



MODULE 1

BASIC FINNISH PHRASES

GREETINGS

- Hello → Hei
- Good morning → Hyvää huomenta
- Good afternoon → Hyvää päivää
- Good evening → Hyvää iltaa
- Goodbye → Näkemiin
- See you → Nähdään
- Thank you → Kiitos
- You're welcome → Ole hyvä
- Sorry → Anteeksi

VIDEO - A SIMPLE INTRODUCTION



INTRODUCING YOURSELF

- My name is ... → Minun nimeni on ...
- I am from ... → Olen kotoisin ...
- I live in ... → Asun ...
- I am ... years old → Olen ... vuotta vanha
- I speak ... → Puhun ...
- I don't speak Finnish well → En puhu suomea hyvin

AT SOMEONE'S HOUSE

- My name is ... → Minun nimeni on ...
- I am from ... → Olen kotoisin ...
- I live in ... → Asun ...
- I am ... years old → Olen ... vuotta vanha
- I speak ... → Puhun ...
- I don't speak Finnish well → En puhu suomea hyvin





IN A SHOP

- How much does this cost? → Paljonko tämä maksaa?
- I want this → Haluan tämän
- Do you have ...? → Onko teillä ...?
- Card or cash? → Kortti vai käteinen?
- Receipt → Kuitti
- Cheap → Halpa
- Expensive → Kallis

ASKING FOR DIRECTIONS

- Where is ...? → Missä on ...?
- How can I go to ...? → Miten pääsen ...?
- Bus stop → Pysäkki
- Train station → Rautatieasema
- Left → Vasen
- Right → Oikea
- Straight → Suoraan

AT A RESTAURANT / CAFÉ

- Menu → Ruokalista
- I would like ... → Haluaisin ...
- Water → Vesi
- Coffee → Kahvi
- Tea → Tee
- Thank you, it was good → Kiitos, oli hyvää





USEFUL EXPRESSIONS

- I don't understand → En ymmärrä
- Can you repeat? → Voitko toistaa?
- Slowly, please → Hitaasti, kiitos
- Can you help me? → Voitko auttaa minua?
- Where can I find information? → Mistä löydän tietoa?



NUMBERS (1–10)

- 1 yksi
- 2 kaksi
- 3 kolme
- 4 neljä
- 5 viisi
- 6 kuusi
- 7 seitsemän
- 8 kahdeksan
- 9 yhdeksän
- 10 kymmenen

AT THE DOCTOR / HEALTH CENTRE

- I am sick → Olen sairas
- I have pain → Minulla on kipua
- Head → Pää
- Stomach → Vatsa
- I need a doctor → Tarvitsen lääkärin
- Appointment → Aika

YES / NO

- Yes → Kyllä
- No → Ei
- Maybe → Ehkä



EMERGENCY

- Help! → Apua!
- Call the police → Soita poliisille!
- Call an ambulance → Soita ambulanssi!
- Emergency number → 112
- I need help → Tarvitsen apua

AT THE DOCTOR / HEALTH CENTRE

- I am sick → Olen sairas
- I have pain → Minulla on kipua
- Head → Pää
- Stomach → Vatsa
- I need a doctor → Tarvitsen lääkärin
- Appointment → Aika

TEACHING IDEAS

- Practise greetings with classmates (Hello, Good morning, Goodbye)
- Match Finnish phrases with their English meaning
- Listen and repeat common phrases to practise pronunciation
- Role play simple everyday situations (meeting someone, introducing yourself)
- Practise short conversations in pairs using basic Finnish phrases
- Use picture cards to practise phrases used in daily situations
- Encourage learners to use at least three Finnish phrases during the class
- Play a quick memory game matching Finnish phrases and meanings





MODULE 2

VALUES OF FINNISH SOCIETY

WHAT ARE VALUES?

- Rules that help people live together
- Respect for other people
- Respect for the law
- Equality
- Freedom
- Responsibility

EQUALITY

In Finland:

- Women and men are equal
- Girls and boys have the same rights
- People are equal regardless of:
 - Origin
 - Religion
 - Language
 - Disability
 - Sexual orientation

RESPECT

- Respect other people
- Respect different opinions
- Respect personal space
- Respect privacy
- Respect children
- Respect teachers
- Respect neighbours





RESPONSIBILITIES

Everyone also has responsibilities:

- Follow the law
- Respect other people
- Take care of children
- Go to school and work on time
- Pay for services when required
- Take care of the environment

CHILDREN'S RIGHTS

Children in Finland:

- Have the right to go to school
- Have the right to be safe
- Have the right to play
- Must not be hit or harmed
- Can speak and express their opinions
- Violence against children is not allowed.

