

1/2025

# Wuorikautiset

ISW HELSINKI





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Sonja Talosela

**Editors:**  
Alexander Lindholm

**Thanks to:**  
Endomines  
Kumera  
Nordkalk  
Ovako  
Vuorimiesyhdistys

**Published by:**  
Wuorikautiset  
Vuorimieskilta ry  
Kemistintie 1 D 2  
02150 Espoo

**Printed by:**  
Painokiila Oy



# Editorial

Hey everyone and welcome to ISW Helsinki 2025 - you have made a great decision by joining us! This time we are heading east to get to know interesting companies, Finland and Finnish culture, and most of all, each other.

My name is Sonja and I am the Chief Editor of Wuorikautiset, Vuorimieskilta's magazine. This issue will give you a little more information about the trip, companies and fellow travellers, and also offer a little entertainment on bus, when you are tired of the person sitting next to you.

This is my first ISW, so unfortunately I don't have any specific tips (or tricks), but luckily here are some veterans too! For example, check out the board's greetings on pages 4 - 13. Although there has been a good streak in the past that someone always has to go to the hospital at ISW Helsinki, or so I've heard, we're trying to avoid that this time.

I hope you enjoy, cheers!

Sonja Talosela  
Chief Editor of 2025

# Board of 2025

First of all, I am pleased to introduce you to the Vuorimieskilta's Board of 2025 - most of them are present here at ISW Helsinki. Here is a little about the Board, and some great topics to continue discussing with them. Maybe someone has the same karaoke preferences as you? Also check out the recipes for the Board's favorite drinks on page 22 ;)



## Chair of the Board, Saara Ollila

I'm Saara, Chair of the Board. I'm studying 4th year in Aalto University majoring in Chemical and Process Engineering. This is my second ISW and I still like chips.

### **Jaloviina or Koskenkorva?**

Koskenkorva

### **What would you sing in karaoke?**

*Antti Tuisku - Hyökyaalto or Cheek - Kuka muu muka, depending on the mood*

### **Tiktok or Instagram-reels?**

Instagram-reels

### **What is the best flavor/color of Hartwall long drinks?**

**ÄnÄnäs**

### **Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombie apocalypse

### **What is your favorite drink or cocktail?**

Kossuvisyy with crushed lime

### **What is your favorite ISW-memory?**

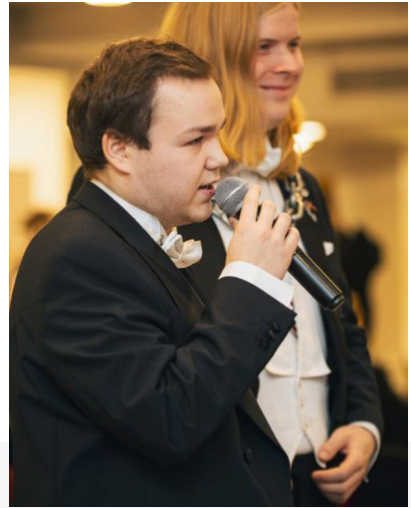
Last year and 4am alarms :)

### **And for last, what are your tips (or tricks) for ISW?**

Remember this will "only" take a week of your life so enjoy. Drink water and change your socks.

Howdy! I'm the spokesperson-secretary of the guild this year. Last year I was the hostess of the guild. Oh, I miss being responsible for the food for international guests (Not really :D). This ISW Helsinki will be my third ISW.

As for studies, I'm currently studying my third year in material science and chemistry major. I find my major exciting but I'm starting to hate laboratory exercises :D



## Spokesperson-Secretary, Ossi Ruokokoski

**Jaloviina or Koskenkorva?**

Yes

**What would you sing in karaoke?**

I won't sing solo :D but *Kirje* is a good one

**Tiktok or Instagram-reels?**

Instagram :-)

**What is the best flavor/color of Hartwall long drinks?**

Currently **lemonade** is the best flavor

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombie apocalypse because zombies can be outsmarted compared to robots

**What is your favorite drink or cocktail?**

Moscow mule

**What is your favorite ISW-memory?**

At the 2023 ISW Helsinki, one of our guests couldn't join the company excursion because they were too drunk :D The story tells, they blew over 0,1 % BAC into a breathalyzer

**And for last, what are your tips (or tricks) for ISW?**

Remember to bring ANC headphones, because there always will be at least one snorer :D



## Treasurer, Elias Kallio

Heoo I'm Elias! I'm in the Second year of my studies, and the treasure(r) of '25. I'm generally known as a person, though opinions on the matter differ.

Dunno what I'm doin, dunno where I'm goin, but I'll for sure be making (un)funny comments the whole way through. I know 200 digits of pi.

