

# INFO FOR NEW STUDENTS

Nursing / Paramedic Nursing / Public Health Nursing

9.6.2026

# Welcome to study in the Functionally Bilingual Nursing / Public Health Nursing / Paramedic Nursing / Top-Up Nursing Degree Programme!

- Content
  - Metropolia UAS and the Functionally Bilingual Nursing studies at Metropolia
  - Metropolia Welcome Hub; practical info about arriving and studying in Finland
  - Start of the studies
  - Finnish language studies



In the summer: +30°C / +86°F



# Welcome to Finland & Helsinki!



In the winter: -20°C / -4°F



# ONE METROPOLIA – FOUR CAMPUSES

## Arabia Campus

- Culture

## Karamalmi Campus

- Technology / ICT

## Myllypuro Campus

- Technology / Construction
- Health Care and Social Services
- Business

## Myyrmäki Campus

- Technology

Visit the Myllypuro campus with  
360 virtual video:

<https://tourmkr.com/G1Lp2ctRPO/11729519p&481.93h&94.59t>



# METROPOLIA WELCOME HUB

## Settling-in services for international students

Visit us and you can find information and guidance on topics such as:

- starting your studies
- Metropolia services for students
- dealing with public authorities
- settling into life in the Helsinki metropolitan area
- housing
- managing everyday matters
- city and family services
- integrating into the local community

Scan the QR code  
and find upcoming  
events in the  
Student's Guide!



Contact us:  
[welcomhub@metropolia.fi](mailto:welcomhub@metropolia.fi)

# STUDENT'S GUIDE



## Student's Guide - Metropolia

### STUDENT'S GUIDE

Guide for your studies in Metropolia.

Search the Student's Guide

 Search

Popular content

Enrollment for the academic year

Cafeterias and menus

Student union METKA

### News

Published: 30.12.2025

[3AMK's spring 2026 studies published – internationality and future careers](#)

Published: 22.12.2025

[Become a Metropolia Minno® Student Assistant Coach](#)

Published: 17.12.2025

[Christmas Events, Social Gatherings, and Support during Holidays](#)

Published: 15.12.2025

[Statement: Education agent activities must be monitored more effectively](#)

[See all news](#)

### Events



### Starting studies

Welcome to study at Metropolia! There are a few steps to take before you start your studies.

- [New degree started](#)
- [Enrollment for the academic year](#)



### During your studies

In this section you will find practical information on how to complete the different stages of your studies.

- [Academic calendar](#)
- [First exam stages](#)
- [International opportunities and exchange](#)
- [Work placements](#)
- [Thesis and graduation](#)
- [Scheduling](#)
- [Feedback](#)



### Study facilities and tools

These pages provide information about the campus, study facilities and tools.

- [Services](#)
- [Library](#)
- [IT Services](#)
- [EXAMMORI](#)
- [Mobile learning environment](#)
- [Study certificates](#)



### Guidelines and practises

In this section, you will find advice for different situations and information on the rules of a study.

- [Academic](#)
- [Career and careers](#)
- [Right to study](#)
- [Tuition fees](#)
- [Scholarships](#)
- [Distance education](#)
- [Changing your degree programme](#)
- [Good study practices](#)
- [Higher and continuing education](#)
- [Distance education and learning](#)



### Guidance and support

At Metropolia, we are here for you – to support, listen and walk alongside you in your journey. We provide guidance in different study planning or help with problems in learning, wellbeing or health-related matters.

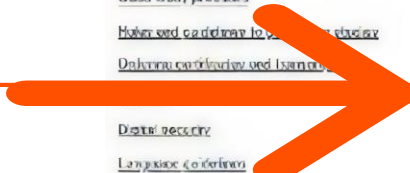
- [First aid services](#)
- [Career guidance](#)
- [Study skills](#)
- [Internationalisation services](#)
- [Support for students with disabilities](#)
- [Event reporting, training and activities](#)
- [First aid](#)
- [Health care](#)
- [Welcome Hub](#)



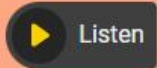
### Student life

A student's daily life consists of classes, studies and an active student community full of fun activities, events, and opportunities for involvement. Together, we support our study ability comprehensively from both individual and community perspectives.

