



Orientation programme for International Degree students

Tuesday 25.8.2026

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International Coordinators, JYU International Office

Guidelines for participants



Zoom:

- Keep camera off and mic muted
- Ask questions via the chat

Participants on campus:

- Possibility to ask questions at the end of the session.
- Raise your hand and a microphone will be given to you.

The session is recorded, the slides and the recording will be shared to the Orientation programme webpage next week 😊



Orientation programme's timetable

- Orientation on 24- 28 August
- Important information for all new students, be present on campus or in Zoom for the sessions!
- Slides and recordings of the sessions will be published on the same webpage one week after the orientation at the latest.
- Check your Degree programme's own orientation schedule online:

r.jyu.fi/degree_orientation



Programme today

Auditorium C4

- 9.00-10.00 Welcome session and practical info
- 10.00-11.15 JYU Career Services, City of Jyväskylä and International House Jyväskylä
- 11.30-12.45 Academic practices

12.45-14.00 *Lunch break*

- 14.00-14.20 Introduction to Finnish Society
- 14.20-15.00 Intercultural adaption and intergroup communication

15.00-16.00 *Coffee and tea in the C building lobby*





Introductions – International Office staff working with degree students

Elisa Pratesi



Elizaveta
(Liza)
Arzamastseva



Introductions continued - Mentimeter



Instructions

Go to

www.menti.com

Enter the code

5762 8903



Or use QR code

Welcome to JYU!



JYU in a nutshell

- Almost 15 000 students
- 2 800 staff (teaching and research staff 1700)
- 6 faculties
- 22 English-taught Degree Programmes, two of which Erasmus Mundus Joint Masters
- About 150 degree programmes on Bachelor, Master and PhD levels
- Wide selection of courses offered in English
- International Summer and Winter Schools

The University of Jyväskylä has origins in the first Finnish-speaking teacher training college founded in 1863.



City of Jyväskylä – The best place to study

- The seventh largest city in Finland, about 150 000 inhabitants
 - The population with an immigrant background increases from year to year
- Student city, "Athens of Finland" with a long tradition of higher education, about 40 000 students
 - More than one in three residents holds a higher education degree (37,7%)
- Big enough, yet small enough
 - Cyclable city, everything is near
- Wide range of activities for all interests
 - "The Capital of Sport in Finland"
 - Large variety of cultural activities
- Beautiful nature on your doorstep
 - Lakes, forests and hills within a walking distance of the city centre