### **Jaloviina or Koskenkorva?**

Ko-ko-ko-koskenkorvaa

### **What would you sing in karaoke?**

*Vanhoja poikia viiksekkäitä*, or something metal

### **Tiktok or Instagram-reels?**

Youtube shorts

### **What is the best flavor/color of Hartwall long drinks?**

I like all of em, gonna go with the **original** this time

### **Would you rather be in a zombie apocalypse or a robot apocalypse?**

Robot apocalypse. I could possibly retain sentience if I joined the robots

### **What is your favorite drink or cocktail?**

I like my white russians cos they don't taste like anything. Seksiä isännän kopissa (sex in the host's booth) is also a good one

### **And for last, what are your tips (or tricks) for ISW?**

I haven't been to any ISW, but I suggest that if you're gonna sing, then you'll sing rather than well

# Head of International and Masters' Affairs, Aapo Haavisto

**Jaloviina or Koskenkorva?**

Jalmari

**What would you sing in karaoke?**

*Itkisitkö Onnesta*

**Tiktok or Instagram-reels?**

Ig reels bc I like to pretend being a better person by not using tiktok

**What is the best flavor/color of Hartwall long drinks?**

Original

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombie, because they can killed

**What is your favorite drink or cocktail?**

GT

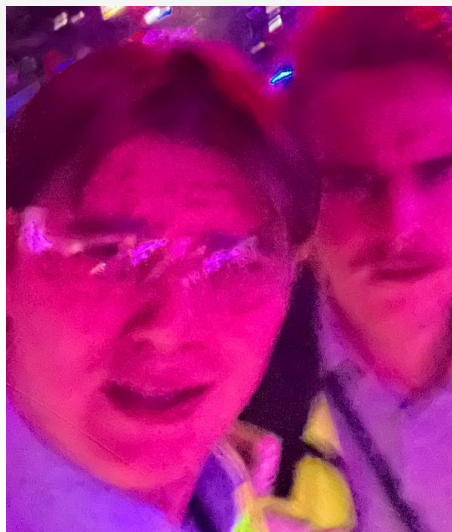
**What is your favorite ISW-memory?**

Belgian Beer Party

**And for last, what are your tips (or tricks) for ISW?**

Remember to enjoy (don't pee your bed pls)

Hello I'm Aapo, the international captain of VK. I'm studying in the master's program Chemistry and Material Science. Fun fact: This is my first ISW Helsinki (but third ISW).





## Hostess, Jyry Lilleberg

Hi, I'm Jyry (no, you can't pronounce my name correctly). I'm a second year student, majoring in chemistry and material science. I don't know why, since I don't like material science. I will be providing this week's food and drinks with the host, Aaron. Praise for either can be directed to me and complaints to Aaron.

**Jaloviina or Koskenkorva?**

Jaloviina

**What would you sing in karaoke?**

Doesn't matter as long as I have a friend with me

**Tiktok or Instagram-reels?**

Reddit

**What is the best flavor/color of Hartwall long drinks?**

Orange

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombie apocalypse

**What is your favorite drink or cocktail?**

Closed-loop gimlet

**What is your favorite ISW-memory?**

Please be gentle, this is my first time

**And for last, what are your tips (or tricks) for ISW?**

Have fun (and a beer)

**Jaloviina or Koskenkorva?**

Jallu

**What would you sing in karaoke?**

I don't sing karaoke

**Tiktok or Instagram-reels?**

Neither

**What is the best flavor/color of Hartwall long drinks?**

Pineapple

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombi apocalypse

**What is your favorite drink or cocktail?**

Daiquiri

## Host, Aaron Lappalainen



I'm Aaron, 2nd year student, studying materials science and chemistry. I like strategy games.

Hello, I'm Henna and I'm head of study affairs. Basically working as a link between the university and the students. I'm writing my master's thesis now in the one of research groups in university. My interests are metallurgy processes, especially hydro- and electrometallurgy. My interest in metallurgy is one reason why I like to be in the board of Vuorimieskilta, and second reason is awesome persons in Vuorimieskilta!



## Head of Study Affairs, Henna Liljanko

**Jaloviina or Koskenkorva?**

Jaloviina

**What would you sing in karaoke?**

*Indica - Ikuinen virta*

**Tiktok or Instagram-reels?**

Instagram reels

**What is the best flavor/color of Hartwall long drinks?**

**Änänäs (pineapple)**

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Robot apocalypse

**What is your favorite drink or cocktail?**

Whiskey sour

**And for last, what are your tips (or tricks) for ISW?**

Enjoy the trip (but not too much...)

## Jaloviina or Koskenkorva?

Kossu (mieluiten mallia salmari)

## What would you sing in karaoke?

*Do I wanna know* by Arctic monkeys

## Tiktok or Instagram-reels?

Reels bc ain't no way I'm getting yet another rot app on my phone

## What is the best flavor/color of Hartwall long drinks?

**Cranberry**

## Would you rather be in a zombie apocalypse or a robot apocalypse?

Robot apocalypse

## What is your favorite drink or cocktail?

The best rhubarb soda in Estonia but they no longer make it :(

## And for last, what are your tips (or tricks) for ISW?

Keep yapping in order to avoid motion sickness

# Head of Corporate Relations, Katariina Angerla

Howdy-hey, my name is Kata and I'm the VK's designated bum, begging for businesses to pour their money into our events and other stuff. Basically I'm a food scientist with an engineer's heart: I'm doing my master's in food science but came to Aalto to get most out of my student years. Fun fact: I made my CanCan debut in 2016 but started my studies in 2023. I had no idea what was happening or what I signed up for but I loved every second of it.





