

# Student member's guide **2026**



Discover all the monetary benefits  
for members of Suomen Ekonomit!

# The community

## Suomen Ekonomit

### An umbrella organisation that advocates for business school graduates

- ✓ Our umbrella organisation consists of 25 economist associations and 14 student associations
- ✓ We have 34,000 graduate members and 24,000 student members
- ✓ We oversee the quality of business education
- ✓ We negotiate collective agreements
- ✓ We offer services, benefits and events for our members



When you are a member of a subject association of business school students or Hanken's student union, you are also automatically a member of Suomen Ekonomit free of charge.

## Suomen Ekonomit's communication channels



- ✓ Ekonomit magazine
- ✓ Newsletters
  - ✓ Services and benefits of the month
  - ✓ Impactful actions
  - ✓ Invitation letter



suomenekonomit



Suomen Ekonomit



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## Kyllis, i.e. student contact persons

### Employees of Suomen Ekonomit who work at university campuses

- ✓ Support the activities of the subject associations and the student union at Hanken
- ✓ Help you get the most out of your membership of Suomen Ekonomit

You can reach the **kyllis** on campuses,  
on Instagram and by email:  
firstname.lastname@ekonomit.fi

### Follow the **kylli** (student contact person) of your campus on Instagram

- 1 **Boomi** @boominkylli
- 2 **Dumppi** @dumpinkylli
- 3 **Enklaavi** @enklaavinkylli
- 4 **Finanssi** @oulunkylli
- 5 **Hanken SHS** @shskylli
- 6 **KY** @kyllikylteri
- 7 **Probba** @kyllikylteri
- 8 **Merkantila Klubben** @abokylli
- 9 **Optimi** @optiminkylli
- 10 **PorKy** @porinkylli
- 11 **Preemio** @preemionkylli
- 12 **Pörssi** @porssinkylli
- 13 **SSHV** @kylli\_sshv
- 14 **Turun KY** @turunkylli
- 15 **Warrantti** @warrantinkylli



### New! Ekonomit Shop

Do you want to wear a Suomen  
Ekonomit hoodie or sunglasses?

Browse our products and highlight your business  
school graduate identity in style: [elounge.ekonomit.fi](https://elounge.ekonomit.fi)



# eLounge

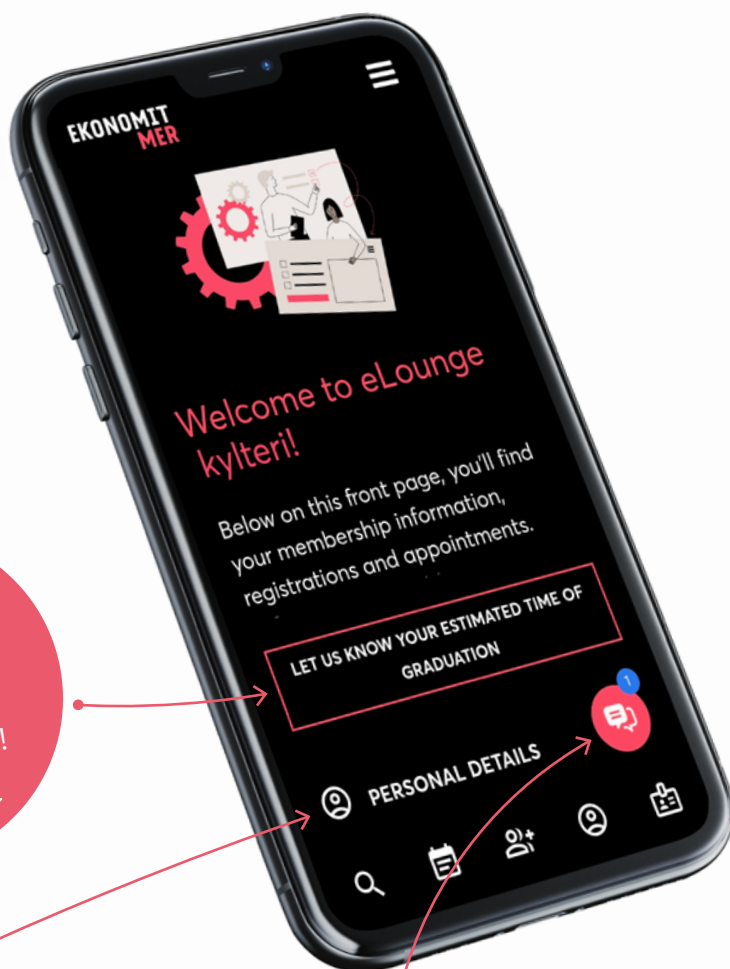
**eLounge** is the member application of Suomen Ekonomit, where you can, for example,



prove your student membership



purchase the full student membership



Notify us of your graduation and receive a graduation gift!



