration is done in Pakki.

## **Self studying week**

Teachers' holidays in the autumn and spring are weeks of independent study for the students. Then there is no teacher-led teaching.

## **Sitsit**

A student event, (academic table party) which includes singing, drinking and eating and dressing according to a theme.

## **Student healthcare fee**

A degree student attending UAS must pay a health care fee to Kela every semester.

## **Study grant**

The purpose of the study grant is to secure student livelihood. The study grant consists of a study grant and a student loan State guarantee. In addition to study support, it is possible to receive general housing allowance.

## **Talvitorsajaiset**

Tamko's event for the students starting in January

## **Tamko Topics**

A weekly bulletin which is sent via email to all Tamko members on Mondays. Contains important and current topics about student life and events.

## **TAU**

Tampere University, part of Tampere University community

## **TREY**

Student Union of Tampere University. Organization of all students at the University of Tampere.

# STUDENT'S ALPHABETS

## Tursas

First year student, synonym for word fuksi (freshman)

## Tursaspassi

A passport for first-year students, which includes selected pieces, events and other fun stuff from Tamko and its partners. By completing tasks you can win prizes.

## Tursajaiset

An initiation party organized by Tamko for all new students. Tursajaiset are organized every autumn, and it is TAMK's biggest student event of the year.

## TUNI

Short term for all Tampere Universities  
Tuni = TAU + TAMK.

## Vujut

Annual celebrations. A finer table party held to celebrate the aging of association, club, or other.

## Wappu

The best time to be a student, many events are held during wappu.

