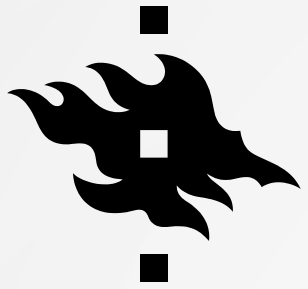




ADAPTING TO FINNISH CULTURE

Rita Li

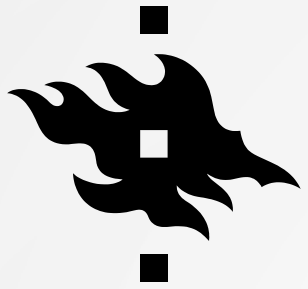
International Student Advice



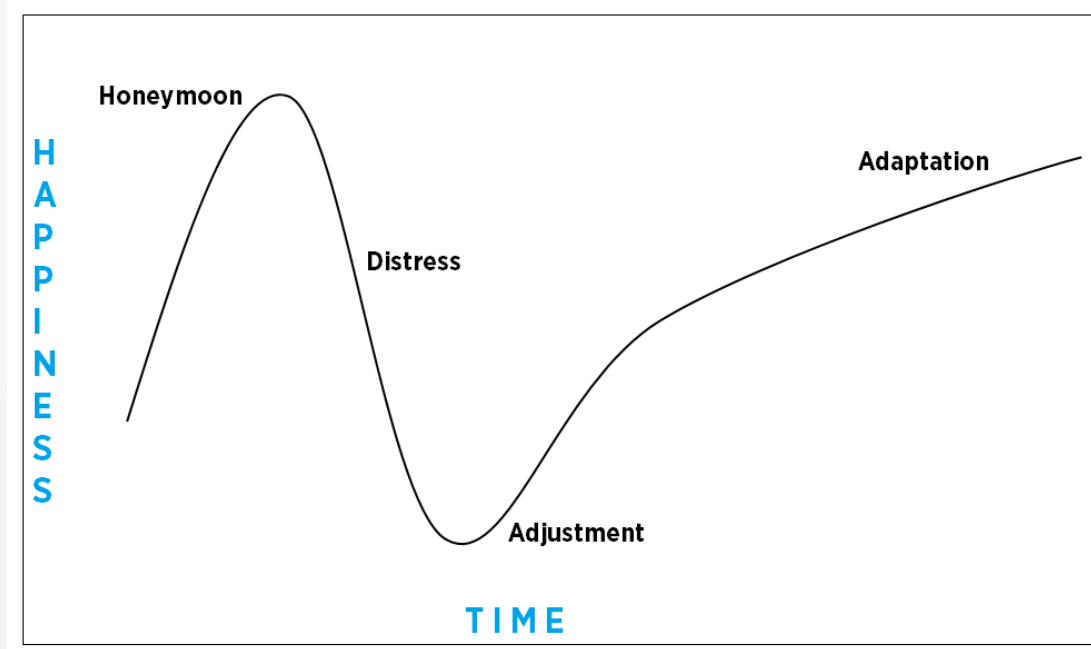
TODAY'S AGENDA



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



CULTURE SHOCK 1/2



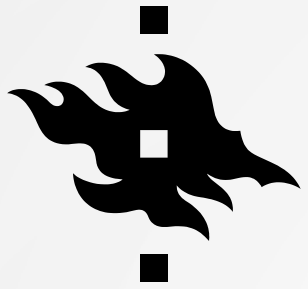
Culture shock stages

- 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...

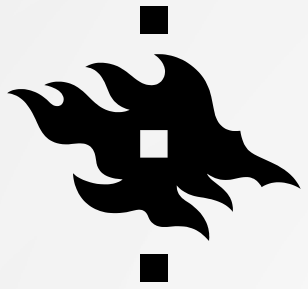
Culture shock is not always linear -> back and forth



CULTURE SHOCK 2/2



- Mental and physical symptoms are 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 your new environment — stay curious and keep an open mind.

Set Your Goals

What do you want to experience, learn, or improve during your time abroad?

Notice the Positives

Make a list of things you love about the country — especially in the beginning, when everything feels fresh and exciting.

Self Care

Prioritize sleep, a balanced diet, exercise, and activities you enjoy.

Bring a Piece of Home

Keep something meaningful from home and stay in touch with family and friends.

Keep Up Your Hobbies

Staying active with familiar hobbies can help you adjust more easily.



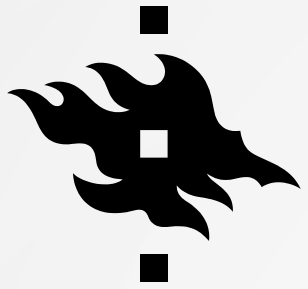
PRACTICAL TIPS

More information about

- Where to get help
- Exercises to deal with cultural shock and homesickness
- Reading material on culture shock and homesickness



[Culture Shock & Homesickness – University of Helsinki](#)

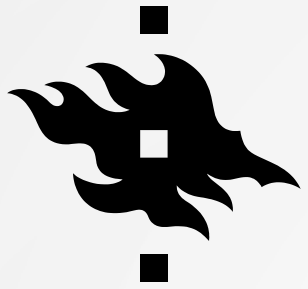


THINGS YOU MIGHT FIND UNIQUE IN FINLAND

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

- Everyone is an individual and these are just some generalisations of the Finnish culture and people!



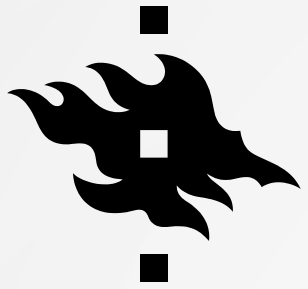


FINNISH NIGHTMARES

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



<https://finnishnightmares.blogspot.com/>



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!)