



## NAVIGATING TRANSITION TO A NEW COUNTRY AND CULTURE

Moving to a new country and culture is a big transition and at the same time it can be a great experience and opportunity. It offers you a chance for a fresh start. You have the opportunity to meet new interesting people and to explore a new culture and different ways of living, thinking, and being. Moving to a new country also comes with interesting, exciting, frustrating, and puzzling situations. You might run into situations you experience for the first time. It's normal to have questions and concerns as you navigate this new adventure. Since you are new to the country and just creating your local network, please always remember to utilize the extensive network of contacts provided by the Fulbright Finland program when feeling lonely, anxious, frustrated, or even happy.

### Don't hesitate to use your support network!

- Your [Fulbright Buddy](#)
- Your university international student tutor
- Your local colleagues and fellow students
- Your [fellow Fulbrighters](#) around Finland
- Fulbright Finland Foundation Alumni Community including the [Fulbright Finland Outreach Ambassadors](#)
- Your host institution contacts: Academic and administrative hosts, teachers, study counselors, student organizations, Erasmus Student Network, as well as staff at the International Office, Mobility Services, and International Staff Services
- Your Fulbright Finland Foundation [program coordinator and the Foundation staff](#)

### Take a Note of Well-being Tips from Alumni

- Learn about the new culture and country
- Get out and about and explore!
- Enjoy nature in any kind of weather.
- Don't miss the networking opportunities! Seize opportunities, participate, join & get to know new people!
- Be proactive in making connections.
- Maintain social connections and spend time with others. Get in touch!
- Share your thoughts with friends and contacts.
- Engage in physical activity, enjoyable hobby, or a volunteer opportunity. Look for an activity that fits you!
- Enjoy sauna!
- Experience ice hole swimming.
- Try light therapy.
- Appreciate sleeping – in winter you might need more sleep. At least many Finns do!
- Make sure you are getting enough vitamin D.
- Be compassionate with yourself – this might be a very new experience for you.
- Celebrate the experience! It provides you an opportunity to learn, grow and develop yourself personally and professionally.

## Finding yourself in a situation where you feel like you need to talk to someone?

Changing countries, cultures, and habits you are accustomed to can be challenging, as can be the long winter days. Culture shock is normal, even expected, and can manifest at different times. In case you feel like you are struggling, do not stay alone in the feeling, contact someone in your support network (see above). If you feel that you wish to talk to a professional, use the list below to find suitable help. NB! Always remember that you can also contact the Fulbright Finland Foundation staff if you need any help in locating support for you.

### ➤ **ASPE Assist: Mental Health Support Hotline**

This 24-hour hotline is a resource for U.S. Fulbrighters overseas, providing immediate, professional help with virtually any type of personal concern or problem they may experience. ASPE Assist can be reached any time and it offers confidential counseling and support service designed for U.S. grantees experiencing a crisis, such as health issues (including mental health), stress, cultural adjustment challenges, and advice regarding sexual harassment, assault, and other crimes.

- Contact information: Toll-free 1-833-963-1269  
Worldwide: +44-20-3859-4463  
Email: [ASPEsupport@anvilgroup.com](mailto:ASPEsupport@anvilgroup.com)
- [ASPE Guide](#)

### ➤ **Finnish Student Health Care Services FSHS/YTHS**

Usually available for those studying in a Master's or Bachelor's program in Finland. Research students (other than doctoral students) can sometimes also be given access to student health services. Find out from your host institution if you are eligible.

- [Services and making an appointment](#)
- [FSHS Mielichat](#)
- [Light Therapy](#)

### ➤ **Mieli – Mental Health in Finland**

MIELI Mental Health Finland provides crisis assistance and support in order to prevent mental health problems and suicides. The Crisis Helpline allows you to discuss your thoughts, feelings, and situation in life with a crisis worker or a trained volunteer. The phone conversation can help you to look into the future and see beyond your current situation in life. The crisis helpline also provides instructions and advice in seeking further help.

- [Contact information](#)
- [Support and help for foreigners](#)

## Useful resources for well-being

- Universities' wellbeing websites with useful links and local information:
  - Aalto University: [Student Health Care](#)
  - Åbo Akademi University: [Student health care & well-being](#)
  - Hanken School of Economics: [Health and well-being](#)
  - LUT University: [Health Services](#)
  - Tampere University: [Student Health Care](#)
    - Opiskelijan Tampere: [Health & wellbeing](#)
  - Uniarts Helsinki: [Healthcare and wellbeing services for foreign students](#)
  - University of Eastern Finland: [Student Health care & Health Care for international staff](#)
  - University of Helsinki: [FSHS](#), [Healthcare for Exchange Students](#), [Mental Health](#)
  - University of Jyväskylä: [Health Care](#)
  - University of Turku: [Health Care](#)
  - University of Vaasa: [Well-being & safety](#)
- [Go to sauna – why is going to sauna beneficial](#)
- [How to beat the winter tiredness](#)

## When medical attention is needed (physical or mental)

Locate your nearest emergency room as soon as arriving in Finland. Read resources on health care in Finland in the Foundation Guide at [Health and Medical Care](#).

### Master's degree students

If you are a master's degree student in Finland you are entitled to [Student Health Services in Finland \(FSHS\)](#).

### Doctoral students and research students

Doctoral students are not entitled to Student Health Services (FSHS). Research students (other than doctoral students) can sometimes be given access to [Student Health Services in Finland](#). Find out from your host institution if you are eligible. If you have not been given access to FSHS services, you can use private health clinics. Here are some examples:

- Mehiläinen: [www.mehilainen.fi/en](http://www.mehilainen.fi/en) Tel. 010 414 0200
- Terveystalo: [www.terveystalo.com/en/](http://www.terveystalo.com/en/) Tel. 030 6000
- Aava Medical Centre: [www.aava.fi/en](http://www.aava.fi/en) Tel. 010 380 3838
- Pihlajalinna: [www.pihlajalinna.fi/en](http://www.pihlajalinna.fi/en) Tel. 010 312 010
- [Emergencyhub.fi | Healthvillage.fi](#)

Emergencyhub is an eHealth service developed and designed by healthcare professionals. They provide help for sudden medical problems, advice on self-care, and instructions for using emergency services. The purpose of the website is to support you to decide on the best course of action and also to make you familiar with what happens in emergency care.

**Please keep your program coordinator informed  
if you find yourself in an emergency situation or an accident occurs to you!**