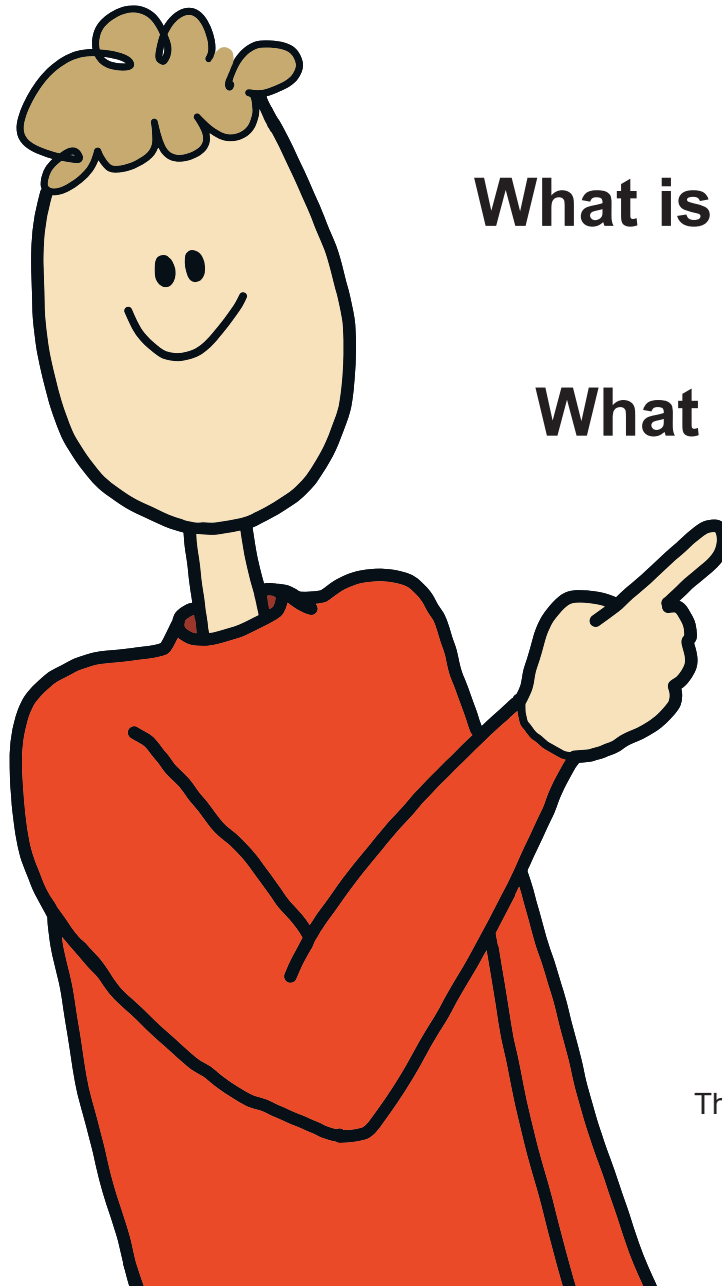


Vocational education

What is **TUVA**?

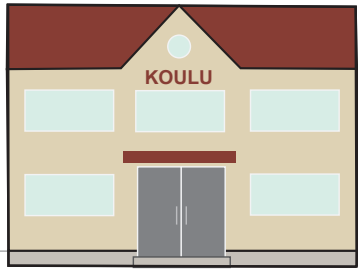
What is **TELMA**?



ideo**grammi**

**Illustrated material
to support discussion**

Material illustrated by Ideogrammi.
The source of this text is opintopolku.fi website.
The material has been produced by Inclusion Finland KVL 2019.
Translations and updates on TUVA have been made
in the Oikeus osata/ Nivus project 2021.



1. After upper secondary school

At the end of the upper secondary school, it is time for you to think about what you want to do.

You have many alternatives.
For example, you could learn a profession.

