

SURVIVAL GUIDE 2025



TUOTANTOTALOUDEN KILTA
PRODEKO

THINK BIG - GET THINGS DONE - LEARN AND GROW - GIVE BACK - BE A GOOD PERSON

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Congratulations on your excellent decision to do your exchange at Industrial Engineering and Management at Aalto University!

Hey there! I'm Leo, your Master's and International Captain, which means that with the aide of the BIGs (a.k.a. tutors) I will be guiding you in the start of your studies at Aalto. I am also responsible for your Teekkari education, your journey to Teekkarihood and the Teekkari cap (more on that later). We have made it our mission to make sure you get the most out of student life here! We and the rest of the Aalto community will organise a whole host of events, parties, company visits and experiences for you, all of which have been designed with a love just for you!

This guide is called "The Survival Guide" and it contains a collection of advice, greetings and introductions from people who want to give you your first taste of student life right now - so it's well worth a read!

The purpose of Survival Guide is to provide you information about Prodeko, and student life in Otaniemi, the campus of Aalto University. Please read the guide carefully and don't hesitate to contact me regarding any questions. There's a huge amount of information here to quench your thirst for knowledge, but in any case, it will all come out in your first week!

When you became a 'fuksi' (= a freshman) in the IEM program, you were also welcomed to one of the best communities in the world - Prodeko, the Guild of Industrial Engineering and Management! So, dear fuksi, I would like to say that now is the perfect time to take a step back and reflect on where you really want to go with all your passion and potential. At the same time, I recommend enjoying these unique semester(s) and the company of amazing people,

creating meaningful relationships and unique shared experiences.

In Prodeko, no friend is ever left behind, and a strong culture of pulling together thrives. We have found that a culture of helping and doing together is more effective than competing. With these cornerstones of the Teekkari culture, a can-do and a "why not" attitude, we have created the world's largest saunas, amusement park rides for student parties and numerous other crazy projects that make us and the rest of society happy. There is no idea too crazy, and nothing you can't accomplish!

The most important thing to remember about the student community is that everyone is always welcome to come just as they are. So don't hesitate to participate in all the events and utilize all the awesome resources we have available here in Otaniemi!

Now, remember to get some rest now during the holidays because soon it'll all start! Make the most of your semester at Prodeko, I promise it will be worth it. I highly recommend you to get involved in everything - that's how those incredible memories are made! Don't hesitate to get in touch if you have any concerns or if you just want to chat regarding the next year - I'm here just for you! Enjoy the holidays and see you in January!

Can't wait to meet you all :))))

Leo Ala-Laurila

Master's and International Captain at Prodeko

Telegram: @mkvcaptain

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Please let me know if you will participate to Head Start on Thursday 22.8. You can send me a message via Telegram, WhatsApp or text or contact me through email!



AUTUMN'S SAVE THE DATE!

You'll already have the first chance to get to know other fuksis and guild members before the start of your studies during the orientation week!

This schedule includes all the orientation evening events. Thee days are filled with activites organized by the university and the evenings packed with fun activites organzied for you by Prodeko! I strongly recommend reserving the entire week from morning till the evening (Monday - Friday) in your calendar to get familiar with the guild and the Otaniemi student culture! I can promise that this will be one of the best weeks of your lives .I'll inform the details regarding the schedule and events later through Telegram, However, you can already find the general outline for the week on the next page. The guild's calendar is packed for the coming semester so you won't get bored with all the fun we have in store for you!

These events of the Autumn are worth marking in your calendar!

22.8.	Head Start – Welcome to Prodeko!
25.8.-29.8	Orientation week (see the page 7!)
5.9.	SCI International Sauna
24.9.	Sauna Crawl
26.9.	Prodeko Autumn Sitsis
30.9	Otatarha Grandprix
2.10.	SCI International Sitsis
11.10	International Sitsis
2.11	International Grand Sitsis
23.11-25.11	Otacruise Student Cruise
28.11	Wappu Simulator'
7.12	Farewell Party

More information about the schedule of the Orientation week later on Telegram!



BEFORE THE START OF STUDIES

- ☐ **Download Telegram and join the fuksi group via the link in the email**
- ☐ Add the Prodeko Calendar to your calendar [here](#)
- ☐ Read this guide, the newsletters and other information material sent by your study coordinator at Aalto University, and follow the instructions for pre-arrival arrangements.
- ☐ Order a physical student card or download the Frank app. Currently, the physical student card is the only option for exchangers.
- ☐ Pay the AYY membership fee and become a member of Prodeko (<https://prodeko.org/en/guild/joining-guild/>) and pay the membership fee (8€), which gives you the right to participate in our events!
- ☐ If you're moving from outside of Finland pack warm! Temperature in Finland can even go below -20 degrees during winter –it's truly chilly here!
- ☐ Get an apartment and make sure you can either pick up your keys for your apartment, or that your BIG will get them for you.
- ☐ **Contact your BIG or the Masters' and International Captain Leo to let them know when you arrive in Finland and whether you can participate to Head Start on Thursday evening!**
- ☐ **Participate to the Head Start on Friday 22.8!** The event will take place in Otaranta Clubroom (Address: Otaranta 8 B, 02150) and last from 18:00 to 21:00.

FIRST DAY, LET'S GO!

- ☐ Let's meet at **9:00 on Monday 25.8.** at "Ossinlampi" in Otaniemi (The location will be sent to telegram) where the BIGs (=tutors) will be there waiting for you :) Look for rainbow colored overalls! From there, we will head together to a breakfast provided by the SCI faculty.
- ☐ Take a cash with you and BYOB (bring your own bottle) if you wish to have a drink. You will have a chance to visit the store though.
- ☐ Take a swimsuit, towel and warm clothes if you want to go to the sauna during our night activity! You can participate also without going to sauna, but it's highly recommended to try it out. There won't be any time to visit your home during the day, so make sure to pack these with you.
- ☐ Good vibes and an open mind! You can see the exact schedule on page 7.

If you can't find some information online, or if you have questions, wonderings or anything else related to studies and learning in mind, please contact me! You can reach me by phone, email, Whatsapp or Telegram!

WHAT IS PRODEKO

WHAT IS PRODEKO

In short– a student association for students of Industrial Engineering and Management (IEM) at Aalto University.

In more depth– some may say that Prodeko is an adventure for life. That's not completely wrong. The adventure just starts as a guild that builds a community for IEM students. Prodeko creates a network of highly effective, forward-looking people that get things done, have a can-do attitude and a little twinkle in their eyes. The network built during studies is very important during work-life and has many other benefits for your future.

Prodeko also ensures that studying is not just about grinding courses and that everyone remembers to live the best student life in the world. The guild organizes a great number of events and activities during the year: There are company excursions, where you can get familiarized with different industries, get insight from the employees on what it's like to work in different companies, or maybe even land a job yourself! There's also Alumni mentoring organized annually by Prodeko to

help keep the community together and to help Prodekoians make better choices in their lives. But wait– what about the parties?

STUDENT LIFE AT PRODEKO

Naturally, the guild and student life in general isn't only about business and studies. Finland is the best place to study due to its totally unique student culture. It is the guilds job to make sure you have the best, and most memorable, years, and parties, of your life here!

The most famous events are the academic table parties, known as 'Sitsit'. In addition, there are sauna parties, bar crawls, festivals, and other types of parties. Prodeko also organizes trips around Finland, and even overseas.

Wellbeing is an important part of studying, and that's why we have PoRa's sports events as well as cultural events and hikes organized by guild members. There is truly something for everyone, and if not we have the facilities so that you can organize it yourself!



Here you can get a glimpse sitsis, a traditional Teekkari academic table party.



