



# Freshers guide

Welcome to Viikki campus!

MMYL ry is an acronym from these Finnish words:



Maatalous (Agronomy)  
Metsä (Forest)  
Ylioppilaiden (Students)  
Liitto (Union)



Of course, our faculty of agriculture and forestry includes lots of other fields of study as well, described more in detail later on!

# WHAT IS MMYL?

MMYL ry is the central student union for all subject specified student unions within the Faculty of Agriculture and Forestry at the University of Helsinki.

These students organizations are all part of MMYL ry:

Our mission is to act as an advocate for the students of our member organisations, organise fun activities and raise the profile and visibility of our faculty's fields of study.

We organise the highly popular annual Viikki-GP, Zetor pulling, Freshers Party and two Back-to-Viikis. In addition to the parties, we hold three weekly sporting events at Viikki Monitoimitalo, which is sporthall in Viikki. These and many other events are sure to become familiar to you during your student years!

Remember, MMYL is for you!  
Follow us on social media.



@ MMYL ry



# QUICK GUIDE FOR LIVING IN VIIKKI

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## Traveling to viikki?

- [Reittiopas.fi](https://reittiopas.fi)

## Searching for a house?

- Helsingin seudun opiskelija-asuntosäätiö HOAS
- Latokartano student village in Viikki
- Forestry Students' Housing Foundation Silvica

## Food in campus

- [Unicafe.fi](https://unicafe.fi)
- Restaurant Ladonlukko
- Restaurant Tähkä

## Sport possibilities in Viikki

- Viikin monitoimitalo (Monari)
- Sporting events organised by student organizations
- ViPa (Viikin Pallo) futsal and floorball team

## Helpful for studies:

- HY Studies - Schedule, study tracking, MOT dictionary and newsletters
- HY SISU - Study planning, course registration
- HY Office 365 - Email, Office-tools
- HY Moodle - Lecture platforms for courses
- HY Helpdesk - Helpdesk for students

## Ready for party?

- Alko for spirits - Viikintori 3, 00790 Helsinki
  - C-Grundi - Talonpojantie 13 pk, 00790 Helsinki
  - Emails and social media
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# STUDENT OVERALLS

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## Colours of Faculty of agriculture and forestry

Lipidi  
(food sciences)  
turquoise



MYY (BYTKD/MMTDK)  
(environmental sciences)  
dark green

Sampsa  
(agricultural sciences)  
bright green



VITA  
(environmental and food  
economy)  
dark blue

MYO  
(forest sciences):  
punainen



Helix (BYTDK/MMTDK)  
(molecular biosciences):  
black

Student overalls are your uniform in most free time student events. Every university and university of applied sciences, often each individual study program, has their own overalls.

The student association in which the wearer belongs to is visible in the back of the overalls. The name of the student association is meant to be kept visible even when you wear your overalls half way up.

Engineering students often wear their overalls all the way up but in most universities it's an unsaid tradition to wear overalls only up to your waist. However, it's not wrong if you want to wear your overalls differently.

In the University of Helsinki you get your overalls via your study programs student association. Be in touch with your tutors and ask them how you can get yours!

Have a great time studying (and partying) in Finland! And remember, do not wash your overalls!

# EVENTS

MMYL organizes best events in viikki!

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MMYL organises the most fun events of the year! We think that Viikki is a wonderful place to study, where you can enjoy both school work and events. Throughout the autumn (and spring), we organise a variety of events for everyone from freshers to advanced students. MMYL events are big, interdisciplinary, and all-encompassing. Most of them are already established traditions that you don't want to miss!

In addition to emails, we will also announce our upcoming events on Facebook (MMYL ry) and Instagram (mmyl\_ry). To keep up to date with upcoming events, we recommend you follow MMYL ry on our social media channels.

Upcoming events for the autumn (exact dates will be published later):

## BACK TO VIKKI (during September)

A traditional event to welcome back old friends and family members.

In September, a traditional event that brings back old students to the week after the summer break. Traditionally held in one of the downtown bars.

## VIIKKI GP (during September)

The event is held in the centre of Helsinki, and the aim is to go around the tick boxes held by the student organisations and complete tasks as a team. The best teams will be rewarded during the after party of the event.

