

# A GUIDE FOR NEW BBA STUDENTS

*STUDENTS OF BUSINESS  
AND TECHNOLOGY.*

A yellow speech bubble with a white outline and a tail pointing towards the bottom left. It contains the text "NO LIMITS." in white, bold, uppercase letters.

**NO  
LIMITS.**

# **CHOOSE YOUR LEVEL,**

## **BBA student**

### **BLACK**

**- ALL INCLUSIVE: INCLUDES ALL THE BENEFITS AND SERVICES, ALSO THE MEMBERSHIP OF THE UNEMPLOYMENT FUND.**

- Includes all the benefits of the silver and gold levels
- As a member of the unemployment fund you accumulate earnings-related allowance and make an investment in the future

### **GOLD**

**- AN EXTENSIVE SELECTION OF BENEFITS AND SERVICES, INCLUDING PERSONAL CAREER GUIDANCE AND TRAVEL INSURANCE.**

- Personal career guidance and job seeking services
- Extensive travel and accident insurance for leisure time
- Legal protection and liability insurance for different situations encountered in working life
- Complete services of employment lawyers
- Entrepreneurship services
- Well-being guidance, e.g. time and stress management
- Also includes all silver level benefits

### **SILVER**

**- A GOOD LEVEL TO START GETTING TO KNOW US. INCLUDES, E.G., SALARY COUNSELING AND STUDENT EVENTS.**

- Employment lawyers' counseling and advice
- Salary counseling
- Tradenomi-magazine
- Student events

# GREETINGS FROM THE BOARD

Hey freshman!

Welcome to your studies and congratulations on your study place! We made you a small info package for your student life journey. From our freshmen guide book, you will find out what Students of Business and Technology does, who we represented there, what kind of benefits do we offer for you and tips for the freshmen year.

It is often said that student life is the best time of your life and we can definitely confirm this! Your freshman year will include new friends and studies, parties and other events, that will be something totally new and exciting! Even if you are not the wildest party person or the most social one, you will get the most out of your studies by getting to know new people and have the courage to try new, different things, such as becoming an active member of your local student association.

Friendships, connections and networks created during your studies are a driving force, that carry you onwards in your life and bring many unforeseen opportunities.

Students of Business and Technology ( former TROL) has travelled alongside business students from 2003, offering new experiences, events, services and much more! You will find us and your own local business student association on nearly every campus which offers BBA degree. We will meet at our stands, lectures and events!

PS. Fill the bucket list included in this guidebook and enjoy your freshman year!

Best regards

The Board of Students of Business and Technology

**NO  
LIMITS.**

**STUDENTS OF BUSINESS  
AND TECHNOLOGY.**

**Akava**

Akava is a trade union confederation for those with university, professional or other high-level education. Akava has 36 affiliates and it represents employees, entrepreneurs, self-employed professionals and students. The members of Akava affiliates include employees, as well as students, entrepreneurs and professionals. The members join one of Akava's affiliates based on their field of degree, profession or position.

**Professionals of Business and Technology**

Professionals of Business and Technology is a trade union for professionals with a Bachelor of Business Administration or a Master of Business Administration degree. Organization represents and provides services to its members in matters related to working life and employment relationships. Professionals of Business and Technology promotes business administration education and the career development of business graduates. This organization is the only union in Finland focusing exclusively on improving BBA's value in the labor market.

**Students of Business and Technology**

Students of Business and Technology (former TROL) is the national student union focusing only in taking care of BBA students' interests. All BBA students are welcome to join as members. Student of Business and Technology is an independent member-union of Professionals of Business and Technology.

**Local branches**

Students of Business and Technology has 28 member associations all over Finland on campuses offering BBA degree. Members join Students of Business and Technology through local associations. If there is not a local association on your campus you can join us directly, as well. The member associations organise events and take care of BBA students' interests on campuses.

# ABOUT STUDENTS OF BUSINESS AND TECHNOLOGY?

Students of Business and Technology oversees and promotes the educational and professional benefits of its members: in summary, we want to develop and increase the awareness of the BBA degree and education. In addition, a significant part of Students of Business and Technology activities is supporting and educating the local member associations in matters such as getting new members, educational politics and organisational activities in general.