EXCHANGERS' ORIENTATION 2025

	Monday 25.8	Tuesday 26.8	Wednesday 27.8	Thursday 28.8	Friday 29.8	
9:00	9:00- 9:50 Breakfast Your BIG will inform the meeting spot					9:00
10:00	10:00- 11:00 SCI Exchanger's info E-Hall Otakaari 1		10:00 - 11:30 Settling in Finland Y202a, Otakaari 1	10:00 - 11:00 How to make the most of your exchange U2, Otakaari 1		10:00
11:00		10:00 - 12:00 Studies info U2, Otakaari 1		11:00 - 12:00 Friendling U2, Otakaari 1		11:00
12:00	11:30- 12:30 Welcome Words by dean Aalto hall, Otakaari 1		11:30 - 13:30 HSL Pop-Up & Lunch Otakaari 1 Lobby			12:00
13:00	12:30 - 13:30 Lunch with fuksigroup Otaniemi, BIGs will inform later!	12:00 - 14:00 HSL Pop-Up & Lunch Otakaari 1 Lobby		10:00 - 15:00 Aalto welcome Fair Otakaari 1 lobby <i>You can visit here when best suited!</i>	12:00 - 14:00 Teekkarilife - Introduction to Teekkari culture Aalto hall, Otakaari 1	13:00
14:00	13:30- 15:00 Course registration clinic (optional) CS-Building Library, Konemiehentie 2	14:00 - 15:30 Student communities U2, Otakaari 1	13:30 - 15:00 Finnish way of living Y202a Otakaari 1			14:00
15:00				14:30 - 15:30 Better student life at Aalto Aalto hall, Otakaari 1	14:00-15:45 Fun with SCI / SCImppa SCIvaa Otaniemen urheilukenttä	15:00
16:00	15:00 - 17:00 Captain's lecture TU1, TUAS building (Maarintie 8)	(15:30 -) Campus tour with BIGs In front of TUAS Building	16:00 - 18:00 (+ 18:00-20:00) Games by Pora (+ sauna) Silkkiniitty <i>Outdoor sport clothing (sauna (-swimming) gear if you want)</i>			16:00
17:00				16:30 - Otaorienteeing Amfi <i>Dress according to the weather! (+BYOB)</i>	17:00 - 19:30 Preparty with BIGs BYOB Location TBA	17:00
18:00		17:00 - Amazing Race Prodeko Start at Ossinlampi (BYOB)				18:00
19:00	19:00 - Place X Buses leave in front of Otakaari 20 <i>Take sauna(-swimming) gear and warm clothes with you!</i>					19:00
20:00					19:30 - PöhinäParty StartupSauna	20:00
...						...

TEKKARI = A TECH STUDENT

WHAT IS A TEEKKARI

Being a technical student (better known as 'Teekkari') means something more in Finland. On the outside we are known for our 'Teekkarilakki' (a cap with a tussle) and our overalls (for Prodeko they are white with rainbow stripes).

On the other hand, being a Teekkari is a part of our identity which takes its form during the student life. It consists of many things, including knowing the history of technical students and being a part of it. We are also known for inventing all kinds of nice student pranks, called 'Jäynä'. So, beware!

PRODEKO IS A GOOD PLACE

An alma mater trains a civil servant; a community creates a citizen,' said teekkari Nils Wenell at the founding of the Student Union of the Polytechnic Institute in 1872. That statement still holds true today, and there are as many teekkari stories as there are people to tell them. The more you expose your-

self to these stories, the more you'll be amazed by the diversity of teekkari culture. 'Teekkariis is what teekkariis do' might be the best way to describe it – but there's no single truth, as each person defines

teekkarihood through their own experiences. Up next are some reflections gathered over the years from Prodeko students, giving you a glimpse into the kind of community that awaits you this coming autumn.

OTANIEMI IS, TEEKKARI VILLAGE IS BUILT!

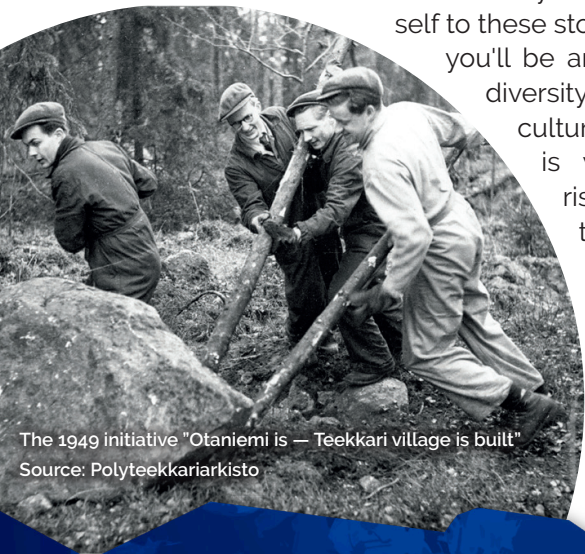
When talking about tekkaris, teamwork and creative madness mustn't be forgotten. In the spirit of the headline's exclamation, there is likely no other campus area in the world, besides the teekkari village, that has been built by students for themselves. And you can be sure that the self-built village isn't the end of our initiatives – it's just the beginning. Even if you don't live in the village, its spaces and the associations operating there will surely become familiar during your time at Aalto. Still, it's good not to cling too tightly to Otaniemi alone – actively explore what the other campuses of Aalto University and the vibrant student life of the Helsinki metropolitan area have to offer you.

NEVER LEAVE A FRIEND BEHIND

"One of the great qualities of the Otaniemi community – especially in this self-centered era of the 2000s – is that I've experienced it as a diverse community that looks after its own and warmly welcomes freshmen. No one is forced to join anything against their will, but I encourage you to explore with an open mind what the Aalto community has to offer as a counterbalance to studying. The range is vast – from the diving club to Spanish language learners, and from choirs to the aviation club..

A TEEKKARI IS KNOWN FOR THEIR MANNERS

Good manners are a hallmark of both a teekkari and a Prodekoian. This doesn't mean that a teekkari doesn't know



The 1949 initiative "Otaniemi is — Teekkari village is built"
Source: Polyteekkariarkisto

how to have fun — quite the opposite: good manners make a teekkari a respected and jolly companion, no matter the time or place. Etiquette can be trained, for example, at sitsit and annual balls, which are academic dinner parties where people dress neatly, eat, and sing. The dress codes range anywhere from overalls and party hats to cocktail, or even white tie for Annual Balls, so pack your evening gowns and suits with you! Sitsit are one of the most unique Finnish student experiences, so don't miss them!

Over the past 150 years, teekkaris have developed a strong singing culture that includes both songs widely known among students and traditional teekkari songs. "A technical student sings rather than well" is a common saying and it sums up our attitude toward singing quite perfectly.

TEEKKARI SYMBOLS

— CAP AND OVERALLS

In Finnish academic communities, it has traditionally been important to stand out by using distinctive symbols — and teekkaris are no exception. The most significant symbol of a teekkari is, of course, the white teekkari cap, which has been worn in its current form since the late 19th century. According to tradition, the tassel was added to the cap because, in the male-dominated community, it was observed that the tassel was quite pleasing to the fairer sex...

A significant part of the cap's long history is the fact that the right to wear it must be earned. At Wappu, those freshmen who have demonstrated strong teekkari spirit throughout the year get to don the teekkari cap and use the honorary



title of teekkari.

Alongside the cap, another prominent symbol are the student overalls. At Prodeko, it's a tradition that each new freshman class gets their own overalls, which means that every year group's design is slightly different. The current color scheme of Prodeko's overalls — white with rainbow stripes — originates from the early practice of each class choosing the color of their stripes. However, this was eventually seen as impractical for recognizing friends, so a standardized rainbow-on-white design was adopted. You will have the chance to get the 2025 overalls on day 1!

Translated and edited by **Leo Ala-Laurila** from the original text by **Jussi Valtonen**, President of the Student Union 2010 and Prodeko Fuksi Captain 2006

PRODEKO'S FACILITIES



THE GUILDROOM

Prodeko's guild room is located in the Maarintie 8 building, more commonly known as 'TUAS', in Otanietti and is open 24/7 for all guild members. The guild room has a pool table, free coffee, videogames, chess, and most importantly, other Prodekoians. The guild room acts as the living room of the whole guild, and thus it's a great place for hanging out, meeting new Prodekoians, studying or doing your course work, and of course taking a break in between!

In addition to the "living room" space, the guild room has Prodeko's gym and a quiet working space next to it. Like the guild room, the gym is also accessible 24/7 for Prodeko members, and there you can find great facilities to work out. No need to pay for a gym membership! The working space, called 'Tuta-klubi' or 'Tuta Club' in English, has desks and monitors for doing your assignments. It's also a great place to find help and peer support if you're struggling with your classes.

Finally, Prodeko has its own terrace right outside of the guild room, next to the TUAS-building parking lot. It's equipped with a grill, as well as a screen and a projector. If the weather's good, it's perfect for a barbeque or movie night!



Hello dear new exchange student and a warm welcome to Aalto and Prodeko, the guild of industrial engineering and management.