Three main campus areas



Seminaarinmäki



Mattilanniemi

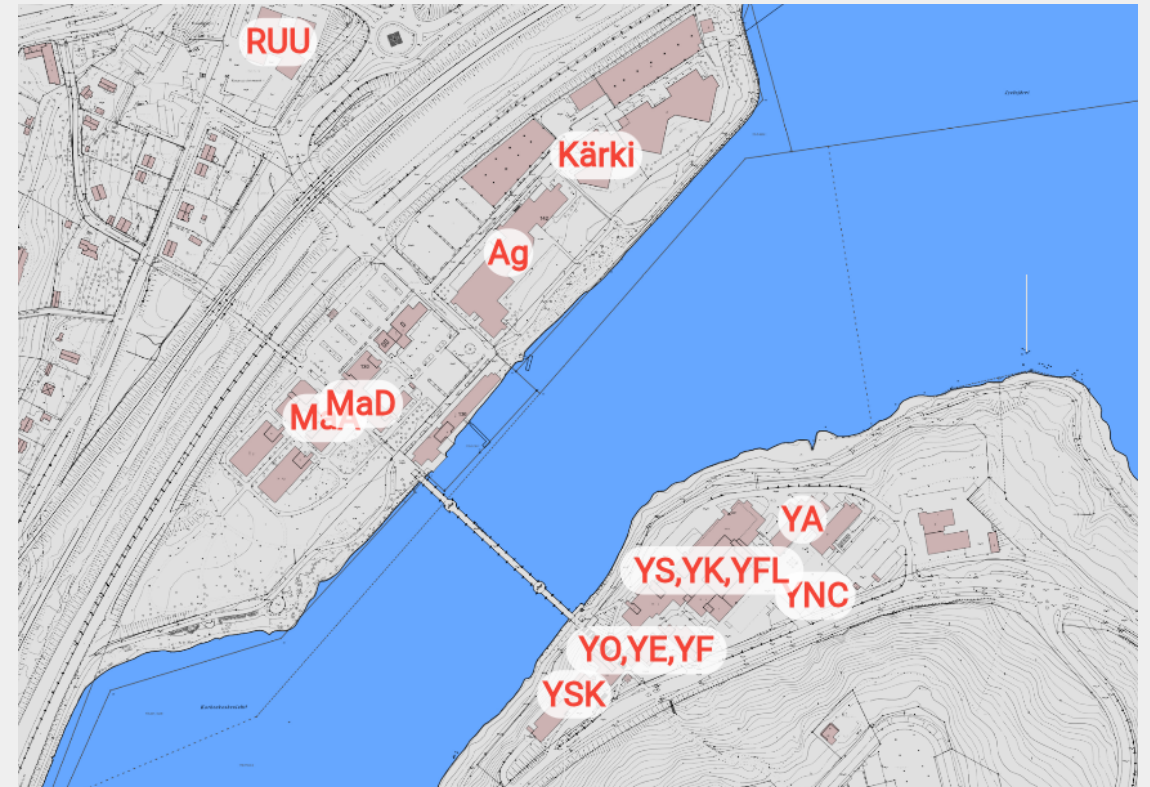
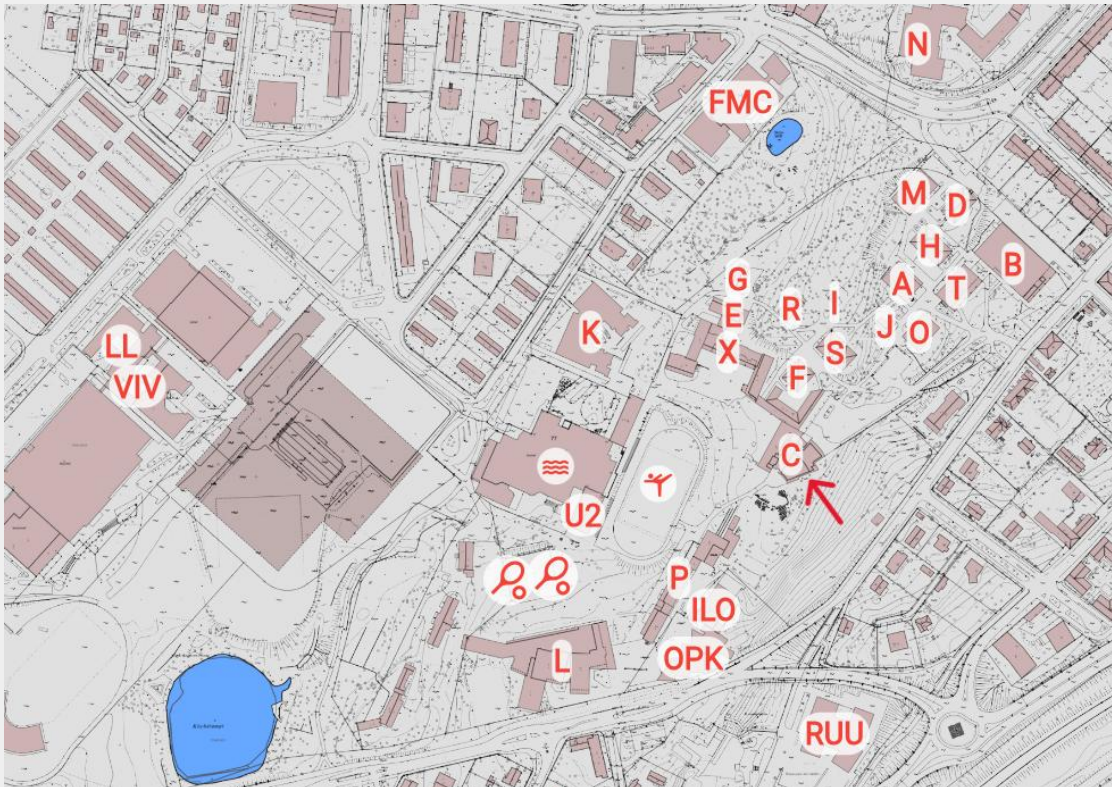