update your information



ask for help and advice



use the  
Salary Radar



use Kylteri  
job search hub



complete  
independent training



register for  
events and courses



use the 24/7  
legal services



redeem the membership benefits  
of Suomen Ekonomit



request quick mentoring  
from other members



join the KOKO  
unemployment fund



read the electronic Ekonomi  
magazine (in Finnish)



use Kylteri  
thesis hub



read the Supervisor's  
Handbook (in Finnish)



browse the  
Ekonomit Shop

## How to use eLounge



1

Go to  
[elounge.ekonomit.fi](https://elounge.ekonomit.fi).

2

Click "remember me" to save  
your login on your browser.

3

Log in using your phone number  
or facial recognition, for example.

**eLounge** eLounge is a website that functions like an app.  
However, eLounge is not downloaded from an app store.

# Kylteri job search hub

With the hub, you will learn to

- ✓ find unpublished vacancies
- ✓ complete your CV and job application
- ✓ prepare for a job interview
- ✓ manage stress caused by your job search



## Test your entry level

- ✓ CV and Cover Letter CheckUp
- ✓ LinkedIn CheckUp

Get tips on how to make your application documents and profile even better.



## Prepare an elevator pitch

- ✓ You will hear how to prepare an impactful elevator pitch.
- ✓ You will learn how to present it convincingly.
- ✓ You will see examples of other people's elevator pitches so that you can make use of them.



## Ask for advice in the chat

**In the public chat,** you can ask your question so that both career coaches and other students can answer it.

**In the private chat,** you can ask a career coach for advice so that the discussion is only visible to you and the coach.

Learn how to  
find unpublished  
vacancies already  
during your  
studies!

## Find unpublished vacancies

Finland is full of interesting organisations that many people have never even heard of. You get credentials for the Vainu service, which you can use to find these organisations and gain an advantage in the search for unpublished vacancies.



## What kinds of summer jobs can you apply for?

You will get concrete examples of work tasks performed by students in different main subjects. Be inspired by other people's summer jobs and apply for similar jobs yourself!



## Practice for a video interview

Describe your answers to five typical job interview questions and see what the videos look like. During the exercises, you will learn what the employer is looking for with these questions and how you can prepare to answer them.



## Facing disappointments in your job search

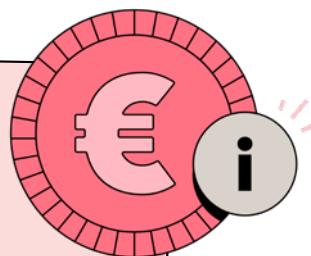
"Unfortunately, we won't be offering you a position at this time." Words can sting. Make use of the tips and exercises in the guide in Kylteri's job search service.

# Salary and livelihood

## Help with salary negotiations

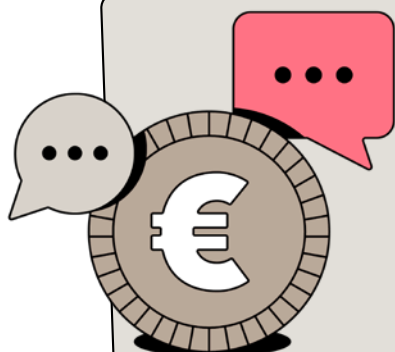
Read more in the salary section of eLounge

- ✓ what a salary consist of
- ✓ what is the right starting amount in salary negotiations
- ✓ how to justify your own salary request
- ✓ what to do if you don't get a salary increase



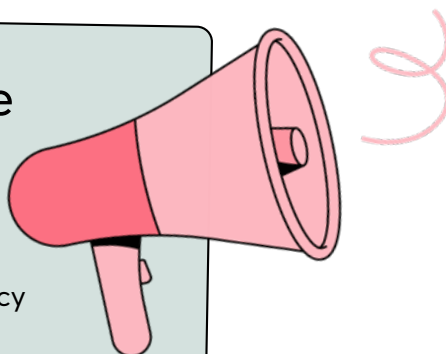
## Salary recommendations

Are you wondering how much salary you should get for a traineeship, summer job or full-time job as a recent graduate? See our recommendations and set your request to the right level.



