



ADAPTING TO FINNISH CULTURE

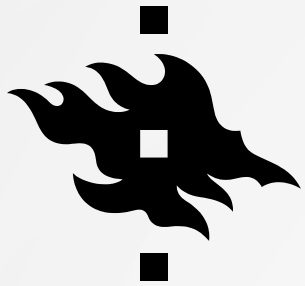
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TODAY'S AGENDA

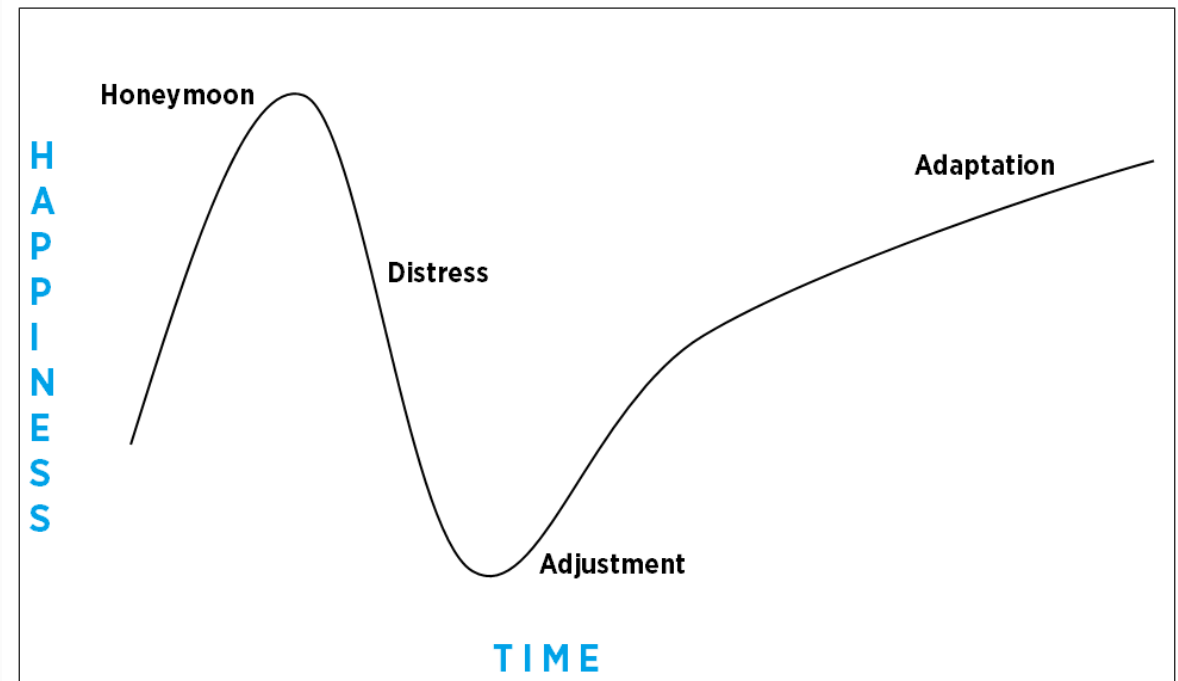
- Culture Shock
- Practical tips
- Things you might find funny in Finland
- Want to know more?





CULTURE SHOCK 1/2

- Culture shock stages
 - Honeymoon stage: everything seems perfect
 - Distress stage: doubts, annoyance, idealisation of home (home sickness)
 - Adjustment stage: acceptance, new positivity, getting used to how things work
 - Adaptation stage: feeling at home, routines
- Reverse culture shock after returning home
 - Feeling surprised, confused, disoriented...
- Culture shock is not always linear -> back and forth





CULTURE SHOCK 2/2

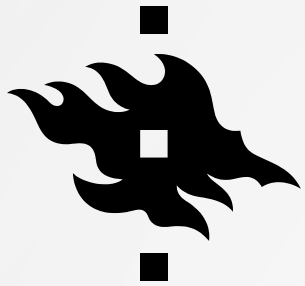


- Physical symptoms possible
 - Headaches, stomach aches, tiredness...
- Note that everyone experiences culture shock differently
 - Not all stages, at different times, different intensity
- It's always more than okay to ask for help
 - Also ask your friends how they're feeling
- Experiencing culture shock makes you pay attention to cultures and yourself
 - You might learn new things about these along the process as well, including positive stuff and getting to know yourself better!



PRACTICAL TIPS

- Read, ask, explore: Learn about the new place, keep an open mind.
- Goals: What would you like to experience? Learn? Improve?
- Things you love: Write a list of the things you love about the country, e.g. at the beginning when you're looking at things excitedly and with fresh eyes.
- Self-care: Sleep, balanced diet, exercise, doing things you love (reading, watching your favourite show), journaling...
- A piece of home: Having something dear from home, calling family and friends
- More information and a couple of exercises on [the Culture Shock page](#).



THINGS YOU MIGHT FIND FUNNY IN FINLAND

- Small talk (or the lack thereof...)
- Minimal body language
- Personal space
- Saying what you mean (literally)

- Please remember that everyone is an individual and these are just some generalisations of the Finnish culture and people!
- [Finnish Nightmares](#) (comics)





WANT TO KNOW MORE?

- [Culture shock and home sickness page](#) on Instructions for Students
- Events for international students in the [the Guidance Corner page](#) (*To be published later in the autumn*)