First of all, a very warm welcome to the Prodeko community and Otaniemi!

My name is Jaakko and I am the President of the Guild of Industrial Engineering and Management, Prodeko. Prodeko brings together students, alumni, the Department of Industrial Engineering and Management as well as all the other Prodeko people to form a brilliant and timeless community, where the spirit of doing is never dwindling! It's a community you'll become more than familiar with during your studies, and you'll get to see what can happen when people come together to do amazing stuff!

The Guild becomes the second home for many people (don't forget to visit yours every now and then) and you get to do all sorts of things with your fellow Guild members, from bathing in the parking lot to sailing at the coasts of Italy!

And the doing really doesn't stop at the Guild! Otaniemi has something for everyone, and there really is plenty for everyone! Whether it's sports, skydiving or building speakers, Otaniemi has a club for all these activities! I warmly encourage you to experiment and explore your interests, rejoice, succeed and fail. All these are opportunities for development and important factors in your journey towards the future. So don't miss out and remember to give the chance a possibility! You won't regret it!

Remember also that you are never alone on your journey! The first thing you will do is get to know your fellow students:

many new faces, some of whom will become lifelong friends, at best. You'll get to know the community of 400 people, where a culture of helping others and working together to succeed is at the heart of everything you do. Encouraging, cheering and working together is at the very core of what makes Prodeko, allowing us to grow as a community and enabling all the remarkable things this community has accomplished!

As a final note, I want to encourage living with an open heart throughout your Master's studies. Remember that things we carry with us to life are the people, the memories and the great time we spent along the way.

If you have any questions or want to contact me, my email is puheenjohtaja@prodeko.org and Telegram is @roustej. If you see me, don't hesitate to come and say hello, can't wait to meet you!

Let's make these next few years the best in our lives,

Jaakko Rouste

President of Prodeko Ry

Fun Fact: Jaakko is a passionate golfer. Maybe you can tee up with him :)



GREETINGS FROM THE THE INTERNATIONAL DIRECTOR

Greetings, new fuksi!

Heartfelt congratulations on your admission to Aalto University, you have made a choice of your lifetime applying here! I wish to warmly welcome you to our Aalto community and the unique community of technology students, Teekkaris!

My name is Niklas Riihelä, and I am the International Director of the Aalto University Student Union, known as AYY. I am the current chair of the International Committee, KvTMK for short, which consists of the International Captains, International Officers, or Master's Captains of the Teekkari guilds and associations, as also stated above.

Our goal with the aforementioned International Captains of the Teekkari associations and your ISOs / BIGs or tutors is to make your first year or semester here in Aalto unforgettable and as accessible as possible!

The Teekkari culture is very unique and something that you can experience ONLY in Finland. The community, the International Committee and your own International Captains will provide you with events and unique experiences in which you can explore the Teekkari culture, get to know Otaniemi and the rest of Finland and meet other fellow students. The activities are a great chance to enhance your stay in Aalto and to have the time of your life!

The Teekkari culture has an extensively long history and Teekkaris have had a presence throughout Finland over many years, especially in Otaniemi and Helsinki. Teekkaris have been based in Otaniemi since 1966. The most prized distinction of a Teekkari is their tasseled cap (Teekkarilakki), which goes back to 1893. The tassel-capped community aims to evoke cheer and joy not only in itself but also for those around it. Outside of Otaniemi, Teekkaris are known, among other things for their pranks (jäynä), tempaus, and singing culture. The Teekkari culture promotes a sense of community and tolerance - Teekkaris accept everyone exactly as they are.



For what matters to you is the long-standing tradition of fuksi education and upbringing. My, and your International Captains' task, is to welcome you to the Aalto community and guide you through your first year or semester in Aalto.

As a fuksi, you will be able to collect fuksi points from various events and activities. These points will introduce you to the Teekkari culture, the Aalto community, Finland, other students of Aalto, as well as to all the fun memories! Collecting enough of these points may grant you the possibility to earn you your very own Teekkari cap.

The fuksi year will culminate in the largest, most joyful, and revered event for us Teekkaris: Wappu, provided that you, the fuksis, have proven yourself worthy.

INTERNATIONAL DIRECTOR & THE INTERNATIONAL COMMITTEE

If you are an exchange student leaving after the autumn term, I strongly suggest visiting Otaniemi again for the potential Wapupu.

In addition to technology student fuksis, there are also arts and business students studying in Otaniemi. The united and multidisciplinary university, as well as the Aalto community, will provide you with a rich and abundant selection of student activities to complement your studies. And I can personally promise that everyone is sure to find some activity that interests them with a like-minded group!

My most important advice for you is to participate with an open mind and heart. Get to know your International Captains, tutors, and other fellow students. Besides studying, experiencing new things together and building friendships are some of the best opportunities our university can provide you during your time here as a student. Your guild or association, the International Committee, and countless other people and organizations create the framework for the activities, but you decide how you want to shape your time as a student.

A once-in-a-lifetime experience awaits you and I recommend that you make the most of it! I am in the privileged position of accompanying you and your fellow students on your journey to becoming Teekkaris. See you at orientation week!

Best regards,

The International Director

Niklas Riihelä



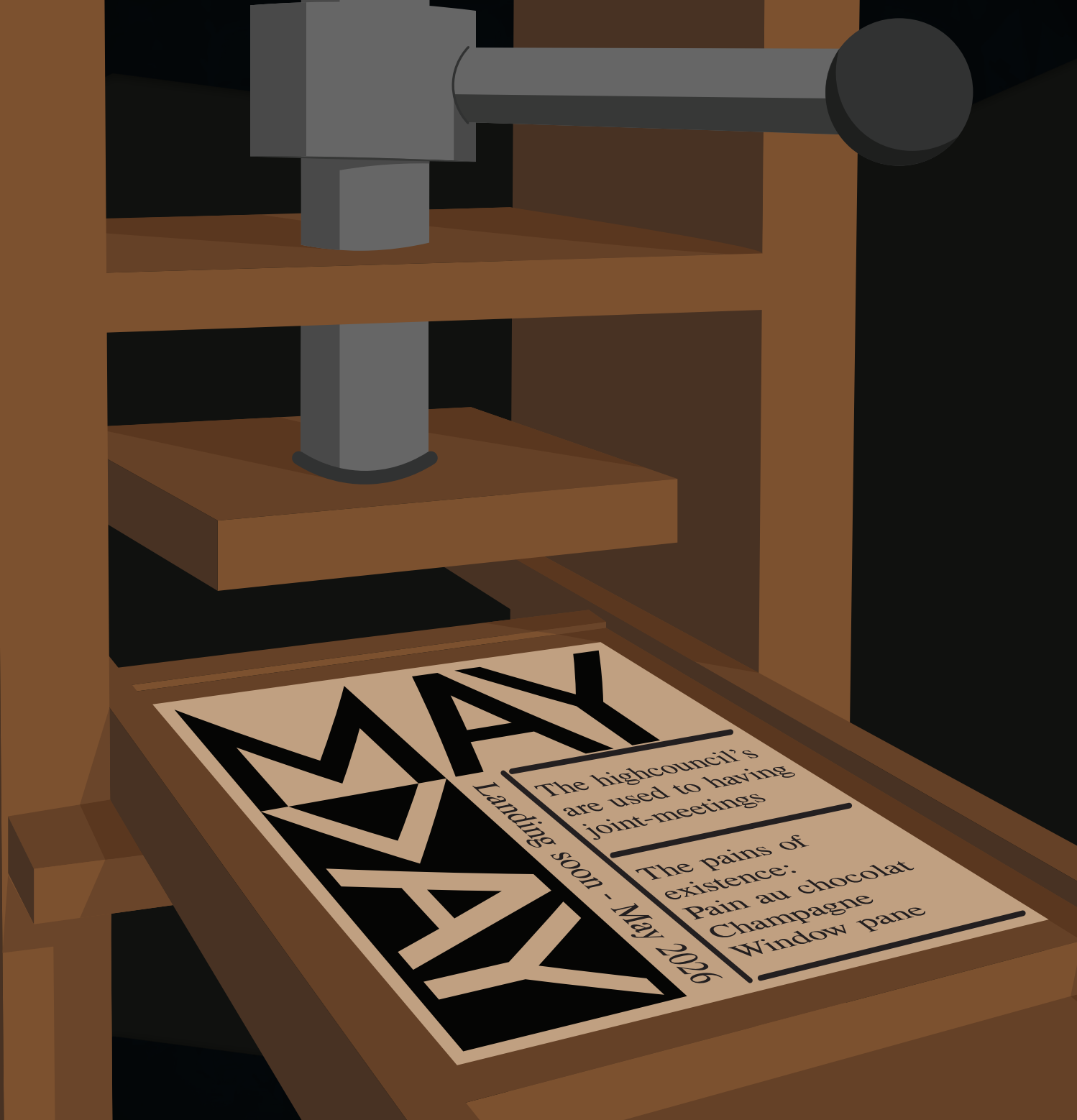
The International Committee

The International Committee or KvTMK (comes from the Finnish word Kansainvälisyystoimikunta) consists of the people in charge of international students and matters in different guilds and associations and is led by the International Director. KvTMK is involved in the fuksi and tutoring activities regarding the international fuksi (new Master's students, exchange students and Double Degree students). The events organized by KvTMK are for all Aalto students, yet prioritizing the internationals as the main language in KvTMK's events is always English. Furthermore, KvTMK also promotes internationalism and the role of foreign students at Aalto and the Teekkari guilds and associations.

