

Freshman info 2025

POKA
OPISKELIJAKUNTA



Freshmen weeks

POKA's Freshmen Weeks 18.8.–30.9. – A vibrant celebration of events, connections, and new beginnings! Join us to embrace the essence of student life:

- Unforgettable experiences await you:
pokapoka.fi/events
- Autumn's shining moment: **FAMKY** on 4.9. – this is an event you don't wanna miss!
- NEW: **Freshmen Pass** – gather entries and unlock incredible rewards! The more you engage, the higher your chances of win – and you'll earn a badge!
- Fresh connections and communities
- See you on campus! POKA stands, offices, student lounges, and POKA infos are eagerly awaiting your arrival
- Become a member of a student association or division within your field
- Do you aspire to make an impact, connect with others, and unlock the finest student advantages?
Join POKA – let your voice be heard and embrace the benefits.
- Discover more and become a part of it: **pokapoka.fi**



**Freshmen
2025**

STUDENT LOUNGE

Student Lounges – For Relaxation and Socializing!

Student lounges open to all students can be found on both Karelia campuses.

In the lounges, you can:

- spend time and hang out
- play various games
- make coffee or tea
- store your snacks in the fridge and enjoy your meals on-site

The lounges also feature wall bars and other break exercise equipment to help you refresh during your studies.

Lounge locations:

- **Tikkarinne Campus:** Room A118
- **Wärtsilä Campus:** Room WÄR044

Welcome to relax and meet fellow students!



POKA FAMKY

For the 18th time this autumn, the **FAMKY event will attract 1000 students to the city.** The event will take participants through the stunning and adventurous Joensuu city centre area.

Gather your fanatical team and set off for a challenge full of new content. Dress up in line with the theme:
Scifi!

The event will kick off the school year and the evening will culminate in the after party.

Quack! Become a member of POKA and get the tickets with lower price!

kide.app (QR)





VIP - **Välittämisen ilmapiiri -toiminta** on POKAn ja Karelian yhteisöllisyyttä ja välittävää ilmapiiriä luova toimintamalli. Jokaisesta ryhmästä valitaan vapaaehtoiset **VIP-opiskelijat, joiden tarkoituksena on luoda ryhmään yhteisöllisyyttä** sekä huolehtia siitä, että kukaan ei jää ryhmän ulkopuolelle. VIP-opiskelijat osallistuvat lukuvuoden aikana noin kerran kuukaudessa VIP-koulutuksiin ja saavat mukana olemisesta myös opintopisteitä. Tiedätkö sinä kuka on sinun ryhmäsi VIP-opiskelija? VIP-opiskelijat valitaan syyskuun aikana - kysy lisää opetuutoriltasi/opoltasi!



#pokassaonpitämistä

Group trustee activities is a model that creates a sense of community and a caring atmosphere in POKA and Karelia. Volunteer **trustee students** are selected from each group to **create a sense of community** and ensure that no one is left out of the group. Trustee students participate in training sessions about once a month during the academic year and also receive credits for their participation. Do you know who is a trustee in your group? Trustee students are selected during September.

POKA TUTOR

Vertaistuutoroinnin ajatuksena on tarjota vertaistukea uusille opiskelijoille opiskeluun, opiskelijaelämään ja opiskeluyhteisöön. Tuutori on helposti lähestyttävä henkilö, joka jakaa tietoa, neuvoja ja kokemuksia sekä edistää yhteisöllisyyttä.

Minustako vertaistuutori?

Opiskelijakunta POKA rekrytoi ja kouluttaa vuosittain noin 80 uutta vertaistuutoria. Tuutoriksi voi hakea jälleen alkuvuodesta 2026. Kysy lisää:

tiia.vanska@karelia.fi

#kaikkienkarelia

The idea of **degree tutoring** is to provide peer support for new students in their studies, student life and the student community. A tutor is an approachable person who shares information, advice and experiences and fosters a sense of community.

Me a degree tutor?

You can apply to become a degree tutor again in early 2026. Find out more:

tiia.vanska@karelia.fi





Exchange Tutor

All exchange students arriving in Joensuu and Karelia UAS even for a short time will be supported by a tutor. **Tutor's job is to help the student adapt to the student life in Joensuu and to help with practical matters.** Tutors also introduce the student to other students as well as help in grouping amongst exchange students.

