



ADAPTING TO FINNISH CULTURE

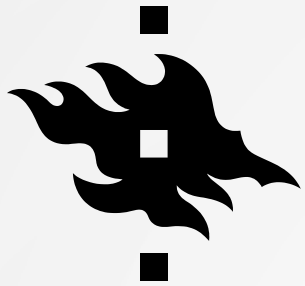
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TODAY'S AGENDA

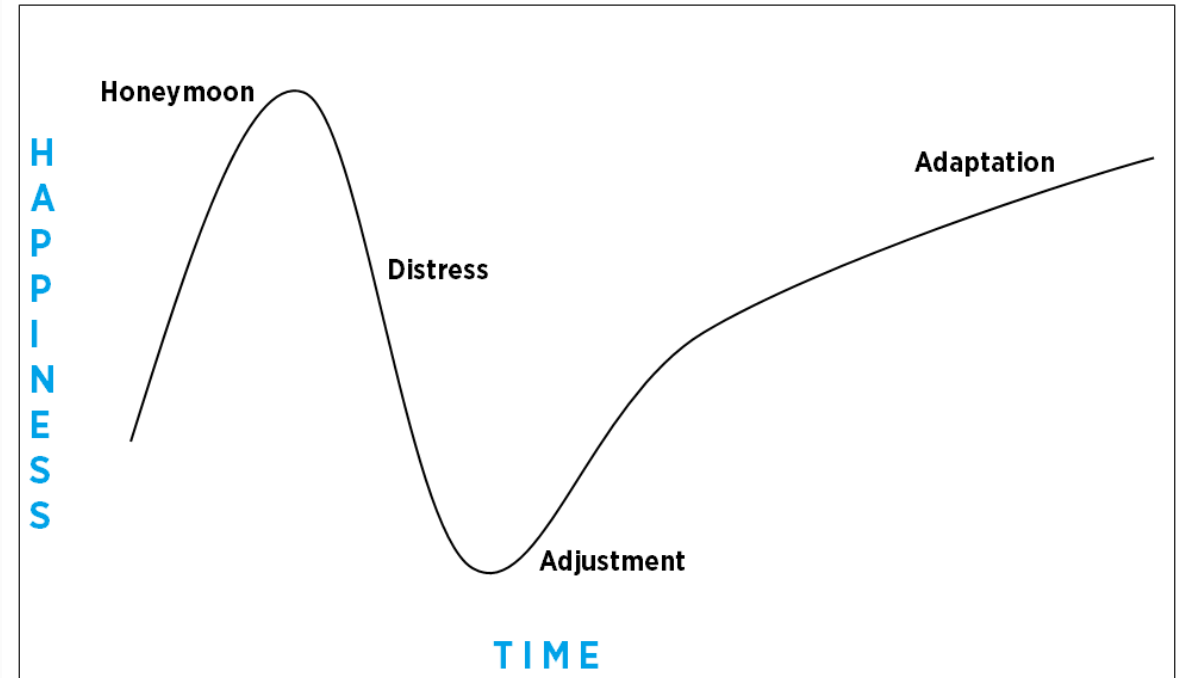
- Culture Shock
- Practical tips
- Things you might find peculiar in Finland
- Want to know more?





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



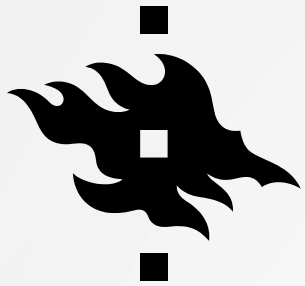
- Mental and physical symptoms possible
- Note that everyone experiences culture shock differently
- Ask for help

- Experiencing culture shock makes you pay attention to cultures and yourself



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
- Continue with your hobbies
- More information and a couple of exercises on [the Culture Shock page](#).



THINGS YOU MIGHT FIND PECULIAR IN FINLAND

- Small talk (or the lack thereof...)
- Minimal body language
- Personal space
- Saying what you mean (literally) & directness
- Silence
- Punctuality
- Importance of sauna
- Friendship

- 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?

In the Instructions for Students:

- [Culture shock and home sickness page](#)
- [Intercultural Competences](#)
- [Well-being events](#)
- [International gatherings](#) (to be updated!)

