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#100THINGSTODO



Be social – get to know new people

- Get connected with some Finnish friends from school. Social media, video calls and text message apps make it possible to stay in touch even when you cannot see each other in person.
- Take part in a challenge: People have started to sing on balconies. Come up with your own idea!
- Start a blog: People actually read blogs now. First talk with your host family about the idea and what is ok to share and what is not. Respect your host family's wishes.
- Get in touch with another exchange student in the area and ask how they are doing.

Enjoy the outdoors

- Discover your neighborhood. Walk a different route than usually but don't get lost.
- Go on a hike. Bring snacks and other supplies. Don't forget reflectors and flashlights as it gets dark early.
- Catch some rays when you can: It is the darkest time of the year, so if possible, get outside while it is light out. You will feel energized afterwards.
- Get to know Finnish nature: Look for mushrooms, birds or something interesting in the woods. Then send us a picture of what you found; most beautiful scenery or tree or the strangest plant.
- Ask your contact person or another exchange student in the area to go on a walk with you. Remember to keep enough distance!

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If there is snow where you live

- Go skiing.
- Go ice skating. Borrow some equipment if needed. Ask if your host family, contact person or friend from school has any you can use.
- Build a snow castle. Younger host siblings will love you!
- Build a snow lantern: https://www.youtube.com/watch?v=2_tDr6eD05w
- Make snow angels.
- Go sledding.
- Clean the driveway from the snow.

Exercise

- Go running, jogging or nordic walking! If someone comes too close, run faster.
- Do push ups or sit ups.
- Exercise: Even if your local gym is closed, you can exercise indoors by following an online workout. YouTube is full of different kinds of exercise videos. Yoga, pilates and much more!
- Go on a bike ride. (If it's icy and you aren't used to riding a bike in the winter, maybe save this for a better time.)
- Stretch: Small stretches are great for your muscles and circulation, even if you do not exercise. Take little breaks between online classes and stretch your neck and shoulders.

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Challenge your brain

- Take an IQ test.:Have you ever taken one? You can find them online e.g. at www.myiqtested.com
- Do a puzzle: The more pieces, the more time it will take. Play a memory game.
- Solve the Rubik's cube, or at least give it a try.
- Participate in a quiz: There are quizzes online or you can make one for your friend, even remotely. Try Kahoot for example: <https://kahoot.com/>

Be artistic

- Enjoy music: Do you sing? Does your host family own musical instruments? Remember to take your host family and neighbors into consideration.
- Create your own cartoon character.
- Draw a self portrait.
- Paint: If you don't know how and want to learn, try a teaching video online, e.g. in Youtube there are many.
- Write a short story.
- Write a poem.
- Write a letter to a friend or to your family.
- Write a song.
- Look for a new quote or saying.
- Improvise: Art is always evolving. People have for example put face masks on statues. Make your own creation.

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DIY

- Keep a diary about your experience in Finland. It will be fun to read later.
- Fold from paper: Try origami, make a paper hat or some other accessory.
- Make a greeting card.
- Mold: If there is no play dough or clay, try making some yourself. <https://domesticsuperhero.com/best-homemade-playdough-recipe/>
- Alter or fix your clothes.
- Check out www.pinterest.com for craft ideas. Ask your host family if they have any craft supplies that you can use, or look for some at a local flea market.

Make plans

- Create a bucket list
- Research dream careers

Take it easy

- Sleep: It's good to stick to your routines even during quarantine. But sometimes a short nap or sleeping in a bit later is nice.
- Meditate: But first turn off your phone and laptop. www.mindful.org/how-to-meditate
- Dream: You can always dream about what you will do when the pandemic is over.

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Take it easy

- Relax: Take a warm bath or go to the sauna, if possible. (Public saunas are not a good idea now.)
- Do a spa night and give yourself a facial or a pedicure.

Entertainment

- Read a book. Try a children's book in Finnish or Swedish.
- Listen to an audio book. Libraries have these too so a paid subscription is not required.
- Watch tv. Try a new series or an old movie classic.
- Listen to music. Turn on your favorite artists or bands. Or ask for recommendations from others. Check out Finnish artists too. Use headphones so you don't disturb other family members.
- Find a new podcast to listen to.
- Play a video game.
- Play some cards.
- Play a board game. Ask a host sibling or host parent to join.
- Ask your host family to show you their old family photos or watch family videos together.
- Read the news in English: yle.fi/uutiset/osasto/news/
- Check out Very Finnish problems & have a laugh: www.facebook.com/veryFinnishproblems/

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Entertainment

- Christmas is over, but did you know you can watch Santa Claus live through the Santa Park webcam (Rovaniemi, Arctic Circle) <https://santaclausvillage.info/arctic-circle-live-video-webcam-rovaniemi/>

Offer to fix stuff

- Fix clothes: Sew the missing buttons or holes in your pockets.
- Polish shoes or change the shoelaces.
- Ask your host family if you can help fix something around the house, like tighten some loose screws on furniture or door knobs.

Study and learn

- Study Finnish or Swedish: Use a book, an online class or an app. Try e.g. www.duolingo.com and <https://kotisuomessa.fi/web/site-155213/state-jurdkmbrei/front-page>
- Watch Pikku Kakkonen (a Finnish children's tv show). <https://areena.yle.fi/1-3371178>. Many exchange students have learned Finnish this way because they speak slowly and clearly on the show.
- If you haven't already, put post-it notes around your room (or around the house if it's OK with your HF) with the names of the items in Finnish/Swedish. For example door=ovi, lamp=lamppu. You will learn these words quickly.

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Study and learn

- Study Finnish history: There are numerous good books and documentaries. Ask your host family to tell you about the history of their family. Where did their ancestors come from?
- Learn to juggle.
- Learn a magic trick. This can be entertaining for the whole family.
- Learn to whistle (if you don't already know how).
- Learn how to take good photographs. Are you familiar with all the photography features of your phone's camera?
- Learn how to edit videos.
- Learn how to code.
- Study: There is plenty of good time for studying.

Play – especially if you have young host siblings

- Go outside and play ball. If you are alone you can throw the ball to the wall and then catch it. But stay away from any windows!
- Fill in a coloring book: Good coloring books work for any age.
- Play hide and seek. You can do this indoors too.
- Play a treasure hunt. If you have younger host siblings, set up a treasure hunt for them.
- Build some legos. This is fun for adults too.

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If your host family has a pet

- Teach the pet a new trick.
- Talk to the pet. You will be surprised how much they understand.
- Reward: Give the pet some treats and extra attention.
- Take pictures of the pet and share the best ones with your host family.
- Take the dog for a walk. Or hide treats outside for the dog to find.

Cooking

- Cook: Plan ahead and get the ingredients for your favorite meal next time your family goes grocery shopping.
- Look up and try a new recipe. You may find a new favorite.
- Bake a traditional dessert from your country.
- Bake something Finnish. Ask your host parent or sibling to teach you, or offer to help if they are baking.

Cleaning

- Clean your room: When was the last time you dusted and vacuumed your room?
- Clean your phone or phone case (it's probably very dirty).
- Clean up your emails.

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Cleaning

- Help your host family clean the house. Ask what you can do to help.
- Clean the car: Collect all the trash, vacuum the floors and seats, and wipe down the dashboard and other areas inside the car.

Help others

- Help a neighbor/host family member: Someone might need help going to the store or running other errands.
- Come up with your own way to help others.

Most importantly

- Take care of yourself: Stay active and get some fresh air everyday.
- Eat healthy and take your vitamins.
- Get enough sleep.
- If you are struggling, talk to your host family or your contact person.