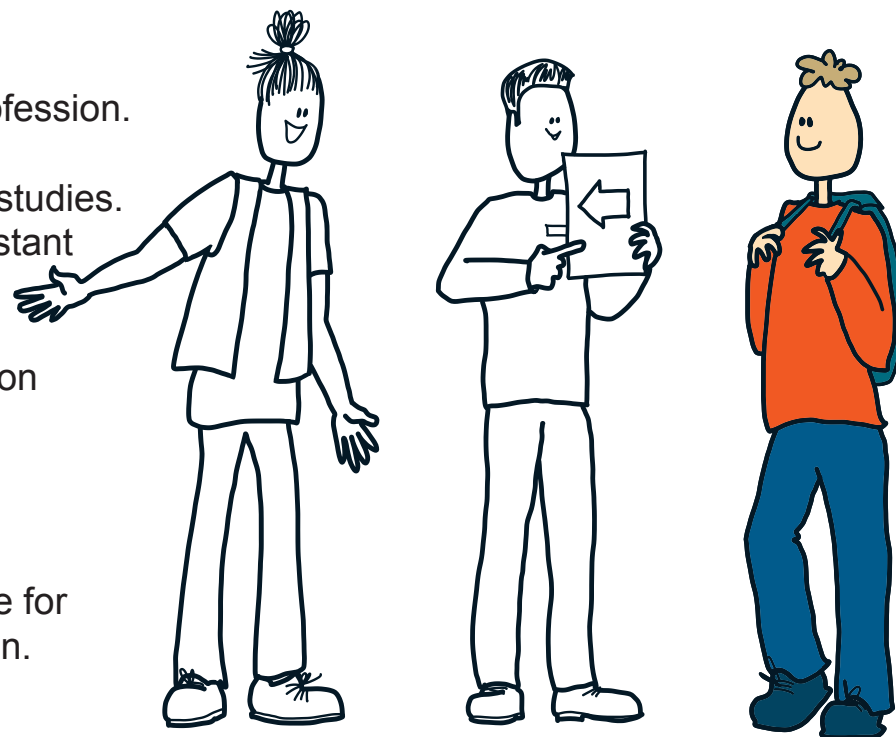


2. Vocational upper secondary qualification

You can apply for a study place, for example, in a vocational institution. And there you can learn yourself a profession.

You can also receive support for your studies. For example, an interpreter or an assistant can help you in your studies.

Vocational upper secondary qualification in a vocational institution takes approximately three years. Before studying for a profession, you can practise your studying skills in a programme that helps you prepare for a general upper secondary qualification. That programme is called **TUVA**.



3. Training programmes

There are two different training programmes:

- **TUVA** is a training programme that prepares students for a general upper secondary qualification
- **TELMA** is a training programme that prepares students for work and an independent life.

TUVA

Do you still want to think about what interests you?

Are you wondering what you're good at?

Do you need more practice in the skills that are required in studying?

In that case, **TUVA** could be the right alternative for you.

TUVA usually takes around one year.



TELMA

Do you need more practice in managing your daily activities?

If so, **TELMA** might be suitable for you.

TELMA can take around one to three years.

The length of this programme depends on your own skills and goals.

These training programmes will not give you a vocational qualification.
These training programmes will help you practise the various skills that are required in studies and everyday life.