## AUTUMN PATCH MARKET

(September-October)

At the patch market, you can buy yourself some more patches for your overalls!

## VIIKKI'S PRE-CHRISTMAS (end of November)

A multidisciplinary Christmas party where you put on your overalls. One of the last and hottest parties of the year, not to be missed!

## NATURAL SCIENTISTS' CHRISTMAS CRUISE (November-December)

Together with the Natural Scientists, Viikki is heading for a Christmas cruise on the Baltic Sea. On this trip you will meet lots of other students, make great new contacts and most of all have fun cruising in a different environment.

See you at the events!

# INTERNATIONAL EVENTS IN VIIKKI

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MMYL organizes best events for international students in Viikki!

Here are some of our events especially meant for exchange students:

## INTERNATIONAL NIGHT

International Night is a relaxed event for Viikki's international students and their tutors at the Viikki Monitoimitalo (Maakaari 3). Come and play board games, challenge the MMYL board in pool and make new friends. Try Monari's student-friendly beer and soda selection at the same time.

## SUOMI NIGHT

This event, organised by several organisations, brings exchange students together at some point in the autumn. At Suomi-night, exchange students can get to know both Finnish students and Finnish culture through games and quizzes.

## INTERNATIONAL SITSIT

"Student sitsit is a Finnish tradition where university students gather for a formal dinner party. It involves singing, toasts and rituals, creating a festive atmosphere. Participants enjoy a multi-course meal with drinking rituals, fostering social connections and a sense of community" - ChatGPT

International sitsit is MMYL's and other organizations own version of traditional "sitsit" mainly for exchange students.



Suomi Night 2023

# SPORTS

MMYL offers sport turns free for all students!

MMYL organises three free sports shifts per week in Viikki Monitoimitalo - shortly Monari (Maakaari 3). Weekly sports will be voted monthly in our Telegram chat.

You can vote for the sports in the Telegram group "MMYL urheiluvuoro". The group will be updated with the latest news about the upcoming sports for the coming month. So join the group because sport is the best way to get to meet other students!

MMYL also has its own floorball and futsal team Viikin Pallo (ViPa) which takes part in the UniSport tournaments in Kumpula. In the spring ViPa has also played in a football league in Töölö.

If you play football or floorball please contact the signatory.

If you have any questions about your upcoming fresher year or ViPa, please do not hesitate to contact us.

I hope to see you soon on sports shifts!

Check and join the Telegram group from our instagram @mmyl\_ry!



ViPa after fast-paced futsal game in Kumpula UniSport

Sports shifts on Monari:

Mondays 21-22

Tuesdays 18-19

Sundays 21-22

Open and free to all!



Viikki Monitoimitalo has been providing sports facilities for the students and staff of the University of Helsinki for more than 30 years!

The opening of the “Monari” was celebrated in 1987. It was built in 1984 by the Latokartano Sports and Cultural Centre Foundation, which was established by the Latokartano Foundation and the Union of Agricultural and Forestry Students (MMYL). Fundraising activities, donations, other financial arrangements and cooperation between businesses, communities, the university and the government were needed. The amount of volunteer work over the history of the Multipurpose Center is invaluable.

Until 2004, the Latokartano Sports and Culture House Foundation itself was responsible for the day-to-day running of the sporthall, with the aim of providing sports and cultural facilities for the students of the University of Helsinki, especially those living in the Viikki area.

In 2004, Monari was leased to the University of Helsinki and UniSport took over responsibility for providing sports services at the multi-purpose building as part of its own sports offer. UniSport operated in the Monari until spring 2016.

In autumn 2016, the Monari returned to “its own hands” and Viikki Monitoimitalo Oy was established to ensure the provision of sports services for students! Since autumn 2016, Monari has been working to provide affordable gym services and indoor sports facilities for the students of the University of Helsinki. At the same time, the premises have been able to host student sporting events and even some bigger parties!

We want to continue to be a place where students can exercise while studying. We hope that students, especially those from the Viikki, will find their way to the gym and sporthall. In keeping with the Foundation’s mission, students will enjoy reduced prices. In addition to the sports facilities, a meeting room is also available for hire and there is a cosy café upstairs. The multi-purpose building is therefore also an excellent venue for various sporting events!