Hellureii! My name is Sonja, some people call me Soikkeli as well. I am the Chief Editor of the guild and responsible for this magazine, as well as the trendy ISW Helsinki shirts you are wearing right now (hope so). I am a third-year food scientist and first-year chemical engineering student at Aalto University - thanks for asking, I don't know what I'm going to do with my life. I was drawn to the Vuorimieskilta by the wonderful people and the whole community. Something you should know about me: I'm always ready to sing karaoke.

## Chief Editor, Sonja Talosela

**Jaloviina or Koskenkorva?**

Neither, but I still end up drinking both

**What would you sing in karaoke?**

Simply anything, but my all-time favorite is *The Animals - House of the Rising Sun*

**Tiktok or Instagram-reels?**

I'm going to be the only one who dares to answer Tiktok

**What is the best flavor/color of Hartwall long drinks?**

Currently **orange**, but I'm really looking forward to the new **raspberry** flavor

**Would you rather be in a zombie apocalypse or a robot apocalypse?**

Zombie apocalypse

**What is your favorite drink or cocktail?**

Kelkka or gin tonic

**And for last, what are your tips (or tricks) for ISW?**

This is also my first ISW (what a wonderful freshman experience), so I may not know the answers to all your questions, but I promise to guide you to the right person who might know something

## Jaloviina or Koskenkorva?

Jallu raw(it) or with coffee, Koskenkorva otherwise

## What would you sing in karaoke?

*Hassisen kone - Rappiolla*

## Tiktok or Instagram-reels?

I'm too old for CCP spyware. Instagram so I can give my data to daddy Suckerberg

## What is the best flavor/color of Hartwall long drinks?

You wouldn't put **pineapple** into pizza but goddamn that's the shit in Long Drink

## Would you rather be in a zombie apocalypse or a robot apocalypse?

As a professional robot mutilator, I know how to make robots incapacitated + my employer provides me Jallu every time I do that, so I'll take the robots

## What is your favorite drink or cocktail?

Gin & Juice

## What is your favorite ISW-memory?

Belgian Piss Party as an ISW host

## And for last, what are your tips (or tricks) for ISW?

Remember to drink water and no sleeping in the bus

# Head of Excursions, Alexander Lindholm

How do you do fellow kids!

My name is Alexander Lindholm and I'm the director of the ISW circus excursion master in Vuorimieskilta. I'm a former material engineering student and current energy technology student. A fun fact: when partying, I'd rather sleep on a couch or armchair than bed.





# Chair's thoughts

Hello everyone! Great that you have found yourself in ISW Helsinki 2025.

I am Saara Ollila, the chair of the board and very happy to get to know you all in this week. As you might already read (or not), I'm studying 4th year in Aalto University majoring in Chemical and Process Engineering and this is my second ISW Helsinki. This year has started well with the new board and things are rolling forward.

I'm excited about this ISW because we are heading to eastern Finland which is not so familiar to me. Maybe we'll get to taste Finnish tradition foods, such as kalakukko (fishcock) or lörtsy (lörts). But at least we get to visit several interesting companies. Thank you Kumera, Endomines, Nordkalk and Ovako for having us!

Please behave and listen instructions but have fun! If you have anything to ask, please don't hesitate to ask the board. We try our best to give you an unforgettable week!

Thank you for your time :D

Saara Ollila  
Chair of the Board



# Greetings from Head of Excursions

Hello!

I'm Allu, the excursion master of the guild of materials and metallurgy students. It's awesome that you've decided to join us on the best domestic long excursion of the year. This week, we'll get a great overview of the material and mining technology industry in Eastern Finland, not to mention having a blast with fellow guild members, the IFMMS community, and students from other cities.

In my opinion, excursions are one of the best things a student can do during their studies. Excursions offer a priceless opportunity to get to know members of sister guilds and, by accident, even learn something new about your own field when you get to see production facilities up close. And spending time on the bus isn't so bad either; in the mornings, the bus works as a great teleport to the next destination, and after the excursion, friends, bad music, Jallu races, and IE's refreshments brighten both the mind and body.

Let's have an awesome week!