Ylistö



Finding the location

<https://navi.jyu.fi/> or check [myJYU app](#)



Multidisciplinary university

Our six faculties and Movi

- Faculty of Education and Psychology
- Faculty of Humanities and Social Sciences
- Faculty of Information Technology
- Faculty of Mathematics and Science
- Faculty of Sport and Health Sciences
(the only one of its kind in Finland)
- Jyväskylä University School of Business and Economics

+ **Centre for Multilingual Academic Communication (Movi)**, providing language & communication courses free of charge!





forthem.

Fostering Outreach
within European Regions,
Transnational Higher Education
and Mobility

JYU is a member of **FORTHEM Alliance**, a European University Network of 9 institutions

→ FORTHEM for students:

- Wide range of short and long term mobility opportunities
- Internship opportunities in schools, language centres, NGO's, businesses...
- Online platform for shared courses
- Funding and training for civic engagement projects
- Networking opportunities



With the support of the
Erasmus+ Programme
of the European Union

JOHANNES GUTENBERG
UNIVERSITÄT MÄNZ



Practical Information



Identification and SISU





Identification of students

All students of JYU need to be identified to receive their university credentials. Most students do it via either Finnish online banking credentials, or via Signicat.

If you have not taken care of your identification and set up your JYU user account:

1. **Recommended if already in Jyväskylä:** visit the [Service Desk of the Digital Services](#) at the Library building Lähde, 3rd floor, room B315, from 10 to 14.
2. Or contact the Digital Services to set up a [remote online identification appointment](#).

Further info: [Activate your JYU username](#)

Questions or issues with identification? Contact the [Service Desk of the Digital Services](#)



University credentials

Before starting to use your username and password, log into <https://account.jyu.fi> (OMA – Account & personal information management system, and complete the following steps:

- **change your password**
- fill in any missing contact information
- **select your default email** (JYU student mail strongly recommended, required by some JYU services)
- write your Finnish address
- save all the changes

If you do not change your password and set student email as your default, you will not have access to JYU digital services and the user account will be locked!

Questions or issues with your JYU user account? Contact [Service Desk of the Digital Services](#)



Sisu and registration to courses

- With the JYU user credentials, you can log into different university services, such as the course registration system SISU.
- Your faculty or degree programme will guide you through the course registration and study plan creation process (remember to check your own programme's orientation schedule to find out when!). You can also ask for help from your tutor.
- Instructions online
 - [Quick guide to course registration | University of Jyväskylä \(jyu.fi\)](#)
- Technical problems with the Sisu system? Contact [Sisu support team](#)

Student card



Student card

- As members of the Student Union JYY, you can purchase/download a student card:
 - Functions as your proof of student-status in Finland
 - Entitles to a wide range of benefits and services, such as discounts on trains, long distance buses, and student priced lunches at student restaurants. More information on [JYY's website](#).





How to get a student card?

- The student card operator is [Slice](#)
- Slice student card is **free-of-charge** and **digital-only**. Slice student card can be activated:
 1. Go to slice.fi/jyy and fill out the open fields with personal information and add a profile picture
 - “Email address which is known at your education institution” can be checked from Sisu > my profile > personal information > email
 2. After filling out the information, you receive an email with login credentials within a few hours – activating the account takes some time, so please be patient!
 3. **You can now download the Slice.fi –app from app store and login with the credentials**
- If you want a physical student card, they should contact JYY's member services secretary petro.pitkanen@jyy.fi

No student card yet?