KvTMK works under Teekkari Section (Teekkarijaosto in Finnish), or TJ when shortened. Teekkari Section's main job is to uphold various Teekkari traditions and organise many different kinds of activities that are meant to strengthen and enrich the Teekkari spirit. Although its main objective is to focus on Teekkari life, the activities are open for all Aalto students.

Additionally, as the representative of the oldest and original technical university students in Finland, Teekkari Section's opinions have a big impact on the future of Teekkari traditions.





MAY

The highcouncil's
are used to having
joint-meetings

The pains of
existence:
Pain au chocolat
Champagne
Window pane

Landing soon - May 2026

THE BOARD OF PRODEKO



Jaakko Rousté
President

Jaakko is the head of our guild, the conductor of the monkey orchestra – in other words, the one who makes sure the board actually gets things done. Jaakko is responsible for Prodeko's operations and leads the guild forward with energetic drive!

Alina Heikkinen
Vice-President

"Alina is responsible for the guild room and the backbone of our guild – the volunteers. With the warmest touch in the world, Alina makes sure that every guild member feels good and welcome.!"



Aaron Katainen
Minister of Corporate Relations

An unreadable poker face, ice-cold nerves, Corporate Casanova. These are the signature traits of our Corporate Relations Responsible, Aaron. He is in charge of Prodeko's corporate relations and negotiates the annual partnership funding that keeps our operations running



Joel Jussila
Minister of Excursions

Interested in consulting, the startup scene, or perhaps craft brewery entrepreneurship? You'll get to explore all of these through the amazing company visits that Joel organizes for us! On top of that, the legendary 'Puolipitkät' events are partly his handiwork too!

Juuli Ylönen
Minister of Studies

"Juuli is the voice of our guild when it comes to academic affairs. With a touch that's almost poetic, she ensures that we study relevant and interesting topics, while also maintaining the guild's connections with the academic world.



Emmi Alahonko
Minister of Media

Emmi makes sure the guild is seen and heard – from social media to emails and the website (especially by stress-testing it to the brink...). Her responsibilities also include secretarial duties, maintaining the member registry, and coordinating IT development.





Kuutti Kivinen
Captain of Freshman Education

Kuutti is responsible for our guild's bachelors freshmen and, with a playful sparkle in his eye, guides them through the secrets of student life.

Meri Halme
Foreign Minister

Ms. Worldwide! That's Meri, who handles Prodeco's external relations both in Finland and abroad, together with the ESTIEM responsables. Together, they make sure that wallet-friendly trips for our guild family continue to be available in the future



Aada Mattila
Minister of Internal and Cultural Affairs

The other half of the IE (Host) team – also known by the title Hostess – Aada organizes the guild's celebration-focused events together with Elisa. Aada is responsible for the guilds cultural activities too!



Elisa Jääskeläinen
Host

Elisa, the other half of the IE team, also organizes all kinds of events – sitsit, cruise trips – you name it! Together with Aada and the drink counters, they make sure partygoers have their plates full of food and glasses full of drinks.



Olli Särkilahti
Treasurer

Mister Money himself. Olli makes sure the guild's finances run smoothly and that our savings are wisely invested. Whether it's a Prodecopter or a handcar, Olli ensures the money is always spent smartly.

Leo Ala-Laurila
International and Masters Captain

Known as the MKV Captain, Leo expertly steers the international sector in our guild and is responsible for introducing master's and exchange students to the Otaniemi way of life.





Congratulations Fuksi!

Become a student member of TEK! Membership is completely free, and includes a host of services to help you not only work in Finland, but to thrive here. These include guidance on how to summer job hunt, recommendations for your salary, as well as legal aid to check your first contract or to later protect your rights. As a joining gift, you will receive a TEK overall belt.

TEK is a community of some 81,000 university students and graduates in the field of technology. We strive to ensure that our members have the best working conditions possible, in order to help them solve the major issues of our time; from climate change and natural resource scarcity to artificial intelligence.

Find out more at www.tek.fi/en/students or join www.tek.fi/en/join now!

Best regards,



Vilppu Viinikainen
Student Liaison / Otaniemi
TG @Otaniemitykki
+358 43 2010 111

TEK
Powering your career

MASTER'S BIG'S



Heini
Hello!

Aleksi

Jaakko
Too BIG to fail.

Laura
Beer with ice is better than
warm beer

Siiri
Hello new student!

Pau
Hey!!

Leo
Here again :)

Venny
Out of thinking capa-
city



EXCHANGERS' BIGS

Elina
Hey!

Aaro
Hi!

Eemil
Hello!

Sara
Heey!

Iiris
Moi!

Sebastian
Ahoy!

Léo
Nice to see you there

Joonatan
Hola!

Oskari
Try to have fun in Finland :)

GREETINGS FROM BIG RESPONSIBLE AND FROM THE BIGS

Dear Fuksi, welcome to Prodeko!

I'm Olivia, the BIG responsible of Prodeko for the 2025/26 academic year. This means that I guide our BIGs (tutors) with Leo in order to make your experience at Prodeko as amazing as possible.

Starting your studies in a new place or even a new country can be intimidating, but our BIGs (tutors) are here to help so everything goes smoothly. They will help you navigate in Helsinki and settle at Aalto University. But most importantly they will be your guides to Finnish student culture. From your first billiards game to getting involved in other Prodeko activities, the BIGs will be there to ensure you have an amazing time.

Whether you need help finding your way around campus, tips on managing your studies, or just someone to chat with, the BIGs and I are here for you. We can't wait to meet you in the fall and start this exciting journey together!

Olivia Rönnemaa

BIG Responsible '25



Hello Fresher!

We'll be there for you whether you need help with getting the keys for your apartment, want someone to show you around the campus or just would like to have someone to chat with! We already know the secrets of Otaniemi - which is the best place for a lunch, where are the nicest spots to study at TUAS and how to play billard at the guildroom!

Can't wait to meet you! We have planned many, many fun things for you during the orientation and the spring after. See you soon!

- Your BIGs

GREETINGS FROM THE CAPTAIN OF FRESHMAN EDUCATION

Hello there!

My name is Kuutti Kivinen, and I am the Captain of Freshmen Education (Fuksicaptain for short) in the guild of Industrial Engineering and Management Prodeko. In practice, it means I do the same job with the new Prodeko Bachelor's students as Leo does with you. I am responsible for their Fuksi-upbringing, and familiarizing them with university life. Even though I am not responsible for you guys, we will have plenty of joint events where we can meet and get to know each other. You can recognize me from the white cape with rainbow stripes.

Also, if you ever see me hanging around in the guild room (as you probably will, I'm quite fond of that place), don't hesitate to come say hi as I'm always eager to meet new friends! And please challenge me in pool, as I am never too busy for that.

Oh, and before I forget, congrats on your new place of study at the IEM department in Aalto! Here we have a tight-knit community that organizes plenty of different happenings from company visits and academic fairs to weekly sports sessions, Sitsis, and crazy parties with amusement park rides. Most of the guild's daily life happens in the guild room, where you can grab a cup of coffee, play some 8-ball, hit the gym, or just hang ~~deka~~ with people from all study years. I'm sure that Prodeko will offer you something that interests you, but I encourage you to try new things and meet all of the awesome people that make up this guild.