FREEDOM OF RELIGION

In Finland:

- You can choose your religion
- You can change your religion
- You can have no religion

You must respect other people's beliefs

DEMOCRACY

- Finland is a democracy:
- People can vote
- People can express opinions
- People can participate in society
- People can join associations
- People can speak freely (without hate speech)





DIALOGUE AND COMMUNICATION

- Talk instead of fight
- Listen to others
- Solve problems with discussion
- Ask for help when needed

Use respectful language

KEY WORDS

- Equality → Tasa-arvo
- Respect → Kunnioitus
- Law → Laki
- Rights → Oikeudet
- Responsibilities → Vastuut
- Freedom → Vapaus
- Democracy → Demokratia
- Safety → Turvallisuus
- Participation → Osallistuminen





RULES AND LAW

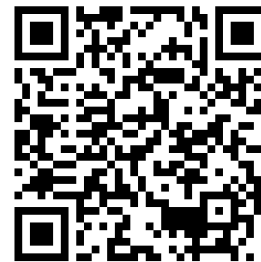
- Laws protect everyone
- Police enforce the law
- Courts decide if someone breaks the law
- Violence is not allowed
- Discrimination is not allowed

GENDER EQUALITY

In Finland:

- Women and men have the same rights
- Women can work and study
- Men can take care of children
- Both parents share responsibilities

RESPECT AND EQUALITY IN EVERYDAY LIFE VIDEO



TEACHING IDEAS FOR THIS MODULE

- Discuss pictures showing respectful / disrespectful behaviour
- Match “rights” with “responsibilities”
- Simple role plays (e.g. disagreement solved with dialogue)
- Group discussion: “What feels different from my country?”
- Use short videos about children’s rights or equality





MODULE 3

HEALTH & WELLBEING

HEALTH SERVICES

- Health centre
- Doctor
- Nurse
- Dentist
- Hospital
- Pharmacy

BOOKING AN APPOINTMENT

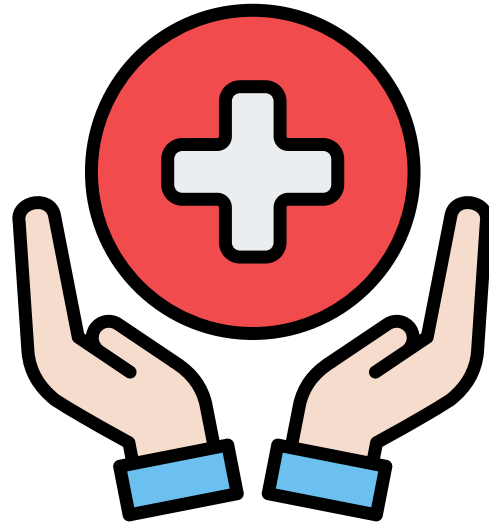
You can book:

- By phone
- Online
- At the health centre
- You often need:
 - ID card
 - Kela card
 - Personal information



HEALTH IN FINLAND

- Everyone has the right to healthcare
- Healthcare is provided by the municipality
- You usually need an appointment
- In emergencies, call 112



WHEN TO GO TO THE DOCTOR

Go to the doctor if you have:

- Fever
- Strong pain
- Breathing problems
- Injury
- Long-term symptoms
- Mental distress



EMERGENCY

Emergency number in Finland:
112

Call 112 if:

- Someone is seriously ill
- There is an accident
- There is a fire
- Someone is in danger

PHARMACY

At the pharmacy you can:

- Buy medicine
- Ask for advice
- Get prescribed medicine
- Buy vitamins
- Prescription = doctor's medicine order

MENTAL HEALTH

- Mental health is important
- Stress is normal
- You can talk to a doctor
- You can get support
- Asking for help is OK

WELLBEING IN EVERYDAY LIFE

- Sleep enough
- Eat healthy food
- Drink water
- Exercise
- Go outside
- Meet other people
- Talk about your feelings

ROLEPLAY AT THE MEDICAL CENTRE



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SIMPLE SENTENCES TO PRACTISE

- I am sick. → Olen sairas.
- I need a doctor. → Tarvitsen lääkärin.
- I have pain here. → Minulla on kipua täällä.
- I feel stressed. → Olen stressaantunut.
- Where is the pharmacy? → Missä on apteekki?
- Can you help me? → Voitko auttaa minua?

