



GUIDEBOOK FOR A NEW STUDENT AUTUMN 2026



For a New Student

Congratulations on your place of study and welcome to Metropolia! In Metropolia, your Student Union is METKA.

The Student Union is a statutory community operating in UAS that takes care of the student's rights, monitors the student's interests and works for the benefit of students. METKA also organizes events, coordinates tutoring and provides sports services in cooperation with MeMove sports and wellness services.

METKA is involved in the daily life of a Metropolia student from the beginning to the end of their studies! You can always come and talk with us about every topic.



METKA's Board 2026

The Board consists of the Chairperson, the Vice Chairperson and the members of the board. The Board manages the daily activities of the student union together with the employees on all of Metropolia's campuses. In addition to managing the day-to-day work, the board carries out long-term student advocacy, works with the student union members, organisations and other interest groups and is responsible for implementing the action plan for the year.



Ossi Pirinen
Chairperson



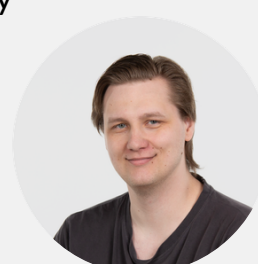
Sara Kiljunen
Vice chairperson,
Advocacy



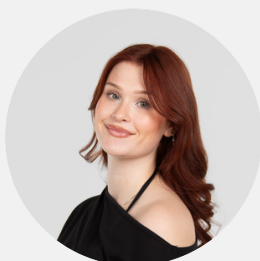
Aleksi Heikkinen
Interest Groups,
Business Cooperation



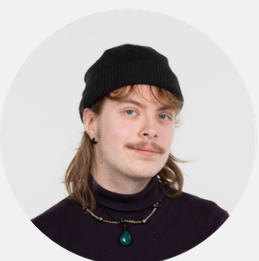
Emma Klemetti
Tutoring,
International Affairs



Atte Kolehmainen
Sports,
Member Services



Jenna Pesonen
Events



Eino Salama
Advocacy, Anti-harassment
contact person



Tia-Maria Turunen
Events, Anti-harassment
contact person



METKA's Representative Council 2026



Pyry Piitulainen

Chairperson of the Representative Council



Thomas Heathfield

Vice Chairperson of the Representative Council

METKA's Representative Council has 25 members ("edaattori") and a maximum of 25 deputy members.

The Representative Council exercises METKA's highest decision-making power. It consists of students elected in the annual elections. All members of the student union are entitled to vote in the elections. Elections are coming up again at the turn of October and November, so remember to join the Student Union and vote!

The Representative Council has the decision-making power, but the board has the executing power. The duties of the Representative Council include electing the Board of METKA and deciding on METKA's political lines and the use of money.



METKA's employees

Specialists work on their own area of expertise. They support the board in their work and bring stability and continuity to the student union's operations.



Linda Lindgren
Executive Director



Emmi Nisumaa
Tutoring & Guidance
Specialist



Mari Purhonen
Advocacy &
Communications
Specialist



Mira Rouvinen
International Affairs
and Tutoring Specialist



Linda Spring
Head Sports Planner,
MeMove Sports and
Wellness Services



Mikael Uusitalo
Business Cooperation
and membership
specialist



METKA'S operations

Events: METKA organizes several events throughout the year. Our annual events include Freshers' Party, Wiikon Wappu, Kontula Appro, and MetroSport. We also organize smaller events, such as voting campaigns, member sitz, and much more!

Contact us: tapahtumat@metkaweb.fi

Advocacy: METKA's advocacy can help if you feel you have been treated unfairly in your studies, for example in relation to assessment, course content, or maybe retaking the exams. You can ask the advocacy team for advice on how to proceed in any given situation.

Contact us: edunvalvonta@metkaweb.fi

Anti-harassment contact persons: METKA has two anti-harassment contact persons who help and support you if you have encountered harassment at METKA's events, for example. You can also report harassment contact persons if you have seen inappropriate behaviour in Metropolia. METKA also trains student associations' harassment contact persons, to whom you can turn to at student associations' events.