- [Student union METKA](#)
- [Student organisations](#)
- [Sports, events and activities](#)
- [Career and finance](#)
- [Language learning](#)
- [Sustainability](#)
- [Influence and participation](#)



# WELCOME HUB CHECKLIST FOR NEW INTERNATIONAL STUDENTS



Listen

As a new international degree student at Metropolia UAS, there is a lot to take care of during your first weeks in Finland. Here is a check list to help you get settled in the Helsinki region and at Metropolia!



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Legal and Official Registrations

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Healthcare and Insurance

+

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Banking and Finances

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Housing and Practical Matters

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Studies and Campus Life

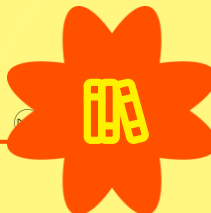
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Wellbeing and Integration

+

**Find new international  
students' checklist  
in Students Guide  
→ Welcome Hub**



# PRACTICAL INFORMATION ABOUT MOVING TO FINLAND

RESIDENCE PERMIT

HEALTHCARE

HOUSING

PUBLIC TRANSPORT

MONEY SAVING TIPS

SUPPORT



# Applying for a student's residence permit in Finland (non-EU countries)



- To study in Finland, **you'll need a student's residence permit** if you come from a country outside of the EU.
- **Apply for a residence permit immediately after you have secured admission.**
- **Note!** It might take several months for the Finnish Immigration Service to issue the residence permit.
- **Note!** Consider arriving to Finland before your family instead of waiting for your spouse's residence permit as it might take longer.
- **Note!** Unfortunately, it's not possible for Metropolia to speed up the residence permit process in any way. Residence permits are handled by Finnish government officials.

- Apply for a student's residence permit here: [EnterFinland : Home page](#)
- More information for students: [enterfinland.fi/info/studypermit](https://enterfinland.fi/info/studypermit)
- More information for spouses: [EnterFinland: Family Ties Permits](#)

# THE NECESSITIES – when you arrive



- **Register your residence**

- Register at the Digital and Population Data Services Agency (**DVV**) where you will get your **Finnish personal identity code**
- You need a registered address to: open a bank account, getting healthcare and student benefits, receiving your mail (Posti).

- **Banking**

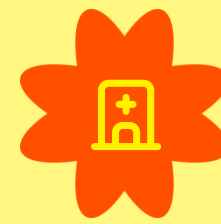
- Visit a Finnish bank (OP, Nordea, S-bank etc.)
- To get this, you need to have your:
  - Passport, resident permit, and Finnish address
- Processing time: a few days to a few weeks.

- **Health insurance**

- Non-EU nationals: Ensure you have a valid health insurance.
- EU/EEA nationals: Get a European Health Insurance Card (EHIC)



# HEALTHCARE



- **YTHS/FSHS** is meant for **students**: dentist, mental health, physiotherapy
- **Higher education students must pay a healthcare fee to Kela each term.**
- The healthcare fees are used to finance the services of the FSHS in general, and you will not have to pay separate per-visit charges for the services you use.
- [Home - YTHSDigi](#) Download YTHSdigi App
- [Healthcare fee for students in higher education | Our Services | Kela](#)
- **Emergency care** is for everyone when needed. It is for urgent, serious conditions, open 24/7, no appointments, treatment is based on urgency. More expensive than regular care.
- A public health center (**terveyskeskus**) provides non-urgent primary care. In Helsinki, you usually contact them by phone. Visiting doctor has a small fee.
- **Maisa, MyKanta:** Your health information – require strong identification
- Medication in Finland is only available in pharmacies.