As an exchange tutor you can work for one semester or academic year. The application periods to become an exchange tutor are during spring and autumn semesters. Ask more paula.hirvonen@karelia.fi

#kareliaforall





Safer Space

In Karelia, we operate as **a community, together and equally, each of us boldly being ourselves** - there is no room for inappropriate treatment or harassment. The Student Union POKA is also committed to the practices of **House Rules for Safer Space at Karelia**, which you can check e.g. from the Student Intra Pakki (QR) or from the walls of the campuses.

#comeasyouare
#kaikkienkarelia



If you experience harassment, discrimination or bullying in your student environment, you can confidentially contact POKA's harassment contact persons or fill out a form of inappropriate treatment and harassment on POKA's website.

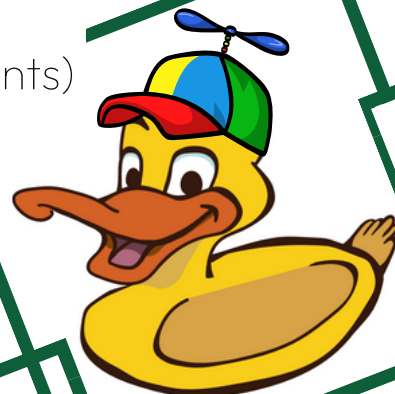
The harassment contact person is an unbiased listener and no further action will be taken without your consent.

The harassment contact persons of POKA 2025

Ville-Petteri Kujansuu

Suvi Tanskanen

Tiia Vänskä (International Students)



SYKETTÄ

JOENSUU

A

Register as a user
on the website
or the mobile
application



B

Pay the sports fee on our online
shop or in the stores: check the
opening hours on our website

.....

GROUP EXERCISE, BALL SPORTS & GYM

includes all SYKETTÄ
services and benefits

.....

41€/71€
(incl. VAT)

BALL SPORTS & GYM

includes ball sports turns,
gym access and benefits

23€/38€
(incl. VAT)

C

Enroll via the
sports calendar on
the website or the
mobile application

ALWAYS KEEP THE SYKETTÄ STICKER
WITH YOU WHEN YOU USE THE SERVICES!

CONTACT INFO

UEF

Head of Sports
liikuntapaallikko@isyy.fi
+358 44 576 8445

Service Planner
vapaa-aika@isyy.fi
+358 44 576 8418

Karelia UAS

Sports Coordinator
riikka.valkama@karelia.fi
+358 44 576 8415



WWW.SYKETTÄ.FI

Download the SYKETTÄ app

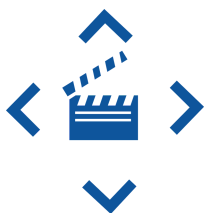




Joensuun Insinööriopiskelijat ry
@joio_ry



Joensuun tradenomiopiskelijoiden Kilta ry
@kiltary



Joensuun media-alan opiskelijat Muuvi ry
@muuviry



Jimpon opiskelijayhdistys ry
@jimpori



Joensuun Restonomiopiskelijat ry
@joro_ry



Joensuun Sosionomiopiskelijat JOS ry
@jossitellaan



Karelian sosiaali- ja terveysalojen opiskelijat
Kaste ry
@kaste_ry



Fysio- ja toimintaterapeuttikoulutuksen jaosto
FYKO
@fyko_jaosto

POKA is strongly involved in the **Cultural Diversity of Study Paths project**. We are developing:

- Karelia for all - communality spirit
- International students possibilities to have an impact on decision making and wider networks inside and outside of Karelia
- Events where Finnish and international students can get to know each other

Wanna be part of development? Participate in POKA's **International Division** to have an impact on:

- decision making
- communality and networking
- peer support

#monikulttuurisetopintopolut
#kareliaforall
monikulttuurisetopintopolut.fi
tiia.vanska@karelia.fi



MONIKULTTUURISET
OPINTOPOLUT



Co-funded by
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Integration Services

Do you have questions about everyday life in Joensuu and in Finland? Are you for example wondering how to use different services and where to get help in different situations?

From Karelia UAS Integration Services you will get answers and guidance in all non-study related matters. Guidance is available for international degree students throughout your studies.

Service is available by appointment and from the Wäritsilä campus info desk during walk-in hours.

How to contact?

integration@karelia.fi

Check the QR code to find out more from Pakki

