



Welcome to study languages and communication at the University of Helsinki Language Centre!

Good language skills are an asset on the job market. At the Language Centre you can attain good and varied language proficiency in a flexible manner. In addition to the required studies in a foreign language, native language (Finnish or Swedish) and the second national language (Swedish or Finnish), it is worthwhile to take advantage of what else the Language Centre has to offer.

It is recommended that you plan your language studies early on in your studies. Learning a totally new language should be started during your first year, so that you will have time to attain a level of proficiency that supports your studies, work life and internationalisation.

Language and communication studies included in a bachelor's degree

All degrees include a certain amount of [compulsory communication and language studies](#).

These studies are completed as part of a bachelor's degree and their minimum scope is 10 cr:

1. Communication skills in the native language (Finnish/Swedish), at minimum 3 cr
2. Studies in the second national language (Swedish/Finnish), 3 cr
3. Studies in one foreign language, 4 cr (starting skill level in English: [CEFR B2](#), in other languages: [CEFR B1](#))

The [language of your secondary education](#) affects the completion of your studies. Some degree programmes may also include other compulsory language studies. More information is available in your degree programme's structure in Sisu or in the [Degree structure section](#).

The aim of language studies is to provide you with a sufficient communications and language proficiency for positions in your field as well as international activities and cooperation. Studies can be completed with a course or exemption examination. Courses in English, Swedish and native language are organised on each campus. Courses in other languages are organised in the City Centre Campus. The recommended timing of

compulsory language studies varies according to degree programme. Courses are available as contact, distance, blended or online teaching, and as independent project.

NB! If you are completing a master's degree only, the language of your secondary education is Finnish or Swedish and you have completed your bachelor's degree abroad, you must demonstrate your [language proficiency as part of your Master's degree](#).

How do I register?

[Registration for Language Centre courses](#) or examination is done via Sisu. Teaching programme for the academic year 2025–2026 can be found on the page [Languages and courses at the Language Centre](#), in the [Courses](#) section and in Sisu. Check also [the language courses suitable for non-Finnish speakers](#).

Registration periods for the language courses and examinations:

1st period: 11.–24.8.2025

2nd period: 29.9.–19.10.2025

3rd period: 8.12.2025–4.1.2026

4th period: 9.2.–1.3.2026

Intensive period: 13.–26.4.2026.



Do not worry, if you have no time to register for a course in the first teaching period, since new courses begin in all periods. If you cannot attend a course for which you have registered, please remember to cancel your registration so that as many students as possible can attend the course.



Photo: Nina Sulonen

Recognition of prior learning

The language studies included in a previous Finnish higher education degree (complete or incomplete degree) substitute as such for the communication and language studies in the degree syllabus. More information on the page [Transfer of credits for communication and language studies](#).

Language Centre offers plenty more

In addition to language studies included in the degree, you can start studying an entirely new language (e.g., Chinese, German, Italian) or deepen your existing language proficiency. In all, the [Language Centre provides teaching in over ten languages](#). Additionally, it is possible to complete [Language Centre programme](#) in many language (e.g. French, Spanish, Russian) which can be included in your degree (please always check the applicability from your degree programme).

If you are worried about language learning or need advice

If you need advice with language studies, your previous experiences worry you or you have questions about learning difficulties or language and communication anxiety, please don't hesitate to contact [Language Centre's teacher tutors](#). Teacher tutors are Language Centre teachers, who are available for consultation at least once a week during semesters without making an appointment. Language Centre organises English and Swedish courses which especially take into account [language and communication anxiety and diverse learning](#).

Learning language and communication skills together

International students support in learning languages in Language Centre courses. They act as [Language Centre course assistants](#) providing peer support and help in pronunciation, discussions and group work. Most course assistants are first language speakers of the language in question. There are course assistants in most of the Language Centre's courses. The Course Assistant Programme provides students with the opportunity to get to know each other and internationalise together.

[The Finnish-language Assistant Programme](#) is organised by the Language Centre as well as the providers of teaching in Finnish as a second language and the Bachelor's Programme in the Languages and Literatures of Finland at the Faculty of Arts. The programme is targeted at all University of Helsinki students fluent in Finnish (oral and written skills at least at level CEFR B2/C1). Finnish-language assistants support students in learning Finnish, for example, in the Finnish language courses of the University of Helsinki's Faculty of Arts.

Language Centre also offers [ALICE courses \(Academic Language and Intercultural Exchange\)](#). The basic idea of these courses is to provide two language learners who speak different first languages the opportunity to learn about each other's language and culture in an interactive way.

Language Centre organises informal language learning activities, such as [language clubs](#) and [Multilingual Workshops](#), where students meet each other and can practise languages in a relaxed atmosphere, discussing different topics. A couple of workshops will be organised every academic year. Language clubs meet once a week for a specific period of the semester. The timetable of these activities will be announced separately.

More information

[Kaisa House Student Advice](#) gives advice in questions about the language course offerings at the Language Centre, registration to language courses, questions about completion and credit transfer of the mandatory language and communication courses in the degree and other issues related to language studies.

See also: [Language Centre's orientation Moodle!](#)