



Application period:
18 August–11 September 2025

Nightingale: Meetings between children and university students

Would your child enjoy exploring Helsinki with a university student? Would they benefit from having the full attention of a safe, trusted adult?

This school year, children aged 9 to 12 can be matched with a university student mentor in Helsinki. They'll meet once a week to spend time together, discover new places, and try fun, meaningful activities.

The Nightingale mentoring programme helps children build confidence, explore the world of higher education, and enjoy inspiring after-school experiences.



MENTORSPROGRAMMET
NÄKTERGALEN

Find a role model with a university background

Meaningful connections since 2022

From October to May, your child and their mentor meet once a week outside of school hours for a couple of hours to spend time together and have fun. They can play games or sports, do crafts or bake, explore nature, visit museums, or choose any activity they both enjoy.

Mentors and parents agree together on how the child will travel to and from meetings and move around the city. These meetings aim to strengthen the child's self-confidence and expand their understanding of education.

The Nightingale programme originally began in Malmö to create equal opportunities for children from different backgrounds to access higher education. At the University of Helsinki, Nightingale helps children connect with a university student as a role model. The programme has been running in Helsinki since 2022.

Who is Nightingale for?

The Nightingale programme, run by the University of Helsinki, supports children who may face more challenges in applying to higher education later in life.

The programme is especially intended for:

1. Children from families without a background in higher education
2. Children with an immigrant background
3. Children who may benefit from having another safe adult role model in their lives



What does it mean to join the programme?

Your child should be available to meet with their mentor for a couple of hours each week. These regular meetings are important for building a strong and meaningful mentoring relationship. [Having enough time for the weekly meetings is required to join the programme.](#)

Mentors and children are both covered by insurance, but the insurance doesn't include siblings or other children, so only your child should take part in the meetings.

Mentors are university students who have been carefully selected. They have gone through an interview process, provided references, and completed criminal background checks, which have all been reviewed and approved.

For more details, visit: helsinki.fi/naktergalen. There you'll find examples of mentor-child activities and stories shared by past participants.

Is there a cost for the Nightingale programme?

How do I register my child?

No, the programme is free of charge. However, some activities chosen by the mentor pairs may have small costs. In those cases, parents are responsible for their child's expenses. Mentors always aim to plan meetings that are free or low-cost. All events organised by the programme itself are free.

Families interested in joining Nightingale can register online using a digital form. Scan the QR code on this page or go to: elomake.helsinki.fi/lomakkeet/136034/lomake.html. After registering, you are invited to attend one of our information meetings at the partner schools.

You can choose from four meeting dates:

16 September 2025 at Hoplax School, 18:00–19:30

17 September 2025 at Staffansby Primary School, 18:00–19:30

22 September 2025 at Nordsjö Primary School, 18:00–19:30

25 September 2025 at Botby Primary School, 18:00–19:30

Attending one of the information meetings with your child is required to take part in the programme. You will receive more details about your chosen meeting via Wilma after the application period ends. Please note: attending the meeting does not guarantee a spot in the programme. We do our best to find a suitable mentor for every child, but spaces are limited. Children who have already participated in the Nightingale programme are not eligible to join again.

QR-code to sign up digitally:



Contact details:

Näktergalen projektledare:
Richard Backman
+358 40 86 99 330
richard.backman@helsinki.fi

Kontaktperson Hoplaxskolan:
Elvi Fogdell
+358 40 831 3013
elvi.fogdell@edu.hel.fi

Kontaktperson Staffansby:
Ronja Saaresaho
+358 40 643 4417
ronja.saaresaho@edu.hel.fi

Kontaktperson Botby & Nordsjö:
Jenny Nyman
+358 40 865 2380
jenny.nyman@edu.hel.fi



MENTORSPROGRAMMET

NÄKTERGALEN

LEK OCH LÄRDOMAR TILLSAMMANS

Näktergalen finansieras av:



Svenska
kulturfonden



SVENSKA
FOLKSKOLANS
VÄNNER



STIFTELSEN
Tre Smeder