- Download Certificate of student status from our course registration system Sisu
 - Discounts in campus restaurants before your student card is ready
 - Works until first weeks of September

Instructions – [How to download a Certificate of student status from Sisu](#)



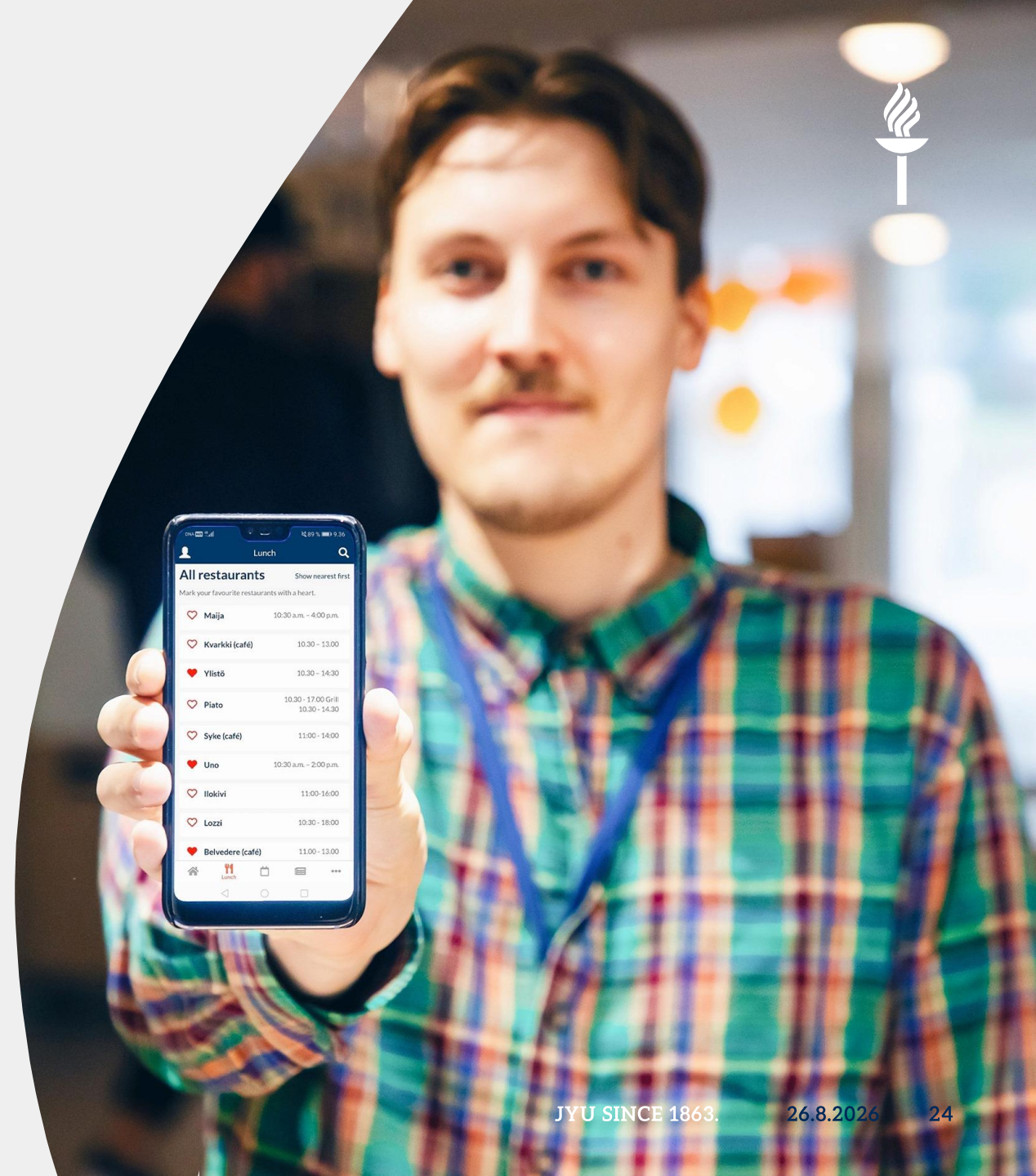
MyJYU app & Student restaurants



MyJYU app

- Download MyJYU app to make your student life easier | University of Jyväskylä
- Check your course calendar, built-in campus map, campus restaurant menus, available study spaces, and plenty more from one app