Glück auf!  
Alexander Lindholm

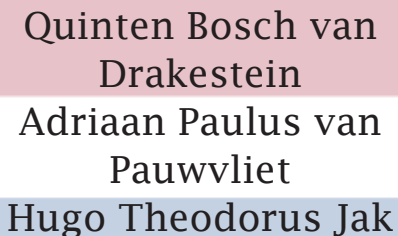
# Fellow travellers



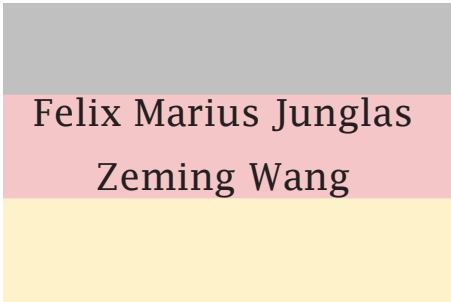
Joséphine Vincart  
Kateline Malray  
Maël Lecomte  
Blanquet Louna




Brage Bragstad  
Kevin Doan



Quinten Bosch van  
Drakestein  
Adriaan Paulus van  
Pauwvliet  
Hugo Theodorus Jak



Felix Marius Junglas  
Zeming Wang



Joseph Bidewell  
Sophie Glassford  
Florrie Spies

## The Board:



Saara Ollila	Joona Lakkala	Helena Angerla
Ossi Ruokokoski	Jade Lehtonen	Kai Homura
Elias Kallio	Juho Paananen	Robi Toivonen
Aapo Haavisto	Lassi Pekkanen	Siiri Olenius
Jyry Lilleberg	Daffa Bryant	Oskari Airila
Aaron Lappalainen	Otso Kivivuori	
Katariina Angerla		
Sonja Talosela		
Alexander Lindholm		

# Schedule

**2.2. Toga Party** at Otakaari 20

**3.2. Departure at 12 PM** at Otakaari 20

## **Riihimäki**

Kumera Drives Oy at 2 PM

## **Mikkeli**

Night & evening activities

**4.2. Ilomantsi**

Endomines at 12:30 PM

## **Joensuu**

Night & evening activities

**5.2. Lappeenranta**

Nordkalk at 2 PM

Night & evening activities at Skinnarila

**6.2. Imatra**

Ovako at 9 AM

## **Espoo**

Evening activities

**7.2. Great Miners Ball**

at Otakaari 18



# COMPANIES



Kumera Technology Center (KTC), is a liaison part of Kumera Technology Division, and includes research & development, engineering and project management units of the Kumera Corporation.

For copper, nickel, and other mineral and metallurgical industries KTC is a leading worldwide supplier of process equipment and process modernization services.

KTC provides the complete technology chain. This covers R&D, engineering, project management and project implementation in conjunction with marketing and in-house equipment manufacturing at Kumera Machinery.



Nordkalk is a manufacturer of limestone-based products based in Finland. It operates at more than 30 different locations in Finland, Sweden, Norway, Poland and Estonia.

# WE'LL VISIT

# **ENDOMINES**

Endomines Finland Oyj is a Finnish exploration and mining company focused on gold ore exploration and gold production in Finland. Endomines holds exploration permits in Eastern Finland along the Karelian Gold Line and mining permits in this area. The company opened its first gold mine in 2011 in Pampalo, Ilomantsi, where its mining operations are still concentrated.



Ovako AB is a European manufacturer of engineering steel for customers e.g. in the bearing, transportation and manufacturing industries. Since 2018, Ovako has been owned by Nippon Steel Corporation.

The production is based on recycled steel scrap and includes steel in the form of bar, tube, ring and pre-components. Ovako is one of the world's largest manufacturers of seamless tubes for the bearing industry.

# BOARD'S FAVORITES

If you especially want to drink with the board, I would recommend these ones:

*White russian*  
50 ml vodka  
25 ml Kahlua  
25 ml single cream



*Closed-loop gimlet*  
45 ml gin  
45 ml lemon juice  
15 ml orange juice  
30 ml orange peel oleo-saccharum  
15 ml elderflower liqueur

*Gin tonic*  
30 ml gin  
90 ml tonic  
citrus, for garnish



## *Classic whiskey sour*

*50 ml whiskey*

*25 ml lemon juice*

*25 ml simple syrup*

*1 egg white*

*cherry and lemon slice, for garnish*



## *Daiquiri*

*60 ml white rum*

*30 ml fresh lime juice*

*22,5 ml simple syrup*

## *Kelkka*

*20 ml blackcurrant vodka*

*20 ml passion fruit liqueur*

*120 ml orange juice*

*orange slice, for garnish*



Or play it safe and choose a beer or a long drink...



## 1. JUHLAT, JUBILEUM

Hyvät ystävät, juhla voi alkaa,  
Kasperille me nostamme jalkaa.  
:: Tää' ei juodakaan kolmosen kaljaa,  
täällä viihdyn suo shampanja vaan ::

## 2. BUSSIKUSKI

On meillä hauska setä nyt bussikuskina.  
Kun setä ajaa bussia on näky komia.  
:: Kas näin heiluu bussi ja bussi heiluu  
näin ::

Kas näin kaatuu tolppa ...  
Kas näin lentää mummo ...  
Kas näin kuolee kissa ...  
Kas näin kaatuu bussi ...  
Kas näin särkyy bussi ...  
Kas tuolla näkyy tutka ...  
Kas tuolla vilkkuu valo ...  
Kas näin ulvoo pilli ...  
Kas näin vietiin kuski ...

