

# NuDe New Student Guide



2023 ENGLISH VERSION

# Content

|                                      |    |
|--------------------------------------|----|
| WHAT IS NUDE?                        | 3  |
| WHO IS NUDE?                         | 4  |
| TUTORING                             | 6  |
| DEAN'S GREETINGS TO NEW STUDENTS     | 7  |
| NUDE'S WELCOME LETTERS               | 8  |
| NUDE'S BENEFITS, HISTORY AND OTANEUM | 10 |
| COMMUNITY                            | 12 |
| TF GREETINGS                         | 20 |
| WHAT IS TEEKKARI?                    | 21 |
| OTHER ARTS ASSOCIATIONS              | 22 |
| HAALARIT/OVERALL CULTURE             | 24 |
| WAPPUJACKETS                         | 26 |
| INTERNATIONAL GUIDE                  | 30 |
| MOVING TO FINLAND                    | 31 |
| HOUSING                              | 34 |
| MOVING IN TO AALTO ENVIRONMENT       | 36 |
| EVENTS                               | 38 |
| STUDENT ADVOCACY                     | 40 |
| HARASSMENT CONTACTS                  | 42 |
| HEALTH & WELLBEING                   | 44 |
| CHANNELS!                            | 46 |
| CHECK LIST                           | 47 |
| UNIVERSITY SLANG                     | 48 |

MADE BY: LILO MOLIN  
TRANSLATION: MARI KESKIIVARI

# What is NuDe?



Welcome aboard! NuDe stands for Nuoret Designerit ry, meaning Young Designers. NuDe is for and by design students. We love our community and welcome all design students and other NuDe-minded people with a low threshold.

NuDe's purpose is to make events and content for its members. NuDe is the voice of its members and it exists to make their lives better. We are not the biggest association in Aalto, but we keep up our own traditions and build connections towards other associations and working life. Our events are known for being laid back and the famous cruise to Stockholm always lures other students to join NuDe!

Gathering students under the same association makes us stronger and more visible and pushing change under NuDe protects a single student's anonymity. We provide advocacy for all students in the Department of Design. This means participating in university decision making, listening to its members, and raising issues when needed.

NuDe evolves every year and takes the shape of its members. Responsible roles are decided by the members in common meetings, but there's something for everyone to do. You can get involved too and help

# Who is NuDe?

**NuDe's responsibilities are assigned to a different group of students who are voted each year by you! These people form the board.**

**There are many things you can do in NuDe! Do you want to help out planning and organizing the coolest events? Are you enthusiastic about the student's rights and wellbeing? Or how about creating the craziest visuals? There is something for everyone. New committees are chosen in the end of the year, after the general fall meeting!**

## COMMITTEES

### **Communications committee**

The communications team is a perfect place for anyone interested in fun photography or graphic design projects!

### **ApuIE**

APU-IE or Host helpers are a crucial part of making awesome events happen!

### **Outreach committee**

The outreach committee helps gather sponsors for the association & makes sure that our beloved Vappujackets go to good hands!

### **Annual ball committee**

The annual ball committee gets to plan the biggest, most sparkly party of NuDe's year!

### **Kuukautiset Committee**

The Kuukautiset committee is the perfect community that helps plan and organise chill, down-to-earth events hosted in Otaneum





MALHAR BAGI @malharbagi  
**TREASURER**  
MALHAR.BAGI@AALTO.FI



RUUT LAUNO @ruutmisauto  
**OUTREACH**  
RUUT.LAUNO@AALTO.FI



LAURA JELÍNKOVÁ @laurajelinkova  
**COMMUNICATIONS**  
LAURA.JELINKOVA@AALTO.FI



ROSA VITA NOVO @rosaodi  
**HOST**  
ROSA.VITANOVO@AALTO.FI



ANNA LEDOVSKA @annalled  
**HOST**  
ANNA.LEDOVSKA@AALTO.FI



YUZU NAKAMURA @y21zu  
**SECRETARY + SPACE MANAGER**  
YUZU.NAKAMURA@AALTO.FI



MARI KESKIIVARI @marikeskiivari  
**TUTOR RESPONSIBLE**  
MARI.KESKIIVARI@AALTO.FI



WILLEM VRANCKEN @willemvrancken  
**MA KUUTTI CAPTAIN**  
WILLEM.VRANCKEN@AALTO.FI



LILLO MOLIN @lilomolin  
**BA KUUTTI CAPTAIN**  
LISELOTTE.MOLIN@AALTO.FI



NINA ZDRAL @ninazdral  
**MA ADVOCATE**  
NINA.ZDRAL@AALTO.FI



KENNETH SIMMONS @kenndoublen  
**BA ADVOCATE**  
KENNETH.SIMMONS@AALTO.FI



TESSA LEHMUSSAARI @  
tessmus  
**VICE-CHAIR**  
TESSA.LEHMUSSAARI@AALTO.FI

VILLE MANSIKKANIEMI @  
Ok\_EiOk  
**CHAIRPERSON**  
V.MANSIKKANIEMI@GMAIL.COM



# Tutoring

## WHAT IS TUTORING?

ARTS tutors are there to help and guide you through the orientation week and the first year of studies. Tutors will introduce you to the maze of Aalto both physically and mentally, showing you around the spaces and letting you discover the community. You can ask your tutors for help in any situation and they will assist you in finding the answer.

Mari is the Tutor responsible this year!



MARI KESKIIVARI @marikeskiivari

**TUTOR RESPONSIBLE**

MARI.KESKIIVARI@AALTO.FI

# DEAN'S GREETINGS TO FRESHERS

Dear Fresher,

Congratulations, you are about to begin one of the most important stages of your life – a warm welcome to the School of Arts, Design and Architecture and to the Aalto community!

We can say that we are living in an exceptional and challenging time. You are about to begin your studies in a situation where planning for the future may sometimes seem difficult, but you are on the right track: you are determined to study and prepare for future working life. I hope your studies here will form a solid starting point to what you want to achieve in life. A new semester is about to start, and I'm happy to see Väre bustling with activity once again. Students and faculty are now back on campus for in-person instruction while at the same time making the most of new kinds of hybrid work possibilities. Hopefully this flexibility will have a positive impact also on your Aalto ARTS experience.

We at the School of Arts, Design and Architecture are professionals in creativity and in developing new solutions. It is our mission and responsibility to renew society through art, design and creativity. In the midst of changing world, we need to be the ones to ask the right questions and have the right approaches to solve problems. This will make it possible to adapt to the big changes ahead.

Personally, I am also pleased that the past years have shown the strength of our community and made our shared values visible.

A warm welcome to our community and good luck and success in your studies!

Your Dean,  
Tuomas



# NuDe's welcome letters

## NUDE'S CHAIR

Greetings to you, you fresh student of the Department of Design!

First of all, congratulations for getting accepted in Aalto University. I'm Ville, the chairperson of our – and hopefully soon also your – student association Nuoret Designerit ry. You can read more about NuDe later in this book, but first, here's some words directly from me to you.

You begin your studies at an exciting time. Emerging technologies like artificial intelligence and mixed reality, as well as increasing integration and utilisation of design in every field and industry has and will create a myriad of new opportunities for future designers. You have a chance to make an impact that affects the life of millions – sometimes already during your studies!

Aalto University is huge, with nearly 12 000 students. That's a lot of people with different backgrounds, different hopes and goals, different skills and dreams. To me these talented people have always meant endless possibilities. Your upcoming years of studying at Aalto will provide you with more amazing people than you can meet, more ideas that you can pursue and more opportunities than you can grasp. But the ones that you do, at least according to my own experience, will be the best of your life so far.

My only advice to you is to embrace these possibilities with an open heart. The years ahead of you are perfect for finding your passions in life, whether you find them sinking your hands in plaster or engaging your mind with a non-school-related project you started with your new friends. Don't be afraid to try new things, even if in the end you'd end up learning that it just wasn't for you. This way, eventually, you will learn what you want to do on this planet - or why not some other!

I really can't wait to get to know you all better later in the fall. But before that, just enjoy the rest of your summer holiday, and empty your mind to the adventures that are to come!

Best regards,

Ville Mansikkaniemi  
Chairperson of Nuoret Designerit ry





## BACHELOR CAPTAIN



Congrats on making it to Aalto!! Welcome to all of you!!

I'm Lilo, the Ba Kuutti captain for this year.

**What does that mean? A "Kuutti" is you. It's the word we use to refer to first-year design students. (Which also means seal pup)**

And I am simply a student volunteer that has gone through the same things you will go through now. Basically, I am here to help you adapt to Aalto and, if you are coming from abroad, to Finland. I started my studies in the fall of 2021, and this will be my third year in the English design BA at Aalto. I am originally from the Netherlands but I have also lived in China before. I was the tutor responsible last year, so this is my second year on the board of NuDe. I'm an extreme extrovert, so please be aware if you're not, that is completely fine. These first few weeks are going to be a bit overwhelming, so make sure to take care of yourselves and accept that you can't be part of everything. My advice for your first year is: ASK. Everyone is new confused and a little lost. That's why there are people like your tutor, us captains and advisors to help you get settled in and make this place feel like your home. We are student volunteers, we chose to do this work to help you feel safe and at home so we won't judge if you don't know something. If you need me, send me a message on telegram or find me in Otaneum.