Contact us: hairinta@metkaweb.fi

Clubs: Clubs are as hobbies for students! The clubs operate independently, but METKA supports the activities of clubs e.g. by reserving suitable spaces from campuses. There are currently three clubs in Metropolia. If a pleasing club is missing, you can start one yourself!

Contact us: kerhot@metkaweb.fi

Tutoring: New students are assisted in the beginning of their studies by tutors trained by METKA. METKA trains several hundred tutors each year and their task is to help and guide students in practical matters during the beginning of studies.

Contact us: tutor@metkaweb.fi



METKA'S operations

METKAN
speksi



Speksi: OMSTART! Speksi is an interactive improvisational theater that combines music and dance performances with audience involvement. New actors are wanted every year. You can also come and just watch the show!

Contact us: speksi@metkaweb.fi.

Me! Move

Sports services: MeMove sports and wellness services are university sports services for Metropolia's students and staff. As a member of METKA, you are entitled to a MeMove sports pass for self-service slots.

Contact us: info@memove.fi.



Metka Cafe: The cafés operate on the Myllypuro and Arabia campuses. Savoury and sweet snacks, drinks and a salad or soup lunch are available at student-friendly prices. The selection varies by campus.

Contact us: cafe@metkacafe.fi.



METKA's membership

Metropolia University of Applied Sciences is Finland's largest university of applied sciences, with over 19,000 students. In order for us to be present wherever the student voice needs to be heard, we need members. Membership fees are used to fund our operations.

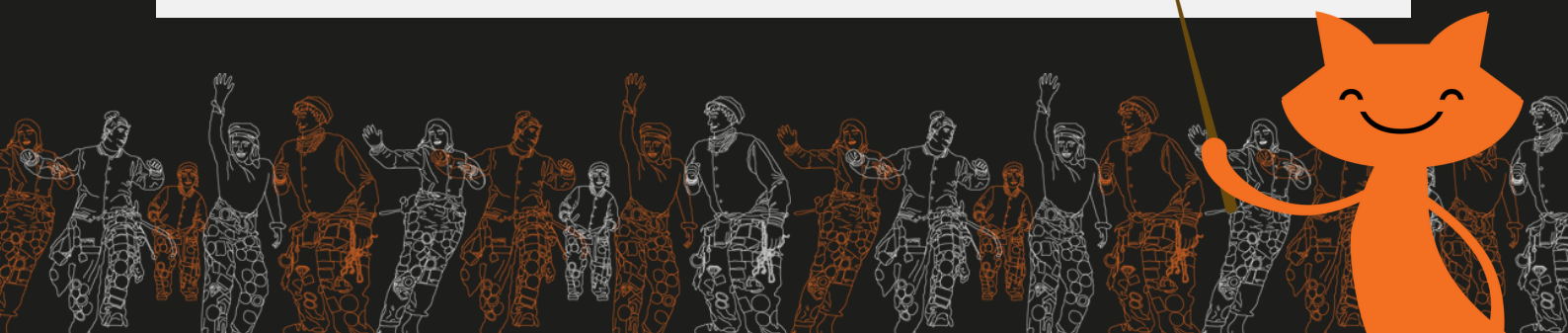
By becoming a member, you support the work done for the benefit of Metropolia's students and, of course, you also get various benefits! You can conveniently join as a member in [Kide.app](#). In matters related to membership you can send an e-mail: jasenpalvelut@metkaweb.fi.

As a member you will receive sports pass for self-service slots and cheaper tickets for events of METKA and other student unions of the capital region. In addition you get Slice student card. With it you get thousands of other benefits worth the money.