## 3. VAIN VUORIMIES

Vain vuorimies  
voi nähdä huomiseen  
ja huomiseen, hän tähtää ainaaan.  
Kuuman kostean, valu-uunin lämpimän  
hän viereen kápertyy ja jää.

Vain vuorimies  
voi nähdä suuruuden  
sen suuruuden, tuon kovan kallion.  
Käsi kädessään, timanttiporallaan,  
he kaikki esteet murtavat.

## 4. SIKAJUOMA-POTPURI

Sikajuomaa, tuhotaan  
Sikajuomaa, sitä tonkan saa  
Sikajuomaa, kaadetaan  
sillä lauluäänemme aukaistaan

Hurraa me nuoret vuorimiehet  
sikist meillä juodaan aina  
Hinta ei siin meitä paina  
Hurraa me nuoret vuorimiehet  
Meillä sikajuomaa on!

:: Teekkarit nuo, Vuorikillan  
käyvät sikistä maistamaan ::  
:: Käyvät sikistä - ei, ei  
käyvät sikistä - juu, juu  
käyvät sikistä maistamaan ::

Si-si-si-sika ju-ju-ju-juomaa  
Sitä aina kevääl suomenlinnas' saa  
Si-si-si-sika ju-ju-ju-juomaa  
Sitä aina kevääl suomenlinnas'  
aina kevääl suomenlinnas'  
aina kevääl suomenlinnas' saa

Minne  
Tonkka meni mut minne  
sikiksen tyhjensimme  
muistikatkoja on

Sikis on juomana vujujemme  
Sikis on lahjana isäntiemme  
Leukojen välliin, leukojen välliin  
Leukojen välliin sikist juu  
Leukojen väliin tonkka  
nyt jopa lammen ankkä  
Leukojen välliin, leukojen välliin  
Leukojen välliin sikist juu

Voi hyvät ystävät meillä jos ois'  
Isännän sikistä tonkka  
Eikö kun hän sitä kantais ja jois',  
Humalas' ois' joka iikka.  
Silloinka, veikkoset, huolta ei lain  
Tonkasta tuoppiin kun kaataisi vain  
Voi hyvät ystävät meillä jos ois'  
Isännän sikistä tonkka!

# MINIATURE SONGBOOK

Isännät sikistä tehtailee,  
ja juo, ja juo.  
Kun vuosijuhlat ne lähenee,  
he juo, ja juo.  
Kun sitseillä viinaa ja kaljaa he jakaa,  
niin vujuilla vihdoinkin sikistä saadaan  
ja juo ja laulaa, ja juo ja laulaa,  
ja juo ja laulaa, ja juo ja laulaa

## 5. VETOPASUUNA

Mä nuoren miehen ujoimman  
näin pöydässä pienen ruokalan,  
ja syystä, jota tiedä en,  
sain hältä vetopasuunan.

Torvi, torvi tinakylki  
aina soittaa juhlissa.  
Torvea soittaa mies tuo nuori,  
nuotteja vain tunne ei.

Bumtsi-bum, bumtsi-bum-bum ...

Hän ulkona mua kuljettaa  
ja ottaa kiinni mistä saa,  
mut pohjimmiltaan kukaties,  
on hänkin kelpo **VUORIMIES!**

Torvi, torvi tinakylki  
aina soittaa jurrisa.  
Torvea soittaa mies tuo nuori,  
nuotteja vain tunne ei.

Bumtsi-bum ...

## 6. WE ARE THE ENGINEERS

We are, we are, we are,  
we are the engineers.  
We can, we can, we can  
demolish forty beers.  
The medical men of R.S.M.  
they cannot drink with us,  
'cause we don't give a fuck  
for anyone else who don't  
give a fuck for us. Oi!

Sir Francis Drake and all his crew  
set sail for Galway Bay.  
To meet the Spanish Rumfleet,  
that was heading by the way.  
The engineers they cut them short  
by a night and half a day.  
Although they're drunk like  
hooligans, you still can hear them say:

We are, we are, we are, we are the  
engineers ...

## 7. TEEKKARIHYMNI

Yö kuin sielu teekkarin on pimiä.  
Takajoukko nukkuu vain, nukkuu vain.  
Tarhapöällön ääni kimiä,  
kuuluu pappilasta päin, kuuluu päin.

Ja taas, ja siis, ja yks, kaks, kolme,  
neljä, viis.

