

GUIDE TO STUDENT LIFE



2025

NOVIUM

STUDERANDEKÅREN VID YRKESHÖGSKOLAN NOVIA



CHECKLIST FOR STARTING YOUR STUDIES

- Become a member of Novium and order your student card at novium.fi. If you prefer to use a digital studentcard we also offer that thanks to Slice. More information can be found here.
- Fill out forms for students' benefits and housing benefit, for more information, go to kela.fi
- Get a student apartment!
Vaasa: voas.fi
Turku: tys.fi
Raasepori: kustfast.fi
- Get familiar with your new environment! Find your nearest grocery store, find out where the pharmacy or what local gym might suit you best.
- Participate in freshman events, like the Gulisintagning, the Introductory Sitz-party and the BTS party.
- Follow Novium on social media, Facebook: [@noviums](https://www.facebook.com/noviums), Instagram: [@noviums](https://www.instagram.com/noviums) and TikTok: [@studerandekarennovium](https://www.tiktok.com/@studerandekarennovium) to get updates on everything you need to know concerning Novium, Novia and student life in general in Finland
- Get the Tuudo app! The app contains your schedule, lunch menus, campus maps and important information and news



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ANTON RÖÖS

Chairman of the Board
Hello Freshman!

Welcome to Novia University of Applied Sciences, and welcome to Novium's warm and supportive student community!

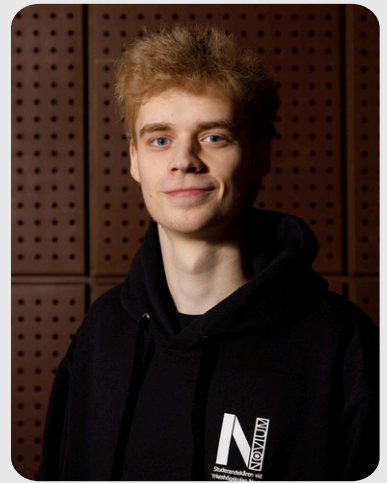
Starting your studies is exciting—and sometimes a little nerve-racking. A lot happens in a short time: new routines, new people, and maybe even a whole new city to call home. But don't worry, you're not alone. Novium is here to support you throughout your entire study journey!

We know that student life can be both fun and challenging. There will be days when everything feels great, and days when motivation is hard to find. No matter how you're feeling, dare to be curious, dare to take part in different events, dare to stand up and be independent—and of course, dare to ask for help when you need it. Our community is open to everyone, just as you are.

As a student at Novia, you are automatically an important part of our student union. Novium works to improve your daily life, represent your rights, and create opportunities for connection and joy. We train tutors, organize events, and raise issues with all management groups that affect you directly.

As a member of Novium, you get access to the student card (both physical and digital), discounts for our events, the opportunity to become a tutor, and the chance to join one of our committees! Our board and staff are available on all campuses, and you're always welcome to tap us on the shoulder if you see us in the hallways.

We hope you'll dare to dive into everything new, because we're always here to make your time as a student memorable and meaningful. All of us on the board wish you the best of luck with your studies—see you on campus!



NATHALIE NORDSTRÖM

Peer Tutor

To those of you who have just begun your journey with us: a big congratulations and a warm welcome to Novia University of Applied Sciences!

A new school start is always exciting, as it marks the beginning of a new chapter. A new environment, a new school, a new education—and most importantly, new circles of friends. It will take a little time to get familiar with your new surroundings. We've all been there—that feeling of nervousness and uncertainty—but there's no need to worry.

We, the tutors, are here for you. Don't hesitate to come up and tap us on the shoulder if you have any questions or concerns!

We hope that your time at Novia will be filled with unforgettable memories, valuable experiences, and meaningful social networks. Make the most of your knowledge and your time here. After all, they say time flies when you're having fun!

Welcome, freshmans!

RONJA ROSENQVIST

Chairman of the Council

Congratulations on your study place!

You have the absolute best time of your life ahead of you here at Novia. At Novia, you'll have countless opportunities to try new things, grow, and build your future. New people, new experiences, and new perspectives await—so dare to take the chance!

Trust me when I say this: don't let fear limit what you're capable of. Do it scared, do it unsure, do it alone. Take the risk and try something new—now is the perfect time to build on your experience and knowledge. Do what others don't, and do it well. It will take you far.