**KUNTOSALI | SISÄPELIKENTTÄ | HIERONTA | KOKOUSTILAT | KAHVILA**



**KASVATA  
KUNTOA  
MONARILLA  
126 €/VUOSI**

**KUNTOSALI HINNASTO**

10 KERTAA .....	40 €
1 KK .....	25 €
4 KK .....	75 €
6 KK .....	100 €
12 KK .....	126 €

**KULKUKORTTI .. 5 €**

HINNAT HELSINGIN YLIOPISTON OPISKELUJOLLE.  
Alennus voimassaolevalla opiskelijakortilla.



**VIIKIN  
MONITOIMI-  
TALO**

**Vastaanotto auki ti-pe klo 16-21  
Kuntosali avoinna 6-23  
MAAKAARI 3 // HELSINKI //**

**VIIKINMONITOIMITALO.FI**





# NO BRAIN, NO GAIN!

KESKUSTA • KUMPULA • MEILAHTI • OTANIEMI • TÖÖLÖ • VIKKI

At UniSport, you have access to five high-quality gyms, almost 40 different group exercise classes and opportunities for ball sports training.

The first visit is free. Welcome!



UNISPORT.FI unisport

# LATOKARTANO'S STUDENT VILLAGE

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Congratulations fresher!

Now that you've worked your way to the University of Helsinki and the Viikki campus, how would you like to live near campus lecture halls and in a natural environment?

What if you could also get to know the future top food professionals and make contacts for the future at the same time?

With us, it's possible! Apply for an affordable cellular apartment in the Latokartano student village, or more commonly known as the Latokylä. Latokylä is located just a stone's throw away from campus. Latokylä is full of Viikki students and is truly at the heart of student life!

Read more and apply for an apartment soon ->  
[www.latokartanonyokyla.fi](http://www.latokartanonyokyla.fi)  
Welcome to your new home



# MMYL's STUDENT ORGANIZATIONS

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- SAMPSA RY
- METSÄYLIOPPILAAT RY
- SVENSKA STUDENTERS AGRO-FORST FÖRENING R.F.
- LIPIDI RY
- HELIX RY
- MYY RY
- VIRI LACTIS RY, STUDENT ASSOCIATIONS
- VUOROVAIKEUTUS RY
- VEKE RY
- VITA RY
- SISU INTERNATIONAL SPORTS UNITED RY

Student associations in the University of Helsinki are mostly registered associations that often consist of students with similar ongoing studies.

There are associations of each faculty in the University of Helsinki. And there is the student union of all the students in the University of Helsinki called HYY.

Your tutors will tell you more about your study program's student associations here in Viikki.

It's a good idea to take a look at the website of HYY, the Student Union of the University of Helsinki (<https://hyy.fi/en/>). There you can search for all the student associations in the University of Helsinki and find out what benefits joining HYY gives you.

There are also sports associations and associations of various free time activities! Take a look at all the associations on HYY's website (<https://hyy.fi/en/guides/hyys-organisations>).

# SAMPSA RY

Student organisation for agricultural students.

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The Association of Agricultural Students Sampsary is an active association aimed at all students interested in agriculture and studying in the faculty of agriculture and forestry.

Sampsary was founded in 1907, so our association has long-standing traditions. We organize a wide variety of events, from company visits to parties that are the talk in all of Viikki. We have warm relations with the employers in our field, and we actively keep in contact with them, for example, by holding our association meetings at their offices and during our annual domestic excursion. Each year a different province is selected as the destination of the domestic excursion, where we visit companies related to our industry and, of course, farms. On our latest trip, we went to Savo. Excursions are also made abroad, most recently last autumn we got to travel to Great Britain for a week. In addition to excursions and company visits, we also take

care of our members' leisure. We organize several Sitsit and parties throughout the year both at the familiar C-grundi in Viikki and elsewhere. We also cooperate a lot with other student organizations in Viikki.