As an organization founded by students, studentship is also well reflected in Students of Business and Technology activities. All BBA students are more than welcome to join us. We have been growing for many years and at the moment, we have over 14 000 members. We are run by a board selected from active members of the union and local associations. The executive director of Students of Business and Technology is a student advisor of .

Students of Business and Technology is a member organisation of Professionals of Business and Technology, bringing a student perspective to the union's decision-making. Members of Students of Business and Technology are entitled to many benefits provided by Professionals of Business and Technology.

# INTRODUCING THE BOARD!



Kaisu Hilska, Chairperson

Hello, my name is Kaisu Hilska and I'm the Chairperson of the Board this year. I graduated from Haaga-Helia UAS this summer, so I am a living proof that it is possible to graduate while being a student active. I was also the Vice Chairperson of Student of Business and Technology last year, and before that I have acted as an event coordinator and a chairperson of Haaga-Helian liiketalouden opiskelijat Talko ry.

As a Chairperson my main duties consist of taking care of relations with other national organizations and participating in different kind of lobbying events. In addition to that, I act as the student representative in Professional of Students and Technology board and I am generally responsible for Student of Business and Technology board's operations in different sectors.

Veera Nyfors, Vice Chairperson

Regional responsibility: Atkins, Talko, Sture, Hanse

Hi! I'm 24-year-old business administration student and vice chairperson of Students of Business and Technology. I have been around of positions of trust for a couple of years now, mostly with student unions. Last year I was treasurer of Student Association Trade from Turku, a member of a board in Student Union - TUO, where I was in charge of tutoring and international matters. Last year, I have also worked for the same Student Union as an adviser within promotion of interests and educational development.



Alekski Kallionpää, Tradenologia and events

Regional responsibility: Trade, PORA, RLO Kilta, VATO

Hi! I'm 23 years old BBA-student from Tampere. This is my third year as a BBA-student in TAMK and I've been in the Tampere BBA-students organization, TTO ry, for two years. In my first year, I acted as an entertainment manager and in 2018 acted as a chair of the board. The coming term will be a new challenge for me as I start my first in the board of the union.

Sami Juntunen, Members

Regional responsibility: HÄTÄ, TTO, Konkurssi, SULKA

Hey! I am studying International Business, specializing in International Sales in Savonia University of Applied Sciences in Kuopio. Last year I was the member services associate in Kuopio's BBA Student Association. I am a tutor for our freshmen and exchange students in Savonia. This year while I am the member services associate for TROL, I am also the Vice Chairperson at Student Union (SAVOTTA) of Savonia University of Applied Sciences.





Tua Rope, Lobbying

Regional responsibility: KuoTra, MTO, Joensuun Kilta

Hello! I'm 24 years old BBA student from Espoo. I'm a fourth year student from Haaga-Helia and specializing in HRM & leadership. The student active field took me once and good and during last year I've been a member of the board of BBA Student association Talko ry with the responsibility of educational matters and social policies. In addition, I'm also a member of representative council of Haaga-Helia's Student Union Helga. As you can notice from my background, it's clear that advocacy matters are very close to my heart. I can't wait what the next year will bring for the board of TROL. See you and remember to say hi!

Monica Koskinen, Communications

Regional responsibility: Rotta, Outo, KaaTO, Perikato, Tokko

Hello! I am 24-year old BBA-student from Eastern Finland, Kuopio. In addition to my entrepreneurial studies, I have operated in my local union, Kuopion Tradenomiopiskelijat ry. From March to December in 2017, I acted in board of KuoTra as a member responsible and vice-chairperson. Inspired by this, I sought for and also was elected as a Chairperson of the union in 2018. Last year, I also acted as a member of representative council in Savonia's Student Union SAVOTTA.



Iiro Rauhala, Lobbying

Regional responsibility: Hattara, Trombi, LATO, Jenkins

Hi, I'm a 22-year-old BBA-student from Turku, Finland. My previous experience includes a year as a member of the board at Trade ry. I have also been a tutor for the first-year students.