TEACHING IDEAS

- Match keywords with pictures
- Role-play: booking a doctor's appointment
- Look at pictures of health services
- Discuss healthy habits
- Practise calling 112 (simulation)
- Practise using the simple sentences in pairs

KEY WORDS

- Health – Terveys
- Doctor – Lääkäri
- Nurse – Hoitaja
- Medicine – Lääke
- Appointment – Aika
- Pain – Kipu
- Emergency – Häätätilanne
- Pharmacy – Apteekki
- Hospital – Sairaala
- Health centre Terveysasema
- Help – Apua
- Fever – Kuume
- Stress – Stressi





MODULE 4

THE EDUCATION SYSTEM IN FINLAND

EDUCATION IN FINLAND

- Education is free for children and young people
- Everyone has the right to education
- School is compulsory for children
- Adults can also study in Finland
- Teachers are respected and trusted

TYPES OF EDUCATION

- Early childhood education (daycare)
- Comprehensive school (grades 1–9)
- Upper secondary school
- Vocational education
- University and university of applied sciences
- Adult education centres
- Language courses





SCHOOL FOR CHILDREN

Children in Finland:

- Go to school from age 7
- Have free school meals
- Have the right to support at school
- Have holidays during the year
- Must attend school regularly

Parents:

- Cooperate with teachers
- Attend meetings
- Support children's learning

LANGUAGE LEARNING

- Finnish and Swedish are official languages
- Learning the language helps with work and daily life
- Practice every day
- Making mistakes is normal
- Asking questions helps learning

ADULT EDUCATION

Adults can:

- Study Finnish language
- Take vocational courses
- Complete basic education
- Study online
- Join hobby courses
- Learning is possible at any age.





STUDY SKILLS

- Be on time
- Listen to the teacher
- Ask questions
- Do homework
- Respect other learners
- Use your phone appropriately

VIDEO: THE FINNISH EDUCATION SYSTEM



SUPPORT IN EDUCATION

Students can get:

- Help from teachers
- Special support if needed
- Study guidance
- Career guidance
- Language support

Asking for help is encouraged.

DIGITAL LEARNING

In Finland, education often uses:

- Computers
- Tablets
- Online platforms
- Email communication
- Digital learning materials

Basic digital skills are important.





SIMPLE SENTENCES TO PRACTISE

- I study Finnish. → Opiskelen suomea.
- My child goes to school. → Lapseni käy koulua.
- I have a lesson today. → Minulla on oppitunti tänään.
- I need help with my studies. → Tarvitsen apua opinnoissa.
- Where is the school? → Missä on koulu?
- I want to learn more. → Haluan oppia lisää.

TEACHING IDEAS

- Discuss education systems in different countries
-
- Match keywords with pictures (school, teacher, book, computer)
-
- Role-play: parent-teacher meeting
-
- Practise filling in a course registration form
-
- Look at a real adult education website (e.g. kansalaisopisto.fi)
-
- Ask learners about their learning goals





MODULE 5

WORK & WORKING LIFE IN FINLAND

WORK IN FINLAND

- Work supports independence and wellbeing
- Everyone has the right to fair working conditions
- Work must follow Finnish laws
- Women and men have equal rights at work
- Employers and employees have responsibilities

FINDING A JOB

You can look for work:

- On job websites
- Through TE services
- Through social networks
- By contacting employers directly
- Through internships and work trials

Job search usually needs:

- A CV
- A job application
- An interview

TE SERVICES

TE services support job seekers with:

- Job search guidance
- Career counselling
- Training opportunities
- Work trials
- Language courses

Job seekers should:

- Attend appointments
- Follow their job search plan
- Apply for jobs actively





WORK CONTRACT

A work contract usually includes:

- Working hours
- Salary
- Tasks
- Start and end date
- Holidays

A contract protects both the worker and the employer.