## MASTER CAPTAIN



i, Master in the Arts, I'm Willem,

You've made it to the established and creative Finnish educational grounds

of Aalto University which was looking out for YOU. Your interview and admissions have led you here to make you enjoy the artistic experience the Department of Arts, Design and Architecture is dedicated to providing. A place for self-development, expression, challenging one's own beliefs, and collaborating with enthusiastic bright-minded peers alike.

Try to clear your mind from the exciting, yet overwhelming first impressions and find comfort and safety with me, Willem, your MA Freshman Captain at NuDe. I'm here with my ears to the ground and my eyes in the sky making the cultural and educational spaces available for you.

Responsible for honestly and modestly answering any questions related to NuDe and Aalto events, projects and stories. It's the "How-Can-I-Help-Question" that got me in this position in the first place, and it is with all my happiness and love I'd like to provide you with such. "Come as you are" is my only wish to you. Isn't it a lot easier to be authentic with one another than uncover each other's insecurities too late?

Make the best out of the start of the school year, a journey one is not going to forget too fast! Hopefully, I'll meet you during orientation week!

If we have, congrats you found your Wappu-hooded helper.

# NuDe's Benefits, history and Otaneum

## A BRIEF HISTORY OF NUDE

It was the year 1986, as a few industrial design students woke to the fact, that not all was well in the University of Art and Design (or as it was known in Finnish, TaiK). The teaching of design felt neglected, and the staff kept changing almost annually. These students agreed that the best way to make a change was to found a student association to take care of the students and watch over their benefits. Not a long time had passed since the golden days of punk, and those times were also the inspiration for the name of the association: Nuoret Designerit (Young Designers), NuDe.

Even though NuDe is already over 30 years old, the history of the association is full of more or less active years. It wasn't before 2008, that NuDe started to form a more organized association with representatives from almost all fields of design at the university. NuDe is still taking it's form, and new traditions are made almost every year. Some of them stick around, some of them fade away - and a great example of this is the student uniforms.

In the year 2013 NuDe tried ordering about a dozen gray overalls, but even though the longing for belonging to the traditional Finnish student culture that the overalls represent was lifting its head, the aversion towards the mass culture was even stronger. Therefore the overalls never rooted, and

no-one ordered a second batch. A couple of years later the idea of design student's uniforms came up again, and this time someone thought of an artist's jacket with a designer print fabric. This idea felt more appropriate, and that's how NuDe's unique Vappujackets were born.

## NUDE MEMBERSHIP BENEFITS

By being a NuDe member you not only get to exist in a community of likeminded people you also get:

- Free coffee whenever you want from Otaneum (but especially during Wednesday coffee weekly event).
- A cool-ass Wappu-jacket (Student Jacket).
- A chill place to hang out, do light work or meet new people(Otaneum).
- Discounted prices for NuDe events.
- Access to the NuDe's Stockholm cruise event.

## OTANEUM

Otaneum is home of NuDe. It is a space for our association located in the H-wing of the main building, alongside other ARTS association spaces (its also called the K-wing among the students!). It is available for all members 24/7.

Otaneum is made comfortable for relaxation and chill meetings. We have couches, tables and chairs, bean bags, microwave and shared fridge. You can see various stuff and curiosities displayed on shelves and our events and other fun things on the whiteboard. The shared kitchen has a kitchen and table-ware to use. Remember to clean after yourself!

If you want to see other design students on campus, the best bet is to come to Otaneum. It is a great place to take a breather or eat those Kipsari takeaway sandwiches. Some people work on something in the first room while others chat in the second.

The most important time in Otaneum is the Wednesday coffee, our weekly gathering around each other, and free coffee every Wednesday at 12 o'clock. Otaneum is often used for monthly Kuukautiset gatherings and game-nights. Feel free to use the space as you wish; the keys can be issued from the Harald Herlin Learning Centre a.k.a the library.



# Community

Finland has a rich and diverse student culture. Aalto carries on some traditions from over a hundred years ago.

We have art, business and technical students which means there are many different ways of being a student. You can find out what parts of student culture suits you and what kind of things you want to participate in, but we highly encourage you to try many different activities! Student activities are arranged by students themselves and it happens mostly in associations.

All students in Aalto have a subject association where they can join. Every degree student is a member of AYY, the Student Union in Aalto.

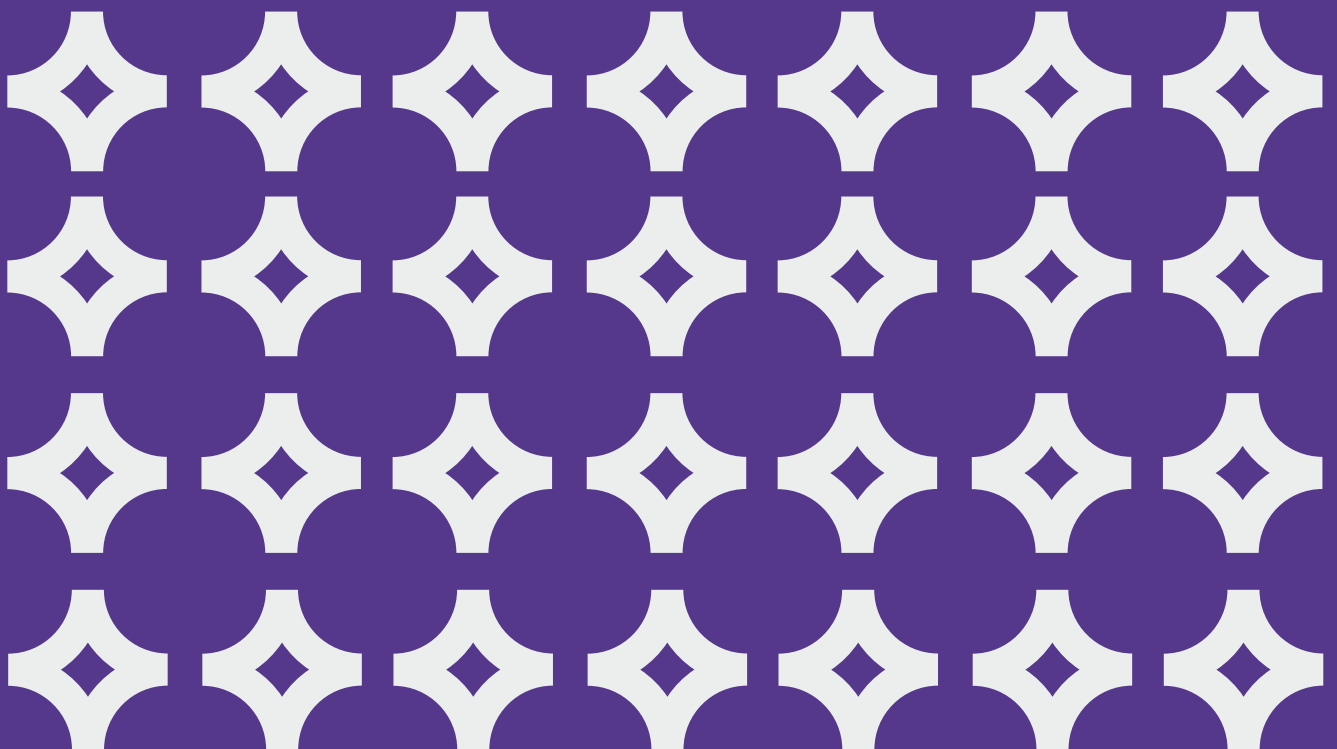
These associations can be arranged into schools. You are under ARTS, School of Arts, Design and Architecture. All of ARTS have a common association, TOKYO, that has many perks for its members. All subject associations have their traditions and ways, but offer similar things to their members, such as events and spaces.

Associations often come together to do things, for example arrange themed parties or projects, like our Wapputerde-terrace outside K-wing, together with other ARTS-associations.



AYS

Aalto University  
Student Union





## 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

- Around 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 [aay.fi](http://aay.fi). We compile all current information concerning students in the weekly newsletter published by email on Mondays.



@aay\_fi  
@aayhousing



Aalto-yliopiston ylioppilaskunta - AYY  
AYY Housing



AYY Info  
AYY Events



Aalto University Student Union AYY



AYY\_FI



Student Union AYY

# Greetings from Aalto University Student Union!

Welcome to Aalto University and its student union, AYY! Here at the Student Union we aim to ensure that you can truly experience the best student's life in the world here at Aalto. Our wish is that every student feels good and safe in our student community, and that every one of us receives all the help and support they need for the entire duration of their studies.

You are stepping into a world of endless opportunities. We urge you to be curious, try new things, to learn and most of all to enjoy your time at Aalto. Don't be afraid even though finding your own passion and place in the world might seem like a big task and never fear mistakes. We are here to support you with all of your problems.