## Tell us about your experience about a traineeship salary

Tell about an organisation where the traineeship salaries are either excellent or very poor. The information you give us will help us in our advocacy work.





# Secure your household against unemployment

**If you are working, join the unemployment fund already during your studies.**

This will allow you to immediately start accumulating the fund's previous employment requirement, and you will not fall below the minimum income even if you do not get a job immediately after graduating.

## Unemployment benefit paid by Kela

**EUR 800/month**

## Earnings-related daily allowance paid by the KOKO unemployment fund\*

100% daily allowance  
(at the start of unemployment)

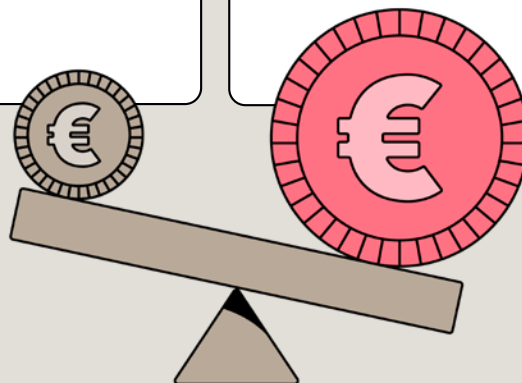
**EUR 2,090/month**

80% daily allowance  
(after 2 months of unemployment)

**EUR 1,670/month**

75% daily allowance  
(after 8 months of unemployment)

**EUR 1,570/month**



Membership of the KOKO fund costs **EUR 69/year**.

Join the fund in eLounge: [elounge.ekonomit.fi](https://elounge.ekonomit.fi)

\*These are rough estimates based on the median salary of recent business school graduates, which is EUR 3,998/month. The benefits are reported as gross income.



# Develop your competence



## KYPÄ

**In the Kylteri Days**, various keynote speakers will take the stage, with lessons to help you develop.

Speakers on stage have included the likes of Alexander Stubb, Jenni Janakka, Markku Kanerva, Sijoituskästi, Sixten Korkman and Kari Ketonen.



The Kylteri Days is a great place to network, as 500 business school students from different parts of Finland come together.

Learn about the topic of the seminar and mingle with others.



## Ekonomi magazine (in Finnish)

Reading the magazine will give you new perspectives and deepen your knowledge of the changing themes.



## Collect study credits

**Kylteri's Working Life Skills course** teaches you the key aspects of employment contracts and labour legislation and how to negotiate your salary. The course gives you 2 credits.

**Kylteri's Professional Brand course** helps you craft a distinctive expert brand, LinkedIn profile, CV, job application and elevator pitch. The course gives you 2 credits.

➡ Both courses are held online and on campus on several dates during the academic year.

## Biz Potential

Register your team for a competition to test their financial and business skills. The teams compete against each other in a theory test, case task and quiz.

The three best performing teams will be entered into the Nordic Championships in Business and Economics, which will also include Swedish and Norwegian teams.

## NUEK-kiertue

**The Nuoret ekonomit tour** visits university cities every autumn. Listen to the speech of the tour's star speaker, where they share their relatable experiences.

Speakers include Lääkäri-Atte, Sointu Borg, Eva Wahlström, Dora Palmroos, Teemu Packalén and Jalmafi.



## Practice investing

**Kauppalehti's Unelmasalkku (Dream Portfolio)** stock exchange game allows you to test the effectiveness of your own investment strategy. Join the Ekonomit league and strive for the highest possible returns.

# Write your master's thesis

## Kylteri thesis hub

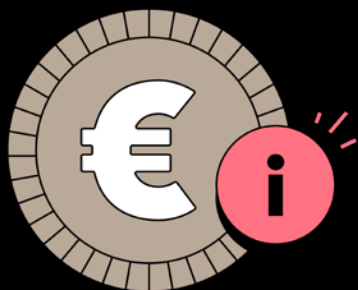
Get tips for completing your master's thesis and hear real-life stories from others who have completed theirs.