It's great to have you as a part of our guild! Have a nice rest of the summer, and I'll see you during the orientation week!

Kuutti Kivinen

Captain of Freshmen Education

HELLO'S FROM THE EXCHANGERS RESPONSIBLE BIG

Welcome to Prodeko

Congratulations on earning your place in IEM at Aalto. I'm Sebastián, one of your BIGs, and I'm genuinely excited to welcome you to our vibrant and supportive community.

A few years ago, I came to Aalto as an exchange student myself, so I understand how exciting and overwhelming it can feel to arrive in a new place. Eventually, I returned for my Master's and joined Prodeko, and I can honestly say it has been one of the most rewarding decisions I've made. Now, I'm here to help you find your own path.

Here are some helpful tips I've gathered over the years, both from my own journey and from the whole BIG team. Find your own path

There's no single way to be a Prodeko member. You might dive into guild activities, focus on your studies, explore Finnish nature, or spend time abroad. Listen to others, stay open-minded, and follow what feels right for you.

Make friends and study together

Everything is easier and more enjoyable when shared. Sit next to someone new in class, ask a classmate to grab lunch, or invite someone for coffee. These small actions often lead to meaningful friendships.

Attend intro week events

The first week is when many people meet their closest friends. Even if things feel unfamiliar, try



Sebastián
Exchangers Responsible BIG 2025

TIPS FROM THE BIGS

to attend the activities. You'll meet people from different backgrounds, and these connections can last well beyond you can imagine.

Come to the guild room

The guild room is your home base on campus. You'll find free coffee, a pool table, and space to study or relax. After applying for guild member rights at idm.aalto.fi, you can access it from 7:00 to 22:00.

Try Finnish traditions

This is a unique opportunity to experience Finnish student life. Join a sit-sit, take a sauna followed by avanto (a dip in icy water), and try Finnish games like kyykkä and mölkky. They may seem strange at first, but they're part of what makes the experience unforgettable.

Stay connected on Telegram

Most announcements, events, and group coordination happen on Telegram. Be sure to join the relevant chats, whether for Prodeko, courses, hobbies, or casual gatherings. It's the main channel for staying informed and meeting people.

Use the second-hand culture

Finland has a strong second-hand culture. In Otaniemi, there are Telegram and Facebook groups where you can find affordable furniture, clothes, and household items. In Helsinki and Espoo, you'll find great second-hand shops offering quality clothes and unique finds at good

prices.

Invest in your wellbeing

With lectures, projects, events, and social life, things can sometimes feel overwhelming. Prioritise sleep, take breaks, and don't feel pressured to join every activity. Go for walks in the forest, spend time alone if needed, and choose what truly matters to you.

Try excursions

Each semester we visit companies such as Supercell, Fazer, and McKinsey. These trips offer insight into different industries and include food and networking opportunities. Check the Prodeko event calendar and sign up early.

Explore events across Aalto and AYY

Aalto is full of opportunities beyond the guild. You'll find hackathons, theatre performances, sports events, and workshops on everything from sustainability to entrepreneurship. The Aalto Space app and aayy.fi are great places to find them.

Discover Aalto's associations

AYY hosts dozens of student associations, covering music, sports, theatre, volunteering, business, and more. You can explore the list at aayy.fi/en/list-of-associations. Join what interests you and meet others who share your passions.

Know where to turn if something feels off



If you experience inappropriate behaviour or something makes you feel uncomfortable, please reach out. You can always talk to any BIG, a board member, or our harassment contact persons. We are here to make sure everyone feels safe and supported.

Must-have apps

- HSL – Public transport (activate your student discount, exchange students may need to visit an HSL office)
- Kanntiinit – Check daily menus at student restaurants
- Frank – Digital student ID
- Kide app – Tickets for student events.
- Aalto Space and MyAalto – Study space booking and course information
- Telegram – Chat groups, event info, announcements

Tips for student lunches

Student meals usually cost around 3 euros. If you combine two main dishes, you might be charged extra, so stick to one main and a side. The A Bloc café near the metro station is open until 18:00, which is perfect for a convenient dinner.

Access to study spaces

You can collect your Aalto access card from lobby services in Väre or Kandidaattikeskus. With it, you will have access to 24-hour study spaces in buildings like the library, Kandidaattikeskus, Väre, and the Business School.

Use your BIGs

We are here to support you. Whether you have questions about courses, want tips for events, or just need someone to talk to, feel free to reach out. No question is too small.

Welcome again

You are about to begin an exciting chapter filled with new opportunities, challenges, and friendships. Take your time, explore what feels right, and remember that you are not alone. You are surrounded by people who want to see you succeed and enjoy your time here!



The logo features the word "TOKYO" in a bold, dark blue, sans-serif font. Above the letters, a portion of a rainbow flag is visible, set against a dark blue background that includes faint, stylized silhouettes of people. The entire graphic is positioned at the top of a bright yellow background.

TOKYO

Student association for all ARTS

Congratulations on your new study place in the Aalto University

TOKYO ry is the student association for the whole School of Art, Design and Architecture and was founded in 1961. TOKYO is an acronym for ‘Taideteollisen Oppilaitoksen Kuvaamataidonopettajaosaston Ylioppilaskunta’, which translates to ‘The Student Union of the Art Teacher Department of the Institute of Industrial Arts’.

It is known as the umbrella association for the rest of the arts associations such as NuDe, Kooma, CRUST and GRR to name a few. TOKYO also owns its own canteen on campus, Kipsari, which offers solely vegan food to all any student in the heart of Väre.

At the moment TOKYO’s board contains following sectors:

- **Chair**
- **Vice chair**
- **New students**
- **Internationality**
- **Sheryl**
- **Advocacy**
- **Communications**
- **Artistic activity**
- **Outreach**
- **Campus and spaces**



Teknologorkestern Humpsvakar

The swedish speaking orchestra in Otaniemi! We are
your goofproof entertainment at any party with music,
dance and singing!

POLYTEKNIKKOJEN RAITTIUSSEURA - PORa

Refreshingly sober greetings!

The Polytechnic Sobriety Society, more familiarly known as 'PoRa', was founded in 1969, and since the beginning, it has been the largest temperance society in Espoo and the toughest one in the universe! For over five decades, PoRa has been fighting against the Dread of Booze in its own unique way. With the power of its ideology and sparkling water, PoRa's temperance knights have been fighting for a more sober world! Join us in the name of sobriety! During the year, PoRa organizes a lot of temperance activities like sports and other events. Members of PoRa can easily be recognized from their PoRa-shirt and other PoRa swag!

HOW TO JOIN?

PoRa



PoRa's activities have a sturdy, tripartite foundation, formed by ideology and sports. In sports activities, PoRa's playbook is based on a coaching philosophy, which emphasizes good spirit and attitude in place of skills. With a twinkle in the eye, PoRa has earned international fame by winning the World Championships in Swamp Football and at least four times in Academic Kyykkä.

In addition to tournament trips, PoRa is a regular participant in several university sports leagues. PoRa's presence always puts a smile on both opponents' and referees' faces. As a more regular part of sports activities, PoRa has two weekly sports sessions at Otahalli on Wednesdays from 9pm to 10pm and Sundays from 3pm to 4pm, from the beginning of October to the end of May. During the summer season PoRa plays beach volleyball at Teekkarikylä. Make sure to join PoRa's Telegram chat at <https://t.me/sporttiawithporal>



"Drink water, and so will PoRa drink!"

Aaro Törnblom, PoRa's president of year 2025



Instagram: @raittiusseura

Tiktok: @raittiusseura_69



What is Prodeko Alumni?

The Prodeko community doesn't only consist of the guild and its members, but also the Aalto IEM department, and the Prodeko Alumni. Prodeko Alumni is one of the most active Alumni organizations in the field of technology and has close relationship with both the guild and Department of IEM.

Everyone who has studied in Aalto IEM is member of the Alumni and IEM students in their last years of studies are welcome to the events of Alumni, e.g. excursions. Alumni is also here to support the Guild and students, for example through annual alumni mentoring. It's a great opportunity for Master's students to discuss different career plans and work-life with alumni. Alumni also helps in organizing the annual Prodeko Seminar. It's a one-day business seminar held in the spring semester, including interesting speakers and dinner. The Seminar is an event which brings together the whole Prodeko community from professors to students and alumni.