See you around!

## **Mantė Žygelytė**

Board Member  
(New Students, Internationality  
and Equality)



# Services

## Student housing

AYY owns approximately 2,700 affordable student apartments in Helsinki and Espoo and offers a home for over 3,400 residents. All degree and exchange students who are members of AYY have the right to apply for AYY's housing. You can apply for housing as soon as your admission is confirmed by the university.

First-year students and students moving from outside the Helsinki metropolitan area are given priority in the allocation of housing. First-year students receive an additional score when they apply for AYY's shared apartment queues. To receive the score, students must apply for housing no later than in July or December, depending on when their studies begin.

You can browse and search for AYY's housing through the Domo system: [domo.ayy.fi](http://domo.ayy.fi). As a student, you can also apply for 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 autumn. 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 six sections: Aava Community Section, Campus Section, Teekkari (Technical Student) Section, Museum Section, New Students 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 engineering 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 Jämeräntäival 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. You can find the list of all benefits and discounts available with the student card on Frank's website at [frank.fi](http://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, during which it is not possible to enrol or pay the 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](http://frank.fi).

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



# TOKYO

**TOKYO RY IS THE ASOCIATION THAT BRINGS TOGETHER STUDENTS OF THE SCHOOL OF ARTS, DESIGN, AND ARCHITECTURE.**



**TOKYO is the umbrella association open to all ARTS and art-inclined students.**

As a school-level association, TOKYO takes an active part in student advocacy and organizes events to gather together all the ARTS-minded students and alumni.

Our events include Lapland trip, Maskerad, and Christmas Sales, where ARTS students sell their art. TOKYO also owns Kipsari and Kipsari Studio - two great non-profit vegan restaurants- as well as Torso magazine, which is printed at least 4 times a year and showcases ARTS students works + discusses current

## ◦◦ **MORE INFO?**

Insta: @tokyo\_aalto\_arts

Telegram: aaltoarts  
tokyo.fi



# HELLO FUKSI AND WELCOME TO AALTO COMMUNITY!

## KY - AALTO UNIVERSITY BUSINESS STUDENTS

KY is a community of more than 3000 business students, "kylteris". Our purpose in the Aalto community is to cherish our 110-year-old traditions, uphold KY culture and advocate for our members. At the campus you can spot us in our dollar green overalls.

KY is home for hundreds of volunteers, who participate actively in KY's clubs, subject clubs, subcommittees and committees. They organize a wide selection of activities to make sure that everyone gets the most out of their time in the university. We have many traditional events that are also open for anyone in the Aalto community, such as the adventure competition Aalto City Challenge, Hukkaputki pub crawl and KY Wappu.

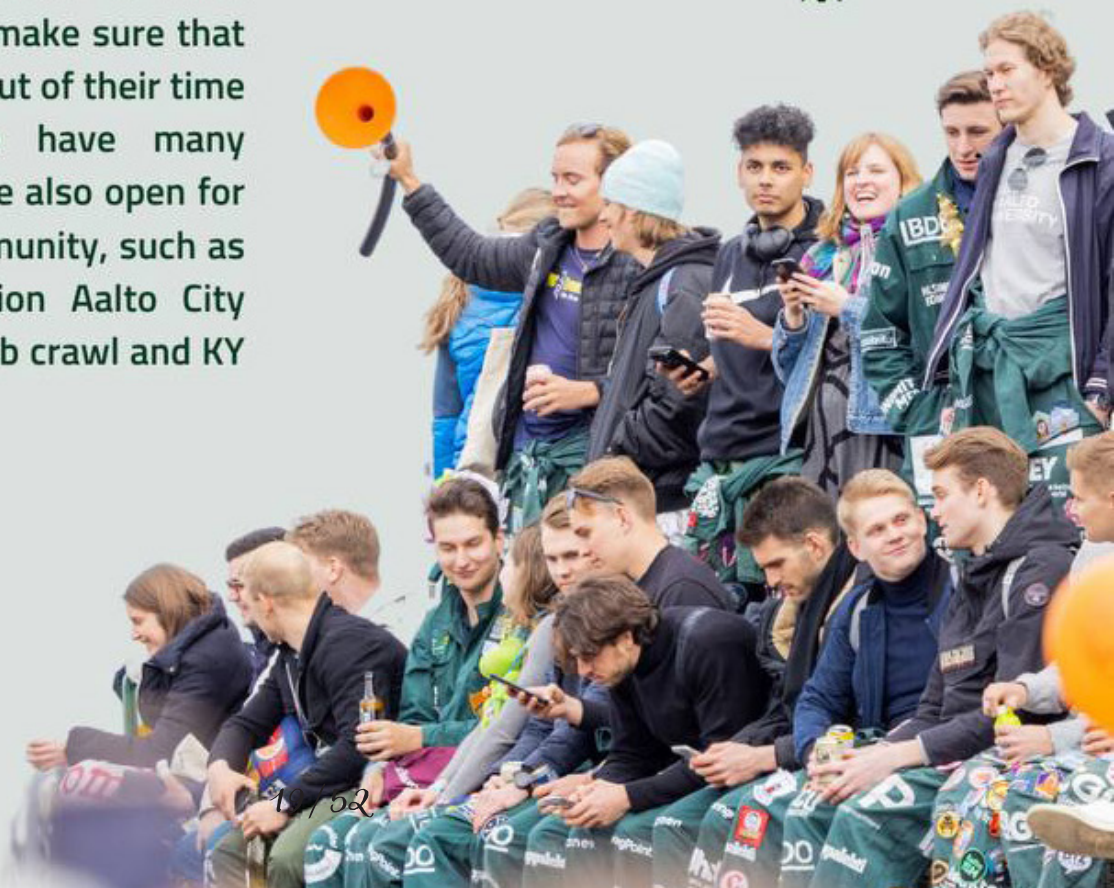
Website: [ky.fi](http://ky.fi)  
 Instagram @ky\_1911  
 TikTok @ky1911\_

**KY** 1911

## PROBBA RY

Probba is the Student Association of Aalto University School of Business, Mikkeli Campus. All students who study at Mikkeli campus are members of Probba, bringing their size to around 240 members.

Website: [probba.org](http://probba.org)  
 Instagram: [probbary](https://www.instagram.com/probbary)



# TF greetings

## WHAT TF? (TAFFA)

Teknologföreningen (TF) is the Swedish-speaking branch of Aalto University. The association was founded in 1872. TF's goal is to bring together the Swedish-speaking students of Aalto University. The cooperative building owned by Teknologföreningen, called Urdsgjallar, provides a great framework for achieving the goal. An almost equally important task is monitoring the intellectual and social interests of Swedish-speaking students.

Stora gratulationer till din studieplats på design, och välkommen till Aalto-universitetet! Du har gjort ett ypperligt val och nu väntar ett fantastiskt phuxår. Studietiden är en unik tid i ditt liv och jag hoppas du tar ut allt du kan av den. Jag är Rafaela von Frenckell, Phuxivator på Teknologföreningen, TF, i år. Min viktigaste uppgift under det kommande året är att ta hand om TF:s phuxar.

Teknologföreningen är den svenskspråkiga nationen vid Aalto-universitetet. Våra medlemmar är inte bara de som har svenska som modersmål eller talar det flytande, utan alla som är intresserade av det svenska språket, oberoende skola eller studieinriktning. Du behöver alltså inte kunna svenska eller studera tekniskt ämne för att bli medlem, utan bara vara ivrig att komma med i vår svenskspråkiga gemenskap. TF är till för alla, "ruotsinkielisille ja ruotsinmielisille"! Ta alltså tillfället i akt under de första dagarna vid Aalto att skriva in dig. Det kommer att ordnas en välkomstrundvandring på TF:s nationshus Urdsgjallar för ditt gille under introveckan. Ifall du är nyfiken på vad allt vi gör på Teknologföreningen är det bara att ta kontakt med mig eller komma på besök till Urds!

Kom ihåg att ha det roligt och vila upp dig under sommaren, hösten närmar sig med stormsteg och bär med sig otroliga upplevelser. Phuxåret är ett av de mest minnesvärda åren av studietiden! För en liten försmak rekommenderar jag att du deltar både på gillet och på TF:s startskott redan under sommaren. Då skolåret kommer igång kommer det redan från början att hända mycket och jag hoppas att du modigt deltar på så mycket du orkar och hinner, både på KY:s och på TF:s evenemang. På så vis får du lära känna de andra phuxarna samt äldre studerande. Dessutom ska du också samla phuxpoäng under året, de som samlat tillräckligt får sedan Teknologföreningens kokard till Wappen (om den ordnas)!

Jag vet att Lilo och Wilhelm kommer ta väl hand om dig, men jag finns också alltid här för dig. Läs igenom hela denna blaska, den innehåller mycket information som kommer bra till hands när hösten väl kommer. Njut av sommaren, så ses vi på hösten!

