

AFS SUPPORT KIT

FOR EXCHANGE STUDENTS

During the AFS programmes **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. If you do not know who your contact person is, please contact Miia Linden (040 451 6089, miia.linden@afs.org.)

Your AFS Chapter

Finland is divided into regional AFS chapters. A chapter is a group of AFS volunteers who looks after AFS students in that region and organises events such as outdoor sports or get-togethers. If you would like to meet with other AFSers in your area, please contact your AFS chapter. In case you are unsure who to contact, you can ask about it from Susanna (044 739 3606, susanna.taskinen@afs.org).

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 local AFS chapter or Susanna Taskinen (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 (044 739 3606, susanna.taskinen@afs.org).

Host Family Life

35 questions
to ask your
host family