

## Newsletter <sup>[1]</sup>

# Newsletter

TEK sends newsletters to our members including information about events, TEK services and other work and study related topics.

## Subscribe

You can subscribe to the newsletter by logging into the TEK membership portal [oma.tek.fi](https://oma.tek.fi) <sup>[2]</sup> and changing the settings on "[Your own data](#)" <sup>[3]</sup> page.

When "Update own data" page opens, you can find your your email settings under "Contact information". Click on the "E-newsletter" to subscribe.

## Unsubscribe

If you do not wish to receive the newsletter anymore, remove the check from "E-newsletter" at [oma.tek.fi](https://oma.tek.fi) <sup>[3]</sup>.

If you have any questions regarding the newsletter, please contact us at [newsletter@tek.fi](mailto:newsletter@tek.fi)

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**Source URL:** <https://www.tek.fi/en/membership-n/membership-benefits/newsletter>

### Links

[1] <https://www.tek.fi/en/membership-n/membership-benefits/newsletter>

[2] <https://oma.tek.fi>

[3] [https://oma.tek.fi/web/login?redirect=http%3A%2F%2Foma.tek.fi%2Fen\\_GB%2Fmy\\_account](https://oma.tek.fi/web/login?redirect=http%3A%2F%2Foma.tek.fi%2Fen_GB%2Fmy_account)