But don't forget—you're not alone. The tutors, the staff, and we at Novium are here for you. Don't be afraid to ask questions or reach out for help. You will succeed. That, I can promise

*With kind regards,
Chairman of the Council, Ronja Rosenqvist*



THIS IS NOVIMUM!

Novium is the Student Union at Novia University of Applied Sciences

Novium represents all students at Novia and elects its own representatives. Every member who has paid their annual membership fee has a right to vote in the annual November election. The members elect representatives who together make decisions on behalf of the members. The representatives in turn elect a board for the student body. The board is responsible for running the organization on a daily basis together with staff. To support running the organization there are student body offices in Vaasa, Turku and Raasepori where Novium's staff is located. Novium's staff is made up of a secretary of information, of student interests, of tutors and a secretary general. Contact information for Novium's staff can be found on the last page of this guide.

NOVIUM KEEPS YOU UPDATED

The student union keeps you informed regarding things that concern students. Updated information can be found on the Tuudo app, Novium's webpage novium.fi and our social media. On our web page you can order your student card, read about upcoming events and find contact information for people who are active in the student union.

Novium is also on Facebook, Tiktok and Instagram. Novium also updates its members through the Tuudo app about events and similar in the near future.

In case you have an event and you would like to announce it to fellow members, be sure to contact info-novium@novia.fi.

NOVIUM WORKS FOR YOUR BENEFIT

Novium promotes the interests of students, and makes sure your student life and environment is as good as possible.

"We know your rights, so don't hesitate to contact us if you have questions about student life"

We actively work with lobbying for the sake of students when there are decisions being made, for example through student representatives in the decision making bodies of Novia. We are also there to help you when there is a problem and you need help – if your study credits don't appear in time, or if you feel mistreated. We work with issues regarding education both at university level, but also nationally, and with social issues like the student benefit, housing, exercise and healthcare.



THE TUTORS HELP YOU DURING YOUR FIRST YEAR OF STUDYING

You are not alone! Every new group of students gets tutors who often are more advanced fellow students. Your tutor is there for you! There are no questions too stupid or concerns too small, do not hesitate to get in touch!

INTERNATIONAL TUTORS

They take care of exchange students by arranging meet-ups, fun events and show how things are done in Finland and your university town.



PEER TUTORS

They guide you during your first year of studies at Novia university of applied sciences. The peer tutors will show you around campus and your new university town, they will arrange activities for you and your fellow students. They will tell you about important things like student benefits, healthcare and freetime activities as well as local student organizations. The most important part of a peer tutor is to make you feel happy with your new life – the life of a student. The first week is hectic and filled to the brim with lots of new information. Don't worry however, your peer tutors will be there with you.

During the first week, there is usually a BTS-party by Novium, and the student organizations. A perfect opportunity to get to know your fellow students.

Novium is responsible for the international, support, PR and study tutor courses.

STUDY TUTORS

Study tutors are helping hands when courses seem unclear or downright difficult. A helping hand can come in the form of explaining things in a different way, approaching a difficult subject from another angle or sharing tips and tricks for learning. This does not however mean that students interested in becoming study tutors have to be extra teachers or the next Albert Einstein.

A nursing student who has a leg up in mathematics might be able to give their fellow students a helping hand with pharmaceutical calculations, while a student who is good at structuring their independent studies might want to help others get things in order!



As an academic tutor, you have regular contact with the teachers for the classes you want to arrange study circles for. Teachers can help with setting up meetings and provide material. This means you are not alone as an academic tutor, there is plenty of help to go around.

Every april, future academic tutors gather for a course. Sign up to help your fellow students in a course or class you feel is a breeze!

MARKETING TUTORS

A marketing-tutor is a walking, talking billboard for the university. They visit expos and visit upper secondary schools and vocational schools in order to tell potential future students about their studies.

The assignments are all over Finland so the Marketing tutors get to discover new towns and cities all over the country. Traveling is however not a must, you can also meet people at "home".

Novia's marketing-tutors get paid for their assignments, and study credits at the same time. Marketing tutors also get to learn how to make presentations and public speaking! New friends are also included, since you most of the time will have a colleague on your missions.