Sampsary has four sub-clubs, one for almost each of our majors. However, every member of Sampsary can belong to several sub-clubs according to their own interests. The sub-clubs are Akateeminen karjakerho (AKK, for animal science students), Akateemiset kasvintuottajat (AKT, for plant production science students), Markkina-Agraarit (MA, for agricultural economics students) and Tekniikka-Agraarit (TA, for agrotechnology students). The sub-clubs

have their own boards, which also organize events so that there are rarely any empty weeks in Sampsary's event calendar. Just like Sampsary, Sub-clubs organize events from excursions to larger parties. Every spring, AKK organizes Viikki's biggest and most well-known party Laidunkauden avajaiset, more commonly known as Laitsarit, which is a big barn party. AKT is known for example for Kekrit (Sitsit with a theme of an old Finnish feast celebrated in the beginning of November) and their flower tying workshops. MA's traditions include organizing Kauden avajaiset (an opening for the year-party) at the beginning of the year and an agricultural policy evening in the fall. TA on the other hand, is known for their trolley sauna maintained by the Sauna club and for the Overall Sitsit, organized at the beginning of every year.

In Sampsary, everyone will surely find an activity they like! A warm welcome to Viikki and to Sampsary's events!

Website: <https://www.sampsary.fi/>

Instagram: [sampsary](#)

Facebook: [Sampsary](#)

Tiktok: [sampsary](#)



# METSÄYLIOPPILAAT RY

Student organisation for forestry students.

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Metsäylioppilaat ry, or MYO, is a student organisation of forestry students at the University of Helsinki.

The purpose of the association is to promote the common interest and community spirit of forestry students by supporting both their studies and leisure activities. MYO was founded in 1909, around the time when forestry education was transferred from Evo to Helsinki. You can become a member of MYO by filling in a form online or by being guided by tutors in the autumn. MYO members can take advantage of all the benefits offered to members, such as a coffee with the club or cheaper prices for events.

MYO also organises a wide range of events for its members, from parties to excursions and from coffee to sports. Traditions include song tours, the Stag and Pruning Festival in November and the popular summer party organised by the Freshers! Forestry students also often gather for the Jukola relay or the Räkä cheek skiing

organised by fellow students in Joensuu. In addition to all this, MYO also organises smaller and more relaxed gatherings, such as bowling and songbook read-throughs. These are worth keeping an eye out for.

For more information on the subject organisation and how to join, visit our website [www.metsaylioppilaat.fi](http://www.metsaylioppilaat.fi)

Facebook: Metsäylippilaat ry  
Instagram: metsaylioppilaat





# SISU

Will you find the courage to throw yourself in, and the character of a champion? The open mind and the strength of a bear?



Sisu International Sports United ry, or SISU, is an interdisciplinary organisation made up of students from the Viikki campus, whose aim is to promote the Viikki community spirit and sports culture through diverse events. SISU was founded in spring 2021, based on a 70-year-old tradition of the MMYL ry and the Faculty of Agricultural Forestry - the Nordic Games. In the Nordic Games, a team of students from the campus competes against other Nordic universities in a six-day spectacle. SISU's aim is to bring the great sense of community at the Games even more into the everyday lives of students in the city!

To achieve this goal, SISU organises a variety of sporting events for the students, from sports trials and summer parties, to grunge parties and inter-subject derbies!

However, now, in autumn 2023, the main focus will be on the main event of the year, the Nordic Games in Copenhagen, Denmark. Finland will go to the Games to defend the gold medal it won at its home in 2022. The Games, which will be held from 18 to 25 September, will be a lavish mix of exuberant and exhilarating action, with sports competitions during the day and parties in the evening. There are also a few places reserved for freshers, so you should join our information channel immediately!

Got curious?

Take over our Instagram with the tag @viikinkarhuofficial, and find all the relevant links (including access to the information channel) at [linktr.ee/viikinkarhuofficial](https://linktr.ee/viikinkarhuofficial)

# SVENSKA STUDENTER AGRO-FORST FÖRENING R.F.

The Swedish-speaking student association at  
the Faculty of Agriculture and Forestry and  
the Faculty of Veterinary Medicine

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Svenska Studenters Agro-Forst Förening r.f. is one of the oldest student associations at the University of Helsinki. The association is characterized by an exceptionally good sense of community among its members, which usually lasts a lifetime. Our goal is to promote a good community among the students at the faculty by organizing events and gatherings that put a golden edge on time at the university.