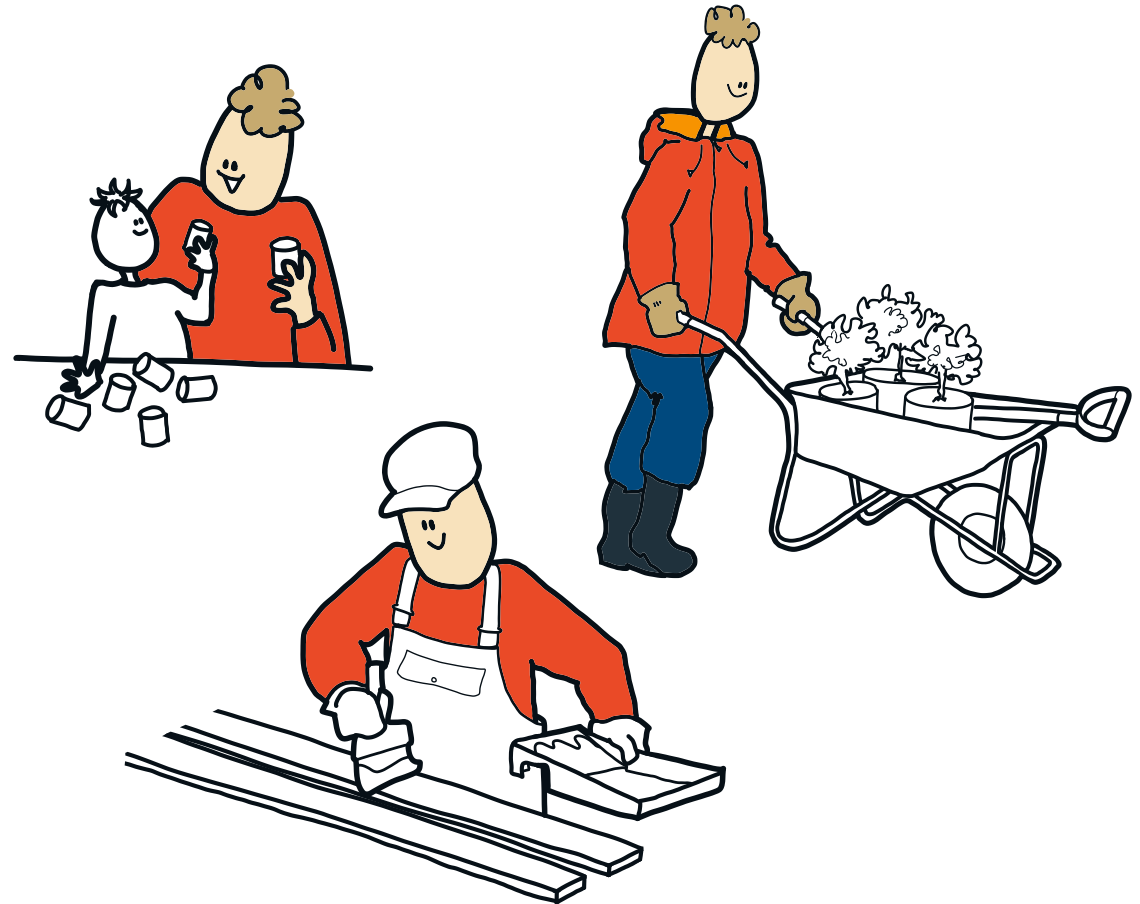
4. TUVA



If you are unsure what kind of work you want to do, **the TUVA programme** might be suitable for you.

The goal is that, **during the TUVA programme**,

- you will find yourself a suitable profession
- you will apply for a suitable study place.



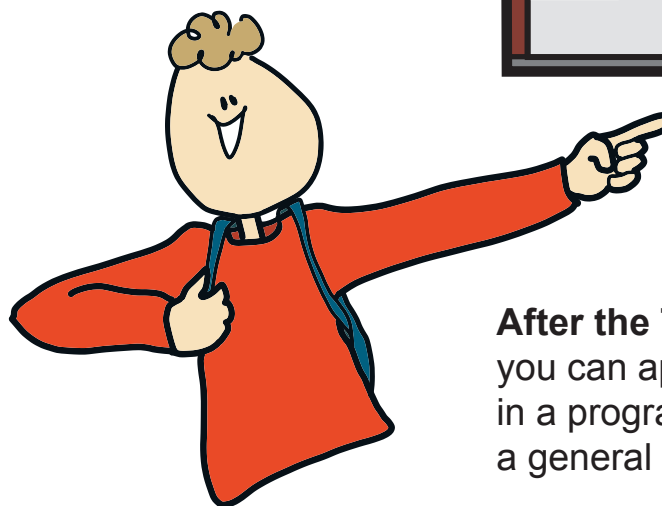
In the TUVA programme

- you can learn more about different professions
- you can think about what kind of job would be suitable for you
- you can obtain more information on where you can learn a profession
- you can improve your learning skills.

5. TUVA



In the TUVA programme, you will receive personalised support for your studies. You can improve your basic education certificate grades. You will learn more skills that are required in studies and everyday life. You will learn to find information from various sources.



After the TUVA programme, you can apply for a study place in a programme leading to a general upper secondary qualification.

6. TELMA

The TELMA programme will train you for work and an independent life.

In the TELMA programme, you will learn the skills required in studies, working life and society.

You will learn to take care of yourself and your personal activities.

You will learn skills that are required in the everyday life, such as

- household care
- cooking
- everyday exercise
- personal hygiene.



You will learn to use money and run errands

- in the store
- municipal health centre
- bank.

You will learn how to use, for example,

- a mobile phone
- a computer
- a calendar.



You will learn to work in society

- know your own rights and responsibilities
- seek for help, if needed.

