



Programme - Autumn Start 20203

Thursday 3.8.2023

12.30 **The shuttle bus departs from Seinäjoki train station**

abt. 13.30 **The shuttle bus arrives at the Norrvalla Centre**

13.45 **Coffee and The start of the programme**

The President welcomes the participants and presents the programme for the Autumn Start. The practical arrangements for the event and SAMOK's Code of Conduct will be discussed and anti-harassment contact persons will be introduced.

14.15 **Getting attuned to the event**

SAMOK board members will lead a light introductory talk for the participants to catch up and get to know each other.

15.15 **The political situation**

16.00 **Dinner and check-in**

17.15 **Cooperation between Timetravels and Student Unions**

18.00 **Sustainable development in student unions- workshop**

What could student unions take into account in their activities to promote the sustainable development goals? We will split into small groups, discuss and then come back together to share our ideas.

19.00 **Free time**

20.30 **Evening snacks provided and possibility for grilling sausages**



Suomen opiskelijakuntien liitto – SAMOK

Finlands studerandekårers förbund

National Union of Students in Finnish Universities of Applied Sciences

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Friday 4.8.2023

8.00 Breakfast

9.00 Mid-term review of the 2023 Action Plan

SAMOK's Board will report on the implementation of the 2023 Action Plan and plans for the coming autumn. Participants will have the opportunity to ask questions and make comments.

9.30 What is it like to be a SAMOK Board member?

In the board's own words. Have you considered running for SAMOK's board next year, or are you just interested in what the union's board and employees are up to at SAMOK? What is SAMOK like on a day-to-day basis? And how is the board divided up its responsibilities and what does everyone do? In that case, you should keep your ears open during this section, when the current SAMOK Board will tell you about their work and everyday life at SAMOK!

10.30 Break

10.45 Presentation of materials for SAMOK's General Assembly

What kind of activities does SAMOK plan to carry out in 2024 and within what budget? The Executive Committee will present a preliminary action plan, a budget for activities and a draft political programme. Time will be set aside for discussion and questions during the presentation of these documents. The documents will be distributed to the student unions for consultation before the Autumn Start no later than 1 August.

12.30 Lunch and free time

In between, we will take a longer break. After lunch you can check out emails or take a quick nap before the afternoon training.

13.45 Workshop on marketing held by SAMOK's partner Timetravels

During the workshop we will talk about Social media as a platform concentrating on Instagram and TikTiok and how they are used in 2023. We will talk about the trends on SoMe, what are do's and don'ts, how to get a message across to the right target audience and how to make an impact. The workshop includes a group task regarding the SoMe trends and best practices.

15.45 Coffee break



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16.15 **News from the student unions - small group discussions**
The student bodies can discuss with their godparents together or separately.

17.15 **Dinner**

18.15 **Candidate info for those interested**
Are you interested in running for the SAMOK Board for 2024?
Come and find out more about running for the position and meet other candidates and SAMOK's candidate support! After the candidates' symposium, there will be a discussion session between the candidates, which all participants are welcome to attend.

18.45 **Candidate panel**
Who are the candidates for the Board of SAMOK for 2024? Come find out their thoughts in a relaxed panel discussion.

20.00 **Water fight**
The water war at the Autumn Launch is already a tradition. So make sure you pack your waterproofs, clothes, a cheerful spirit and a water gun!

21.00 **Evening programme**

Saturday 5.8.2023

8.00 **Breakfast**

9.00 **Presentation of materials from the SAMOK General Assembly continues**

10.00 **Equity in the daily life of the student union**

11.00 **Lunch**

12.00 **Promoting student well-being in higher education**
Opiskelijoiden Liikuntaliitto - OLL

13.00 **Autumn Start's collective closing**



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Before we go home, we will have a briefing on where and how we will meet in the future, what's next for SAMOK and how the schedule for the autumn general assembly is planned.

13.30 The shuttle bus departs to Seinäjoki

NOTE: We reserve the right to make changes to the programme and will always inform you as soon as possible.



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