

Students starting school at the Finnish-language general upper secondary schools in Espoo in autumn 2023

This letter can be read online at [espoo.fi](https://www.espoo.fi) (Studying in general upper secondary school)

Congratulations on your student place and welcome to Espoo general upper secondary school! This letter contains information on matters such as the support for studying, student welfare services, and the ways in which you can influence matters related to you and your study community in your general upper secondary school. Please read the letter carefully and save it for later need. You should also ask your guardians to read the letter. For further information, visit <https://www.espoo.fi/en/childcare-and-education/general-upper-secondary-education> and the website of your own school.

Have a relaxing summer and productive study moments in our general upper secondary school!

Participation and the influencing opportunities

During your studies at a general upper secondary school, you have an excellent opportunity to affect many things related to your studies, such as matters related to teaching and evaluation, but also those related to coping and well-being.

Follow @espoonlukiot on Instagram for important and interesting information on higher education, various competitions and events, and the international general upper secondary school student community. The account also presents opportunities for young people to influence matters. The various general upper secondary schools also get to speak up on the account.

The <https://nuortenpalaute.espoo.fi/en-FI/> website allows you to give feedback on a service or a matter related to your own environment, or share your development proposals or ideas. Many ideas and proposals shared on the site by young people have been carried out.

During your studies in general upper secondary school, you will be able to answer many different surveys. The results of these surveys will be used for the development and improvement of matters important to young people, including you. It pays to be active and share your thoughts!

In your school, you are a part of the student body. Each year, a board is elected to represent the student body. If you want to make a difference in matters related to your school, apply to join the board of the student body. This will also teach you a lot about influencing in society.

The student boards and the representatives of the Espoo Youth Council form a so-called Round Table, in which common matters are discussed and the network of general upper secondary schools is developed.

The Youth Council (NUVA) consists of 40 young people selected every two years. The next election will be held in autumn 2025. <https://www.espoo.fi/en/youth/youth-council>

You can get a free student card on the Frank.fi website, for example. In addition to the bonuses, the digital student card entitles you to the discounts of Kela, Matkahuolto, HSL and VR Group as well as lunches with student prices.

You can also join the Suomen Lukiolaisten Liitto association for general upper secondary school students, if you wish. It is a paid membership (€20 per school year). Suomen Lukiolaisten Liitto (SLL) is a student organisation representing all Finnish general upper secondary school students, which [advocates](#) both at the national and local level to improve things further for general upper secondary schools and their students. In addition, SLL always offers [services](#) to its members, ranging from legal protection counselling to member discounts.

Support during general upper secondary school studies

If you have received support or special guidance or have used the services of student welfare during basic education, we wish that you tell your tutor in order to receive the best possible support also during your general upper secondary studies. If you have received special support during basic education, you will receive your HOJKS plan printed in two copies. Keep one copy and bring the other one with you when coming to your general upper secondary school in autumn. Your tutor will collect these papers during your first meeting. If you have received support for your learning in Espoo during basic education, the information will be automatically transferred to Wilma.

According to the Act on General Upper Secondary Education, you are entitled to receive special education or other support for learning in general upper secondary school for linguistic difficulties or other learning difficulties based on your individual needs, regardless of the cause of your learning difficulties. Reasons may include difficulties with reading or writing, difficulties with concentration or mathematics, an illness, an injury, or a life situation.

The planning and implementation of any support measures are started at the beginning of your general upper secondary school studies, and your need for support will be assessed during your studies. At your request, the support measures can be registered in your personal study plan. If you have any questions regarding the support for learning, contact your tutor. They will be able to help you.

At the beginning of your studies, you will be offered the possibility to participate in the charting of your linguistic skills, including the speed, fluency and accuracy of reading, reading comprehension skills, and spelling. If necessary, actual testing for dyslexia can be carried out after these results have been examined. The invitation for dyslexia testing will be sent via Wilma.

If you require support related to your studies, the information will be registered in Wilma. These entries are important, as they will enable you to apply for special arrangements for your matriculation exam, such as additional time, if such arrangements have been useful during your studies at general upper secondary school. The entries may also affect your applying for further studies. You will receive guidance on acquiring the necessary statements and the application of special arrangements for your matriculation examination.

For further information, please visit: [Espoo.fi / Student welfare and support for studying](https://www.espoo.fi/en/Student-welfare-and-support-for-studying)

Greetings from student care

In general upper secondary school, you are entitled to the services of student care, including a nurse, a doctor, a welfare officer, and a psychologist. The aim of student care in general upper secondary education is to promote the learning, health and well-being of students, and to ensure the well-being of the school community, as well as the healthiness and safety of the studying environment. When necessary, student welfare services are available, including support from a nurse, a doctor, a welfare officer and a psychologist.

For further information, please visit: [Espoo.fi / Student welfare and support for studying](https://Espoo.fi/Student-welfare-and-support-for-studying)

Recognising and admitting your competence

If you have already completed some general upper secondary studies, contact the principal of your school after receiving confirmation on the school you will be studying at. This way, you can have a suitable schedule for the start of your studies. Other forms of competence can also be credited in your general upper secondary studies. More information will be available after you start your studies.

Culture

The City of Espoo offers a culture bonus to new general upper secondary students. The culture bonus entitles you to a free entry to culture attractions in the City of Espoo, such as the Kino Tapiola cinema. The bonus is available 10 August 2023–1 June 2024. You can use your bonus by showing your student certificate and the bonus card at the ticket sales of the culture service provider. Ask your tutor for more details. Enjoy the wonderful culture experiences!

Ohjaamotalo

Ohjaamotalo offers help in matters related to livelihood, finances and housing, for example. We will also talk with you about topics related to well-being and recreational opportunities! Ohjaamotalo serves you in Leppävaara or digitally on Discord (bit.ly/ohjaamotalod) as well as on other social media platforms.

See more about our services: espoo.fi/Ohjaamotalo

Cultural instructors in general upper secondary schools

The objective of the work by the cultural instructor of general upper secondary education is to promote equal opportunities for success in studies and life for all students. The cultural director supports the integration and inclusion of students and guardians, in particular students and guardians from an immigrant background/ speaking a foreign language, in Finnish society, and supports students, their guardians and the school's personnel in day-to-day school life, while communicating with young people and their families also in their own native language. More information espoo.fi/fi/cultural-instructor



Cultural instructors will hold an information event in Otaniemi General Upper Secondary School's lobby after the results from the joint application period have been published, on 19 and 20 June 11.00–13.00. All students from immigrant backgrounds or speaking a foreign language and their guardians selected for Espoo general upper secondary schools can come to learn more about

general upper secondary school education and meet our cultural instructors before their general upper secondary school studies.

<https://www.espo.fi/en/news/2023/05/ask-cultural-instructors-about-studying-general-upper-secondary-education-joint-application-advice>

Welcome to study in our school!



Photo: Taru Turpeinen