The association organizes its own events and cooperates with other student associations in Helsinki and Sweden. We also act as an advocate for the Swedish language within the faculties. The aim of this is that all students have the right to use Swedish in their studies.

[agro-forst-styrelse@helsinki.fi](mailto:agro-forst-styrelse@helsinki.fi)

<https://blogs.helsinki.fi/agro-forst/>

Instagram: [agroforst](#)

Facebook:  
[Svenska Studenters Agro-Forst Förening r.f](#)



# LIPIDI RY

Student association for food science students.

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The Food Students' Association Lipidi ry is one of the largest student organisations on the Viikki campus. Lipidi is a student community organisation that encourages its members to meet each other and network with the working world. It organises events throughout the year and, in addition to its own events, it cooperates actively with other organisations on campus and, in particular, with the faculty. Special mention should be made of the annual interdisciplinary Jelly Parties and Halloween. The event calendar includes several cultural and sporting events and a wide range of excursions to the domestic food industry. We encourage students to make contacts during their studies. The Lipidi Association organises excursions, i.e. company visits, with the main focus on getting to know the companies in the sector and at the same time meeting fellow students. We also aim to help our members find jobs through cooperation and by acting as an information broker. The Lipid Annual Party is celebrated every five years and is the highlight of the Lipid student

life. The next annual party will take place in autumn 2027, when we will celebrate 65 years of Lipidi! The organisation's activities are supported through grants, donations and co-operations to keep the prices for our members student-friendly.

For more information about the association and our activities, please visit our website <https://lipidi.fi/> and join the Telegram Info Channel by clicking on the link: <https://t.me/+ptEj6JA9F03ZDQ0>.

You can also find us on social media;  
Ig: @lipidiofficial  
Fb,LinkedIn: @Lipidiry





# HELIX RY

Student association for students of biochemistry, microbiology and cell and molecular biology.

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Representing the dark side of natural sciences, Helix takes students on a journey of discovery into the mysterious world of genes, microbes, cells and biomolecules. Helix ry, known as Helix, is the University of Helsinki's subject association for biochemistry, microbiology and cell and molecular biology. Everyone is welcome to our events, whether it's a party, an excursion or a party, regardless of your field of study or faculty!

Helix's headquarters, Kertsu, is located on the first floor of Biocentre 1, where you can get coffee and snacks during breaks in the lab courses. As an exceptional two-faculty student organisation, Helix participates in the organisation of many events, parties, excursions, parties in cooperation with our sister organisations under MMYL and Biosphere. In addition, Helix runs the Biofilm

photography club, whose events, photography sessions and workshops are open to all interested people!

Helix is open to anyone interested in life sciences, and membership is free to join on our website. You can find information about events, experiments and activities on our website, Instagram and Facebook!

Contact us:  
helix-hal@helsinki.fi  
<http://helix-ry.fi>  
Instagram: helix\_ry  
Facebook: Helix ry



# MYY RY

Student association for environmental science students.



Environmental Science Students' Association - MYY ry is an association of environmental science students founded in 1961. Somewhat unusually, our studies fall under two different faculties, so we also operate under two faculty organisations. Environmental issues are close to our hearts and we want to change the world and find solutions to the pressing problems of our time, such as climate change and the loss of biodiversity.

Freshers' year is a chance to find your place at university, and while it might take a while, it's worth doing a little research to find your own thing. So, whatever your major, feel free to come and find out more about what we do! Like other subject associations, we organise parties, sitsit and other events. We also organise an excursion every autumn, which takes place every second year in your home country and every second year abroad. MYY also runs a wide range of clubs, such as a bird

club, a craft club and a cultural club, which are open to all.

We serve delicious vegan food, created by our kitchen team, at sitsit and other events. The highlights of the year are definitely the Christmas weekend in Karkkila and the Christmas Home Wine Competition. We also keep our members' voices heard towards the university and we have an active work life.

In MYY ry we do much more than just environmental stuff, our warm-hearted team may well have an ecological locker just for you. You can find us in the clubroom of Biokeskus 3, called Kertsi, and recognise us by our dark green overalls.

MYY can be found on social media:  
Facebook: MYY ry  
Instagram: myy.ry



# VIRI LACTIS RY

Student association for food scientist,  
founded in 1947.



