

DURING YOUR EXCHANGE WE CHALLENGE YOU TO TRY THESE OUT

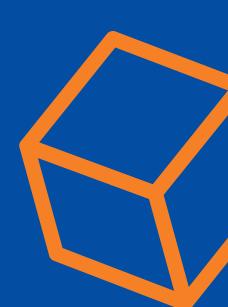
Be social - get to know new people

- Get connected with Finnish students in your school.

 Ask to be part of group activities, follow them in social media and join local hobby clubs to find new friends.
- # 2 Take part in social media challenges! This is a fun activity to try new things, meet people and make memories. You can also come up with your own idea!
- # 3 Start a blog. Share memories of your exchange studies online. First talk with your host family about the idea and what is ok to share and what is not.
- Get in touch with another exchange student in your local area and ask how they are doing. Your local AFS chapter will help you with this!

Enjoy the outdoors

- # 5 Discover your new neighbourhood. Walk a different route than usually and explore the park or forest near by.
- # 6 Are you close to a lake or the see? Try fishing together with the Finns.
- Go on a hike with your host family or friends. Bring snacks and explore the Finnish nature.
- # 8 Look for mushrooms, birds, trails left by animals or other interesting new things in the woods. Share your findings in social media and tag @afsfinland so that we will see what you found. What's the most beautiful scenery, tree or the strangest plant that you've seen in Finland so far?





9 Ask your contact person or another exchange student in the area to go on a walk with you.

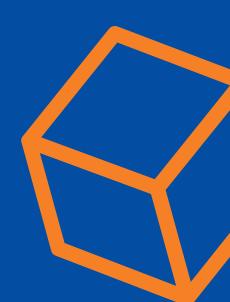
If there is snow where you live

- #10 Go skiing.
- # 11 Go ice skating. Borrow some equipment if needed. Ask if your host family, contact person or friend from school has any you can use.
- #12 Build a snow castle. Younger host siblings will love you!
- # 1 3 Build a snow lantern: https://www.youtube.com/watch?v=2_tDr6eD05w
- #14 Make snow angels.
- #15 Go sledding.
- #16 Clean the driveway from the snow.

Exercise

- # 1 7 Go running, jogging or nordic walking in the nature.

 Explore the outdoor gyms in Finland where you can do push ups, sit ups etc.
- # 18 Join a local hobby club. Football, ice hockey, basketball, salibandy etc. are very popular hobbies in Finland.
- # 1 9 Follow an online workout. YouTube is full of different kinds of exercise videos. Yoga, pilates and much more!
- # 2 0 Go on a bike ride. Fatbikes are very popular now! Try it out.
- # 21 Stretch. Small stretches are great for your muscles and circulation, even if you do not exercise.





Challenge your brain

- # 2 2 Take an IQ test online. Have you ever taken one? You can find them e.g. at www.myiqtested.com
- # 2 3 Do a puzzle. The more pieces, the more time it will take.
- # 2 4 Play a memory game together with your host family. It's called "muistipeli" in Finnish.
- # 2 5 Ask your host family which board games do they have. Try something that you have not played yet.
- # 2 6 Participate in a quiz. There are quizzes online or you can make one for your friends. Try Kahoot: https://kahoot.com/

Be artistic

- # 2 7 Do you sing or does your host family own musical instruments? Try them out. Listen to Finnish music online. You will find a Finnish top 50 playlist in Spotify etc.
- # 2 8 Create your own cartoon character.
- # 2 9 Draw a self portrait.
- # 3 Paint. If you don't know how and want to learn, try a teaching video online, e.g. in Youtube there are many.
- #31 Write a short story.
- #32 Write a poem.
- #33 Write a letter to a friend or to your family.
- #34 Write a song.
- # 3 5 Look for a Finnish quote or saying and try it out with your host family:)



3 6 Do some research on Finnish arts and artists.

Try making your own creation.

DIY

- # 3 7 Keep a diary about your experiences in Finland.
 It will be fun to read later.
- #38 Try origami, make a paper hat or some other accessory.
- #39 Make a greeting card. Surprise your host family with some Finnish words:)
- # 4 Mold. If there is no play dough or clay, try making some yourself: https://domesticsuperhero.com/best-homemade-playdough-recipe/
- # 4 1 Alter or fix your old clothes.
- # 4 2 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

- # 43 Create a bucket list
- # 4 4 Research a few things that you would like to do during your exchange in Finland and talk about these with your host families.

Take it easy

- # 4 5 Try meditation or yoga: www.mindful.org/how-to-meditate
- # 4 6 Hug a tree. Yes, it is a real thing:P Check online how it works. Google "halaa puuta".
- # 4 7 Sit on the balcony or terrace and watch some birds.