Available from:
iOS AppStore / Android PlayStore



Campus restaurants

- **Lozzi** in building P (*Seminäärinmäki campus*)
- **Ilokivi** in building ILO (*Seminäärinmäki campus*)
- **Syke** in building L (*Seminäärinmäki campus*)
- **Taide and Wicked Rabbit** in building B (*Lähde library*)
- **Uno** in Ruusupuisto (*Seminäärinmäki campus*)
- **Piato** in Agora (*Mattilanniemi campus*)
- **Ylistö** in building YFL (*Ylistö campus*)

Menus: [Food & Co](#) & [Semma](#) & [Ilokivi](#)
or [MyJYU app](#) / [JYU website](#)





Other student restaurants

- **Katriina** – near KOAS buildings on Kauppakatu
- **Fiilu** – close to KOAS buildings near the Travel Center
- **Rentukka** – in the Kortepohja Student Village

Campus cafés

- **Belvedere** (C building)
- **Tiede** (B Lähde library)

Who to ask?



First, check jyu.fi

Most likely, the answer is already there 😊

[Instructions for Bachelor's and Master's Students | University of Jyväskylä](#)

[New student handbook | University of Jyväskylä](#)

[Information for students liable to pay tuition fees | University of Jyväskylä](#)

For students

This website is built to support you in your studies and life in Jyväskylä. From these pages you can find instructions and guidance for your studies as well as the latest news for degree students of University of Jyväskylä.

Instructions for students

Instructions for Bachelor's and Master's Students

Instructions for bachelor's and master's students including exchange students.



Instructions for continuous learning

Find instructions and guidance on Open University studies, separate studies, and alumni studies.



Instructions for Doctoral Students

Instructions for new doctoral students, instructions related to studies, doctoral dissertation, supervision, study counselling and graduating as a doctor