Kram,

### SIGNATURE

Rafaela von Frenckell  
Phuxivator  
+358 44 211 4943  
ohuxivator@tf.fi








# What is Teekkari?

In Finland, "teekkari" is a term used for technology students. The term is also used for students of technical subjects in general universities and Bachelors of Science in Technology.



The "Teekkaris" have a very strong student culture. And they consist of many different guilds.

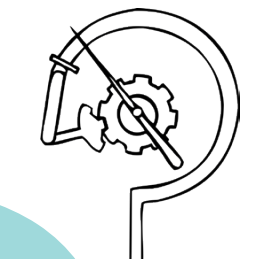
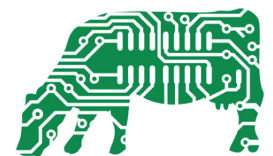


the teekkari hymn is a traditional student song, which is intended to be sung in student events at midnight.

The teekkari cap is a headgear resembling a student cap that teekkari students use starting from the International Workers' Day on their first study year. In Finland the cap is white and has a tuft attached to its right side by a string. The string and the tuft are made of black silk.



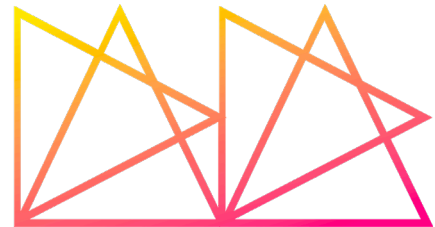
There are detailed rules about wearing the teekkari cap, which are upheld in Finland by the student body of the appropriate technical institute or by the teekkari association in the case of a general university. According to a general rule, the teekkari cap is a summer cap, which is worn from International Workers' Day up to the cap removal ceremony in autumn. The appearance of the cap, the traditions relating to its wearing and the rules relating to it vary somewhat by the city of the institute.



# Other Arts Associations

There are a lot more arts associations under TOKYO, and some even under NuDe or AK.

DADA ry id the association for students of New media, Sound, Game Design and Photography.



GRRR is a a student organization for Visual Communication design (VCD) students.

Klaffi ry is a student association for film students.



**FAST**

faST is an association for students in the Fashion BA and FACT Department of design (The fashion MA). The fashion students also fall under NuDe.

AK is the overarching student association of Architecture students.



KOOMA ry is the student association of art education.

SISTA ry is a student association for interior architecture students.



VISTA is the student association for Landscape Architecture students.

IDBM Klubi is a subject club of International Design Business management (IDBM) Masters program. IDBM Design students also fall under NuDe.



# Haalarit/overall culture

All over campus and around Finland you will see students dressed in overalls or jackets. These colorful pieces of clothing are the "student uniform". Students can get one from their guild or subject association and depending on what you study it will have a different color or pattern.

Students are proud of their overalls/jackets and wear them to many different events. When wearing their "student uniforms" they are representing their guild/association. ARTS is characterized for having jackets instead of overalls and by having different traditions around them (you can read more about this in the Jacket section).

There are certain traditions associated with overalls. For example, you may not wash your overalls unless you are wearing them, you can exchange the leg of your overalls with your partner and the arm with your previous overalls if you have other studies.

Patches! Students usually collect and sew fabric patches onto their student uniforms. You can get patches from participating events or buy them just for fun! There are no rules on how to use them, so get creative! You can also add on other useful things besides patches... maybe a bottle opener or a pen?



# SCI



**Prodeko**

INDUSTRIAL ENGINEERING  
AND MANAGEMENT



**Tietokilta**

COMPUTER ENGINEERING

# ENG

CIVIL ENGINEERING



**Rakennus-  
insinöörikilta**

# KUUTTI GUIDE



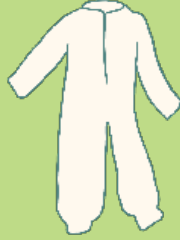
**Maanmittarikilta**

SURVEYING ENGINEERS



**Athene**

INFORMATION NETWORKS



**Fyysikkokilta**

PHYSICS

# BIZ



**KY**

BUSINESS



**Koneinsinöörikilta**

MECHANICAL ENGINEERING

# ELEC

AUTOMATION AND  
SYSTEMS TECHNOLOGY



**Automattio-ja  
systemiteknikan**



**Inkubio**

BIO INFORMATION TECHNOLOGY



**Sähköinsinöörikilta**

ELECTRICAL ENGINEERING

# CHEM



**Vuorimieskilta**

MATERIALS AND METALLURGY

# ARTS



**GRRR**

GRAPHIC DESIGN



**Kooma**

ART EDUCATION



**Puunjalostaja**

FOREST PRODUCTS



**Prossesiteekkarit**

PROCESS ENGINEERING

# TF



**Täffa**

SWEDISH SPEAKERS



**Nuoret Designerit**

DESIGN



**Arkkitehtikilta**

ARCHITECTURE



**Kemistikilta**

CHEMISTRY





# Wappujackets

Overalls and jackets are "student uniforms" that are recognized all around Finland. Arts is recognized for having it's unique jackets! Arts education has white or light blue and gray jackets, GRRR has Marimekko print patterns that change each year and NuDe's jackets rock a different pattern every year.

Our jackets steal attention everywhere we go. You have a right to buy a Wappujacket of your own, if you are a member of the association responsible for giving them out and are studying in the corresponding field or show a great spirit within the association. New jackets are usually published in fall before you can reserve one. NuDe's wappu jackets that are bought in the fall are given to their new owners at an event called The Jackening.

Collect patches

NuDe has a new "send NuDe's" patch every year

Personalize



Decorate!

And once you have your very own jacket, it's time to make it your own! We encourage you to make alterations to your jacket, like adding more pockets, changing sleeves and hanging all the stuff you want to carry around in events. You can get extra fabric for the alterations.

NuDe has few specific rules about modifications:

- A hood with a fur is reserved for Kuutti Captains

Otherwise, the sky's a limit!





The one to start it all  
2015 - Vappukukka

Fresh breeze  
2016 - Lehtisade

The black and white  
2017 - Norppa and Harju

Dark and moody  
2018 - Hämeensilta

This is the original one and a rare sight! Jackets are named Vappujackets after this pattern.

This pattern comes in various color options and it is already considered a classic.

This year had two pattern options! This is why the seal (norppa) is our mascot.

The dark city scenery brings more drama to the collection.





Full on Pink  
2019 - Vaahtera

Feline fairytale  
2020 - Mirri

Dark flowers  
2021- Aura

A colorful mix  
2022 - Johanna ja homsantuu

Everyone (and I mean the whole campus) loves the bright and delightful pink!

This kitty pattern is for all the cat lovers out there!

A beautiful Finlayson pattern dark with big pink letters.

Designed by one of aaltos teachers Maija Fagerlund!

# International guide

The international guide is here as a quick snapshot of the things to keep in mind as you prepare to move to Finland.

To get more details, see <https://into.aalto.fi/display/enopisk/International+students>

If you feel lost, feel free to contact your Captains or Tutors via Telegram/email! They might not have all the answers but will surely try to help you

## ADMISSION INTO AALTO

- Apply for Housing! ASAP! the earlier you this the more chance you have! (See page:
- Applying for the Residence Permit  
Apply for your residence permit through [Migri](#) + your local Finnish embassy ([non-EU/EEA students](#))
- Aalto ID and ICT access  
Will arrive in your email around the be-

## ARRIVE IN FINLAND!

- First few days in Finland/Espoo
- Register your change in residence through [Migri](#) ([only EU/EEA students](#))  
Register for your Social Security number at the [DDV](#) (formerly Maistratti)
- Get a student priced travel card through

## BEGIN YOUR STUDIES IN AALTO





# Moving to Finland

## THIS IS IMPORTANT.

Prepare yourself for some bureaucracy. Depending on your situation the entire settling in process can take from 2 months to half a year. Don't stress out too much, try to do the minimum that will let you arrive in Finland on time, the rest can be done here with support from your peers and you will not be deported immediately if you don't do it straight away. However, living without strong authentication provided by a bank is really annoying and frustrating so it's in your best interest to get it.

Also we are making this guide well in advance so things might change **ALWAYS CHECK THE WEBSITE** for the most recent info especially if your for a country where rules might be a little different.

This website has great info:

<https://www.infofinland.fi/en/moving-to-finland/moving-to-finland-checklist>

## MOVING WITHIN EU

1. You confirmed your study place
2. Apply for Housing
3. Make appointment at Migri
4. Arrive to Finland
5. Download Frank 6. Migri office visit
7. Open student Bank account
8. Receive your Finnish Social Security Number

As a EU citizen you only need to "Register your right of residence." This is done in

An institution called Migri and costs 54 €. You will find all necessary application and documents on the Migri website (<https://migri.fi/en/home>), what you need to provide is:

- \* Copy of passport or identity card (the original must be presented)
- \* Proof of funds for you and your family members - as a EU citizen there is no specific amount of money that you need to have, however anything to confirm your good financial situation will be useful, even ask your legal guardians to sign a document that they will support you if that's necessary.
- \* Certificate of attendance from a Finnish educational institution

The documents are sent through a portal called Enter Finland (<https://enterfinland.fi/>), however you will have to visit Migri office anyways to confirm your identity.

