



# COVID-19 SUPPORT KIT

FOR EXCHANGE STUDENTS

AFS programmes continue during the COVID-19 pandemic. Under these exceptional circumstances it is important to remember that nobody is alone! Please find below information on how to find support when you are feeling lonely or are struggling with everyday life. Hope you find this list useful.

## WHO COULD I ASK FOR HELP?

### Your contact person

All AFS students and host families have been assigned a contact person who can help them with adjusting, and answer questions about practicalities etc. If you would like to share your thoughts with an AFS volunteer or find contacts/friends outside your immediate circle, please reach out to your contact person.

### Your AFS Chapter

Finland is divided into regional AFS chapters. A chapter is a group of AFS volunteers who look after AFS students in that region and organise events such as outdoor sports or zoom meetings. If you would like to suggest a get-together or meet with other AFSers in your area, please contact your AFS chapter. In case you are unsure who to contact, Satu from the AFS office ([satu@afs.org](mailto:satu@afs.org)) will help you get in touch.

### Other AFS students

With other AFS students you can share your experience, look for possible solutions and maybe become best friends! You can get contact information for other students from your chapter or Susanna Taskinen ([susanna.taskinen@afs.org](mailto:susanna.taskinen@afs.org)) at the AFS office.

### Your contact teacher

Your school has assigned one of the teachers as your contact teacher. Your contact teacher can help you with selecting courses, answer any questions you might have about Finnish school system and help you get to know other students.

### AFS office

The staff at AFS Finland is there to support you during your exchange in Finland. If you have questions about AFS guidelines, don't know who to ask for help or are concerned about your own well being, please contact:

Susanna Taskinen, 044 739 3606, [susanna.taskinen@afs.org](mailto:susanna.taskinen@afs.org) or  
Eeva Link, 040 455 7039, [eeva.link@afs.org](mailto:eeva.link@afs.org)

### Host Family Life

35 questions  
to ask your  
host family



## HOW TO STAY ACTIVE DURING THE PANDEMIC?

During the COVID-19 pandemic, there might be restrictions and recommendations which affect your freetime and social contacts. The AFS network is still there during the pandemic and here are some ideas for networking remotely:

### 100 things to do

We have gathered a list of [100 things to do](#) during the pandemic. Which one of these is calling your name? Many students say they have posted this list on the fridge door for inspiration, and check off one item at a time once they try it. Choose one to try together with your host family or other AFS students!

### Taking ownership for you studies

Studying remotely might bring challenges that are different from studying at school. As an AFS student, you are responsible for your studies. Please talk to your teachers, host family and contact person if you need support in managing your studies. AFS supports your Finnish/Swedish studies financially up to 80€/student.

### Coffee with AFS

Every Wednesday 1-4 pm we have a Coffee with AFS meeting on zoom. These meetings will be held as long as schools are in distance learning. You are welcome to drop by, have a chat with an AFS staff member and meet other AFS students. This time is for you: you can ask any questions you might have or just drop in to see other AFSers. If you would like to facilitate a game or present your home country, please let us ([satu@afs.org](mailto:satu@afs.org)) know!

### AFS volunteers in action

There are AFS volunteers around Finland who are there for you. If you need someone to talk to or want to try something new to do in your free time, please ask your contact person or AFS chapter who could help you. There could be an AFS volunteer living close to you who could go with you for a walk/invite you for coffee.

Let's rely on  
the strength  
of the  
AFS network!

Your contact person, local AFS chapter and the AFS staff are there to support you and answer any questions you might have. We are so happy you are in Finland and trust this time will stay in your memories forever.

**Nobody needs to be alone in the AFS network!**