PRODEKO'S VALUES

THE 5 VALUES OF PRODEKO COMMUNITY

THINK BIG

Be bold. Trust yourself and your skills. Take risks, but not blindly — do so with entrepreneurial responsibility, ownership and humility.

GET THINGS DONE

Take initiative. Have a can-do-attitude. Value results, not working hours. Be efficient, but above all, be effective — what you do and don't do are equally important.

LEARN AND GROW

Be curious. Keep learning. Embrace imperfection. Know that your qualities aren't fixed — you can grow and develop throughout life.

BE A GOOD PERSON

Act with integrity. Be worthy of trust. Meet others with kindness. Remember that who you are is more important than what you do.

GIVE BACK

Support. Collaborate. Value your community. Don't ask what others can do for you, ask what you can do for others.

WELCOME TO UNISPORT



WHAT IS UNISPORT?

The university members' own sports center & 100% the best place for students to exercise!

UniSport's top 3:

Versatile selection of sports
Relaxed atmosphere
Community spirit

WHAT CAN YOU FIND AT UNISPORT?

High-quality gyms
Nearly 200 group exercise classes
Ball sports
Personal Training services
Massage
Sports courses

KLUUVI | KUMPULA | MEILAHTI | OTANIEMI | TÖÖLÖ

AUTUMN CAMPAIGN: TRY OUT FOR FREE!

The first time is always free!
Additionally, you get **3 free part-time single visits** until September 30, 2025.

Come and try it out – you might get hooked!

from
8€
/month

SCAN FOR MORE INFO ABOUT THE CAMPAIGN



MEMBERSHIP - STUDENT'S BEST DEAL

What options?

- 12-month/4-month/1-month memberships
- More affordable part-time membership is valid during all other opening hours except Mon–Thu from 3:00 PM to 8:30 PM

What's included?

- Gym training
- Group exercise classes + online services
- Ball game groups



MORE INFO: www.unisport.fi



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maisteritoiminta
poikkitieteellisyys

yhteisöjaosto

aava



jaosto - toimikunnat - tapahtumat



@aava_aava

AAY

THE SCHOOL OF SCIENCE

SCI, SCI, SCI!

The School of Science (SCI) consist of five student associations: Prodeko, the Guild of Physics (FK), Athene, Tietokilta a.k.a. the Computer Science Guild (TiK), and Inkubio, which is for those studying Bio-Information technology.

We do a lot of things together, and you'll certainly meet people from outside your own Guild during the autumn and spring!

The saying "SCI, SCI, SCI!" is known as the war cry of the School of Science. It is shouted while simultaneously skiing with your hands in the air.

In the picture you can spot the SCI's International Captains. From left to right - Tomas (FK), Atte (TiK), Nella (Inkubio), and Leo (Prodeko). There are also Ira (Athene) and Santeri (TiK), who didn't make the picture :D



@ Filip Eller

THE GUILDS OF SCI



Athene

Majors: Information Networks,
ICT innovation
Intake: ~90
Guild founded in: 1999
Overalls: forest green



Prodeko

Majors: Industrial Engineering
and Management
Intake: 60
Guild founded in: 1966
Overalls: white with rainbows



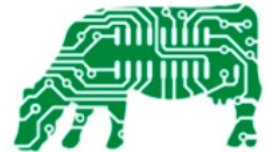
Tietokilta

Majors: Security and Cloud Computing;
Computer, Communication and Information
Sciences
Intake: ~130
Guild founded in: 1986
Overalls: black



Guild of Physics

Majors: Engineering Physics and
Mathematics and Operations
Research
Intake: ~40
Guild founded in: 1947
Overalls: natural white



Inkubio

Majors: Life Science
Technologies
Intake: ~30
Guild founded in: 2004
Overalls: Brown



JAYNA

THE COMPETITION IS ON!

WWW.JAYNA.FI

RETUPERÄN WBK

same in English

 [retuperanwbk](#)

 [Retuperän WBK](#)

 [www.retuperanwbk.fi](#)

 [Retuperän WBK](#)



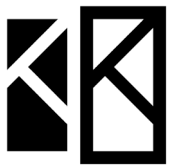
THE GUILDS OF OTANIEMI



Teknologföreningen, TF, is the Swedish-speaking and the only student nation at Aalto. Everyone is welcome to TF regardless of study programme or language. The only requirement is to be interested in learning or speaking Swedish. Teknologföreningen owns Urdsg-jallar, the big concrete building next to Dipoli, and runs their own student restaurant there. TF-members are recognized from their technology red overalls that are usually combined with parts of the guild or university association overalls.



The Guild of Surveying Engineers (Maanmittarikilta) is the association for students in the degree program of Real Estate Economics and Geoinformatics, Sustainable Communities and Built Environment. MK, established in 1901, is the oldest guild that still receives new undergraduate students every year. You can spot the members of the guild by their matte black overalls with a fuchsia colored sleeve. The MK guildroom, Monttu (it means a gob or a pit), is located at the K1 building.



The Guild of Architecture was founded in 1908 and is Otaniemi's second oldest guild still receiving fuksis. It is home to students of Architecture, Landscape Architecture and Interior Architecture, so the members are a mix of students with technical and artistic backgrounds. The Guild of Architecture's overalls are off-white ("painter white") and made of very easily soiled cotton. The Landscape Architects can be identified by the tree on the back of the left leg. Interior Architects design their own fabric to decorate their overalls with. The logo on the back of the overalls is different each year, as it is designed by the fuksis themselves.



The Guild of Civil Engineers, more commonly known as "Raksa", is a subject association that was founded in 1913 and accepts undergraduates studying civil engineering and computational engineering. The association, which was originally named "Engineers' Club" aka IK, is Otaniemi's third oldest guild that still accepts fuksis. During the years 2013-2021, the guild members majored in Energy and Environmental engineering. Raksa members are easily identified by their builders blue overalls with a green sleeve and pocket and their legendary chant of "RAKSA JAKSAA" ("Raksa perseveres!")



The Guild of Mechanical Engineers was founded in 1915, and even with 108 years of history, it is the youngest guild in the School of Engineering. However, it is one of the biggest guild's with over thousand members. Members of KIK can be recognized by their cheerful pink overalls, their pink caterpillar tractor mascot and their jubilant chants of "YY, KAA, KONE!" ("ONE, TWO, MACHINE").



The Guild of Electrical Engineers (also known as SIK) was founded in 1921. The energetic electrical engineers can be identified by their pure white overalls with the new cog logo on the back of the overalls. You can also spot the old lightbulb logo from older students' overalls. SIK's overalls are also decorated by a depiction of a telegram on their right thigh pockets. These overalls can be seen on SIK fuksis from day one, as they are the first guild to receive their overalls in Otaniemi. SIK's chant is "Jappadaida, jappadaida, hei, hyvä SIK!"



The Guild of Physics (aka Fysikkokilta, FK) is a guild founded in 1947. It gathers all Engineering Physics and Mathematics students as well as Quantum Technology students in Aalto under the same roof. Each Engineering Physics and Mathematics student specializes in either physics, or mathematics and systems sciences. The guild's overalls are natural white and in order to get the right shade, fuksis dye their overalls with tea. For Quantum Technology students, the left sleeve is beige.



The Guild of Industrial Engineers (Prodeko) was founded in 1966, although it says 1866 in their overalls due to a legendary mistake. Although the guild only has a small intake, their members are all the more active! Industrial Engineers can be recognised by their white overalls, which are decorated with rainbows. New fuksis design the overalls from the ground up and put them on for the first time in November at the Sikajuhlat, to which you are also warmly welcome!



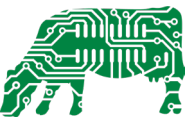
Tietokilta, or Computer Science Guild, is a student guild founded in 1986. Tietokilta is one of the largest in Otaniemi. Many of the younger guilds in Otaniemi have started as a part of this guild, namely AS, Athene and Data Guild. Members of the guild are recognized by their shiny black overalls with the guild's unofficial @-logo in the back. The chant of the guild can be heard from far away as a two-part call-and-response: "tieto-KILTA!"



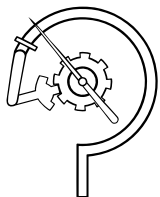
The Guild of Automation and Systems Technology AS was founded in 1998. It brings together students majoring in Automation and Robotics, Information Technology as well as Digital Systems and Design. The industrious members can be recognised by violet overalls. The left sleeve is black with a white pocket that reminds of shared history with TiK and SiK and the arduino-blue pocket on the right leg represents Digital Systems and Design students.