# ISW HOROSCOPE

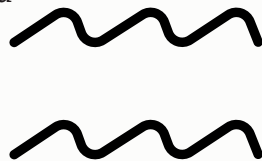
This year, ISW Helsinki is not just an adventure - it is also a journey carefully planned by the celestial bodies. With our help (and of course the stars), you can now find out in advance what fate has in store for your particular week. Whether your star sign is a brave Aries, a precise Virgo or a spontaneous Sagittarius, you will find tips, warnings and predictions in your horoscope that can help you.

So take comfortable position and watch how the stars illuminate your trip. Remember: good company and maybe a few sips can only improve your fate.

### **Aquarius 20.1. - 19.2.**

Your week will be innovative and social. You might suggest some new playful competition or figure out how to make sauna evening even more fun. One of your travel companies will get an idea from you that they will never forget. Foreigners love your peculiar way of explaining why the Finnish sauna culture goes perfectly with alcohol. However, remember to stay with the group and don't get lost in your own thoughts.

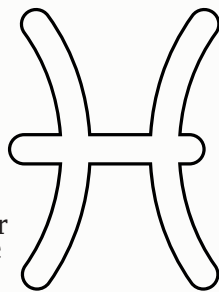
**Motto:** *Innovaatio alkaa ensimmäisestä huikasta*  
**Song:** *Dingo - Levoton tuhkimo*



### **Pisces 20.2. - 20.3.**

Your week will be like a dream for you - full of magical moments. During your week, you'll find a place where you feel like at home or you'll hear a story that moves you deeply. You also end up helping someone with practical problem, which will create a warm friendship. At the end of one particular night, someone will tell you that this was the best moment of their life.

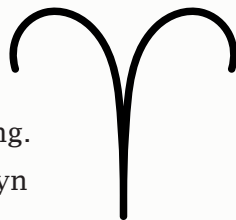
**Motto:** *Kippis kaikille kauniille hetkille*  
**Song:** *Pekka Ruuska - Rafaelin enkeli*



### **Aries 21.3. - 20.4.**

Get ready to always be one step ahead of the group - literally. However, be careful not to stray from the group as you rush to complete the next spontaneous side quest. You may be excited to challenge others to a drinking game, but realize that not everyone's competitive spirit is as strong. Be prepared to end up as the interpreter when someone tries to explain what "hölökyn kölökyn" means.

**Motto:** *Kovimmat naurut ja kylmimmät juomat*  
**Song:** *Sammy Babitzin - Daa-da daa-da*

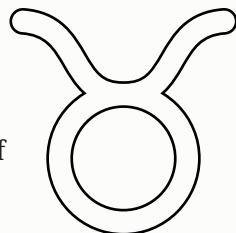


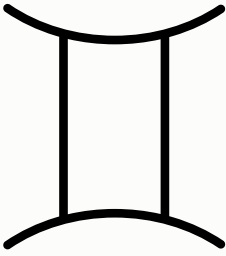
### **Taurus 21.4. - 20.5.**

You expect the week to go smoothly, but an unplanned turn shakes up your routine. Good news: you'll find a surprising item that will save your day. You'll slowly but surely enjoy every beer and sauna visit. Make sure you find your own quiet corner if the atmosphere gets too rowdy. I hope you packed warm socks - you'll need them

**Motto:** *Rauhallinen tahti, mutta kippis aina ajallaan*

**Song:** *Kolmas Nainen - Tästä asti aikaa*



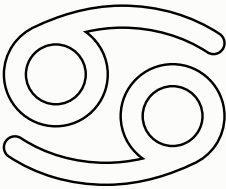


### **Gemini 21.5. - 21.6.**

Your week is full of surprising encounters and everyone knows your name after the trip. Be careful with locals who want to show you something "new and exciting". You may also find yourself sitting at to different tables during the evening because you want to hear everyone's stories. You make a list of local specialty drinks and take it upon yourself to try them all. Also, a certain freshman might want to chat and hang out with you.

**Motto: Yksi drinkki, kaksi keskustelua, kolme uutta ystävää**

**Song: J. Karjalainen - Oi mikä ihana ilta**

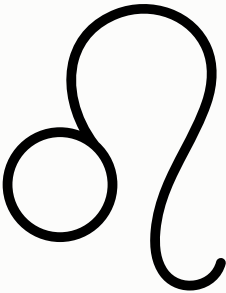


### **Cancer 22.6. - 22.7.**

The cancer's week will be emotional - in a good way! You may find yourself sharing your deepest thoughts in the back of the bus or writing an inspired poem about the beautiful scenery of the excursion destination. Deep conversations arise in the sauna, pondering life's big questions. You are the one who makes sure everyone makes it to sauna and that no one is left without a second round at the table. You may surprise yourself by opening your heart to a new friend.