- Calendar year: 44 euros
- Academic year: 44 euros
- Semester: 30 euros
- 2 academic years: 73 euros
- 3 academic years: 102 euros
- 3,5 academic years: 117 euros
- 4 academic years: 131 euros
- 4,5 academic years: 146 euros



kide.app





Autumn 2026

- MeMove's free trial weeks are held on 31st August until 12th September 2026. [Additional information from Student's Guide.](#)
- Orientation Party 27.8.2026. METKA will organise a bar party at the end of the orientation week! At these parties, you can throw the first week's info overload away and get to know your fellow students on Apollo's dance floor.
- Interested in tutoring already? Application period for both peer and exchange tutors starts in February. Application form is open 7.9.-20.9.2026. Training will take place in November.
- Fuksiaiset AKA METKA's Freshers' Checkpoint event on 15.9.2026. At this event you will tour functional checkpoints with your own group and tutors. The aim is to get to know your own group and other freshers. The theme will be announced soon and dressing according to the theme is recommended.
- METKA is organizing a members-only sitz 3.11.2026. A sitz is an academic dinner party for students, featuring group singing, food, and refreshments. Tickets for the event are available to all METKA members.
- Kontula Appro 10.12.2026. Kontula Appro is one of the last student events of the year, where students tour the bars and restaurants of Kontula and eastern Helsinki. The evening culminates at Apollo with the PoroParty organized by METKA.



Making a difference in Metropolia

A student in Metropolia has several ways to make a difference. If you are interested in student influencing, you can apply to METKA's Representative Council or METKA's Board. In the Representative Council and in the Board, you have the opportunity to influence the affairs of all Metropolia students. If, on the other hand, you are more interested in making a difference at a field of study or campus level, you can apply to join your own student association.

You can influence the content of your own degree as a student representative. METKA appoints several dozen student representatives to the degree advisory councils every year. There are also several other working groups at Metropolia, such as the Student Support Groups (OTY), where you can contribute to the overall well-being of students.

The student's voice is also needed in the governmental bodies. The Board of Examiners handles e.g. cases related to the correction of grades. The Legal Protection Committee deals with issues related to student selection and additional time for studies.

Studying in Metropolia

You'll register to courses in OMA. The content, method of completion and assessment criteria for each course must be visible in advance in the course description. According to Metropolia's degree regulation, grades must be given four weeks after the end of the course.

Universities of applied sciences follow the European ECTS system of study measure, which means that one credit corresponds to a workload of about 27 hours. The method of completing the studies depends on the course. Some study courses can be completed by exam, some include mandatory laboratory work or e.g. group work.

Remember to give feedback on the courses!



Other services for students

Keep these study-related actors in mind as well...

- Student and Admission Services
- Library and information services
- Helpdesk and IT services
- Student Advisor
- Vocational special education teachers
- International Coordinators and Welcome Hub

... and these actors involved in health and well-being...

- Student Well-being Advisor
- Study psychologists
- University chaplains
- FSHS

... and these campus services...

- Student restaurants and cafes
- Exercise facilities
- Training facilities, meeting rooms, quiet spaces etc.
- Reception services



Student Associations

There are 15 student associations representing different fields and campuses in Metropolia. They take care of local advocacy and organize activities for students. You can order overalls from the student association and participate events. All the contact information on METKA's website.

- **AOK ry** (Automaatio-opiskelijoiden kiltä, association for automation students)
- **Demoni ry** (Student association for students in culture fields)
- **ESN Metropolia** (Erasmus Student Network for international students)
- **Gooni ry** (Student association for land surveying students)
- **HTO ry** (Helsingin Tekniikan Opiskelijat, for all technology students)
- **KaMA ry** (Karamalmin aineopiskelijat, Karamalmi campus' own association)
- **Me BiEn ry** (For bio and chemical & energy and environmental engineers)
- **MYRO ry** (Myllypuron rakennusalan opiskelijat for construction students)
- **MysteRy** (Myllypuro's social and healthcare students' association)
- **Peritia Vestio ry** (For Metropolia's clothing students)
- **Queerpolia ry** (Association for Gender and Sexuality Minorities in Metropolia)
- **RAK ry** (Rakennusarkkitehtikilta, association for Construction Architecture students)
- **Talo ry** (Metropolia's Building Services' students)
- **Trombi ry** (Business students' own association)
- **TXO ry** (Students in Metropolia's nursing based fields)
- **UIO ry** (Uudenmaan Insinööriopiskelijat, Engineering students in Uusimaa region)