Healthcare fee per term  
**EUR 35.60**



Healthcare fee per year  
**EUR 71.20**

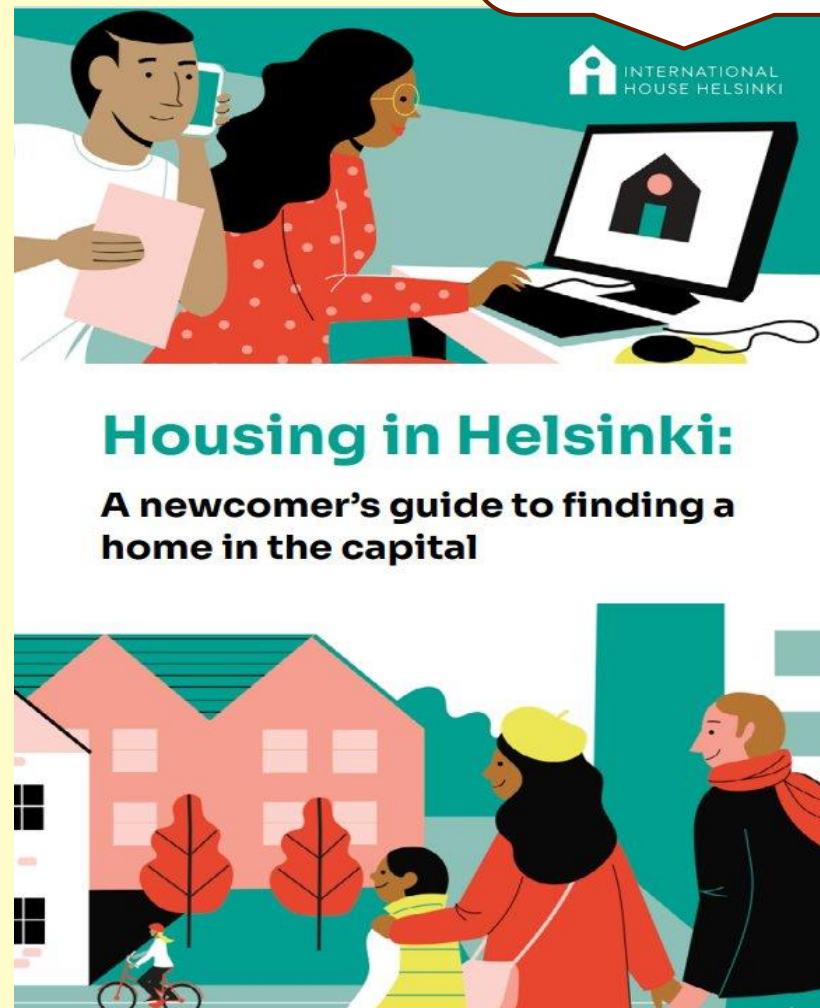
# HOUSING

## G



- Note that you need to find and reserve student housing yourself.
- Make sure to start searching for accommodation several months prior to moving to Finland.
- Homes for students – HOAS
  - Full-time degree students in the capital area can apply after being admitted to an educational institution.
  - HOAS offers rooms in a shared apartment, studio apartments, two-room apartments, roomie apartments or family apartments
- Websites for apartment search in the private market:
  - Oikotie.fi, Vuokraovi.com
  - LUMO and SATO apartments usually have no security deposits