MEMBERSHIP PRIVILEGES

FREE STUDENT'S CARD

As a member of Novium, you get a student's card, an AMK-card, which gives you a discount at companies like VR, Matkahuolto and assorted cafés and stores as well as KELA's meal discount. Read more about membership and student's cards at www.novium.fi

THE ANTI-HARASSMENT OFFICER

If you ever feel like you've been unfairly treated, discriminated against or criticized inappropriately, get in touch with the student union's Anti-harassment officer by sending an email to hej@novia.fi. The anti-harassment officer is Novium's guardian of student interests, who is both a professional in the field and everything regarding your case is confidential. Do not hesitate to contact your anti-harassment officer.

POSSIBILITY OF TUTORSHIP

Members of Novium can sign up to be a tutor and attend the tutor courses that Novium provides. This is an excellent way to make new friends as well as to support and help new students get off to a good start.

CHEAPER ENTRY

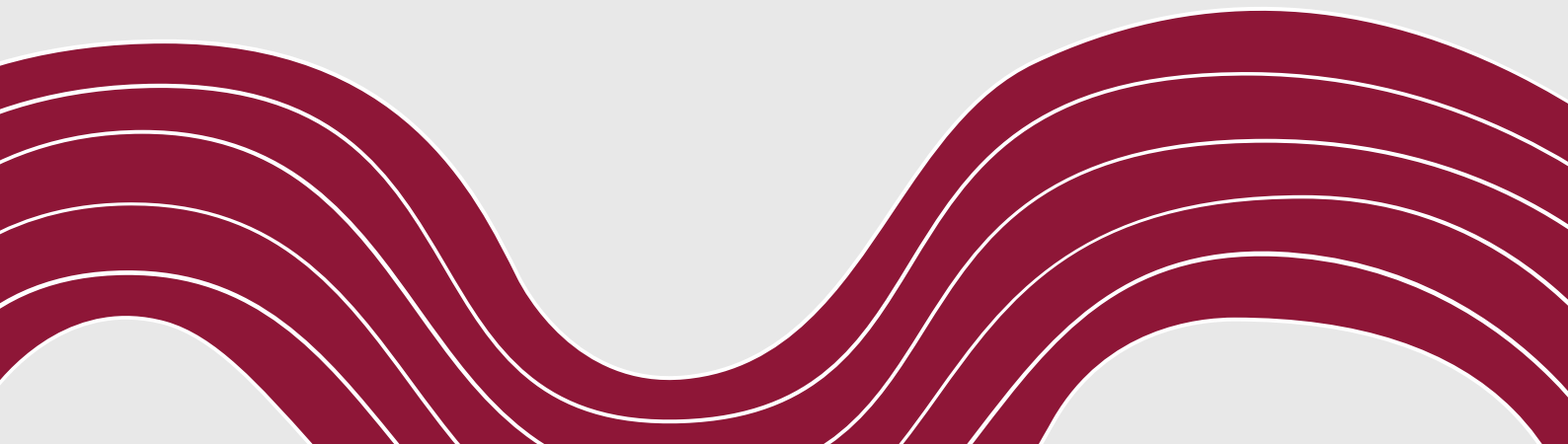
When Novium's events take place, like the BTS-party or anniversaries, Novium's members pay a reduced fee at the door

INTERNATIONAL NOVIMUM

Except for the international tutors that guide foreign students and help them to get settled, a large part of Novium's international business takes place in the international committee. The committee is a group of international tutors and students who want to be a part of and work for the international students' best. The committee also works to promote exchange studies and aid Finnish students abroad.

VOTING AND RUNNING FOR THE STUDENT UNION

In order to vote in the student union election and to make your voice heard in Novium you must also be a member. Membership also means you can run in the student union election and apply to be a member of the board.



ORDERING YOUR STUDENT'S CARD

Students who are members of the student union are entitled to several benefits. For instance, Novium's members may order a student's card free of charge, which grants you Vr train tickets and Matkahuolto bus tickets at a reduced price. It also gives you access to Kela's meal discount. With the student's card you also get cheaper fees for events and other benefits. You can only order the card if you are a degree student at Novia however. If you are a student of the open university of applied sciences, get in touch with us and we'll help you.

MEMBERSHIP FEES

10€ for a semester

13€ for a year

SIGN UP HERE!

Below you'll find a guide for how to become a member and order your student's card. Note that you have to register before you can order the card. Pick up your card at one of our offices and use it when you want to get a discount for train or bus tickets.

HOW TO DO IT?