WORKPLACE CULTURE

In Finnish workplaces

- Punctuality is important
- Everyone is treated with respect
- Employees can ask questions
- Safety rules must be followed
- Teamwork is valued

SALARY AND TAXES

- Workers receive a salary
- Taxes are deducted from salary
- Payslips show salary and deductions
- Paying taxes is normal and necessary

TE SERVICES



EMPLOYEE RIGHTS

Employees have the right to:

- Safe working conditions
- Fair pay
- Breaks and rest
- Sick leave
- Protection from discrimination





RESPONSIBILITIES AT WORK

Employees must:

- Come to work on time
- Do their tasks carefully
- Follow instructions
- Respect colleagues

Inform the employer if they are sick

ENTREPRENEURSHIP

Some people choose to:

- Start a small business
- Work as self-employed
- Sell services or products

Entrepreneurship requires:

- Planning
- Responsibility
- Knowledge of rules

SIMPLE SENTENCES TO PRACTISE

- I am looking for work. → Etsin työtä.
- I have a job interview. → Minulla on työhaastattelu.
- I have a work contract. → Minulla on työsopimus.
- I go to work every day. → Menen töihin joka päivä.
- I am sick today. → Olen sairas tänään.
- I want to learn new skills. → Haluan oppia uusia taitoja.





KEY WORDS

- Work – Työ
- Job – Työpaikka
- Employer – Työnantaja
- Employee – Työntekijä
- Salary – Palkka
- Contract – Sopimus
- Tax – Vero
- Interview – Työhaastattelu
- CV – Ansioluettelo (CV)
- Application – Työhakemus
- Workplace – Työpaikka
- Rights – Oikeudet
- Responsibilities – Velvollisuudet

**VIDEO:
WORKING
LIFE IN
FINLAND**



TEACHING IDEAS

- Practise writing a simple CV
- Role-play a job interview
- Discuss work culture differences
- Match job types with pictures
- Practise using the key words in pairs
- Discuss learners' job goals



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MODULE 6

HOUSING IN FINLAND

HOUSING IN FINLAND

- Everyone needs a safe place to live
- Many people rent their home
- Housing can be private or social housing
- A written rental agreement is important

Tenants and landlords have rights and responsibilities

MOVING HOME

When moving:

- Make a change of address
- Inform the post office
- Inform authorities
- Clean the apartment

TYPES OF HOUSING

- Rental apartment
- Shared apartment
- Student housing
- Family housing
- Temporary housing





RENTAL AGREEMENT

A rental agreement usually includes:

- Rent amount
- Payment date
- Deposit
- Length of contract
- Rules of the building
- Always read the contract carefully.

PAYING RENT

- Rent is paid every month
- Rent is usually paid by bank transfer
- Paying rent on time is important

Late payment can cause problems

HOUSING RULES

In housing buildings:

- Respect quiet hours
- Keep common areas clean
- Sort waste correctly
- Respect neighbours' privacy
- Do not make too much noise at night

MAINTENANCE AND REPAIRS

- Small cleaning is the tenant's responsibility
- Bigger repairs are the landlord's responsibility

Report problems (water leak, broken heating) quickly





TEACHING IDEAS

- Look at a simple rental contract together
- Discuss housing rules in different countries
- Match key words with pictures
- Role-play: calling the landlord
- Practise saying your address aloud

**VIDEO:
HOUSING
IN
FINLAND**



KEY WORDS

- Home – Koti
- Apartment – Asunto
- Rent – Vuokra
- Landlord – Vuokranantaja
- Tenant – Vuokralainen
- Contract – Sopimus
- Deposit – Takuuvuokra
- Neighbour – Naapuri
- Noise – Melu
- Address – Osoite

SIMPLE SENTENCES TO PRACTISE

- I live in an apartment. → Asun asunnossa.
- I pay rent every month. → Mak san vuokran joka kuukausi.
- This is my address. → Tämä on osoitteeni.
- I have a rental agreement. → Minulla on vuokrasopimus.
- My neighbour is friendly. → Naapurini on ystävällinen.
- There is too much noise. → On liikaa melua.



MODULE 7

DAILY LIFE & PRACTICAL SKILLS

DAILY LIFE IN FINLAND

- Daily life in Finland is structured and organised
- People value independence and personal responsibility
- Planning your day helps you manage appointments, work, and family life
- Services may work differently than in other countries, especially with digital systems
- Asking for help is normal and encouraged

MONEY AND FINANCES

- Most payments are made by bank card or mobile payment (e.g. MobilePay)
- Online banking is widely used for managing money and paying bills
- Bills (lasku) must be paid before the due date to avoid extra fees
- Keeping track of your spending helps you manage high living costs

SHOPPING

- Supermarkets like K-Market, S-Market, and Lidl are common
- Opening hours are usually 7:00–22:00 (shorter on Sundays)
- Prices are fixed and clearly displayed
- Receipts are important for returns or exchanges
- Discounts (alennus) and evening reductions on food are common





