Vocational Qualification in Social and Health Care, Practical Nurse

Making a difference in people’s lives

Do you want to work with people and support their well-being in everyday life? This programme prepares you for a meaningful and rewarding career as a practical nurse in Finland’s social and health care sector. During your studies, you will develop practical skills, professional competence, and the confidence needed to work in real care environments. The training combines classroom learning with hands-on experience, helping you build the skills required in working life.

Who is the training suitable for?

Applicants should have:

Motivation to work in the social and health care field
Basic Finnish language skills (minimum level A2.2)
Sufficient health and functional ability (SORA requirements, see link for more information) SORA
The ability to commit to and fund their studies
Readiness for vocational-level studies
Basic digital and mathematical skills required for studies
Willingness to work in shifts, including evenings and weekends
Willingness to obtain the required vaccinations Vaccination programme for children and adults - THL
A criminal record extract is required for work-based learning involving children and young people

Applicants must achieve the required Finnish language level (A2.2) before the start of their studies. If your current level is below A2.2, you can improve your skills through Finnish language courses, including those offered by Taitotalo.

What can you become?

After graduation, depending on your chosen field of specialisation, you can work in roles such as:

Early childhood education
Elderly care services (nursing homes, assisted living)
Home care
Nursing care (hospitals and clinical settings)
Mental health and substance abuse work
Disability services
Dental care

Students' experiences

Linfeng Liu, who worked in early childhood education in China for years, moved to Finland to better understand its education system. Studying to become a practical nurse at Taitotalo has strengthened her confidence and encouraged her to use Finnish.

Read the article

Linfeng Liu moved to Finland to study at Taitotalo

Content of the training

About the programme

Qualification: Vocational Qualification in Social and Health Care
Scope: 180 competence points (credits)
Duration: approximately 24 months
The programme follows the Finnish national curriculum (updated 1 August 2026).
The programme includes scheduled holiday periods during the academic year.

The study parts of the vocational programme

Interaction and guidance of clients
Promoting wellbeing and functional ability
Medication in practical nursing After completing the core studies, you will deepen your competence in one chosen specialisation area.

The vocational specialization options

Care and rehabilitation of older people
Early childhood and youth education and care
Mental health and substance abuse work
Caring for the disabled
Oral health care
Nursing and care (hospital and clinical settings)

The program also includes common studies (such as language and communication skills) and optional units that support your individual learning path.

You will learn how to

Support the well-being, health, and functional ability of clients in different life situations
Communicate and interact professionally in care and guidance situations
Work responsibly and safely as part of a multidisciplinary team
Provide care and support in a variety of social and health care settings

Support for Finnish language learning

Professional Finnish language studies
Support for communication in working life
Guidance for further studies and employment

Distance and local learning opportunities

Teaching takes place in person at the Taitotalo Pitäjänmäki campus.

More information

More information

Price

9800e per academic year (students outside of the EU or ETA).

How to apply

Apply through Taitotalo’s partners listed on our web pages: Taitotalo's fee-based and commissioned training partners.

Classroom learning at Taitotalo
Guided online learning
Work-based learning in real workplaces

Contact

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Upcoming trainings

Lähihoitaja, sosiaali- ja terveysalan perustutkinto (HELSINKI)

Location: Taitotalo, Valimo, Valimotie 8, 00380 HELSINKI
Register by: Continuous application
Duration: 1,5-3,5 vuotta
Student fee: The vocational qualification is free of charge

Lähihoitaja, sosiaali- ja terveysalan perustutkinto (OULU)

Location: Taitotalo, Maikkula2, Haaransuontie 6, 90240 OULU
Register by: Continuous application
Duration: noin 2-2,5 vuotta
Student fee: The vocational qualification is free of charge

Lisätietoa

Lähihoitaja, sosiaali- ja terveysalan perustutkinto (HELSINKI)
16.5.2022 - 31.12.2030
Taitotalo, Valimo, Valimotie 8, 00380 HELSINKI

Lähihoitaja, sosiaali- ja terveysalan perustutkinto (OULU)
16.12.2025 - 31.12.2028
Taitotalo, Maikkula2, Haaransuontie 6, 90240 OULU