- ✓ How do you choose a topic that promotes your own career?
- ✓ How do you get started with your master's thesis?
- ✓ What can help if writing the thesis is stressful?
- ✓ How do you ensure that your thesis progresses at a steady pace?
- ✓ How do you know when the thesis is good enough to be returned?

### Are you stuck with your master's thesis?

Ask for help and advice in the chat to get on with your problem.





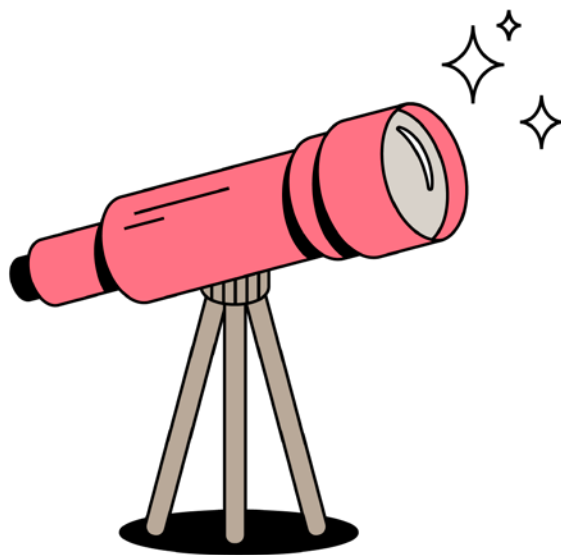
## What is the payment for a master's thesis?

**A company may pay** a person writing a master's thesis a monthly salary or a lump sum for the commission. See our recommendations for both situations.

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## Make your master's thesis for us

**Every year, we offer** a small number of students the opportunity to make their master's thesis for Suomen Ekonomit. You can either pick a pre-selected theme or suggest your own theme. The applications are open every autumn.



## Discover commissioners

**In the eLounge,** you can see if our members are currently looking for thesis students. You can also indicate that you are willing to complete your master's thesis as a commission.

➡ Create a profile in the Network section to get started with finding a commissioner.

## Enter your theses in the competition

**We reward** the best business school theses with cash prizes. Stay tuned for more!

# Services and benefits for different situations

1

## For those thinking about the direction of their career

What would you like to do after graduation? Our services help you to clarify your career direction.



### In the Career direction section of eLounge, you can

- ✓ draw your interests on a map
- ✓ review your own competence
- ✓ think about what kind of work would suit you

The direction of your career often becomes clearer when you understand your interests and strengths.

### Quick mentoring

Find someone in our community whose position or industry might interest you. What better way to think about your career direction than to talk with them!

2

## For entrepreneurs and those considering entrepreneurship

### Make use of the guides for entrepreneurs, for example

- ✓ Becoming an Entrepreneur in Finland

### Legal aid in business matters

The Jurentia law firm will help you with legal questions.

- ✓ Starting a business
- ✓ Partnership agreements
- ✓ Generational transfers
- ✓ Legal collection of receivables

Advice over the telephone **EUR 0**  
Commissions **-15%**



Take advantage of the benefits of AKY's and Danske Bank's benefits for entrepreneur members. Read more in eLounge!

## 3

## For those wanting to become supervisors

### Supervisor's Handbook (in Finnish)

The handbook is a comprehensive information package containing information on areas such as

- ✓ remuneration
- ✓ hybrid management
- ✓ recruitment
- ✓ setting goals
- ✓ management of strengths
- ✓ resolving problems
- ✓ termination of employment
- ✓ leadership identity

### Learn how to handle demanding conversations

A supervisor faces a demanding discussion when a subordinate is

- ✓ underperforming
- ✓ burnt out
- ✓ harassing others or getting harassed
- ✓ needing to be terminated
- ✓ behaving irresponsibly

Our experts have compiled tips for you on what to do before, during and after a discussion.

## 4

## For those on family leave

### Life insurance free of charge

You and your spouse will receive Kaleva's life insurance free of charge for one year. The benefit applies to new life insurance policies and is available once per policyholder.