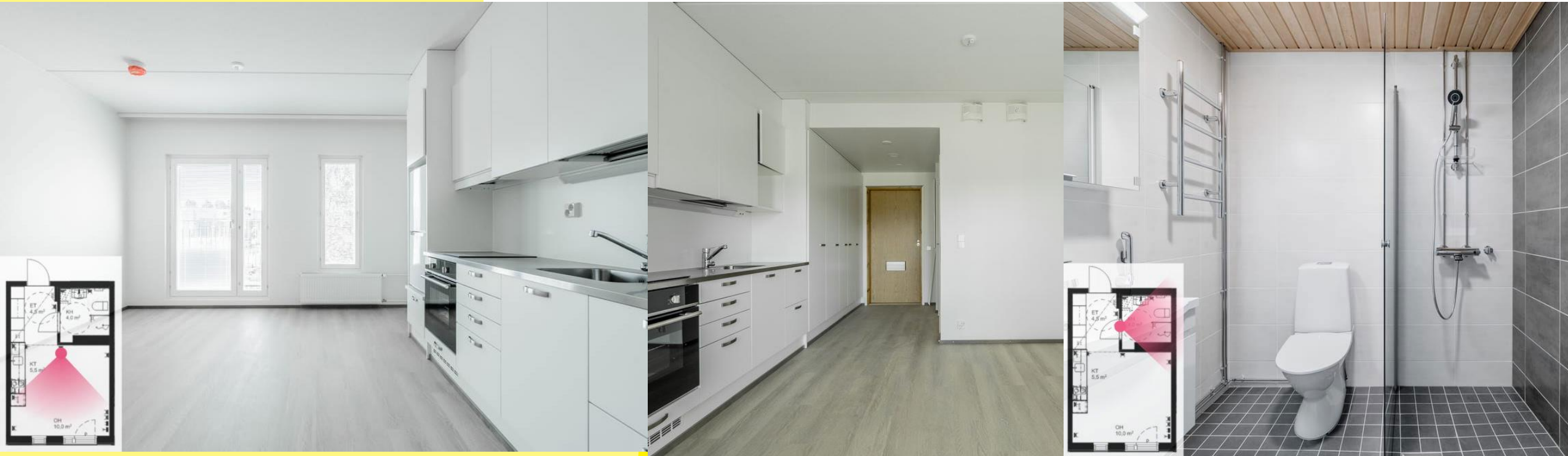
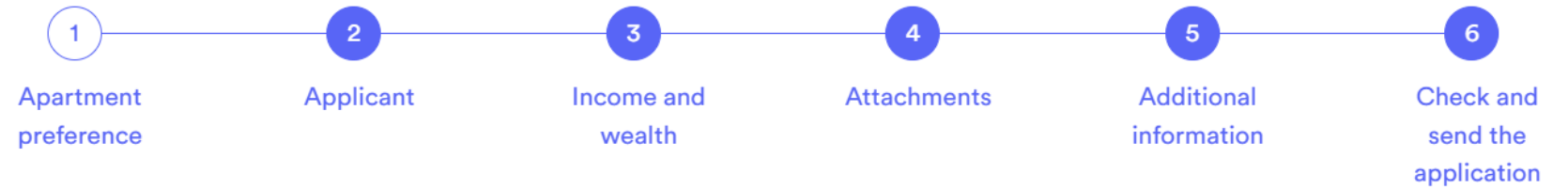
More options and information:  
[general info about student accommodation](#)  
More general information on housing:  
[newcomer's guide to finding a home](#)



# HOAS

Video: shared apartment

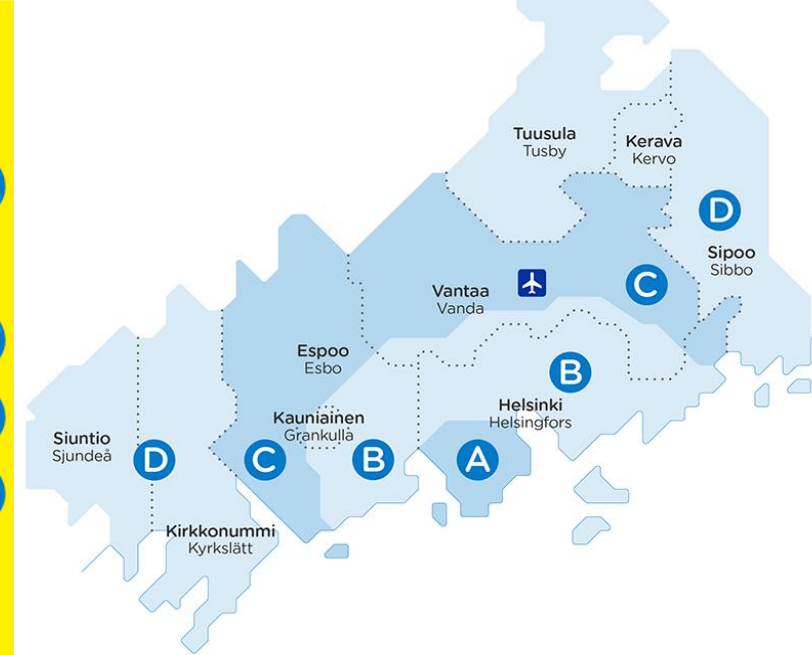
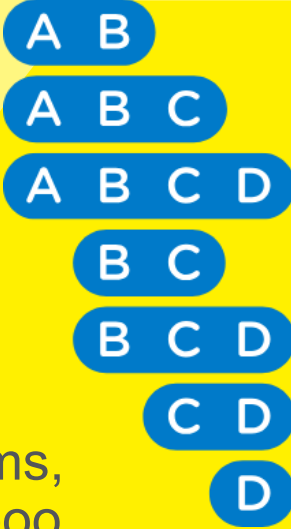
# Student housing application



# PUBLIC TRANSPORT



- HSL (Helsingin seudun liikenne) coordinates buses, trams, metro, commuter trains, and ferries across Helsinki, Espoo, Vantaa, and nearby towns, using a unified ticket and zone system.
- The HSL area is divided into four zones, identified by letters A, B, C and D, spreading out from the center of Helsinki. Before buying a ticket, check the zones you travel through.
- CityBikes only 35€ for the whole season About city bikes
- Full-time students who live in the capital area can buy:
  - Seasonal Tickets with a 40% discount (44€)
  - The discount does not apply to value, single, multi journey, and zone extension tickets.



