INTERNATIONAL STUDENT’S and TUTOR’S WELL-BEING

Tampere FSHS
Psychologist Hannu Soronen
SOME TIPS TO REMEMBER

THE FIRST CONTACT IS THE MOST IMPORTANT ONE:
A friendly, personal email or other message with warm welcome greetings and links to important net pages.

THE FIRST MEETING HERE: Be there in time and shake hands with a smile and eye contact.

BE WELL PREPARED FOR THE FIRST MEETING to remember the important things you want to share with the newcomers.
HELP THE STUDENTS FIND THE SERVICES THEY NEED, but don´t try to solve all the problems on behalf of them.

REMEMBER:
You don´t have to be reachable all the time.
Give enough time to your own duties, loved ones and leisure time.
SOME OF THE CONCERNS INTERNATIONAL STUDENTS MAY FACE IN FINLAND (according to what they have told us in FSHS):

Acculturation to Finnish society:
- (spontaneous) Interaction between people in different roles or ages or gender
- The common ways to spend time with friends
- How about dating, or sexuality?
- Religious differences, Christmas

Homesickness (family, friends, sweetheart, own university, own culture, food)
Could you guess which one is from Finland?
SOME OF THE CONCERNS INTERNATIONAL STUDENTS MAY FACE IN FINLAND part 2

Understanding some typical features of finnish people  Shyness, unwillingness to use foreign languages, drinking habits…

Kaamos, the period of Polar night

HOW TO SURVIVE "POLAR NIGHTS",

BETTER STUDENT HEALTH
Tampere, **Finland** - Sunshine, darkness, dawn and dusk times, graph
EFFECTS OF KAAMOS ON FINNISH PEOPLE

Most people find it difficult to adjust to the dramatic seasonal changes. Most significant mental effects of polar night period are observed from November to January.

- 10% have no symptoms
- 60% experience some tiredness
- 26–29% experience subsyndromal winter-SAD
- 1–4% suffer from winter-SAD* requiring treatment

Winter-SAD is much more common in women than in men and symptoms become more difficult with age.

*SAD = seasonal affective disorder
HOW TO TREAT WINTER-SAD?

Staying outdoors during light hours (11 am–14pm) if possible

Turning on all the lights indoors especially in the morning and keeping your apartment well lit (+ special bright light bulbs/devices)

Visualise yourself in warm and sunny places

Exercise, especially walking and other methods of exercise you enjoy (= positive effect on mood and general condition)

Get sufficient amount of vitamin D from tablets or food

Eat well (fruits, vegetables, fish, bread, peanuts, dark chocolate)

Enjoy candles and good music, books or films
Development

- Muscle grows through *pain*

- So, how does your mind grow?
How to evolve

- Accept challenges
- Do not avoid “difficult” things or emotions
- Let fear/anxiety guide you towards new areas

- And encourage your tutees to do likewise
FSHS SERVICES FOR INTERNATIONAL STUDENTS

http://www.yths.fi/en/internationalstudents

PLEASE VISIT OUR HEALTH UNIT WITH YOUR STUDENTS!

BETTER STUDENT HEALTH
FSHS’s services

- **GENERAL HEALTH SERVICES:** Appointments with public health and other nurses and appointments with general practitioners, travel advice, physiotherapy, laboratory and x-ray examinations on referral by an FSHS doctor (gynecologists’ and dermatologists’ services will end by 2021)

- **ORAL HEALTH SERVICES:** Appointments with oral hygienists, appointments with dentists and some dental specialists’ services, x-ray examinations

- **MENTAL HEALTH SERVICES:** Preventive mental health work, appointment reservations and advice over the phone or online chat (preliminary treatment need assessments), mental health advice and examination sessions, treatment session in accordance with a treatment plan (incl. brief sets of psychotherapy sessions, crisis therapy, medical treatment)

- **COMMUNITY HEALTH** To build healthy and safe learning environment and to improve the well-being of student communities
Right to use the FSHS’s services

- You can use the FSHS’s services as long as your student union membership is valid.

- If you have paid your student union membership fee
  - for the full academic year, your right to use the FSHS’s services starts on 1 August and ends on 31 July (pay attention to summer holiday in July: Tampere services closed for 4 weeks).
  - Autumn term membership starts on 1 August and ends on 31 December.
  - Spring term membership starts on 1 January and ends on 31 July.

- From Jan 1st 2021 exchange students will start using public health care services of Tampere City instead of FSHS.
Insurance

- Students do not automatically get insurance when arriving to Finland. Please remember to check that you have a valid insurance.

migri.fi
Students must have insurance (for all)

studyinfinland.fi
Insurance and health

Read more:
yths.fi/en/internationalstudents
Shortcut to services
Let us help you find the services you need more easily.

Self
Want to book an appointment?
Who can use our services?
Billing
Feeling anxious?
Not sleeping well?
Lost your keys to good oral health?
When did you have a dental check-up?
Toothache?
Wisdom tooth causing trouble?

Services
Self
International student authentication
General health
Oral health
Mental health
International students
Services free of charge
Services subject to charge

Checking and cancelling appointments
Group activity
Implementation of the statutory care guarantee at the FSHS
Care quality and safety
Appointment ticket

Health information and research
Health information
Guides and posters
Community health
Research and publications

FSHS
Who can use our services?
Our activities and objectives
The FSHS as an organisation
Ensuring quality in our service provision
FSHS’s environmental work
News
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GOOD LUCK FOR YOUR IMPORTANT WORK!!

TEAMWORK and SHARING WILL MAKE IT EASIER!