Things might be different depending on where your from or the rules

## MOVING FROM OUTSIDE THE EU

1. You confirmed your study place
2. Apply for a residence permit
3. Apply for Housing
4. Arrive to Finland
5. Download Frank
6. DVV visit (municipal ID)
7. Apply for Finnish ID
8. Open a Bank account

### BEFORE ARRIVING

#### DVV (WHAT IS THAT?)

The way that Finland works in terms of everything — meaning that you can use any service such as student discount transportation, student health care, etc — is by having an electronic identification or e-ID.

For having that you need to go through a process of steps.

First, you need to register yourself as a **resident of Finland**, your residence permit is for entry to Finland but that doesn't mean that you are living inside Finland, so you need to make an appointment in the DVV for them to give you a municipal ID.

However, you need a residential address. You cannot do it if you are staying in a hotel or Airbnb.

Also, you don't have to **have a Finnish ID** but I recommend you to apply for one, how to do it? Actually it is very easy. Apply through Poliisi page → make an appointment → bring your papers (DVV certificate that arrives like 1 month later from your handled papers and stuff in the DVV appointment) a physical picture that you can bring, it can be the same as the one for your residence permit, so remember to bring a couple of those photos since here taking new photos will cost you like 18e.

You paid like 35e for that ID → you will receive a physical ID one or two weeks after the appointment.

After that, you can start your process of opening a bank account. With that, you will have an e-identification for doing everything: this is your main goal.

## BANK ACCOUNT

Good luck, this can be a nightmare. You will have a couple of options for choosing your bank. All of them are similar but the appointment time for opening the account is different. Here is the list from the most difficult to make an appointment to the faster ones:

1. Nordea — You need to wait like 40 mins on the phone for them to give you your first appointment, yes, you will have like 2 or 3 appointments.

2. Danske — They gave me one appointment to handle my documents and open my profile. Then I went once more to open the account.

3. OP — I know that you can go directly to the bank and ask for an appointment or open an account there. if your lucky you might even be able to everything except the pickup online!

4. S-Pankki — This one is really fast.

Some banks might give you discounts to certain grocery shops so please check those!



# Housing

Finding an apartment can sometimes be tricky, as the housing field in the metropolitan area is very competitive. Luckily, you have plenty of different options on where to apply, here are just a few of them. We recommend that you apply to multiple suppliers to maximize your possibilities to get an apartment. Here are some housing options within Helsinki capital region (Helsinki, Espoo, and Vantaa):

## AYY HOUSING:

Get to know AYY's housing - <https://ayy.fi/en/housing/>

Read through the info regarding applying for an apartment - <https://www.ayy.fi/en/how-to-apply-for-housing>

Apply for an apartment in AYY's Domo - <https://domo.ayy.fi/>

Housing issues are handled by AYY's housing service point, contact AYY: Otakaari 11, Espoo (entrance upstairs) / [asuntotoimisto@ayy.fi](mailto:asuntotoimisto@ayy.fi) / +358 50 520 9410

The logo for AYY HOUSING is located in a yellow circle. It features the letters 'ayy' in a bold, lowercase, sans-serif font, with the word 'HOUSING' in a smaller, uppercase, sans-serif font directly below it.

## HOAS (FOUNDATION FOR STUDENT HOUSING IN THE HELSINKI REGION):

The biggest provider of student housing in the metropolitan area -

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

## HOUSING/ CITY APARTMENTS:

Helsinki - <https://www.hel.fi/en/housing/rental-housing> Espoo

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

Vantaa - <https://vav.fi/en/>

## PRIVATE APARTMENT PROVIDERS:

Vuokraovi - <https://www.vuokraovi.com/?locale=en>

Lumo - <https://lumo.fi/en/>

Sato - <https://www.sato.fi/en>

Nuorisosaatio - <https://www.nuorisosaatio.fi/nuorisosaatio-in-english/>

## FACEBOOK GROUPS:

Helsinki - <https://www.facebook.com/groups/235368102105/>

When you happen to get an apartment, please note that picking the keys is in most cases possible only during the weekdays and office hours. Please remember to check that if there is any national holiday colliding with the day you have planned to pick up your keys. If you come to Finland when the office is closed you can give permission to someone else to pick up the key. This can be your tutor for example.

DEPARTMENT OF DESIGN

|                                   |                   |                            |
|-----------------------------------|-------------------|----------------------------|
| Head of the department            | Tuuli Mattelmäki  | tuuli.mattelmaki@aalto.fi  |
| Head of BA design program         | Heidi Paavilainen | heidi.paavilainen@aalto.fi |
| Head of BA English design program | Oscar Person      | oscar.person@aalto.fi      |
| Head of BA fashion program        | Tuomas Laitinen   | tuomas.p.laitinen@aalto.fi |
| Head of CS                        | Mikko Jalas       | mikko.jalas@aalto.fi       |
| Head of CoID                      | Severi Uusitalo   | severi.uusitalo@aalto.fi   |
| Head of FaCT                      | Kirsi Niinimäki   | kirsi.niinimaki@aalto.fi   |
| Head of CoDe                      | Maarit Mäkelä     | maarit.makela@aalto.fi     |
| Head of IDBM                      | Peter McGrory     | peter.mcgrory@aalto.fi     |

STUDY COORDINATORS

|                                 |                    |                             |
|---------------------------------|--------------------|-----------------------------|
| BA (Finnish Design and Fashion) | Kristiina Tengvall | kristiina.tengvall@aalto.fi |
| BA (Design - English)           | ?                  | ?                           |
| CS                              | Naoko Nakagawa     | naoko.nakagawa@aalto.fi     |
| CoID                            | Meri Arnala        | meri.arnala@aalto.fi        |
| FaCT                            | Helena Kurkela     | helena.kurkela@aalto.fi     |
| CoDe                            | Mervi Palva        | mervi.palva@aalto.fi        |
| IDBM                            | Kati Halminen      | kati.halminen@aalto.fi      |

# Moving in to Aalto Environment

## STUDENT CARD FRANK

Frank is a student-owned service that issues student cards and provides benefits all over Finland. With a student card you can get discounts from student restaurants, train rides, public transportation and many more. You can attach an international ISIC license to your application and get benefits around the world.

Frank App, a digital student card, is an official student identifier that you can use instead of the physical card. Download the Frank App from Google Play or App Store and activate the application after joining your student union.

More information on the different card options and discounts can be found from: <https://www.frank.fi/en/>

## TRANSPORTATION IN HELSINKI

A student discount (45%) for public transit in the metropolitan area can be received by students who live in the HSL area (Espoo, Helsinki, Kauniainen, Kerava, Kirkkonummi, Vantaa) and have a student status in their travel card. The student discount can also be granted to exchange students temporarily living in the HSL area if the grounds for admission are filled.

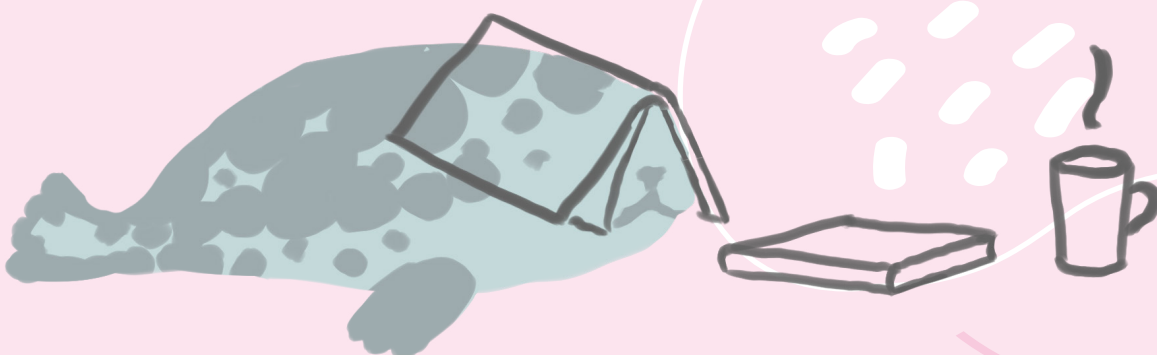
More information can be found on HSL website: <https://www.hsl.fi/en/tickets-and-fares/discount-tickets/students>

- \* Connections to Aalto Campus — Exact routes and timetables can be found in timetable books or through the HSL's Journey Planner (<https://www.hsl.fi/en>)
- \* Long distance traveling as a student — VR (Finnish National Railroad) offers student discounts on their long distance train journeys. More information: <https://www.vr.fi/en>

As a student you can receive discounts from various travel companies, including HSL. Find more information about student discounts from the websites of different companies. To get student discounts on buses and trains you need a valid student card.