Metropolia's overalls



STUDY FIELDS:
Culture fields



STUDY FIELDS:
ICT, Industrial
Management



STUDY FIELDS:
Social and Health fields



STUDY FIELDS:
Optometry



STUDY FIELDS:
Nursing based fields



STUDY FIELDS:
Civil Engineering,
Construction Site
Management, Construction
Architecture



STUDY FIELDS:
Laboratory Services



STUDY FIELDS:
Building Services,
Construction Site
Management, HVAC



STUDY FIELDS:
Land Surveying



STUDY FIELDS:
Engineering



STUDY FIELDS:
Mechanical Engineering



STUDY FIELDS:
Biotechnology and
Chemical Engineering



STUDY FIELDS:
Energy and
Environmental
Technology



STUDY FIELDS:
Electrical and
Automation
engineering



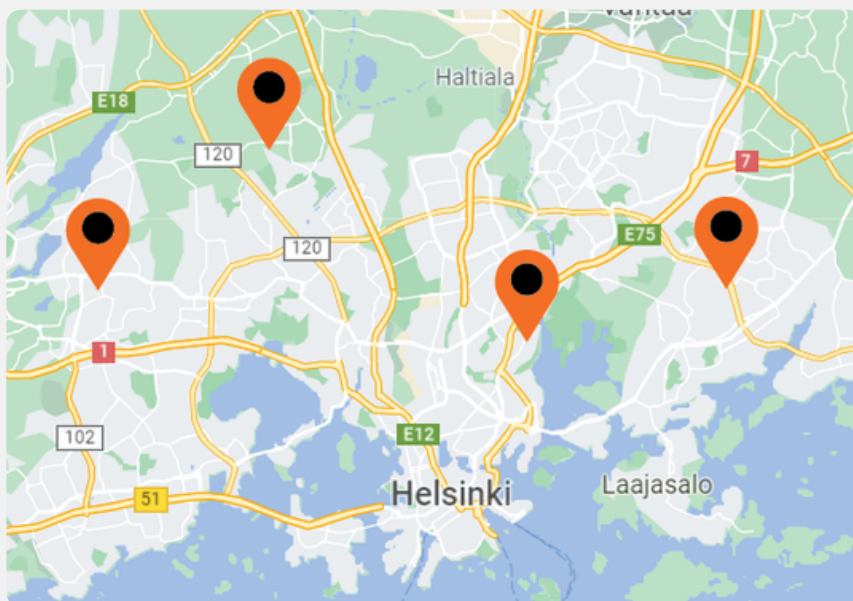
STUDY FIELDS:
Business



STUDY FIELDS:
Exchange students



Campuses



Arabia
Hämeentie 135 D
00560 Helsinki



Myllypuro
Myllypurontie 1
00920 Helsinki



Karamalmi
Karaportti 2
02610 Espoo



Myyrmäki
Leiritie 1
01600 Vantaa



METKA's Contact Information

Office Visiting Address

Metropolia Ammattikorkeakoulun Opiskelijakunta METKA
Myllypurontie 1
00920 Helsinki
6th floor, space MPB6006

Note! The office does not have daily opening hours, but you can visit us by prior arrangement.

METKA, Postal Address

Metropolitan opiskelijakunta METKA
PL 4000
00079 Metropolia



www.metkaweb.fi



metka@metkaweb.fi



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



[@metkaweb](https://www.tiktok.com/@metkaweb)



Metropolia Ammattikorkeakoulun opiskelijakunta (METKA)



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



info@memove.fi





This guidebook has been updated on
4.6.2026

Welcome to Metropolia
and METKA's activities!