- 💡 Go to: <https://network.novia.fi/memberships>
- 💡 Enter your e-mail adress
- 💡 You should now have got a link to your e-mail inbox.
Click the link: [To my membership page](#)
- 💡 Fill in your personal details
- 💡 Click at the empty photo box and upload a picture of yourself. Note! The photo will be printed on your student card so it must be a photo of you.
- 💡 Choose your membership; for one semester or for the whole academic year
- 💡 You'll get transferred to the payment site and get to choose how to pay the membership fee
- 💡 After paying you'll automaticly get transferred to your membership page. Click at [Order student card!](#)
- 💡 The student card will be sent to the Novium office at your campus. After getting an e-mail about this, you can collect it from the office

STUDENT EXERCISE

As a student at Novia you can participate in everything that ÅAmotion arranges at the same rate as Åbo Academy University students. ÅA-motion is present in Vaasa and Turku. You can play everything from floorball, ice hockey, futsal to karate and zumba, dance and yoga. Also check local sport clubs and student unions to see what forms of exercise they offer in your local town.

VAASA

Information about exercise options and contact information can be found [here](#)

TURKU

The website for university exercise campussport.fi



PARTICIPATING IN THE STUDENT UNION

Don't hesitate to contact Novium's board, no matter how big or small. We are nothing without our members.

VOTING IN THE UNION ELECTION

Make your and other students' voice heard – vote in the Union election! The Union election happens every year where the student body is elected (15 representatives). On top of making your voice heard, you can also run different positions. If you want to run, send an email to novium@novia.fi. Write "Kandidat" as your subject and we'll contact you!

PARTICIPATING IN THE COMMITTEES

The international committee, the PR- committee, the socio-political committee, university politics committee, the tutor committee, the finance committee and the culture committee work to arrange things together with members of the board. In a committee you can make an impact and work for the things that interest you. If you would like to work in one of the committees, send an email to novium@novia.fi. Write "utskottsintresserad" as subject and we will contact you.

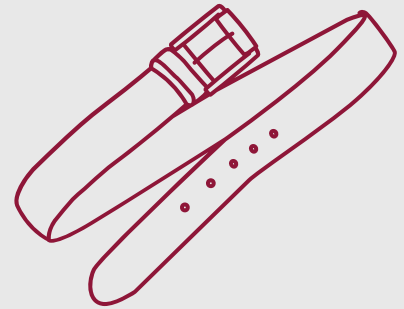
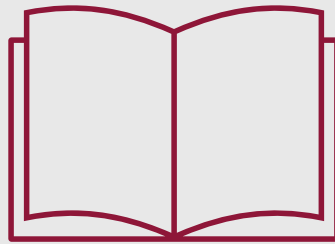
BECOME A TUTOR

Do you want to get to know new people, practice your language skills and earn credits while doing it? Become a tutor! Information about the different tutor courses will appear in your inbox when the start of the courses approaches. You can also contact the secretary of tutors Julia Mård at julia.mard@novia.fi

BECOME A STUDENT REPRESENTATIVE

Make an impact on Novia by becoming a student representative in one of the school bodies or committees at Novia. Sign up when Novium calls on students interested in becoming student representatives, in order to join and make changes in one of the committees in your local unit. New positions are announced throughout the year in Novium's bulletins and at www.novium.fi

NOVIUM PRODUCTS



Novium products are for sale in the Vaasa, Turku and Raasepori offices. The product line includes overall patches, overall belts, union bands, songbooks and other neat products. Go to one of the offices for some shopping if you're curious.

THE TUUDO APP

In the Tuudo App you'll find all the information you need during your studies. Here you'll find your schedule, your digital student's card, maps of campus, and lunch menus. On top of that Novia and Novium publish information about things you don't want to miss, like events, competitions and announcements.

Novium also has a section of its own in Tuudo, where you can easily check the most important things about Novium, like contact information, opening hours for the offices and upcoming events.

You can download the Tuudo app for your phone and then log on with your school username and password. That means, you log on to the app the same way as when you access a school computer. If you encounter problems with the app, don't hesitate to contact us.



STUDENT HEALTHCARE

REMEMBER TO PAY YOUR HEALTHCARE FEE!

Note that all degree students studying for a bachelor or a master's must pay the healthcare fee with SHVS. You do not get an invoice, you have to make sure you pay it yourself through KELA. It is paid twice per year, and the fee is may vary from one year to the other. 2025 the healthcare fee will be 35,60 euros per semester.