**Motto: Nostetaan malja ystävyydelle**

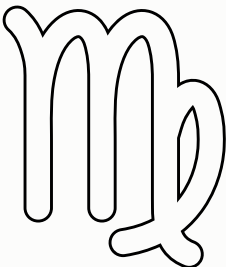
**Song: Nylon Beat - Viimeinen**



### **Leo 23.7. - 22.8.**

The trip becomes your stage - maybe you didn't ask for it, but you'll find yourself singing karaoke, giving a thank-you speech or leading a sing-along on the bus. Everyone is looking at you admiringly, but remember to leave room for others to shine as well. Perhaps a board member could sing a duet with you? I hope you packed your songbook.

**Motto: Koko maailma on lava, ja pöytä on baaritiski**  
**Song: Paula Koivuniemi - Aikuinen nainen**



### **Virgo 23.8. - 22.9.**

You are the most systematic participant of the trip - or at least you strive to be. You are the person who makes sure that everyone has a water bottle with them and that the beers are definitely cold. Even if you want to keep everything in order, you might be surprised when you end up in the middle of a Finnish drinking game. Eventually, you find yourself relaxed and singing along out loud.

**Motto: Yksi hyvin suunniteltu snapsi kerrallaan**

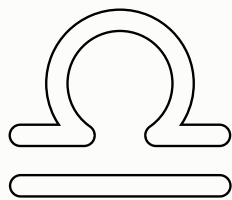
**Song: Irwin Goodman - Ei tippa tapa**

### **Libra 23.9. - 22.10.**

You are the balancer of the week - you make sure that everyone is comfortable and that the drinks are evenly distributed. You are the one who ensures that everyone experiences authentic Finnish culture, but also that no one drown in too many rounds of shots. You will also discover a new local drink that you encourage everyone to try. Has everyone already gotten to experience the peace of sauna and the taste of long drinks?

**Motto: Kaikki viihtyvät, kun kaikilla on lasit täynnä**

**Song: Samuli Edelmann - Peggy**

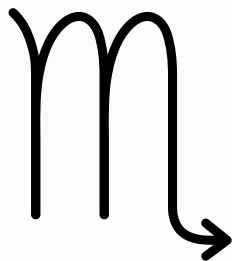


### **Scorpio 23.10. - 22.11.**

Your week will be full of mysteries. Who stole your swimming trunks? Maybe you'll find a secret corner in the accommodation or maybe you'll end up telling ghost stories late into the night. When someone suggests "one more round", you are the first to raise a glass. But remember: the salmiakkikossu is not for everyone.

**Motto: Yö on pitkä, mutta muistot ikuistuvat lasissa**

**Song: Neljä Ruusua - Juppihippipunkkari**

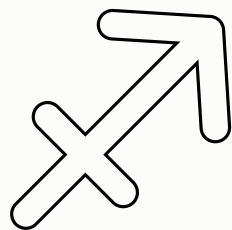


### **Sagittarius 23.11. - 21.12.**

This is your moment to shine! The week will be full of new experiences, each of which you'll fully enjoy. You are the first person to explore new flavors and the last person standing when the morning already dawns. Follow your instincts - it will lead you to the best adventures. Still, stay safe with people from Lappeenranta.

**Motto: Seikkailut alkavat ensimmäisestä huikasta**

**Song: Rauli Badding Somerjoki - Paratiisi**

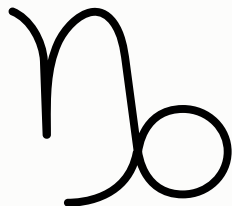


### **Capricorn 22.12. - 19.1.**

Your week will be efficient, but surprising. Maybe now it's worth participating in the bottle raffle? Luck may be on your side this time. You're the one who makes sure the last round of schnapps get drunk, even though you're already prepared to wake up early in the morning. A conversation takes place in the sauna that changes your thinking. Remember that sometimes it's good to disconnect from schoolwork.

**Motto: Tehokkuus ei estä hauskanpitoa**

**Song: Pave Maijanen - Lähtisitkö**



# WEEKLY PERFORMANCE

## INDEX™

Welcome to the official ISW mood tracker! This chart is designed to give you a real-time overview of your state of being throughout the week. Every day, you'll assess three essential metrics: **VÄSYTTÄÄ** (*exhaustion*), **VITUTTAA** (*irritation*) and **JANOTTAA** (*intoxication*). Use a scale of 0-10, where 0 is pure zen and 10 is "why did I even wake up today". At the end of the week, you can reflect on your overall performance and determine whether ISW was more of an adventure or an endurance test. Honesty is encouraged.

Disclaimer:

Using this chart may lead to sudden self-reflection. We take no responsibility for any souls lost during the week.