TIME AND PUNCTUALITY

- Being on time is very important in Finland
- Appointments (doctor, school, work) start exactly on time
- If you are late, it is polite to inform the other person
- Using a calendar or phone reminders helps manage your schedule

DIGITAL SERVICES

- Many services (banking, healthcare, taxes) are online
- Strong identification (bank ID) is often required
- Official communication is often sent by email or digital platforms
- Keeping your passwords safe is very important

SOCIAL INTERACTION

- People value politeness, honesty, and respect
- Personal space and quiet communication are important
- Small talk may be limited, but people are helpful when asked
- Cultural differences are normal and accepted

TRANSPORT

- Public transport includes buses, trains, metro, and trams
- In Helsinki region, tickets are bought via the HSL app or ticket machines
- Tickets must be purchased before boarding
- Travelling without a ticket can result in a fine

USING SERVICES

- You can get help at service points (e.g. Kela, TE services, municipalities)
- Libraries (kirjasto) offer free internet, study spaces, and support
- Many organisations provide support for migrants and integration
- Knowing where to go for help makes daily life easier





KEY WORDS

- Money – Raha
- Bank – Pankki
- Bill – Lasku
- Price – Hinta
- Time – Aika
- Ticket – Lippu
- Bus – Bussi
- Train – Juna
- Phone – Puhelin
- Computer – Tietokone
- Help – Apua
- Service – Palvelu

VIDEO: DAILY LIFE IN FINLAND



TEACHING IDEAS

- Practise reading a receipt
- Role-play: buying a bus ticket
- Discuss daily routines
- Practise telling the time
- Look at a transport app together
- Match key words with pictures

SIMPLE SENTENCES TO PRACTISE

- I need help. → Tarvitsen apua.
- How much does this cost? → Paljonko tämä maksaa?
- I am late. → Olen myöhässä.
- I buy a ticket. → Ostan lipun.
- I pay the bill. → Maksan laskun.
- I use the phone. → Käytän puhelinta.





MODULE 8

PARTICIPATION, IDENTITY & BELONGING

BELONGING IN FINLAND

- Feeling safe and included is important
- Everyone can belong in society
- Belonging grows over time
- Participation helps build connection
- Everyone's background is valuable

IDENTITY

- People can have more than one identity
- Culture, language and experiences shape who we are
- It is normal to change and grow
- Respecting yourself is important

PARTICIPATION IN SOCIETY

People can participate by:

- Joining activities
- Volunteering
- Studying
- Working
- Attending community events
- Sharing opinions respectfully

Participation helps people feel part of the community.





BUILDING CONFIDENCE

- Learning new things takes time
- Making mistakes is part of learning
- Small successes matter
- Asking for help is a strength
- Everyone has strengths and skills

FUTURE GOALS

- Setting goals helps motivation
- Goals can be short-term or long-term
- Education can support goals
- Work can support independence
- Dreams are important

SOCIAL RELATIONSHIPS

- Friendships support wellbeing
- Trust grows slowly
- Respect and honesty are important
- Conflicts can be solved with dialogue
- Support networks are valuable

ACTIVE CITIZENSHIP

- People can express opinions
- Voting is possible after certain conditions
- Joining organisations is allowed
- Everyone can contribute positively to society





KEY WORDS

- Belonging – Kuuluminen
- Participation – Osallistuminen
- Identity – Identiteetti
- Community – Yhteisö
- Friend – Ystävä
- Confidence – Itseluottamus
- Future – Tulevaisuus
- Goal – Tavoite
- Dream – Unelma
- Respect – Kunnioitus
- Support – Tuki
- Strength – Vahvuus

VIDEO: IDENTITY & BELONGING



TEACHING IDEAS

- Group discussion: “What makes me feel I belong?”
- Simple goal-setting exercise
- Strengths mapping activity
- Sharing hobbies and interests
- Role-play: joining a new group
- Reflective exercise: “My journey so far”

SIMPLE SENTENCES TO PRACTISE

- I feel safe here. → Tunnen oloni turvalliseksi täällä.
- I want to participate. → Haluan osallistua.
- This is my community. → Tämä on minun yhteisöni.
- I have a goal. → Minulla on tavoite.
- I believe in myself. → Uskon itseeni.
- I want a good future. → Haluan hyvän tulevaisuuden.





Get to know more about the
INSPIRE project

www.connectabruzzo.it/inspire.html



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