Deputy board member

Miika Hiltunen, member service

Regional responsibility: Linkki, Klato, LapTOp, HePo

Hello! I'm 26 year old bachelor of business administration from 'mualiman napa', also known as Kuopio. I graduated last spring and specialized my studies in sales and marketing. I started my association career two years ago at our local BBA student association, KuoTra (Kuopio BBA Student Association), where my responsibilities have included tutoring, lobbying and international issues. At local level I also have been Chairman of our Student Union (SAVOTTA). I've also had a chance to work nationwide, as I have been part of Students of Business and Technology board in 2018.



# BBA WEEKS

**23.9.-6.10.2019**

The BBA weeks celebrate BBA graduates' and students' identity and community. During the national campaign different events are being organised all over Finland and they climax in the biggest student event of the year - TRADENOLOGIA!

The aim of the weeks is to increase knowledge of the services provided by Professionals of Business and Technology and to encourage members to network both locally and nationally.





# PROFESSIONALS OF BUSINESS AND TECHNOLOGY

## COUNSELING SERVICES

### WELLBEING COUNSELING

- Stress management
- Time management
- Recovery
- Managing everyday life

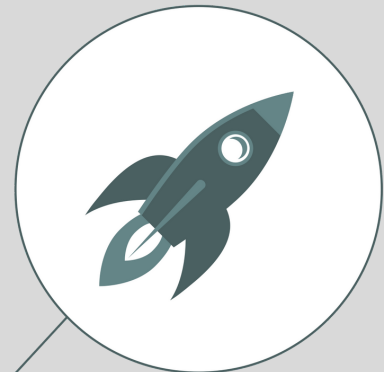


### ENTREPRENEURSHIP COUNSELLING

- Could I be an entrepreneur?
- Life span of entrepreneurial activity
- Business idea sparring
- Everyday matters related to entrepreneurship
- Being an employer

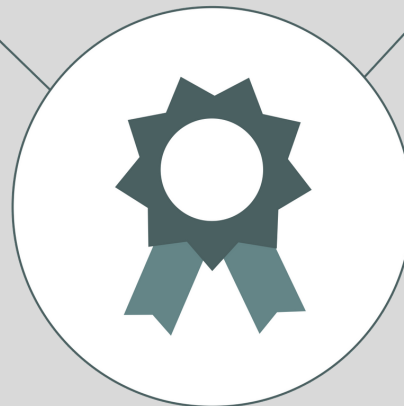
### WORK ABILITY COUNSELLING

- Effect of illness on work capacity
- Mental strain at work
- Mental wellbeing
- Act on cooperation procedures
- Situations involving layoffs or contract terminations
- Bullying and disruption
- Work capacity



### SUPERVISORY COUNSELING

- Motivating employees
- Supporting wellbeing at work
- Discussing performance problems with employees and recognising poor wellbeing at work
- Difficult situations in teams
- Bringing up problems
- Me as a supervisor
- Different types of employees



### CAREER COUNSELLING

- Job search
- Career planning
- Preparing for a discussion on work development and salary
- Wellbeing at work and its promotion
- Further studies and development of one's own skills
- Combining work and family/leisure time



# TRADENOLOGIA

Tradenologia is every BBA student's very own event organized by Students of Business and Technology in association with one of the local BBA student associations. This event brings together students from all around Finland to complete different checkpoints, have fun and get to know each other. This year Tradenologia is organised by RLO Kilta ry from Rauma. Save the date 3.-5.10.2019 and be in Rauma!

RLO KILTA  
presents

# TEMPTATION TRAUMA

TRADENOLOGIA  
2019



@TRADENOLOGIA



@TRADENOLOGIA

# BUCKET LIST

**SEW YOUR FIRST OVERALL PATCH**

**GET SOME EVENTS OVERALL PATCH**

**VISIT THE LOCAL BRANCHES STAND**

**PARTICIPATE IN YOUR LOCAL BRANCHES FALL MEETING**

**USE AN UNION MEMBERSHIP BENEFIT**

**VOTE IN REPRESENTATIVES COUNCIL ELECTION**

**CHECK OUT YOUR LOCAL LEISURE ACTIVITIES**

**GET A TICKET TO TRADENOLOGIA**

**HAVE A MEMORABLE FRESHMAN YEAR**

**FOLLOW US!**



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