Read more at KELA:

[how to pay the healthcare fee](#)

Starting from 1.1.2021 university students in Finland are covered by the student health service foundation (SHVS). SHVS offers healthcare services for students in order to maintain the ability to study. This is done by caring for both the physical and the mental health of students.

SHVS offers among other things services in regards to sexual health, mental health, general care, physical rehabilitation and oral and dental care. The first year of studies, you will fill out a health assessment form, and if needed you are summoned to a health or dental check-up.

If you need healthcare, you should call the SHVS national call service, or chat with healthcare professionals through the Self chat. They will assess your needs and guide you.

Physical and mental health

Phone: 046 710 1073

Oral and dental health

Phone: 046 710 1085

The Self chat

[.yths.fi/en/](#)



NYTYI

Do you find it difficult to get out of bed when it's dark outside? Has your degree project ground to a halt? Or perhaps you have moved in together with someone new and are trying to make ends meet?

The organization maintains a support center for students with lots of good material and tips for everyday problems. Read more at [nyyti.fi/en/](#)

Note that international students and students at the open university of applied sciences are not covered by FSHS services and should not pay the health care fee



THE ACADEMIC YEAR IS JAM-PACKED WITH FUN EVENTS AND HAPPENINGS

BTS-PARTY

A nightclub party where new and older students meet and have fun together. Perfect opportunity to get to know lots of new people.



NOVIUM'S ANNIVERSARY

Novium's anniversary is celebrated with a suit and nightgowns. A three meal course is served, and after dinner there is dancing and a party. The day after you can attend the sillis breakfast. Everyone is welcome!

WAPPU

This is when all the student's are wearing their special hat and gather to welcome spring. The traditions vary from town to town, but song, the putting on of the hat, sparkling wine and picnic are usually a part of it. The celebrations continue the 1st of May.



UNION ELECTION

The day when the future of students at Novia is decided. Are you a member of Novium? Then you can vote or run in the election!

FASTLASKIAINEN

Is a big sledding event which varies from town to town. The main idea is to have fun in the slope!



COURSES

You can study to become a tutor. Choose if you want to become an international, support, academic or PR-tutor! There is also a boardcourse for those who are active in the student clubs.

THE PAMPAS WEEK

The Pampas week is celebrated in Vaasa. During the week a lot of events are arranged, like the SYHfiilis race. On Friday, there is the National Pampas Day party and there is event with all kinds of goofy competitions. The day after is the legendary sillis breakfast which nobody should miss out on.



OFFICE COFFEE

The office coffee is arranged once a month in Novium's offices. Coffee, snacks and tea are offered and everyone's welcome! Keep an eye out for the next office coffee and tag along!

Also make sure to participate in other events during the year, like the freshman rush and different sitz parties and the office gluhwein party!



NOVIUM'S ORGANIZATION

ELECTION AND THE COUNCIL

Everyone who is a member of Novium has the possibility to both run for candidate and vote in the election. The election is arranged every year in November. At the election the council of Novium is elected for the following year. The council is the highest decision-making authority in Novium and has 15 members. The members make decisions about business plan and budget. The board is designated by the council.

THE BOARD

The board takes care of the Student Union's daily activities. The board members have their own area of responsibility, and the work is supervised by the chairman of the board. The board makes sure that the daily operations complies with the business plan.

THE ELECTORAL COALITION

Everyone who runs in the election has to belong to an electoral coalition (a group of people who has the same interests). The electoral coalition doesn't need to be registered, it's enough if you fill in the form and collect as many signatures as needed. To create an electoral coalition, you need to be a Novium member and you can only found one electoral coalition a year. All electoral coalitions are founded differentiated every year.

THE CENTRAL ADMINISTRATION

The central administration of Novium announce the election and makes sure that there is information and entry forms available. They also make sure that the election is carried out correctly.

THE COMMITTEES

The board appoints committees. The committees are there to engage the students in the planning and implementation of Novium's different operations. A board member always conduct the committees. Right now there are seven committees in Novium; the committee of tutoring, the committee of PR, the committee of economy, the committee of international business, the committee of educational politics, the committee of culture and the committee of merits.



STUDENT ASSOCIATIONS

In addition to Novium, there are also student associations. They arrange parties ("sitz") and other events during the year. Many of the student associations have club-houses or offices where legendary events have taken place. The student associations put together the "Gulis- intagning" for freshman students. They also provide you with an overall and badges. Contact your student association when you begin your studies and you will have friends for life.