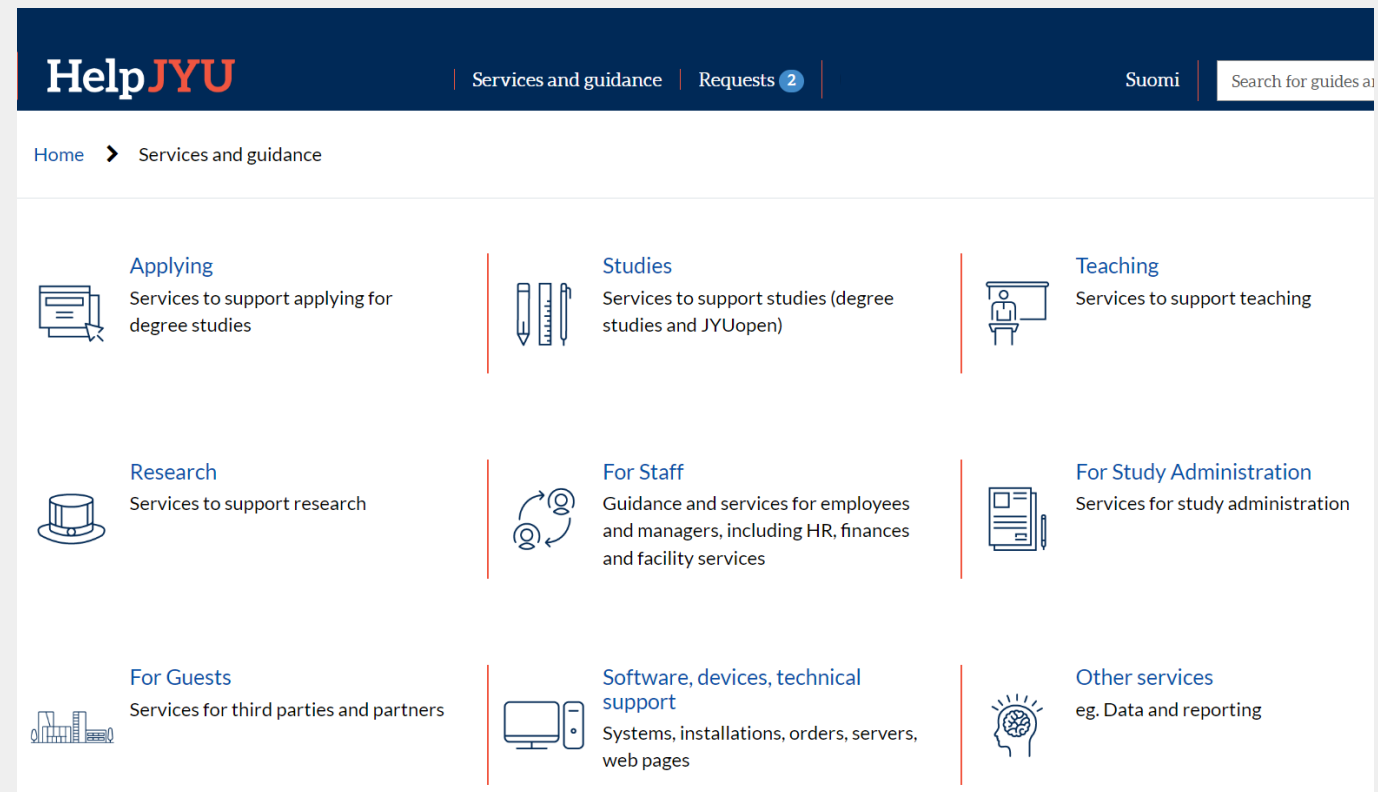




HelpJYU Service Portal

JYU uses a service portal called HelpJYU, where you can get guidance for any studies or technical-related matters:

- [Service Catalog - Jyväskylän yliopisto \(jyu.fi\)](https://jyu.fi)
- For example, our form ((International Office):
- [HelpJYU form for international degree students](#)
 - questions related to immigration matters, arrival, living in Finland as an international students
 - tuition fees and JYU Scholarship for the second year
 - degree-students@jyu.fi redirects messages to HelpJYU system.



Digital Services Desk



Get help and advice on using IT services and systems, and problems regarding user account.

Open on **Mon - Fri** from **10:00 a.m. to 14:00 p.m.**

University Library Lähde, 3rd floor, [B 315](#)

Tel. +358 29 441 8030

[Service Desk of the Digital Services](#)



Student Service Desk & International Office Info Desk

In person service hours: Thursday 12.00-13.00 p.m.

University Library Lähde, 1st floor, room B154 Kuvasto

Student Service Desk

Advice and guidance on all matters related to your studies, e.g. registration, and SISU matters. They can also enter your Finnish identity code into the study register.

Tel. +358 29 441 8080, Mon-Fri 12.00-15.00 p.m.

International Office Info Desk

Guidance for navigating and settling in Finland, international matters.

Tel. +358 40 805 4345



Tutoring

- If there are any shortcomings or questions about tutoring:
 - contact **Emilia Lakka**, Specialist in International Affairs of JYY at Emilia.Lakka@jyy.fi
 - Information session about the Student Union on Thursday 27 August.



Reminders





New Student's Evening & Opening of the Academic Year

- The Opening of the Academic Year is part of the University's academic traditions.
- During the **New Students' Evening on 1 September**, the university warmly welcomes all new students to the academic community.
- On **2 September**, the academic year will be officially declared open with traditional opening festivities, including musical performances.
- **Registration DL: Thursday 27 August at 16:00!**
- [Opening of the Academic Year 2026–2025 | University of Jyväskylä](#)

**Remember to pick up
your JYU bag at the
fair in Agora
tomorrow!**





Join the UniBuddy community for JYU International Degree Students!

- You are welcome to join the [JYU Students Community in Unibuddy.](#)
- In this group you can, for example, connect with your peers and student ambassadors, ask for advice, look for a flat mate or participants for your research project or find some relevant info about life in Finland as an international student.
- The Unibuddy community has three groups (but you can make your new ones as well!):
 - Study at JYU: Ask our students about student life and university.
 - Life in Jyväskylä: Ask our students about living in Jyväskylä and Finland.
 - New International Students: Find company for lunch, sports, travel and other activities.
- We will share useful information in the Updates channel. Please make sure to join each channel separately.





JYVÄSKYLÄN YLIOPISTO
UNIVERSITY OF JYVÄSKYLÄ

