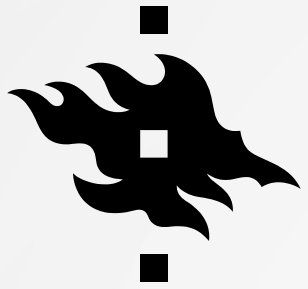




ADAPTING TO FINNISH CULTURE

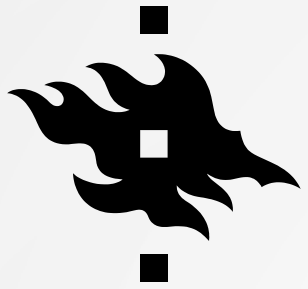
Noushasa Bahmani
International Student Advice



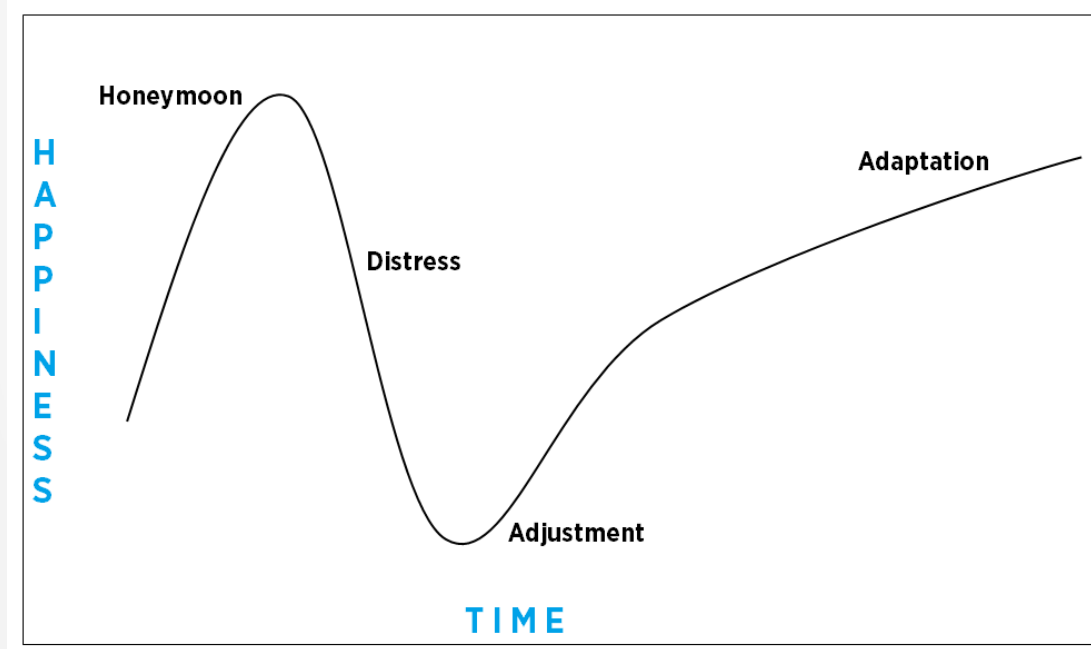
TODAY'S AGENDA



- Culture Shock & Adjustment
- Finding Your Own Way in Finland
- Culture Beyond the Stereotypes
- Learn more & find support



CULTURE SHOCK & ADJUSTMENT



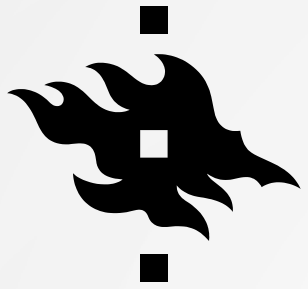
Culture shock stages

- Honeymoon stage: everything is new and exciting
- 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

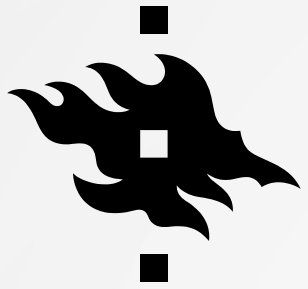


CULTURE SHOCK & ADJUSTMENT



- Missing Familiar Routines.
- Getting Unusually Frustrated by Small Things.
- Comparing Finland with Home.
- Feeling Tired Or Socially Withdrawn.

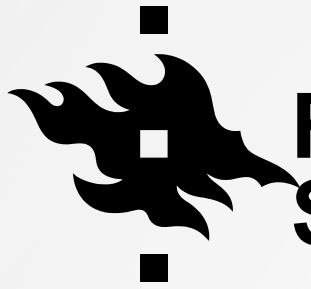
Everyone experiences adjustment differently. Ask for support if you need it.



FINDING YOUR OWN WAY IN FINLAND

- Build some routines
- Be active socially
- Ask
- Keep something from home
- Explore Finland at your own pace

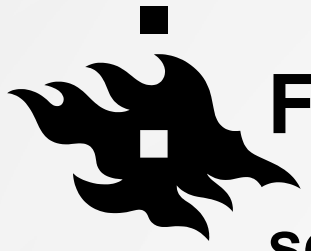




FINNISH CULTURE BEYOND THE STEREOTYPES

Finnish Nightmares: A series of funny comics that capture the fun and 'horrors' of living in Finland





FINNISH CULTURE BEYOND THE STEREOTYPES

SOME THINGS YOU MAY NOTICE:

- Straightforward answers
- Silence is not necessarily awkward
- Quiet hours are taken seriously
- Being on time matters
- Coffee is everywhere
- Something sweet, of course!
- Hierarchy can be almost invisible
- Independent study are expected
- Sauna and ice swimming
- Privacy Paradox





LEARN MORE & FIND SUPPORT



In the Instructions for Students:

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