

#100THINGSTODO



DURING YOUR EXCHANGE WE
CHALLENGE YOU TO TRY THESE OUT

Be social – get to know new people

- # 1** 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.
- # 4** 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 sea? Try fishing together with the Finns.
- # 7** 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?

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- # 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!
- # 13** 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

- # 17** 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.
- # 19** Follow an online workout. YouTube is full of different kinds of exercise videos. Yoga, pilates and much more!
- # 20** 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.

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Challenge your brain

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

Be artistic

- # 27** 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.
- # 28** Create your own cartoon character.
- # 29** Draw a self portrait.
- # 30** 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.
- # 35** Look for a Finnish quote or saying and try it out with your host family:)

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- # 36** Do some research on Finnish arts and artists. Try making your own creation.

DIY

- # 37** 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:)
- # 40** Mold. If there is no play dough or clay, try making some yourself: <https://domesticsuperhero.com/best-homemade-playdough-recipe/>
- # 41** Alter or fix your old clothes.
- # 42** 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
- # 44** 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

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

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Take it easy

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

Entertainment

- # 50 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.
- # 52 Watch TV. Try a new series or an old movie classic.
- # 53 Listen to music. Turn on your favorite artists or bands. Or ask for recommendations from others.
- # 54 Find a new podcast to listen to.
- # 55 Play a video game.
- # 56 Play some cards.
- # 57 Play a game. Ask a host sibling or host parent to join.
- # 58 Ask your host family to show you their old family photos or watch family videos together.
- # 59 Read the news in English: yle.fi/uutiset/osasto/news/
- # 60 Check out "Very Finnish problems" & have a laugh: www.facebook.com/veryFinnishproblems/

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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

- # 62** 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.
- # 64** Finland is famous for recycling. Learn how your host family recycles and try to make this part of our daily routines.

Study and learn

- # 65** 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>
- # 66** 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.
- # 67** 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.

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- # 68** 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.
- # 69** Learn to juggle.
- # 70** Learn a magic trick. This can be entertaining for the whole family.
- # 71** Learn to whistle.
- # 72** 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.
- # 75** Study for the next class or do research on a topic that interests you.

Play – especially if you have young host siblings

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

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If your host family has a pet

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

Cooking

- # 86 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.
- # 89 Bake something Finnish. Ask your host parent or sibling to teach you, or offer to help if they are baking.

Cleaning

- # 90 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.
- # 92 Clean up your emails and WhatsApp messages.

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93 Help your host family clean the house.
Ask what you can do to help.

94 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.

Help others

95 Help a neighbour/host family member. Someone might need help going to the store or running other errands.

96 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

97 Stay active and get some fresh air everyday.

98 Eat healthy and take your vitamins.

99 Get enough sleep.

100 If you are struggling, talk to your host family or your contact person.