Athene, the Guild of Information Networks, was founded by Information Networks students in 1999, and from the year 2022 also includes students of Engineering Psychology. Athene's overalls are forest green or "Athene green"; the left sleeve, collars, and back pockets are black as a tribute to the Computer Science Guild, which Athene separated from in 2003. The guild's official logo, the "eye of Athene," is featured on the back of the overalls.



The Guild of Bioinformation Technology (Inkubio) was founded in 2007. Inkubio is youthful, dynamic and it is the best guild in Otaniemi. As the result of a historic spelling mistake, Inkubio's overalls are a reddish brown, and they are decorated with white "cow" patches, which guild members sew on themselves, to commemorate the time when they were part of the Guild of Electrical Engineers. On their backs, they proudly carry their logo, Maikki, a circuit board in the shape of a cow.



The Association of Process Engineering Students welcomes Chemical Engineering students in both the Finnish and English bachelor programme. Founded in 2012, PT is one of the youngest student associations in Otaniemi. PT's overalls are a blue and have three stripes, yellow, blue, and red, on each limb representing the three CHEM guilds that PT descends from. The association's logo can be found on the back: it depicts a Bourdon tube pressure gauge measuring pressure, one of the most important variables in any process.



Data Guild is the guild for students of the degree programme in Data Science. Founded in 2019, it is the youngest guild in Otaniemi. The members of Data Guild have two different overalls. The older ones are shiny black with a silver sleeve and the current ones are shiny silver with a black sleeve to commemorate the time of Data Science students as part of the Computer Science Guild.



In addition to PT, there are three CHEM guilds influencing in the School of Chemical Engineering; Chemistry Guild, Forest Products Guild and The Guild of Materials and Metallurgy Students. The guilds are active in their own domains; not organizing bachelor fuksi upbringing as this is managed by PT in a collective fashion. The CHEM guild's overalls (red, yellow and blue) have become a rare sight in Otaniemi, but these colors can be seen sewn on to overalls, for example as a sleeve.



There are many more people in Otaniemi than just Prodeko!

There are a total of 14 guilds, university associations and departments that host Fuksis. In addition to the teekkaris, the Otaniemi campus is also home to the business students in their dollar-green overalls and the ARTS members in their Wappu coats. So it's worthwhile to get to know the members of other guilds with an open mind. Otaniemi is full of great people, and you might find fun around the corner with a complete stranger.

Take a sneak peek at the upcoming autumn colour book, so you already know who you'll be hanging out with during orientation week!



1. The guild room

2. TUAS main entrance

3. A Bloc and metro

4. Harald Herlin e.g. library

5. Amfi

6. UndergraduateCenter

7. AYY office

8. Dipoli

9. Unisport

10. Otaranta dock

11. Täffä

12. OK20

13. Rantasauna

14. Smökki

15. Ossinlampi

16. YTHS

join the joyride

JULKK

since '78



1978

A HIPPIE
ORDERED HIS
MEAL WITH

AN EXTRA
SIDE OF
PEAS



CORPORATE RELATIONS

Hi and welcome to Prodeko — you've made an absolutely great decision, our guild is the best!

We're Aaron (Head of Corporate Relations) and Joel (Minister of Excursions), and we're responsible for corporate relations at Prodeko. In addition to us, the guild's corporate relations sector includes our amazing corporate relations team members and our indispensable treasurer. Here's a brief overview of what we do with our partner companies and what corporate relations generally mean at Prodeko.

The main purpose of Prodeko's corporate relations activities is to create connections between students and companies. In other words, to give you the opportunity to both get to know companies you're already interested in and learn about industries you might not have heard of before.

We're an attractive recruitment group for many kinds of companies, and they want to improve their visibility and employer brand image in our eyes. In practice, our most important forms of collaboration include excursions (more on those soon), job and event postings, and various event sponsorships. You can get a pretty comprehensive picture of the Finnish business landscape through Prodeko's partner companies, so it's definitely worth taking the opportunity to get to know them during your studies - for example, through excursions.



Prodeko Network

The flagship of Prodeko's corporate collaboration is our exclusive partner network, Prodeko Network, which includes Finland's leading companies from various industries. Since 1994, Prodeko Network has been a source of pride for our students.

Excursions

Company visits, or excursions, are an important part of Prodeko's company relations, along with the Prodeko Network. Every year, Prodeko organizes dozens of excursions where you get the chance to visit companies, hear about their work, and chat with their employees about their careers or even student life in general. The program often includes food, casual conversations, or a fun activity. Excursions can take place at company offices, restaurants, or even for example, at go-kart tracks. The excursions are organized for everyone in our guild, so you'll also get the chance to take part in them!!

We will also be organizing UPP, a one week trip to Morocco in September, to which 2 lucky masters freshmen will be chosen!



THE GUILDS MAGAZINE PROLEKO

Dearest (soon-to-be) Prodekoians,

In your hands you're holding a fine piece of student-driven print craftsmanship. Luckily for you, this shining example of verbal acrobatics, aesthetic excellence, and perfectly objective information isn't the end of it—there's plenty more to come in our very own guild magazine, Proleko?.

Proleko? is a curious mix of wisdom and chaos, a magazine that's been entirely created by Prodeko students for over 30 years. Its mission? To inform, inspire, entertain, critique, question, and watch over the guild, the board, Finland, and sometimes even the global economy. Creativity is strongly encouraged, and grammatical perfection isn't exactly our highest priority.

Of course, this noble role as the watchdog of guild democracy needs a counterbalance—unapologetic goofiness. Trying to summarize Proleko? in a single paragraph is impossible, because frankly, we cover everything. To dive in, just grab the latest issue from the guild room, or check the archives online once you get your login credentials! (Mostly in Finnish but aesthetics are universal +



just a quick AI consultation to translate)

I'm Kaisa, this year's editor-in-chief of Proleko?. Even though I'll be on exchange when you arrive (), I'll still be leaving my mark through the magazine. I'm so excited that you're joining Prodeko, you're in for something special. The people here are incredible, and the possibilities truly are endless. Make the most out of it: Read Proleko?, jump into guild activities, and most importantly—enjoy every moment. And if you've got questions about Proleko?, or just wanna chat or showcase your writing skills, feel free to drop me a message

Welcome

Kaisa Seppälä

Editor-in-Chief, Proleko? '25

Telegram @emeritusmaito



Aalto University Student Union

As a student of Aalto, Aalto University Student Union, AYY, is your student union. AYY brings together about 17,000 students of arts, design, business and technology. We work to ensure the well-being of all our members and we want to develop teaching at Aalto and the best student life in the world.

As a member of AYY, you are entitled to numerous student union services and student benefits both locally and throughout Finland. AYY offers several services for its members, such as affordable student housing, rental facilities, and advocacy. As a student of Aalto, you can also participate in activities and events organised by AYY and over 200 associations within the Student Union.

AYY in Figures

- **More than 17,000 members**
- **Approximately 200 organisations and associations**
- **Approximately 2,700 student apartments**
- **Nearly 50 employees**
- **10 full-time board members**
- **Approximately 500 volunteers**

Communication Channels

You can find comprehensive information about all AYY's services and opportunities at [ayy.fi](https://www.ayy.fi). We compile all current information concerning students in the weekly newsletter published by email on Mondays.



@ayy_fi
@ayyhousing



Aalto-yliopiston ylioppilaskunta - AYY
AYY Housing



ayy_fi



Aalto University Student Union AYY



AYY Info
AYY Events



Student Union AYY

Greetings from Aalto University Student Union!



A warm welcome to Aalto University and especially to your Student Union AYY.

Student life is a matter close to our hearts, and we at AYY are working hard to ensure that you can experience the best student life in the world! Our goal is to ensure that every student enjoys a safe and supportive environment during their studies.

A new open world full of great opportunities is now in front of you. We encourage you bravely jump into the unknown – to learn, to discover, to explore and above all to enjoy your time at Aalto. Challenges are part of life and finding your own path can be challenging at times. So don't hesitate to contact us as we are here to support you with any problems you may have.

See you on campus!

AYY board '25

Services

Student housing

AYY owns 2700 student apartments and offers home for over 3400 residents. Apartments are located in Otaniemi and Leppävaara in Espoo and in various parts of Helsinki.