## Where are you going?

✕

🕒 Leaving now ▾

## Nearby stops and routes



# COST OF LIVING IN FINLAND

- Please take some time to plan your budget for all your living expenses in Finland.
- Here you can see an estimate for rental costs in Helsinki -->
- In general, you must also pay separately for water, electricity, home insurance and an internet subscription. (Not in HOAS)
- According to a recent study, the cost of groceries per month for a single person in Finland is about EUR 200-300 and for a family of four, almost EUR 900-1000.
- More information about consumer prices in Finland:  
[Cost of living in Finland](#)
- Article about prices in Finland:  
[prices among most expensive in EU | Yle News | Yle](#)

[Finnish](#)

## Estimates of rental costs in Helsinki (2022)

	Unfurnished EUR/Month	Furnished EUR/Month
Studio	EUR 600-900	EUR 1000-1400
One bedroom	EUR 700-1100	EUR 1500-2000
Two bedroom	EUR 1200-1500	EUR 2000-2500
Three bedroom	EUR 2000-3000	EUR 2500-4000

## Estimates of living expenses in Helsinki (2022)

	Studio	Three bedroom
Water	EUR 20 per person/month	EUR 20 per person/month
Home insurance	EUR 100-150 yearly	EUR 200-250 yearly
Broadband	EUR 0-40/month	EUR 0-40/month
Travel costs	EUR 2,8-5,7 single, monthly EUR 65-142,7	EUR 2,8-5,7 single, monthly EUR 65-142,7

# WAYS TO SAVE MONEY IN FINLAND

🎓 **Student Benefits:** ALWAYS remember to ask for a student discount!

## 🏠 **Housing:**

- Housing is most affordable HOAS
- Shared flats & living outside city to save money

## 🚗 **Transport:**

- Cycle or walk when possible
- Public transport! Seasonticket has a good student discount
- Uber or Bolt instead of taxi

## 🌿 **Free Activities:**

- Nature, parks, libraries
- Events ig: @helsinkithings
- Student events KIDE APP

## 🍴 **Food:**

- Student meals €3–5  
In: Sodexo, UniCafe, Myöhä...
- Loyalty cards: K-Plussa, S-Bonus
- Apps: ResQ, Fiksuruoka.fi
- Cook at home and share meals
- Groceries from bigger stores -> Prisma, K-Citymarket, Lidl

## 🛒 **Everyday Savings:**

- Buy second-hand
- Fida, Uff, Kierrätyskeskus
- Tori.fi, Facebook marketplace



# USEFUL WEBSITES FOR NEWCOMERS IN FINLAND

## • SUPPORT & INTEGRATION

- Kotoutumisentukena.fi - [Fintergrate](#)
- Civicorientation.fi - [Learning materials](#)
- International house of Helsinki - [Home](#)
- [Red cross - support for settling in](#)

## • CITY SERVICES AND INFO:

- MyHelsinki - [MyHelsinki website](#)
- MyEspoo - [City of Espoo](#)
- MyVantaa - [Front page](#) | [Vantaa](#)

## • LEARN FINNISH:

- Online or in person - [kielibuusti.fi](#)
- Finnishcourses.fi - [Search Finnish courses](#)
- Free media app - [Lingvis Finland](#)
- Programme where to meet Finns and learn Finnish [FriendProgram/SuomiKamu](#)



*Information Session  
-> A video of everything  
you have to do when you  
arrive*

# Newcomer Information Session

Information for international degree students relocating to the Helsinki capital region



# SUPPORT DURING STUDIES



- Student well-being advisor
- Study psychologist
- Special Education Teacher
- Guidance Counselors
- University Chaplains
- International services – for student exchange
- [Vihta](#) - Book an appointment
- [Student wellbeing](#)