## STUDENT MEALS

There are many student restaurants in and around the campus. These restaurants offer meals at affordable prices, usually starting at 2,90€ and up. You can get the students discount with a valid student card, FRANK app or with Kela's meal subsidy card. You can see the list of all of the student's restaurants from Kela's website. You can see Otaniemi based student restaurants lunch lists at: <https://kanttiinit.fi/>





## *KELA (SOCIAL INSURANCE OF FINLAND)*

"Kela, the Social Insurance Institution of Finland, is a government agency that provides basic economic security for everyone living in Finland." Apply for student allowance and the general housing allowance as soon as you have received confirmation of receiving a study place. Student aid consists of the student allowance, student loans and meal support. Apply online to receive your allowance faster! Check their website for your eligibility. How to apply for student allowance: <https://www.kela.fi/web/en/financial-aid-for-students-how-to-apply> Starting Studies at Aalto

## *PERIODS, ENROLLMENTS*

Aalto carries two periods in the fall semester and three in the spring semester and most courses last one period. There are some summer courses available as well. The last week of a period is called exam week because... well, you know... it's full of exams. The enrollment to next period's courses happens a few weeks beforehand in Sisu. You might not get into some courses and that is ok. Besides the priority order, places are given based on a lottery. Don't worry about your first enrollments, you will do this in school during orientation week.

## *SISU + HOPS*

HOPS (henkilökohtainen opintosuunnitelma) or PSP means your personal study plan. Every degree student creates their HOPS at some point during the first year and you will get instructions on how to do it in Sisu. HOPS includes what specific courses you want to take and when you will have them. It's important to keep your HOPS up to date and accepted by your study counselor, because it might affect or be a requirement before students are accepted to some courses.

There are some model timetables in Aalto Into for all students to use. It is recommended following these ready-made plans to the best of your ability, as taking some of the courses in a specific order might be mandatory. Many courses are organized once per year and the department is constantly updating the courses and course selection. But it is also possible to arrange your schedule in an alternative way. Just be sure to check with your study counselor!

## *CREDIT SYSTEM*

The progress of your studies will be measured by credits (opintopiste). Each course is worth some credits based on the workload. One credit equals 27 hours of work including self-reflection, but you might get the tasks done faster or slower than that. Typical courses have 2 to 15 credits. It's recommended to take courses so that you can have 10 to 15 credits per period or 60 credits per year, if you want to complete Bachelors studies is three years and Masters studies in two years. If you already have studied similar courses before your studies, you can ask to have those credits without repeating the course.

## *GRADING SYSTEM*

The grading system in Finland can be a bit different than in other places.

The scale is 1-5. You pass with a 1 and a 5 is considered AMAZING. Some courses don't give you a grade and simply tell you if you passed or failed. If you do not pass a class it will not affect your average nor will it show up in your transcript.

# Events

There are so many event on campus organized by many different clubs and associations. These are a few of the biggest ones

**SITSIT** = academic sitting party people sing and eat (don't worry you dot have to be a good singer) it usually has a theme and rules, we will go through these "rules" during the Kuutti sitsi so you feel confident to attend more of these types of parties. (It has three course meal + drinks and shots however there is always a non alcoholic option)

**APPRO(T)** = pub crawl, usually these bar will have discounted prices for students and you can get prizes if you finish all.

**ANNUAL BALL**= every year associations organize a big gala event its quite for formal so bring you suits and dresses! Its usually white tie.

**WAPPU**= The first of the first of may is labor day in Finland, in Aalto Wappu is unique and traditional time in the Aalto community. Where weeks before the pre celebration starts.

**SILLIS** = Party after annual ball/sitsit where you cure your hangover, it can include sauna

## NUDE EVENTS

Here are some events to look forward to! The dates are approximations and might change. There will be many events for you during and close to orientation week. Keep an eye on your telegram groups!

### Wappu Kuutti run

is the end of the Kuutti year, it's a scavenger hunt that ends in a party for the whole new student year.

### NuDe First Years' sitsit

Is a way to get to know other Kuutties over song and dinner, it's also a great way to find out about the tradition of Sitsi!

### Kuutti Christmas party

Is an event traditionally organized by the first years for the rest of NuDe and ARTS. Christmas parties are a staple in Finnish culture, get your Glöggi, eat some gingerbread and celebrate winter the way you want to!

### Kuukautiset,

Is a monthly NuDe event, it can range from movie nights to karaoke, they are usually held at Otaneum and are focused on having a relaxing time with fellow nude members.

### NuDe annual ball

Will be the biggest event of the year, after years of Covid we will finally have one again. It's a formal event with a sitsi, dancing and more

### Bootycamp

Is a NuDe staple, it's a way to get to know nude traditions and people in a cottage with a sauna (the name is a play on the concept of a Boot Camp. Its aim is to be a fun, fair and enjoyable event for everyone).

| WHEN        | WHAT   | WHERE                        |
|-------------|--|------------------------------|
| EVERY MONTH | Kuukautiset  | Otaneum                      |
| SEPTEMBER   | Kuutti sitsi<br>Bootycamp                            | OK 20 upstairs<br>AK cottage |
| OCTOBER     | Jackening<br>NuDe Annual ball<br>NuDe Halloween      | Otaniemi                     |
| NOVEMBER    | Nude general meeting (become a board member!)        |                              |
| DECEMBER    | Kuutti Christmas party                               | JMT 5 Living room            |
| FEBRUARY    | NuDe seglar to Stockholm                             | Stockholm!                   |
| APRIL       | Misunderstood sitsi<br>Pre wappu sitsi<br>Kuutti run | Smökki<br>Otaniemi           |
| MAY         | Wappu!<br>Problem oriented sitsi                     | OK 20 upstairs               |

# Student Advocacy



**BA Student Advocacy  
Info Channel**

## WHAT DO STUDENT ADVOCATES DO?

We empower the voice of the students!

Here at Aalto, students have the power to influence decisions and policies alongside professors and staff. We're not just passive learners, but active participants in shaping our education.

That's where student advocates come in. In ARTS and Aalto University as a whole, our NuDe student advocacy group looks out for your interests. We engage in formal and informal meetings with school staff and collaborate with students from various disciplines like art, media, design, film, architecture, and music across Finland.

Your feedback is crucial in shaping the quality of teaching. After each course, make sure to participate in Aalto's feedback forms and express your opinions openly. This input directly influences the content and quality of future courses.

Keep up to date with all things BA advocacy related by joining the BA Student Advocacy channel!



**BA Student Advocacy Form**

## WHAT SHOULD I DO IF THINGS GO WRONG?

If things go wrong or you face unfair treatment, don't hesitate to reach out. Start by discussing the issue with your teachers or student advocates, who are here to represent you. If further assistance is needed, you can contact AYY's student representatives or share your concerns anonymously through a NuDe Student Advocate form, easily reached by QR code. Our advocates handle cases with absolute discretion and escalate matters to school management if necessary.

You're never alone. NuDe has two advocates for Design students: Ken for bachelor's programs ([kenneth.simmons@aalto.fi](mailto:kenneth.simmons@aalto.fi)) and Nina for master's programs ([nina.zdral@aalto.fi](mailto:nina.zdral@aalto.fi)). Reach out to us anytime, big or small, and we'll make sure your voice is heard and your university experience is the best it can be.



## **BECOME A HALLOPED?**

Hey, want to have a real impact on your university experience? Well, then it's time to become a Halloped! "Halloped" is short for HALLinnon OPiskelijaEDustaja, which means a student representative in university administration.

As a Halloped, you'll be an elected student representing your fellow students in various university bodies and committees. Your role is to advocate for the interests of all students and contribute to the development of our university. Many Hallopedes also get involved in student associations and serve as student advocates there.

If you're a first-year student and interested in participating in the decision-making process of the school, becoming a Halloped is a fantastic opportunity. It not only allows you to learn how to make a difference but also provides valuable insight into how the university operates.

If something seems off or you have ideas for improvement, you can always reach out to the current Hallopedes. They'll be happy to hear from you and address any concerns. To find out who the current Hallopedes are, check out [www.halloped.fi/en](http://www.halloped.fi/en).

Mark your calendars! The application period for Halloped positions for the year 2024 is between November and December. Don't miss out on this chance to shape your university experience and be a voice for your fellow students.

## **JOIN THE REPRESENTATIVE COUNCIL: MAKE YOUR VOICE HEARD!**

Did you know that in Finnish universities, Student Unions hold significant power, resources, and responsibility? Take AYY, for instance. They own student housing and provide funding to student associations, which actively advocate for specific fields and promote culture at the grassroots level. AYY strives to influence student rights both within and beyond the university, even at the governmental level.

Now, let's talk about the highest decision-making body of the Aalto University Student Union: the Representative Council. This council wields considerable authority within the student union, with the final say on many matters presented by the AYY board. Just imagine—the individuals in this council have a great deal of influence over students and our collective decisions.

That's why the representatives for the council are selected through university-wide elections held biannually. As an Aalto University student, you have the right not only to vote for your favorite candidate but also to run for the council yourself. Yes, you read that right—you can be the one shaping our shared future.