### 2.2. Sunday

1 2 3 4 5 6 7 8 9 10

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VÄSYTTÄÄ

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VITUTTAA

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ JANOTTAA

### 3.2. Monday

1 2 3 4 5 6 7 8 9 10

VÄSYTTÄÄ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

VITUTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

JANOTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

## 4.2. Tuesday

1 2 3 4 5 6 7 8 9 10

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VÄSYTTÄÄ

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VITUTTAA

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ JANOTTAA

## 5.2. Wednesday

1 2 3 4 5 6 7 8 9 10

VÄSYTTÄÄ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

VITUTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

JANOTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

## 6.2. Thursday

1 2 3 4 5 6 7 8 9 10

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VÄSYTTÄÄ

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ VITUTTAA

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ JANOTTAA

## 7.2. Friday

1 2 3 4 5 6 7 8 9 10

VÄSYTTÄÄ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

VITUTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

JANOTTAA ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

# squat wine



**/kyykkyviini/ (noun)**

1. a synonym for a cheap wine - in Finnish liquor stores, the cheapest wines are on the bottom shelves; therefore you need to squat to get them



# a drop won't kill and you won't drown in a bucket

**/ei tippa tapa ja  
ämpäriin ei huku/ (exp.)**

1. an encouragement to drink alcohol  
2. a verse from a song by Irwin Goodman that took off



# hunger anger

**/nälkäkiukku/ (noun)**

1. hangry; when you are so hungry that your lack of food causes you to become angry  
2. feed me or I'll kill you



# underpants drunkenness

**/kalsarikännit/ (noun)**

1. to get drunk in your underwear at home  
2. the word, the myth, the legend



# fresh air poisoning



**/raitisilmamyrkytys/ (noun)**

1. when you have spent so much time outside that you notice its effects  
2. a common phenomenon after a weekend at mökki



# flower hat aunt



**/kukkahattutäti/ (noun)**

1. usually an older woman who is strict about morals and loudly shares her opinions  
2. a person who needs to mind their own business



# MY NOTES

Hello, Hi

Bye

Good morning

Good night

How are you?

Thanks

Thanks a lot

I'm sorry

I'm terrible sorry

Look!

I don't understand

I appreciate your opinion

I'm tired

I think I'm gonna throw up

It's too hot in here

It's awfully growded in here

Great party!

Cheers

Excuse me, can I get:

- a beer

- a cider

- a long drink

- some booze

Moi, morjes, hei, terve, moro

Moi moi, moikka, moro

(Hyvää) huomenta, moro

Hyvää yötä, öitä, moro

Mitä kuuluu? Miten menee?

Kiitos, kiitti

Kiitti vitusti

Anteeksi, sori

Oho, hups

Kato, kattokaa, mikä toi on

Täh? Häh?

Haista home senkin mulkku

Heittäkää mut avantoon

Tuokaa ämpäri!

Lisää löylyä!

Vittuun siitä tönimästä

Hyvä meininki!

Kippis, Skål

Anna, heitä, pistä:

- kalja, olut, bisse

- siideri, sidukka

- lonkero, lonkku

- viinaa



Find the Vuorimieskilta / ISW / student life related words in the crossword

O A O M Z V D I Z Q I W B O R  
 E I T V T T M A F B K M N E A  
 I K R L A E I Y U E Ä G E F T  
 I L I A I K W S D E M N O W N  
 K M O N K K O O Y R I I V B A  
 L U A M V K S I R G H Q E E R  
 Z T A T A X E E N W I E R E N  
 O E L T R N R E I M I X A R E  
 W A P P U A T S T M R C L D E  
 M I N I N G W S E R I U L H P  
 K O O B G N O S I D T R S L P  
 F R E S H M A N X R H S O P A  
 A R E M U K V R I Q G I B U L  
 D L I U G R E P S A K O T B V  
 E N D O M I N E S N H N F K J

beer

endomines

freshman

imatra

kumera

otaniemi

riihimäki

engineer

guild

isw

lappeenranta

ovako

sitz

trip

ilomantsi

kasper

mining

overalls

songbook

vuorimieskilta


teekkari

# ISW BINGO



If for some reason you manage to complete the WHOLE bingo, let the Chief Editor know - she might have something for you



Sing a song from songbook	Thank the bus driver	Praise the host or hostess's food and drinks	Take a picture of a sleeping board member (and send it to chief editor)	Don't lose this magazine
Have a speech on the bus microphone	Sit on a board member's lap	Participate in the excursion bottle raffle	Ask how much the production facility weighs	Make a new friend
Lose something	Play a drinking game		Spot a reindeer (or similar, whatever)	Complete at least one sudoku
Fall asleep in a bus	Kellotus	Compliment someone	Talk about the weather with the chair of the board	Have a horrible hangover
Go to sauna	Roll in the snow	Ask a good question to a company representative	Win jalluravit	Learn a new foreign tradition game

				4	2		6	8
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8								
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							11	15				5		



# **VUORIMIES**YHDISTYS

Kiitokset sponsorillemme!

# USEFUL PHONE NUMBERS



## IN CASE OF A **SMALL** EMERGENCY

Saara Ollila: **+358 40 164 5566**

Alexander Lindholm: **+358 45 327 1771**

## IN CASE OF AN **ACTUAL** EMERGENCY

**General emergency number: 112**

(hopefully we don't need to go there)