# CAREER COACHES



All available career services and events in [Student's Guide](#)

Job openings for students and career events [JobTeaser](#)

[Careerservices@metropolia.fi](mailto:Careerservices@metropolia.fi)

Offer:

- CV Clinics
- Individual coaching – Book from JobTeaser

# IT -HELPDESK



Submit a request of service at [hd.metropolia.fi](http://hd.metropolia.fi)

Phone service  
+358 9 7424 6777  
Mon–Fri 8 – 16

Ask AI-Bot mikro-Mikko 24/7  
[mikko.metropolia.fi](http://mikko.metropolia.fi)

IT Services Web Site  
[itservices.metropolia.fi](http://itservices.metropolia.fi)

# Metropolia Welcome Hub

## Easy start in Metropolia, Helsinki Metropolitan Area and Finland

- Welcome Hub provides guidance and organizes information sessions and events to help international students succeed in their studies and build a good life in Finland.
- Find our opening hours, future events and more info in the students guide:



Contact us:  
[welcomhub@metropolia.fi](mailto:welcomhub@metropolia.fi)

<https://youtu.be/Q3kMcDHULbw?feature=shared>



# Newcomer Information Session

Information for international degree students relocating to the Helsinki capital region



# Before start of the studies: Activating Metropolia's user ID and Candour

- Instructions [here](#)
- If you do not have Finnish netbank ID, please contact Metropolia's Student Services ([studentservices@metropolia.fi](mailto:studentservices@metropolia.fi)) to get Candour slip
- [Student services | Student's Guide - Metropolia](#)



# Communicable Diseases

- Check that you have all your vaccinations up-to-date, bring a certificate of your vaccines with you if you have one
- Before your first clinical practice you are required to fill in the communicable disease questionnaire and to be prepared to prove it correct
- In case of non-adequate immunization, you are not able to go to clinical practice placements
- Documents and more information from the student health services is available in the beginning of the studies
- Vaccinations needed:
  - Measles
  - Chickenpox (if you have not had chickenpox)
  - Diphtheria- Tetanus-Pertussis
  - Influenza
  - Covid

# Degree specific info

# TOKAKO = Toiminnallisesti kaksikielinen korkeakoulutus Functionally bilingual higher education

- The teaching and learning model is based on functional language learning and the programme is bilingual (Fin/Eng).
- The studies are aimed at immigrants who begin Finnish from the basics. They also suit Finnish speakers who want to study in English in an international group. You will start the Finnish studies from your own current level.
- The aim is that by graduation you will learn Finnish language on the level required in nurse's profession in Finland
- Metropolia has offered functionally bilingual nursing education for several years.



# Functionally Bilingual Nursing studies at Metropolia

- Nurse 3,5 year – 210 ECTS
- Public Health Nurse 4 years – 240 ECTS
- Paramedic Nurse 4 years – 240 ECTS
- Full-time studies (Monday – Friday 8.15-16.00)
- Theoretical studies, clinical labs & simulations at the campus
- Finnish language studies are mandatory if you do not speak Finnish in the beginning of the studies. Finnish language is also integrated into the nursing courses.
- Scrubs and working shoes are mandatory in clinical labs
  - You may want to buy them beforehand (more expensive in Finland)
  - No colour code, you may choose freely
- Clinical practices in clinical nursing environment, first at the end of autumn 2027
- Academic year from August to June



# Start of the studies

- First period of the semester (weeks 35-42, 24.8.-16.10.2026) will be conducted hybrid = at Myllypuro campus and also possibility to participate online on Zoom
  - Online-possibility is only for students who are not in Finland yet
  - Students who are already in Finland are recommended to participate at campus
- Contact teaching (clinical labs and simulations) from week 42 / Oct 16 at Myllypuro Campus
  - Be prepared to be present in Finland and at the campus 6.10.2026 onwards
  - If you cannot arrive to Finland by that, pls inform the teachers!