Viri Lactis RY is the smaller of the two food science student associations, and its origins date back to 1947, when the then dairy students founded Viri Lactis as a student association. Over the years, the degree structure changed and the different disciplines merged into food science, and the two subject associations survived as the joint associations of food science students; Viri Lactis and Lipidi. Both subject associations operate independently, and you can join either one if you wish and participate in both! Viri Lactis also warmly welcomes students from other disciplines who are passionate about food.

Viri organises a wide range of events from excursions to sittings, and the biggest event of the year is the Wine and Cheese Evening for members. We can be spotted at the beginning of autumn at many of the different events common to all of Viikki, such as the infotor and the jumpsuit market. Feel free to ask more questions and find out more about our activities!

You can follow our activities on social media, for example on Instagram, where you can find us as @virilactis, and by email at [virilactis@gmail.com](mailto:virilactis@gmail.com)



# VUOROVAIKEUTUS RY

Student association for environmental and resource economics students



Vuorovaikeutus ry, or VV in short, which was founded in 1987 is a student association especially for students of the YET (Environmental and Food Economics) bachelor's programme in the environmental and resource economics study track, and for the students in the master's programme in agricultural, environmental and resource economics.

The roots of VV go back 35 years, and our association was originally called "Maankäytön Ekonomistit", which means "land use economists" in English. The name was changed in 1998, and the name "Vuorovaikeutus" reflects the difficult relationship between the environment and the economy, but according to VV's heritage, no one knows the exact origin of the name.

Last year (2022), we celebrated our 35th anniversary with a wonderful annual party,



and in addition to these five-yearly celebrations, VV has a bunch of other VV's traditional events, such as newbies night for the freshmen, mushroom picking hikes, Christmas party and sitsit! Especially close to our hearts are casual and chill low threshold hangouts like wine & paint nights.

Work-life events are also a big part of VV's activities. We organize several visits to interesting companies and organizations from our field throughout the year; this spring, for example, we visited Green Carbon and the Finnish Energy Authority! In addition, every autumn VV organizes an excursion of several days, either at domestic or international. We also host alumni evenings, and actively participate in ViikkiAreena. See you in Viikki this autumn!

Ig: Vuorovaikeutus

Facebook:

Vuorovaikeutus - Ympäristöekonomistit ry

[www.vuorovaikeutusry.fi](http://www.vuorovaikeutusry.fi)

[vv-hallitus@helsinki.fi](mailto:vv-hallitus@helsinki.fi)

# VEKE RY

Food and Consumer Economics  
Student Association

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Viikin Elintarvike- ja Kuluttajaekonomistit ry, or VEKE, is a student association for students interested in food economics and consumption, founded in 2017. VEKE represents students in the Bachelor of Environmental and Food Economics programme who are interested in food and consumer economics and students in the Master of Food Economics and Consumption programme.

VEKE organises a wide range of events: company visits to interesting food companies, delicious parties, lively dinners and also more relaxed hang-outs such as movie nights. One of VEKE's traditional events is the Skumppajooga, which takes place during May Week.

VEKE actively cooperates with other student organisations on the Viikki campus and welcomes all students to participate in its activities and events, regardless of their field of study or faculty!

Facebook: VEKE - Viikin Elintarvike- ja  
Kuluttajaekonomistit ry  
Instagram: vekeviikki



# VITA RY

Students association for environmental and food economy students.

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The Viikki Economists Association (VITA) is an open association for all students, founded in 2009, especially for students of economics at the Faculty of Agriculture and Forestry. VITA is also an umbrella organisation for undergraduate students in environmental and food economics.

VITA organises a wide range of events, cultural activities, excursions and meetings for students. Some of the most legendary events include VITA's fabulous Sillis and Wappusitsit, which you won't want to miss!

VITA also works in close cooperation with other subject organisations and cooperation opportunities are openly seized, even across subject boundaries. You can easily become a member by following the link on the website. You can recognise VITA members at events by their dark blue overalls! See you in the campus!



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Once again, good luck with your studies! We are ready to make your first year at university a memorable one. Studying in Viikki is something you won't regret!

On behalf of the Union of Agricultural and Forestry Students, we wish you a happy times in Viikki!