# Membership benefits

## Talouselämä and Kauppalehti

Digital subscriptions for publications  
**EUR 0** for an academic year

## Danske Bank

✓ Student loan  
**with 0% margin** and without delivery costs

✓ Danske Silver daily service package  
**with no monthly fee**

✓ Mastercard Gold combination card  
**with no annual fee**

✓ **EUR 30 discount** on the Säännöllinen Säästäminen (regular savings) contract

✓ A mortgage **with a lower margin** than without union membership

## New! Iltalehti Plus Extra Digi

✓ Iltalehti Plus articles, digital version of Iltalehti and special magazines and Mikrobitti content

✓ Digital subscription  
**EUR 50/year**  
(list price EUR 98.90)

## CityShoppari

✓ Restaurants, culture and sports benefits, among others

✓ Benefit app with more than a thousand benefits **EUR 0**

## Turva

✓ Home, health, travel, accident, pet and boat insurance

✓ Discount for concentrating insurance policies  
**-10% & -10%**

## Member+

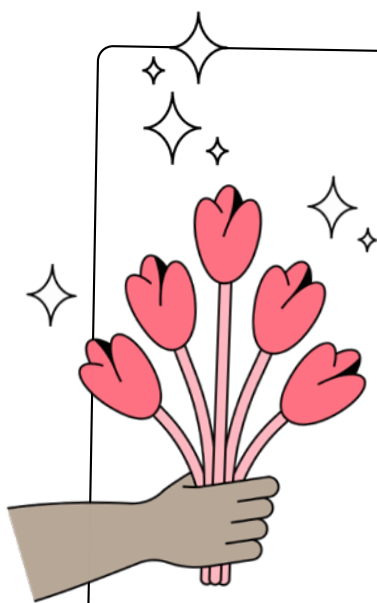
✓ Cottage, travel and leisure benefits, among other things

✓ Member benefit service with a wide range of discounts



**You get over EUR 1,000 worth of membership benefits** when you take advantage of all the union's benefits. Read more about the terms of the benefits in the eLounge member app.

*Suggest  
a new benefit in  
the eLounge!*



### Also take advantage of other monetary benefits:

- ✓ Benefits of AKY for entrepreneurs
- ✓ Alma Media's magazine benefits
- ✓ New! Cuckoo break exercise app (available until the end of January 2026)
- ✓ New! Danske Bank's benefits for entrepreneur members
- ✓ Danske Bank's investment services
- ✓ Eduhouse training courses (full membership required)
- ✓ HBL Digital Plus
- ✓ Jurentia's legal aid in private and business matters
- ✓ Kaleva's life and accident insurance

In our Services and benefits of the month newsletter, we will inform you about the changing benefits.

# Lobbying and influencing



**In 2026,** our influence work includes the following:

- ✓ maintaining the high quality of business school degrees
- ✓ developing our members' salaries and purchasing power
- ✓ tools at workplaces to prevent excessive workloads and improve well-being at work
- ✓ making part-time entrepreneurship easier
- ✓ more even distribution of family leave among the parents
- ✓ promoting economic growth, and thereby well-being, in Finland
- ✓ promoting the recognition of higher education and research as drivers of economic growth

**!** By responding to the member surveys, you can influence which themes we will highlight next.

## Do you know what lobbying is?

Lobbying means that we are in contact with decision-makers and offer them solutions for developing legislation.



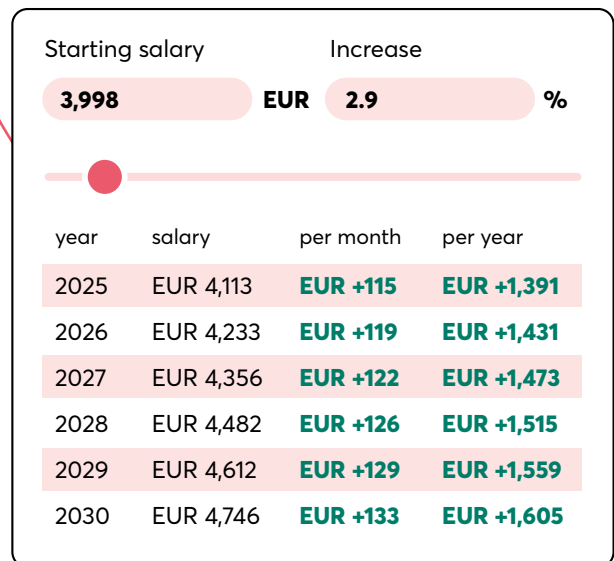
## Interested in making an impact?