# Schedules in Autumn 2026

## – Nurse SXN26S1T

- [Lukkari.kone](http://lukkari.kone) lukkarit.metropolia.fi

Search by Group ID SXN26S1T

No. of students	3rd period 1.-2.1.	5.-9.1.	12.-16.1.	19.-23.1.	26.1.-30.1.	2.-6.2.	9.-13.2.	16.-20.2.	23.-27.2.	2.-6.3.	9.-13.3.	4th period 16.-20.3.	23.-27.3.	30.3.-3.4.	6.-10.4.	13.-17.4.	20.-24.4.	27.4.-1.5.	4.-8.5.	11.-15.5.	18.-22.5.	Summer period 25.5.-31.7.					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22-31					
66				SX00GA99-3014 University Studies and Career Planning (bilingual)																							
				SX00FZ31-3015 Anatomy and Physiology (online)																							
				SX00GB02-3012 The Basic Practice of Clinical Nursing 1 (bilingual)																							
				SX00GB03-3014 The Basic Practice of Clinical Nursing 2 (bilingual)																							
				SX00GA96-3015 Pharmacotherapy 1 (bilingual)																							
				SX00GA98-3011 Medical Mathematics																							
															XX00EL05-3059 Finnish 1					XX00EL11-3051 Finnish 2							
				XX00EL30-3046 Finnish 3																							
				XX00EN47-3027 Finnish 4																XX00FD00-3009 Nursing Finnish 2							

# Public Health- and Paramedic Nurse SXV26S1 and SXU26S1

- [Lukkari](http://lukkari.metropolia.fi) lukkarit.metropolia.fi  
Search by Group ID SXV26S1 (Public health nurse)  
SXU26S1 (Paramedic nurse)

Student group	No. of students	1st period 4.-8.8.	10.-14.8.	17.-21.8.	24.-28.8.	31.8.-4.9.	7.-11.9.	14.-18.9.	21.-25.9.	28.9.-2.10.	5.-9.10.	12.-16.10.	19.-23.10.	26.-30.10.	2.-6.11.	9.-13.11.	16.-20.11.	23.-27.11.	30.11.-4.12.	7.-11.12.	14.-18.12.					
		32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51					
SXV26S1 (Public Health Nurse), SXU26S1 (Paramedic Nurse)	46				SX00GA99-3038 (SXV26S1) / SX00GA99-3039 (SXU26S1) University Studies and Career Planning																					
						SX00GB02-3018 The Basic Practice of Clinical Nursing 1 (bilingual)										SX00GB03-3024 The Basic Practice of Clinical Nursing 2 (bilingual)										
							SX00GA96-3023 Pharmacotherapy 1 (bilingual)										SX00GA98-3016 Medical Mathematics (online)									
							SX00FZ31-3027 Anatomy and Physiology (online)																			
							XX00EL05-3060 Finnish 1																			
							XX00EL05-3066 Suomi 1																			
							XX00EL05-3081 Finnish 1																			
							XX00EL11-3063 Finnish 2																			
kaksikielinen ryhmä						XX00EL30-3047 Finnish 3										XX00FD00-3010 Nursing Finnish 2										

# Curricula

- [SXN26S1T Curriculum](#)
  - [SXV26S1 Curriculum](#)
  - [SXU26S1 Curriculum](#)
- 
- Timing of some implementations may be modified for the group, and will be informed later
  - If you have previous nursing studies that you would like to transfer, pls compare the curriculum of your degree with your previous degree curriculum

# Practical info

- Information for new students:

<https://www.metropolia.fi/en/academics/general-information-on-studies/information-for-new-students>

Information for new Nursing students:

<https://www.metropolia.fi/en/academics/bachelors-degrees/nursing-aimed-at-immigrants#opintojen-aloitus>

Information for new Paramedic Nursing students:

[Paramedic Nursing, Bachelor's Degree | Metropolia UAS](#)

Information for new Public Health Nursing students:

[Public Health Nursing, Bachelor's Degree | Metropolia UAS](#)