Living in AYY's apartments requires AYY membership and a valid right of residence to AYY apartments.

AYY has single room apartments, studios, two room apartments and bigger apartments. Single room apartments are offered primarily to new students and exchange students. All the apartments are unfurnished, and rent includes internet and water. Laundry room and sauna slots are extra service for free.

You can browse and search for AYY's housing through the Domo system: domo.ayy.fi. You can read more detailed application instructions on AYY's Housing website. As a student, you can also apply housing from the Foundation for Student Housing in the Helsinki Region (HOAS).

Advocacy and interest representation

AYY represents students' interests and rights on university level and national level, making sure students are being heard in the society! You can take advantage of AYY's advocacy services, for example, if your exam results are late or you may get in touch with an

equity officer if you encounter any type of harassment. As a member of AYY, you can apply for administration as a student representative and influence the decisions made at the university.

AYY's highest decision-making body is the Representative Council (RepCo), which is elected by vote. In the elections, all AYY members can vote and run as candidates. The next Representative Council elections will be held this fall. Members of the Representative Council decide on the goals and policies of the Student Union.

Student culture

Volunteering, association activities and diverse events are an essential part of Aalto student culture and the Aalto community. The highlights of the year include Wappu and Orientation week events, annual ball, Shrovetide celebrations and many other events.

In addition to the Student Union, events are organised by volunteers who work in sections and committees. AYY has five sections: Community Section Aava, Campus Section, Teekkari (Technical Student) Section, Museum Section, and Advocacy Management Group (more commonly known as EduJory). The call for volunteers will open in late autumn. Information on the call will be published in AYY's communication channels.

In addition, AYY has more than 200 associations that organise activities in the fields of sports, music, games, and other hobbies. New students are always welcome to join association activities, and

AYY offers help, support, and advice for the establishment of associations and their activities. Keep an open mind for different opportunities and get to know the associations in upcoming events!

The Museum of Student Life has expanded its exhibition and activities to cover the student cultures of the entire Aalto community - technology, business and arts. In addition to technology students' culture, the museum now also presents the history and present of KY - Aalto University Business Students and TOKYO, Students of Art, Design and Architecture. In addition, AYY's art collection will also be presented in the exhibition collections. The museum is located at Jämeräntaival 3A.

Rental facilities

In addition to housing, AYY has numerous saunas, event venues and recreational facilities that members can rent. Some facilities are free of charge. AYY also rents a van.

Scholarships and project grants

You can apply for a project grant from AYY or the TTE-Fund for a project organised by a group of friends or an association. You can also apply for scholarships awarded by AYY.

Student benefits

You will receive a digital or plastic student card to prove your student status (card delivered by Frank). By showing your student status, you are entitled to hundreds of benefits from 1 Aug onwards, including Kela, Matkahuolto and VR, as well as to student lunch discount in student restaurants. You are also entitled to student discount in public transport in the metropolitan area if you live in the HSL area and have updated your student status in your travel card at the HSL service point or activated the student discount in your HSL-app. You can find the list of all benefits and discounts available with the student card on Frank's website at frank.fi.

The digital student card Frank App is an official student ID, which you can download and activate starting on 1 Aug once you have enrolled for attendance at the university and paid AYY's membership fee. You can check the prices of other card options on Frank's website. You can also add an ISIC license to both digital and plastic student cards. More information on different student cards can be found on Frank's website at frank.fi.

If you have chosen the plastic student card, please remember to pick up the academic year tag (aka. sticker) for your card from AYY's service point! At the same time, you can also pick up a free Design Notebook and a badge.

Hello Exchanger

A warm welcome to Prodeko from us as well!

To make sure your university life isn't just about math exercises and cramming for exams, student organizations offer a whole bunch of amazing events that spice up life in Otaniemi—and beyond. At Prodeko, our very own IE team is in charge of planning and organizing

these events. IE stands for "Isännistö ja Emännistö" (roughly, Hosts and Hostesses), and here at Prodeko, this includes our Host Elisa, our Minister of Cultural Affairs Aada (aka the Hostess), and the legendary Juomanlaskijat (host team). The sitsi crowd is kept entertained by the lukkaris (song masters) and lukkari apprentices, who make sure the singing never stops at our academic dinner parties. Then there's the Culture Governors and their group of culture enthusiasts, who bring creative flair to planning and pulling off all things cultural – from cat yoga to wine and paint -evenings.

Host Elisa & Hostess Aada

We're Elisa and Aada, Prodeko's dynamic Host-Hostess duo. Together with the host team, it's our job to make sure your calendars are packed with events and activities to balance out the everyday study grind. Of all the events the event division organizes, the biggest and boldest has to be sitsit—those unforgettable academic dinner parties. The sitsi season kicks off at the end of September with the Autumn Sitsit, which you absolutely don't want to miss!

Your time at Prodeko is going to be full of unforgettable moments—from the thrills of the orientation week all the way to Wappu (May Day). So go ahead and boldly try out all the new and exciting things Prodeko's diverse calendar has to offer—not to mention all the other exciting events going on around Otaniemi. And if you've got any questions about events, don't hesitate to reach out to either of us—we're always happy to help!

Telegram: @isaentae (Elisa) and @emaentae (Aada)



GREETINGS FROM THE HARASSMENT CONTACT PERSONS

First of all, we would like to congratulate you on your new study place!

Welcome to our rainbow-coloured community, where we want everyone in the guild to be able to have fun, and feel safe and comfortable at the same time. Prodeko has a zero tolerance policy towards harassment, discrimination, insults and bullying of any kind. **So as harassment contact persons, we are here for you!** Our harassment contact persons will listen to you and, if necessary, help you move forward with your case, always respecting the preferences of the person being harassed or bullied. From a small stream grows a big river, so even if something seems trivial, don't hesitate to contact us whenever you feel like it!

Prodeko's events follow the principles of safer space. The aim is to enable and ensure an equal and safe atmosphere so that everyone can come to events without fear of discrimination, harassment or bullying of any kind.



You can contact us by talking in person, through a message or through Härychat. Härychat is a very low threshold way to chat anonymously with a harassment contact person of your choice.

Safer Space Principles:

- No harassment, discrimination, sexism, racism or bullying of any kind is allowed in the Prodeko.
- Treat others with respect.
- If someone points out your behaviour, take the feedback/criticism constructively.
- Respect everyone's right to physical and mental integrity.
- Do not pressure anyone to use alcohol or other intoxicants or to engage in any other activity that the other person finds unpleasant.
- Ensure that everyone has the opportunity to participate and be part of the community.

Vocabulary:

Harassment contact person or 'häry': Prodeko has five official harassment contact persons whom you can contact when ever, on any matter.

Event harassment contact person: The event organiser may appoint event-specific harassment contact persons who will act as the harassment contact person for the duration of the event.

Prodeko's Safer Space Policy: A document describing in more detail how guild members should behave in student life, as well as advice on how to deal with different problem situations.

Eettinen ohjesääntö: A code of conduct for the guild that describes the structures and practices of the guild to promote equality and a safe space.

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THERE IS SUPPORT AVAILABLE

Aalto University's support services are just for you!

Aalto offers support for every situation, whether it's extra time for exams, stress, lack of motivation to study, leaving things to the last minute, career-related considerations, a minor subject or even the desire to hone your study technique!

All services offered by Aalto are collected on this page: <https://www.aalto.fi/en/support-for-study>

Don't stay alone! Contact Aalto's study psychologists with a low threshold!

Booking an appointment from them:

opintopsykologi@aalto.fi

Or check out their website:

<https://www.aalto.fi/en/palvelut/individual-counselling-by-study-and-career-counselling-psychologists>

The Starting Point of Wellbeing also offers students help, advice and guidance on wellbeing-related services.

Follow them on Telegram t.me/aaltospw

or check out their website: <https://www.aalto.fi/en/support-for-studying/starting-point>

Other useful links:

YTHS: <https://www.yths.fi/palvelupisteet/>

Sekasin-chat: <https://sekasin.fi> (in Finnish/Swedish)

Services offered by the city of Espoo:

<https://www.luvn.fi/en/services/health-services/mental-health-and-substance-abuse-services>

Services offered by the city of Helsinki:

<https://www.hel.fi/en/health-and-social-services/health-care/health-sta->





THINK BIG
GET THINGS DONE
LEARN AND GROW
GIVE BACK
BE A GOOD PERSON