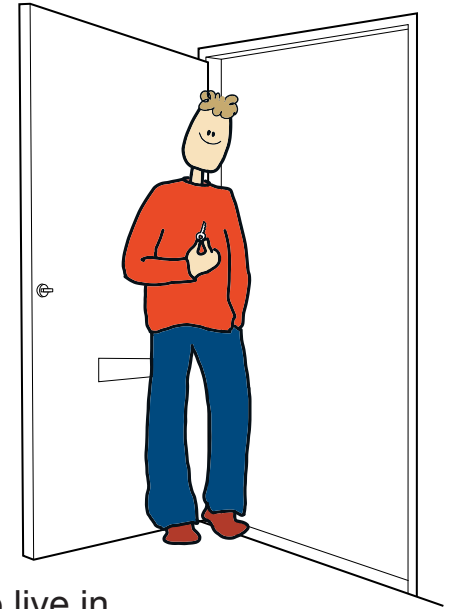


7. TELMA



In the TELMA programme,
you will learn to work together with others and
in a way that is appropriate for each situation.
You will learn to talk to new people.
You will learn to accept guidance and feedback.

In the TELMA programme,
you will receive information of
housing options.
You can reflect on
what kind of home you want to live in.



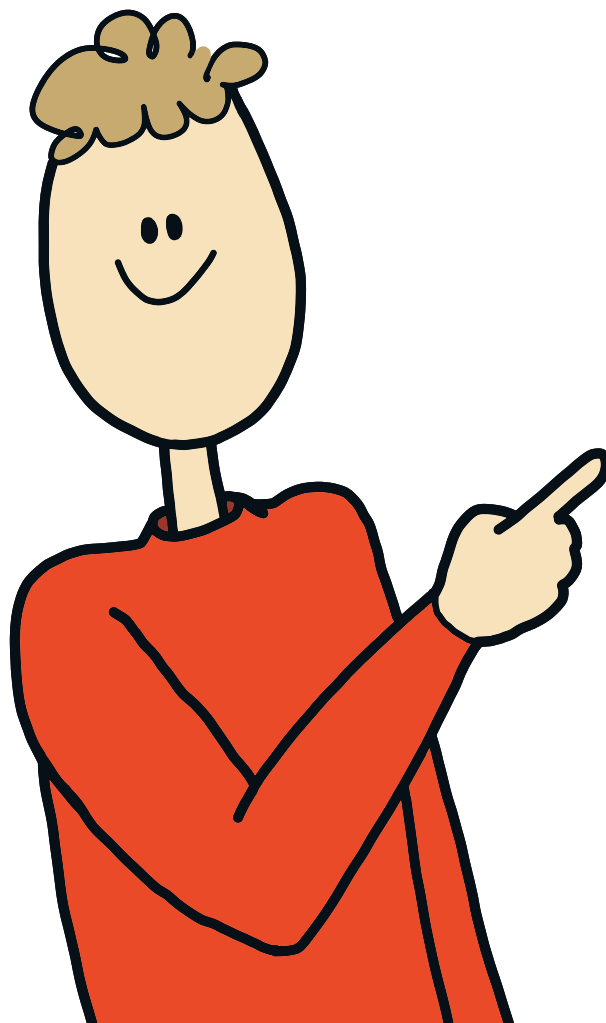
In the TELMA programme

- you will practise various jobs
- you will learn what kind of jobs suit you
- you will receive information on work and daytime activities and also on paid work

After the TELMA programme,

- you can get a job that suits you, or participate in work and daytime activities
- you can live as independent a life as possible.





8. Additional links

Opintopolku.fi website provides information on study opportunities and different educational institutions:

www.opintopolku.fi

On AMEO's website, you can find information on vocational special education institutions:

www.ameo.fi

The following education institutions also offer training for those in need of special support:

Diakonia College of Finland

<https://www.sdo.fi/>

Savo Vocational College

<https://sakky.fi/en>

The Federation of Education in Jokilaaksot (JEDU)

<https://www.jedu.fi/>

Rovaniemi Municipal Federation of Education (REDU)

<https://www.redu.fi/fi>

Salpaus Further Education

<https://www.salpaus.fi/>

You can print out this material from:

www.tukiliitto.fi/toiminta/tukiliiton-oppaat-ja-materiaalit/

More information available on educational institutions' websites.