

# STAFF BENEFITS AT THE UNIVERSITY OF EASTERN FINLAND



UNIVERSITY OF  
EASTERN FINLAND



## HEALTH CARE AND INSURANCE COVERAGE

UEF promotes the well-being of its employees by offering extensive preventive occupational health care and general practitioner level medical care. The university's occupational accident insurance policies cover all employees also during their work-related travel.



## SPORTS

The Sykettä sports concept offers extensive opportunities for sports and exercise at a very affordable price. Moreover, a sports Afternoon is organised once each semester.



## MEAL BENEFITS

Affordable lunch is available for employees to buy in the campus restaurants.



## COMPETENCE DEVELOPMENT

UEF offers extensive opportunities for competence development, ranging from new employee orientation to retirement coaching. The focus is on digital and pedagogical competence, as well as on leadership training.



## DISCOUNT GIVEN BY STORES

The UEF staff card entitles its holder to discount in several stores. A list of the stores giving discount can be found in Heimo.



## WORKPLACE WELL-BEING ACTIVITIES

The units organise workplace well-being activities for their employees, for which the university recommends a budget of 100 euros/person. UEF also has networks devoted to the development of workplace well-being (Tyke) and workplace ergonomics (Erggi).



## GOOD TOOLS TO WORK WITH

Constantly evolving digital working environment and ergonomic furniture.



## WORKPLACE WELL-BEING PROGRAMME

The programme focuses on recovery, acknowledging achievements, addressing difficult situations, and giving feedback.



## CAMPAIGNS

For instance, the Pedal for Your Porridge Campaign in the first week of June offers free breakfast porridge for employees arriving to work by bike.