

Welcome to SIMHE Guidance!

At the University of Vaasa we offer free guidance to immigrants in higher education. We provide help with work-life issues related to the Finnish higher education system. The service is called SIMHE, Supporting Immigrants in Higher Education in Finland.

Those with a secondary school degree, higher education or a higher degree can contact us. You do not have to be a student at the University of Vaasa. The SIMHE guidance is open for everyone. You can be employed or unemployed. We serve in Finnish and English. If necessary, an interpreter can assist. In case you have an employment plan, you may take it with you.

SIMHE services provide support in recognition of your competences, higher education studies and career guidance. Guidance improves access to higher education or qualifications in your own field. The aim is to speed up the integration and facilitate access to employment in a position that matches your competences.

In a personal guidance you meet a SIMHE counselor. You will discuss about your education, language skills and profession. The guidance is confidential, free of charge and can be repeated as often as necessary. The focus is on your hopes for studying or working in Finland. Different higher education institutions have their own policies in which the counselor can help to clarify. Also, vast contacts in the Finnish SIMHE network fastens the communication.

Book an appointment via an email. We also have a drop in -service at Tervahovi building on every Tue at 1 to 3 PM and Wed at 9 to 11 AM. The room A206 situates in the lobby next to the info. More about the service can be found on our website at: <https://www.uwasa.fi/en/education/continuous-learning/simhe-guidance-immigrants>

Please answer the following preliminary questions on your email:

- What have you studied, what degree do you have?
- What language skills do you have?
- What other skills do you have?
- Do you want to learn more? How much - individual courses or a whole degree?
- What do you want to do for a living?
- What is your life situation at the moment?

The answers support the guidance.

Contact us! simhe@lists.uwasa.fi