# Students with previous nursing studies

- Please attend the following guidance meetings at Myllypuro Campus / or online if you are not in Finland yet
- Wednesday, 5 August 2026, from 9.00 to 11.30, Myllypuro campus, MPD1002. Contact person Riikka Sorri ([riikka.sorri@metropolia.fi](mailto:riikka.sorri@metropolia.fi)).
- Individual meetings with PSP-councillor:  
Wed 5 August: 12.30–16.00  
Thu 6 August: 9.00–16.00  
Fri 7 August: 9.00–16.00  
Contact: Anna Sievers ([anna.sievers@metropolia.fi](mailto:anna.sievers@metropolia.fi))
- RPL (Recognition of Prior Learning) workshop; Monday 10 August 2026, 14.00–16.00 Room MPC5014. Bring your laptop.
- For students with prior higher education studies (other than nursing), separate instructions on how to include your prior studies in your study pathway are provided at the beginning of your studies.
- If you have previously completed nursing degree studies, please review the Metropolia curriculum in advance and compare it with your earlier studies. **Bring your laptop and an official transcript of your previous studies to the guidance meeting.** You can request the transcript, including details of your completed courses and credits, from your former higher education institution. This will help you compare your prior studies with the Metropolia curriculum and ensure a smoother continuation of your studies.

# Finnish Studies

- The goal is to achieve sufficient Finnish for clinical practices during the studies, and working as a registered nurse / public health nurse / paramedic nurse after completing the degree
- Individual study plan + Individual language learning path (ISP + Kieli-HOPS) according to your previous studies
- Everyone will start their Finnish studies from their own level
- Finnish language courses
  - total 23 credits – Nursing
  - total 31 credits – Public Health Nursing
  - total 23 credits – Paramedic Nursing
- Finnish language is integrated into every nursing study course
- Why wait? Start your Finnish studies already today! Find a suitable way for you eg in Duolingo, Youtube, Instagram, TikTok...
  - **Remember to use Finnish in your daily life! And remember, it's okay to make mistakes!**

# Previous studies & Finnish language skills

- Please fill out **this e-form** about your previous education and Finnish language skills
- Please fill out the form **by August 2**

# Individual meet-up for every student

- **Individual meet-ups with Finnish teacher are held**
  - **August 12-14: Nursing students (SXN26S1T)**
  - **August 17: Public health nurse (SXV26S1) and paramedic students (SXU26S1)**
- The purpose of these meetings is to create everyone their individual study plan (ISP) for Finnish language studies.
- Please, book **only one** slot in [2026SyksyTOKASA individual appointments - .xlsx](#)
  - Do not edit or delete other's information on the sheet!
- Mark the date on your calendar and arrive on time for the meeting!

# Finnish language test (reading, writing, and listening)

*(If you have previous Finnish studies and if you're in Finland)*

- **On Wednesday 12th August at 9-12** on Myllypuro campus classroom MPD1002
- The test is to map out the overall Finnish language skills of the group and support your individual study planning
- No need to sign up for the test, just be on time!
- Kiitos ja nähdään pian! *Thank you and see you soon!*

# Contact SXN26S1T (Nursing)

- PSP councellors:
  - Anna Sievers [anna.sievers@metropolia.fi](mailto:anna.sievers@metropolia.fi)
  - Lilli Ristevirta [lilli.ristevirta@metropolia.fi](mailto:lilli.ristevirta@metropolia.fi)
  - Kaisa Salmi [kaisa.salmi@metropolia.fi](mailto:kaisa.salmi@metropolia.fi)
- Finnish teachers:
  - Suvi Korhonen, [suvi.korhonen@metropolia.fi](mailto:suvi.korhonen@metropolia.fi)
  - Maiju Ollikainen, [maiju.ollikainen@metropolia.fi](mailto:maiju.ollikainen@metropolia.fi)
- Guidance counsellor:
  - Riikka Sorri, [riikka.sorri@metropolia.fi](mailto:riikka.sorri@metropolia.fi), tel. +358 50 465 6631
- Head of the Degree Programme in Nursing:
  - Anna Sievers, [anna.sievers@metropolia.fi](mailto:anna.sievers@metropolia.fi), tel. +358 50 593 3746
- Admission office [admissions@metropolia.fi](mailto:admissions@metropolia.fi)



Riikka  
Study Counsellor

Suvi  
Finnish Teacher

Maiju  
Finnish Teacher

Anna  
PSP-Councillor,  
Head of Degree

Kaisa  
PSP-Councillor

Lilli  
PSP-Councillor

## Teachers in Nursing Degree

# Contact SXU26S1 (Paramedics)

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# Teachers in Paramedic Nursing Degree Programme

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Maiju  
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Sari  
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# Teachers in Public Health Nursing Degree

**Kiitos ja nähdään  
elokuussa!**

**Thank you and see  
you in August!**