So, mark your calendar for the next elections and make sure your voice is heard. Participate in the democratic process, exercise your right to vote, and consider running for the council. Your participation in these elections can make a real difference.

# Harassment Contacts

**At NuDe we take safety very seriously, this doesn't mean we have a unsafe community, quite the opposite. However we like to make sure that everything is in place if you ever need help.**

Hello!

We are NuDe's Safer Space Committee, and we want to make sure that you feel safe in our and now your community. The committee consists of members who are trained as Harassment Contact People (HCP). Our role is to prevent and intervene in harassment situations within the student and association community. We are responsible for ensuring the safety and well-being of participants at events and other activities and act as points of contact for anyone who experiences or witnesses harassment. We can provide support, listen impartially, help identify and address inappropriate conduct, and can refer individuals to other services if needed.

## **WHAT IS HARASSMENT?**

Harassment is defined as various forms of inappropriate conduct that negatively affect individuals and create an unsafe or hostile environment. It can take the form of sexual harassment, offensive jokes, hate speech, offensive images, marginalization, physical violence, stalking, and intimidation or pressuring.

## **WHAT TO DO IF YOU EXPERIENCE OR WITNESS A HARASSMENT SITUATION?**

These behaviours should not be tolerated and if they occur you can contact directly one of the below HCPs or fill out the complaint form by accessing the QR code. By filling out the form, you can decide to share your contact or stay anonymous. If we have your contact, we will get back to you as soon as possible and we can support you, mediate a conflict or provide guidance and resources. We can also help you with guidance for example to contact police, if needed. You can also contact us if you're afraid you've offended or acted inappropriately toward someone else and would like to see how to fix it.

Overall, the HCP's role is to support individuals, mediate conflicts, provide resources, and ensure a safe and inclusive environment within the NuDe and our community. Be mindful of yourself and others and respect others in the community. We wish you a fun and exciting start of studies!

Useful contacts:

AYY Equity Officers Contact -  
equity@ayy.fi

Police helpline: +358 (0)295 419 800

Emergency number: 112



Link – QR code – General contact and complaint form

<https://docs.google.com/forms/d/10bVSXmGVuONSF8FTFB-wUFn-zsDiKtYNIw0IZUY83FAE/edit>



Contacts of NuDe HCPs:

Bartek Rey (he/him)

Telegram: @bartekrey

Email: bartlomiej.rey@aalto.fi

Lang.: English, Polish

Ken Simmons (any)

Telegram: @KennDoubleN

Email: kenneth.simmons@aalto.fi

Lang.: English

Lù / (they/them)

Telegram: @lu\_isanameof\_gem

Email: lu.1.chen@aalto.fi

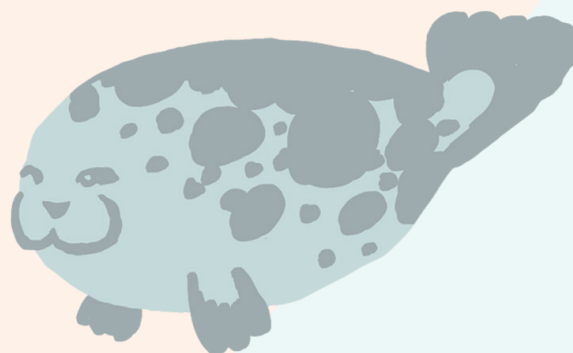
Lang.: Chinese Mandarin, English, Japanese

Mari Keskiivari (she/her)

Telegram: @marikeskiivari

Email: mari.keskiivari@aalto.fi

Lang.: Finnish, English



Nici Kajander (she/her)

Telegram: @coelinec

Email: nicole.kajander@aalto.fi

Lang.: Finnish, English

Nina Zdral (she/her)

Telegram: @ninazdral

Email: nina.zdral@aalto.fi

Lang.: English + Polish

Vitória Freitas (she/her)

Telegram: @vitoriafreitas

Email: vitoria.fiorelladefreitas@aalto.fi

Lang.: English + Portuguese + Italian

Zina Marpegan (they/them)

Telegram: @algoasi

Email: zina.marpe@gmail.com

Lang.: Spanish, English

# Health & Wellbeing

## FSHS

The Finnish Student Health Service (FSHS) provides general, mental and oral health care services for students of universities and other institutions of higher education. You get to use these services by paying the healthcare fee for students in higher education annually to Kela (the Social Insurance Institution of Finland). The fee is mandatory. Reservations are made by phone and FSHS will contact you via a call-back service. Contacting and visits concerning general health are always free, except visits to specialists.

To use FSHS services efficiently you need to create an account to FSHS digital Self Service with your bank account or via mobile identification. You can take care of appointments, move an appointment and other health affairs digitally. Make sure your contact information is valid and updated in Self. More information: <http://www.yths.fi/en/self>.

When FSHS is closed or you can't get an appointment you can use your own state health center near you. The FSHS invites all first-year students to a health examination. This examination consists of an electronic health inquiry and, if necessary, a personal health discussion. The inquiry covers issues related to general and oral health and factors affecting these. If necessary, you will be asked to make an appointment with a public health nurse and/or for an oral health examination/treatment. You can get the information of the examination through the Self Service or via text message.

FSHS units in the metropolitan area:

Otaniemi: Otakaari 12, Espoo

Töölö: Töölönkatu 37 A, Helsinki

You can get services in any FSHS, also in different states. More information: [www.yths.fi/en/](http://www.yths.fi/en/)



## STUDENT WELLBEING

### STARTING POINT OF WELLBEING

The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing. Starting Point of Wellbeing offers drop-in advising online and on campus (Otakaari 1, SPW room Y199c). You can drop in to the Starting Point of Wellbeing without booking an appointment in advance if you need advice and guidance on matters related to your wellbeing and study ability.

For more information and updates, you can contact Starting Point of Wellbeing people and follow the online channels:

Contact persons are study psychologist Sanni Saarimäki (sanni.saarimaki@aalto.fi) and guidance counselor Marja Lehto (marja.lehto@aalto.fi).

Telegram Information Channel: [t.me/aaltospw](https://t.me/aaltospw)

Instagram: [@aaltowellbeing](https://www.instagram.com/aaltowellbeing)

<https://www.aalto.fi/en/study-at-aalto/starting-point-of-wellbeing>

### Helping Hand

### HELPING HAND

Helping Hand is a peer-led student support project specifically for Aalto Arts students. They organize various low threshold peer support events and meetings with fellow ARTS students to support each other in the challenges of studying and working in isolation. Helping Hand is there to listen to what you're going through.

Helping Hand contact channels:

Facebook & Instagram: [@aaltohelpinghand](https://www.facebook.com/aaltohelpinghand)

Email: [helpinghand@aalto.fi](mailto:helpinghand@aalto.fi)

### UNISPORT

Aalto University has numerous sports facilities and associations you can join. Find the full list of sports associations: <https://aay.fi/en/associations/associationslist/> by selecting the subgroup 'Sports and Camping'.

Students of Aalto University can get affordable sport services in UniSport. UniSport Sport Centres can be found in University of Helsinki central campus, Kumpula, Meilahti, Otaniemi and Töölö. UniSport offers group exercise, ball games, gym training and different courses among other services. Season and single tickets are low-priced to all Aalto students.

More information: [www.unisport.fi/en](http://www.unisport.fi/en)

# Channels!

Aalto uses telegram mostly to communicate telegram has channels and groups.

**NuDe (Nuoret Designerit ry) groupchat:**

<https://t.me/nudery>



**And this one is for the whole of ARTS: -**

<https://t.me/aaltoartstg>



**some other useful and fun ones:**

- @Otaniemi is the campus area. Sometimes people chat in Finnish.
- @aaltointernational
- @aaltomarketplace people selling second hand stuff
- @annetaantavaraa people giving away stuff for free
- @otaniemisubleasing people renting their apartments, especially short-term
- <https://t.me/foodl123> for left over food
- [https://t.me/joinchat/J\\_SQJhbWu80DOx1T1daKIA](https://t.me/joinchat/J_SQJhbWu80DOx1T1daKIA) for plant lovers
- <https://t.me/otaniemionlycatsfor> cat people

# Check list

## BEFORE THE START

- ◇ I have accepted my position at Aalto and registered as attending
- ◇ I have paid the membership fee to AYY
- ◇ I have acquired or applied for an apartment in Helsinki Metropolitan area
- ◇ I have filled the applications for student financial aid and general housing allowance in Kela (if applicable)
- ◇ I know public transportation to school
- ◇ I have enjoyed the summer and prepared for the semester
- ◇ I have joined my class groupchat, the Nude groupchat, the and Arts groupchat
- ◇ I have done the aalto new student course
- ◇ I had a good summer and ready to start

## IN THE FIRST WEEKS

- ◇ I have joined NUDE
- ◇ I have joined TOKYO
- ◇ I have a an HSL card/app that is working and have the student status on it
- ◇ I have a bank account that works in finland
- ◇ I have a working frank app

# University Slang

**Aalto Pahvi** = Art supplies shop in the Learning Centre

**A Bloc** = A shopping center next to the Aalto University metro station as well as Väre; also a Fazer student restaurant in the same building

**A Grid** = Startup community that connects all six schools of Aalto. Located in Otakaari 5.

**Arabia** = The former site of the campus of the school of ARTS in the former Arabia ceramics factory in the Arabia housing district of Helsinki until summer 2018; now home to the Metropolia University of Applied Sciences.