Take it easy

- # 4 8 Go to sauna. Do you already know what "löyly" is and how warm it normally gets in the Finnish sauna?
- # 4 9 Do a spa night together with your host family and give yourself a facial or a pedicure.

Entertainment

- # 5 Read a book. Try a children's book in Finnish or Swedish.
- # 51 Listen to an audio book. Libraries have these too so a paid subscription is not required.
- # 5 2 Watch TV. Try a new series or an old movie classic.
- # 5 3 Listen to music. Turn on your favorite artists or bands. Or ask for recommendations from others.
- # 5 4 Find a new podcast to listen to.
- # 5 5 Play a video game.
- # 5 6 Play some cards.
- # 5 7 Play a game. Ask a host sibling or host parent to join.
- # 5 8 Ask your host family to show you their old family photos or watch family videos together.
- # 5 9 Read the news in English: yle.fi/uutiset/osasto/news/
- # 6 0 Check out "Very Finnish problems" & have a laugh: www.facebook.com/veryFinnishproblems/



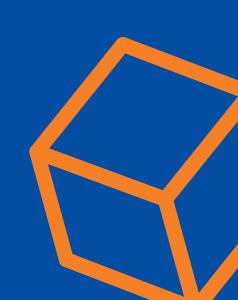
Entertainment

61 Did you know that in Finland there are multiple nature cameras that everyone can view! Have a look at them here: https://wwf.fi/luontolive/



Offer to fix stuff

- # 6 2 Try knitting your own "villasukat". In Youtube there are many videos for beginners. Have a look and knit your own socks.
- # 63 Ask your host family if you can help fix something around the house, like tighten some loose screws on furniture or door knobs.
- # 6 4 Finland is famous for recycling. Learn how your host family recycles and try to make this part of our daily routines.



Study and learn

- # 6 5 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
- # 6 6 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.
- # 6 7 If you haven't already, put post-it notes around your room or around the house with the names of the items in Finnish/Swedish. You will learn these words quickly.



- # 6 8 Read about the Finnish history. There are numerous good books and documentaries. Ask your host family to tell you about the history of their family.
- # 6 9 Learn to juggle.
- # 7 () Learn a magic trick. This can be entertaining for the whole family.
- # 71 Learn to whistle.
- # 7 2 Learn how to take good photographs. Are you familiar with all the photography features of your phone's camera?
- # 73 Learn how to edit videos.
- # 74 Learn how to code.
- # 7 5 Study for the next class or do research on a topic that interests you.



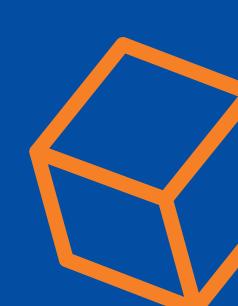
- # 7 6 Go outside and play ball. If you are alone you can throw the ball to the wall and then catch it.
- # 7 7 Have you heard about colouring books? In Finland they have those for all ages.
- # 7 8 Play hide and seek. You can do this indoors too.
- # 7 9 Play a treasure hunt. If you have younger host siblings, set up a treasure hunt for them.
- # 8 0 Build some legos. This is fun for adults too.





If your host family has a pet

- # 8 1 Teach the pet a new trick.
- # 8 2 Talk to the pet. You will be surprised how much they understand.
- # 8 3 Give the pet some treats and extra attention. It might also be interesting to learn something new about the pet, its breed or habbits.
- # 8 4 Take pictures of the pet and share the best ones with your host family.
- # 8 5 Take the dog for a walk. Or hide treats outside for the dog to find.



Cooking

- # 8 6 Cook with your host family. Plan ahead and get the ingredients for your favorite meal next time your family goes grocery shopping.
- #87 Look up and try a new recipe. You may find a new favorite.
- #88 Bake a traditional dessert from your country.
- # 8 9 Bake something Finnish. Ask your host parent or sibling to teach you, or offer to help if they are baking.

Cleaning

- # 9 () Clean your room. When was the last time you dusted and vacuumed your room?
- # 91 Clean your phone or phone case and decorate the cover.
- # 9 2 Clean up your emails and WhatsApp messages.



- # 9 3 Help your host family clean the house.
 Ask what you can do to help.
- # 9 4 Have you ever cleaned a car? Collect all the trash, vacuum the floors and seats, and wipe down the dashboard and other areas inside the car.



- # 9 5 Help a neighbour/host family member. Someone might need help going to the store or running other errands.
- # 9 6 Come up with your own way to help others or teach your siblings/host family something that you do with your own family.

• • •

Most importantly

- # 9 7 Stay active and get some fresh air everyday.
- # 9 8 Eat healthy and take your vitamins.
- # 9 9 Get enough sleep.
- # 1 0 0 If you are struggling, talk to your host family or your contact person.