

WHAT IS INTEGRA TRAINING?

INTEGRA is a training programme that integrates language and content studies. It is organised by the University of Jyväskylä. The programme includes Finnish and English language courses, university studies in your own discipline, and individual and group counselling. The scope of the programme is **45 ECTS** credits:

- **24 ECTS** credits of Finnish according to your individual level
- **6 ECTS** credits of English according to your individual level
- **5–10 ECTS** credits of studies in your own discipline at the Open University, or other optional studies
- **5 ECTS** credits of counselling.

The training integrates language and content studies and develops different academic skills needed in studies and expert tasks. The programme involves full-time study for about nine months and consists of daily face-to-face studying, independent learning and group work. Regular attendance

is required for completing the programme. At the beginning of the training, an individual study plan is created for each student. It is possible to receive unemployment benefit during the programme, which can also serve as self-motivated integration training.



HOW CAN YOU APPLY FOR THE PROGRAMME?

You can apply by using our online application. Please see guidelines for applying and the schedule on the programme website: movi.jyu.fi/en/development/integra

For further information, see the programme website at movi.jyu.fi/en/development/integra or contact the SIMHE guidance and counselling services for immigrants: simhe-info@jyu.fi +358 40 805 4913

University studies as part of the integration path

JYU.INTEGRA

- Do you want to develop your Finnish skills?
- Do you need to develop the language skills needed for higher education in Finland?
- Do you have a university or other higher education degree, or have you completed parts of a degree at a higher education institution?

- Are you planning to study at a university or other higher education institution?
- Would you like to study in an academic environment?

If you answered 'yes', **INTEGRA training at the University of Jyväskylä can support your goals.**

Ministry of Education and Culture, Finland

MOVI Centre for Multilingual Academic Communication

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I learned a lot, made new friends, and my network is growing. I learned what the University of Jyväskylä is like, and how I can apply to study there. Most importantly, my Finnish skills developed so much and I can discuss with Finnish people and take care of my affairs myself, without needing others to help me.”