**ARTS** = Abbreviation for the Aalto School of Arts, Design and Architecture (Six schools of Aalto: ARTS, BIZ, ENG, ELEC, SCI, CHEM)

**Alvarin aukio / Alvari** = Alvari Square, park in Otaniemi, between the Undergraduate Centre and the Learning Centre

**Amfi** = The amphitheater of the Undergraduate Center; a common hang-out among students

**Arkkari** = A student of architecture

**AK** = Arkkitehtikilta, the Guild of Architecture

**Ainon aukio** = Aino's Square, a square between the Väre building and the Undergraduate Center

**Appro** = A general name for student bar crawl events

**AYY** = Aalto-yliopiston ylioppilaskunta, Aalto University Student Union

**BIZ** = Aalto University School of Business

**D.I.O** = Do It Ourselves, a collective in ARTS doing community work and imagining futures through art and artistic practise

**Dekaani / Dean / Deksu** = Head of a school of Aalto University

**Design Factory / Defa / DF / ADF** = Place in Otaniemi campus that runs multidisciplinary courses and acts as an event venue

**Dipoli** = The headquarter building of Aalto University; often used synonymously with the student restaurant Reima, which is located there

**ELO** = Department of Film in ARTS

**Eksku / XQ** = An excursion, typically conducted by a student association into a company or multiple companies

**Fuksi** = First-year student, sometimes known as "Phuksi" in the technical fields, or "Mursu" exclusively in the School of Business, NuDe calls their first-year students Kuuttis

**Haalari(t)** = Overalls, a form of attire used by most university student associations in Aalto and in Finland in general during student events. Students often collect patches from various events, associations and companies and sew them into their overalls

**Halloped** = Hallinnon OPiskelijaEDustaja, student representative in the Aalto administration



**HOAS** = Helsingin seudun opiskelija-asuntosäätiö, student apartment foundation in Helsinki

**HOPS** = Henkilökohtainen OPintoSuunnitelma, personal study plan

**JMT** = Jämeräntaival, a street in Otaniemi housing many student apartments

**Jodel** = An anonymous messaging app popular among students

**Jäynä** = A prank or practical joke carried out by students, with which Aalto has a strong tradition

**Kandikeskus** = Undergraduate Centre, building designed by architect Alvar Aalto housing most of Aalto University's bachelor-level teaching. Also known by its address, Otakaari 1/OK1, and recognizable by the amphitheater landmark. Many ARTS associations are based in the K-wing of the building, while TOKYO Space and office are located in the Y-wing.

**Keto** = Short for Keskustoimisto, AYY's central office in Otaniemi

**Kilta** = Guild, name for technical students' subject associations

**Kiltis** = Kiltahuone; Guild room; a space dedicated for the use of a guild or student association

**Kipsari** = Vegetarian restaurant owned by TOKYO ry, with sites in Väre and Otakaari 7

**Kippari / Kapteeni / Fuksikapteen/Kuuttikapteen/Kuutti captain** = First-years' captain, a person appointed by a student association to take care of their department's first-years; most commonly also acts as a responsible tutor for the relevant department.

**Kokardi** = Cockade, the golden pin in a student cap which varies by school and study field; for ARTS students, this is the TOKYO spiral

**Koomuli** = Student of art education / member of the student association KOOMA

**Kritiikki** = Critique, evaluation event at the end of a course

**Kuutti** = A design first year student

**KY** = Kauppatieteen Ylioppilaat, Aalto University Business Students' association

**Kylteri** = Aalto University Business School student

**Lukkari** = Song leader, a host at sitsit

**Läsy** = Leaflet of song lyrics, used in sitsit

**Maisu** = Maisema-arkkitehti, student of landscape architecture

**Maskerad** = TOKYO's annual masquerade party with a changing theme

**Mouho** = General complaining in the student community, e.g. how things used to be better

**Mursu** = First-year student of the Aalto University School of Business

**MyCourses** = An Aalto website used for course resources and materials

**Noppa** = study credit, ETC

**OK20** = Otakaari 20, an event venue in Otaniemi

**Ossinlampi** = A small pond in the middle of Otaniemi

**Otaneum** = NuDe's association space in the K-wing of the Undergraduate Center (after Ateneum, the historic building of the school of ARTS)

**Paperi** = Magazine run by the Guild of Architecture

**Plassaus** = Order of seating in sitsit

**Provosti** = Leads teaching, research, innovation and influence work. Provosti is the superior of vice presidents in University, and second in charge of the whole university, right after the President of Aalto.

**Rantsu** = Rantasauna ("Shore sauna"), a bookable AYY sauna in Otaniemi

**Rehtori / Reksi** = Principal; President of Aalto University

**RWBK** = Retuperän WBK, traditional fire brigade-themed band of Aalto University technical students

**Saha** = Event venue in Otaniemi owned by KY

**Sheryl** = The embodiment of the TOKYO spirit

**Sillis** = Herring brunch, morning after party of a sitsit

**Sissari** = Student of Interior Architecture

**Sisu** = Official Aalto website to enroll and track courses

**Sitsit** = Academic table party with singing and dinner

**SMT** = Servin Maijan tie, a street in Otaniemi housing many student apartments

**Smökki** = An event space owned by AYY in Otaniemi

**Spagu** = Spaghetti, particularly referring to the Teknologföreningen restaurant's traditional spaghetti served every Wednesday

**Speksi** = Interactive musical theater with which students have a strong tradition (e.g. Teekkarispeksi)

**SUR** = An amazing, open group of students that actively work on decolonizing the education at Aalto and explore and share perspectives from the global south.

**TaiK / Taikki** = Taideteollinen korkeakoulu, University of Arts and Design Helsinki, the former name of the Aalto University School of Arts, Design and Architecture.

**Takki** = Jacket; an association uniform used by some ARTS associations as an alternative to student overalls. GRRR and NuDe ry have their "Vapputakki" (Vappu jacket), and Kooma has their own jacket. They have different designs to identify the associations: the GRRR and NuDe vappu jackets have a pattern that changes every year, while Kooma has plain white and gray jackets that each member personally decorates.

**Teekkari** = A student of technology; within ARTS, students of architecture are the only field to also be part of this category, which comes with many distinct practices and traditions.

**Teekkarikylä** = Technical student village, the main student housing area in Otaniemi for (despite the name) all kinds of students.

**Teekkarilakki** = Teekkari cap, the specific student cap used by students of technical fields in Finland; basically a student cap with a tassel on top. In ARTS, these are only worn by students of architecture.

**Telegram / TG** = A messaging app popular in the Aalto community. Aalto ARTS has its own channel, [t.me/aaltoartstg](https://t.me/aaltoartstg)

**Toksu** = A member of TOKYO ry; an Aalto ARTS student

**Torso** = TOKYO ry's magazine

**Tutor** = Student who helps new students to get familiar with Aalto University. Also known as ISOhenkilö ("BIG person") or ISO among the technical students.

**TF** = Teknologföreningen, Swedish-speaking students' union at Aalto University

**TJ** = Teekkarijaosto, Technical students' section of AYY

**Täffä** = Restaurant owned by TF; also used to refer to Teknologföreningen in general, as well as TF's distinctive concrete building, Urdsgjallar.

**Vappu / Wappu** = 1st May celebration in Finland, traditionally the biggest yearly celebration among students and working-class people.

**Vappulehti** = A Vappu magazine made and sold by students (Aalto has two: Julkku and Äpy, which are published on Vappu biannually)

**Vujut** = Vuosijuhlat, a student association's annual ball

**Väre** = Main building of Aalto ARTS.

**Wapputerde** = The terrace outside of K-wing

**Ylioppilaslakki** = Student cap; the white ceremonial hat used by Finnish high school graduates and university students

**YTHS / FSHS** = Finnish Student Health Service

## ○ Aalto Buildings

A – Väre

home of the design department and the homebases.

B – AYY

home of the student union

C – A-Wing

There are exhibitio

D – Design Factory

cool things happen here

E – Unisport

affordable student gym

F – Smökki

there's always a party here

G – YTHS (FSHS)

Finnish Student Health Services

H – Harald Herlin

Learning Centre

the library

## ○ Student Restaurants

1 – Kipsari Väre

*vegan only, student owned restaurant located at the bottom of the design department*

2 – Fazer A Bloc

3 – Alvari

4 – Konetekniikka

*theres a Subway here too!*

5 – T-Building

6 – TUAS

7 – Kvarkki

8 – Kipsari Studios

*vegan only, student owned restaurant located in the media department*

9 – Dipoli/ Reima

10 – Täffä

*famous for their Spaghetti Bolognese every Wednesday!*