Apply to the Labour Market Academy, where you will learn about Finnish decision-making and meet top speakers in social policy. The Academy is held every autumn and is organized in Finnish.

## Negotiated on your behalf

One of the most visible tasks of unions is to negotiate collective agreements that guarantee valuable benefits to members.\*

- ✓ Salary increase
  - ✓ Holiday pay **EUR 2,499**
  - ✓ Paid family leave **up to EUR 6,552**
  - ✓ Care of a sick child **up to EUR 728**
  - ✓ Anniversary leave **EUR 182/day**
  - ✓ Longer than legally required salary payment for sick leave **up to EUR 11,994**
- ➡ The legal minimum is often EUR 0



! Calculate the effect of salary increases on your salary: **[ekonomit.fi/palkka](https://ekonomit.fi/palkka)**

\*The value of the benefits depends on the collective agreement. These are rough estimates and were based on the median salary of recent business school graduates, which is EUR 3,998/month.

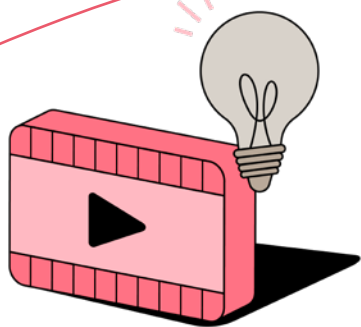
# Purchase full membership

In addition to the student member services, you get a valuable additional benefit: personal services. Price EUR 39.80/year.

## Personal legal counselling

You can get advice from our lawyers in matters such as the following:

- ✓ employment contracts
- ✓ terminations
- ✓ termination agreements
- ✓ uncertainties in remuneration
- ✓ amendment of the terms of employment
- ✓ discrimination
- ✓ workplace bullying
- ✓ uncertainties in family leave



## Training recordings

As a full member, you have access to hundreds of recordings.



## Events and training courses

As a full member, you can get a glimpse into the future of working life and hear about topics such as artificial intelligence, well-being at work and leadership. In person and remotely!

Speakers have included the likes of Hintsa Performance, Carla Ahonius, Saku Tuominen, Emilia Kujala, Pia-Maria Nickström, Perttu Pölönen and Kari Kanala.

## As a full member, you can participate in guided coaching

- ✓ Succeed in Finding Hidden Jobs coaching
- ✓ Know yourself coaching
- ✓ Identify and Verbalise your Competences coaching
- ✓ Rekryboosteri intensive course for jobseekers

## Personal career coaching

Book a time for sparring when you need help with

- ✓ coming up with a salary request
- ✓ your job search
- ✓ clarifying the direction of your career

//

*We looked at the salary table together. Good questioning on how think approach not being too "nice" when going to the negotiations and agreeing to whatever the employer proposes."*

- A satisfied member

//

*I got a thorough overview of the strengths and weaknesses of my CV and job application. I gained a better understanding of what I should highlight."*

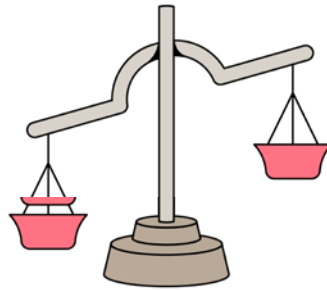
- A satisfied member

## Legal aid in employment disputes

Examples of labour disputes our lawyers have resolved:

- ✓ unjustified notice of termination of employment
- ✓ unjustified termination of probationary period
- ✓ disputes on salary receivables
- ✓ discrimination based on health status
- ✓ non-competition agreement violation
- ✓ breach of official duty

