

Dear Students,

I hope your first period at school has went well! Here are some current things. 😊

1. Return school books & order the books for the 2nd period

Now that the first period at school is over, please remember to return your SCHOOL BOOKS to the AFS office. Those of you living close to the Helsinki area, may come to the office. Others please check the return instructions attached to this message!

2. Test week

If your teacher asked you to do an assignment from the *AFS exercise booklet*, please send your essays **by the end of the test week** to this email: kouluysteisty@afs.org

3. Missing home?

Being in constant contact with home rarely helps. There are different strategies for coping with home sickness – it could be finding a hobby, spending time with Finnish friends or other students, keeping yourself busy, living in the moment... Finding your way to cope with home sickness is part of the process of adapting here. And remember that AFS volunteers are there for you!

Ihanaa syksyä kaikille!

My best / Terveisin,

Lilli Innanen

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