SITZ

At a sitz you sit at long tables and sing, eat and drink. Some sitzs can be theme parties where you dress up and play games. These kindof parties are usually arranged in the student associations' clubhouses or at a bar. The price is usually pretty low and often some sort of drink is included in the price. The dress code is always your overall if nothing else has been decided. For the freshmen a "learn how to sitz"-sitz is organized to get you started!

THE ANNUAL BALL

The annual ball is a more formal type of party. Men are supposed to wear a dark suit or a tuxedo while women are supposed to wear an evening gown. Usually, it is the student unions or associations that arrange these parties and you celebrate the union's/association's birthday. The party begins with a "solennakt", where the guests bring forth their gifts or greetings. These events are a bit more expensive, but it is defiantly worth it! A three course dinner with drinks is served while speeches and songs are performed. After the dinner there is dancing and a "nachspiel" for the rest of the night. The day after there is a "silliz" (a sort of breakfast sitz) to which you are supposed to wear your overall.

OVERALL

Almost all universities and unions/associations have their own different colored overalls. The student associations are making sure the students get their overalls. You decorate your overall with patches that you can get when you participate in different events of sitzs.

STUDENT ASSOCIATIONS AT NOVIA



EKA

The student association at Novia's campus in Raasepori. For more information, contact: eka@novia.fi.



ENÅ

The student association for Novia's maritime management students at Hertig Johans parkgatan in Turku. Contact: ena@novia.fi



ÅKA

ÅKA is the student association for Novia students in Turku. The association's office and space is located at Henriksgatan 7. A member of ÅKA is recognized by their happy mood and their pink overalls. Contact: aka@novia.fi



FILICIA R. F.

The student association FILICIA was founded in 1974. We are active so that the engineer- and business students at Vaasa can enjoy their lives as college students as much as possible. We are very fun to be around, don't believe everything you hear about us engineers! Overall color is yellow. Contact: filicia@novia.fi



SPIRITUS FORSTIS

Spiritus Forstis is the student association for those who study to become forestry engineers at Campus Raasepori. Contact: spiritus.forstis@gmail.com



N. U. D. R. F.

N.U.D. are located in Vaasa at Seriegatan. There are nurse-, midwife-, social work-students as well as stylist and beautician students. Those who study welfare wear white overalls, while the rest wear green overalls. Contact: nud@edu.novia.fi



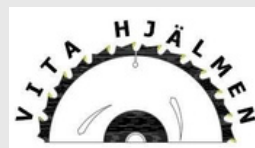
SKUFFIS

Skuffis is the student association of the agrologists in Ekenäs. The association was founded in the beginning of the 20th century and is still going strong! Our motto is "As a Skuffis you're tougher". Contact: skuffiselevkar@novia.fi



SKRUVSTER

Skruvster is the student association for all Novia UAS students in Pietarsaari. We aim to make the study life as fun and pleasant as possible through events, contact with other student associations, as well as through local advocacy for students. If you spot a light blue overall, you've spotted a Skruvster member! Contact: skruvster@novia.fi



VITA HJÄLMEN

Vita Hjälmén is the student association for the construction students in Raasepori. Contact: vitahjalmen@novia.fi



W.S.T.F.

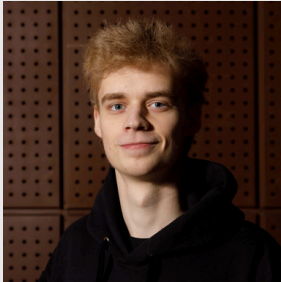
Wasa svenska tradenömförening (W.s.T.F) is a student association for all business administration students in Vaasa. We're here to create a community among business administration students by organizing events. Contact: wstf@novia.fi



TRADEÅ

TradeÅ is a subject association for all tradenoma students at Novia University of Applied Sciences in Turku. Color of the tails: dark blue with a yellow and red stripe around one bundle and a dark red thigh pocket. Contact: tradea@novia.fi

CONTACT US



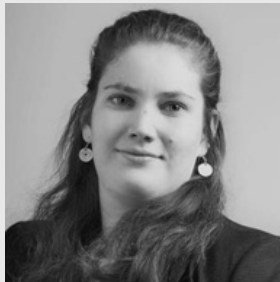
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Follow us on social media!