**?** How do you resolve these disputes? Can you make it without the help of a lawyer?



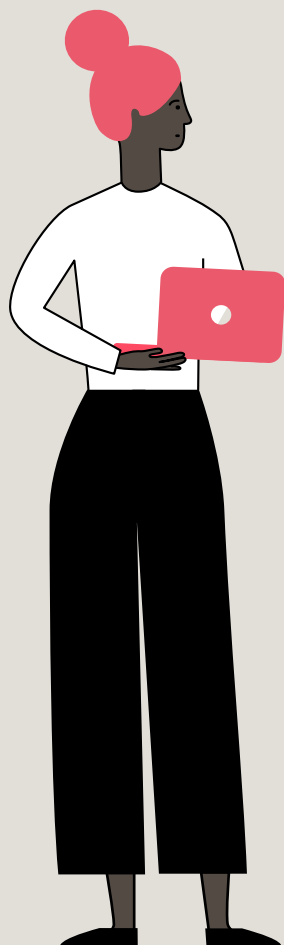
### Legal proceedings can be expensive

- ✓ Legal aid significantly reduces costs.
- ✓ The costs of one dispute in the district court are typically between EUR 5,000 and 25,000 per party.
- ✓ Thanks to legal aid, your own legal expenses are EUR 0.
- ✓ We will pay EUR 5,000–15,000 of the other party's legal expenses on your behalf, depending on the duration of your membership. The deductible is 20% of the expenses.
- ✓ The condition for receiving legal aid is that you have been a member of Suomen Ekonomit 6 months before the event that is the reason why you are going to the court.

# Graduation from business school

Are you soon finished with your master's degree?

- ✓ Notify us of your graduation and receive a graduation gift: [elounge.ekonomit.fi](mailto:elounge.ekonomit.fi)
  - ✓ Become a member of Suomen Ekonomit at a discount of 50%, so you only need to pay EUR 99.50/year
- ! If you are unemployed, you will receive a discount of 50-100% on the union's membership fee. If you cannot find a job after graduation, you can even get help with employment for free.



## As a member, you get all this

- ✓ Membership benefits with a value of over EUR 1,000
- ✓ Employment contract review
- ✓ Rekryboosteri
- ✓ Legal aid
- ✓ Personal legal counselling
- ✓ Personal career coaching
- ✓ Salary Radar
- ✓ Mentoring and quick mentoring
- ✓ Guided coaching
- ✓ Ekonomi magazine
- ✓ Events and webinars
- ✓ Supervisor's Handbook
- ✓ Lobbying and influencing
- ✓ 24/7 services
- ✓ Eduhouse training courses
- ✓ Community
- ✓ Recent research results
- ✓ Training records

Take advantage of these services and benefits

**1**

## **Mentoring for recent graduates**

Mentoring gives you nine months to review your career with an experienced business school graduate. You can think about questions together, such as:

- ✓ How do I ensure that my career moves in the direction I want?
- ✓ What does it take to become an entrepreneur or start an international career?
- ✓ How do I take care of my coping in the rat race of working life?

**2**

## **CareerBoost**

Have you already graduated or about to graduate but don't have a place to work? Participate in a six-week job search intensive course that will speed up your job search.

**3**

## **Danske Bank's benefits for recent graduates**

Get up to EUR 750 per year when you take advantage of Danske Bank's benefits.

- ✓ Benefits for recent graduates (including daily banking services, credit card and airport lounge visits)
- ✓ Mortgage benefit
- ✓ Benefits of investing

**4**

## **Magazine benefit for recent graduates**

- ✓ Talouselämä digital EUR 30/year (list price EUR 209)
- ✓ Kauppalehti digital EUR 55/year (list price EUR 379)

**5**

## **Employment contract review**

Review your employment contract with our expert. They will let you know if something essential is missing. This way, you will not sign an unfavourable contract.

**6**

## **Salary Radar**

Is your salary is at the right level? Compare your salary to the salaries of other business school graduates.

**7**

## **Leader of the Future coaching (in Finnish)**

In the coaching, you will learn about handling people management, management team work and your own substance at the same time. The coaching includes keynote speeches, practical simulations and sparring.



## We're here for you!

**Call:** 020 693 200

Customer service on weekdays from 9 a.m. to 3 p.m.  
On-call lawyer service from 9 a.m. to 12 noon

**Chat:** [elounge.ekonomit.fi](https://elounge.ekonomit.fi)

Customer service on weekdays from 9 a.m. to 3 p.m.,  
other times: chatbot Severi

**Leave a message:** [elounge.ekonomit.fi](https://elounge.ekonomit.fi)



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## What is the cost of membership?

**Student membership EUR 0**

+ possible membership fee of your subject association  
or Hanken's student union

**Full student membership EUR 39.80/year**

+ possible membership fee of your subject association  
or Hanken's student union

Full membership includes legal aid, personal legal  
counselling and career coaching as well as events  
and training.



[elounge.ekonomit.fi](https://elounge.ekonomit.fi)