

**INTERNATIONAL
HOUSE
TURKU**

International House Turku

Åbo Akademi Orientation 29.08.24

Welcome to Turku!

- We are “the (b)oldest city in Finland”, 794 years old
 - The original capital of Finland!
- Population of around 200,000 with over 40,000 students
 - “Opiskelija kaupunki” / “Studie Stad”
- A city of science, culture and sustainable development
 - Carbon neutral by 2029

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Janne Mustonen

What is International House Turku?

- Services and projects designed to support international residents, organised by the City of Turku.
- All international residents of Southwest Finland are welcome to use our services.
- You can find us at the 'Monitori' service point in the city centre.
- All our services are free of charge!



Main Services

- **Welcome Desk** (Mon – Fri in Finnish and English, w/o an appointment)
- **Soft-landing** (online and in-person, appointment only.)
- **Multilingual advice and guidance** (17 languages currently offered with and w/o appointments)
- **Business Advisor** (in English, Finnish and Kurdish, appointments only.)
- Full details: <https://ihturku.fi/en/services/>



Services for Students

- **Arrival to Turku**

- We organise welcome events for internationals and their families (including information sessions, networking evenings, walks, etc.)
- Support with everyday issues or difficulties during your studies

- **Staying after graduation**

- Meet with an advisor to discuss options for staying in Southwest Finland
- Advice regarding permits (such as moving from a student visa to a working visa)



Services for Families

- **Spouses**

- Soft-landing services for spouses to help them get settled in Turku
- Support with starting the job search, finding a Finnish language course and making friends
- Mentoring for non-EU spouses (Community Powered Integration project)
 - Contact deena.Lehtinen@turku.fi for further details

- **Children**

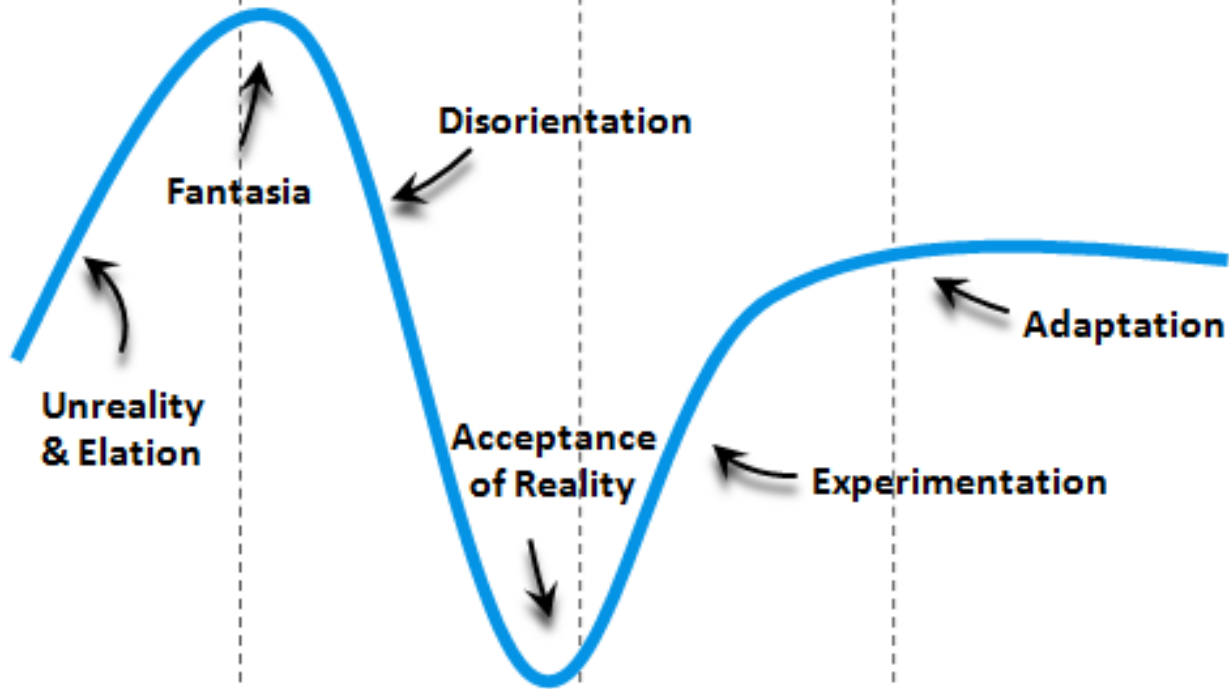
- Advice regarding schools and day care application processes
- Information about free-time activities for children



Culture Shock in Finland

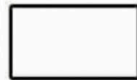
LEVEL OF HAPPINESS

HONEYMOON CULTURE SHOCK ADJUSTMENT MASTERING



TIME

WHAT FINLAND'S FLAG STANDS FOR



SNOW



LAKES



SOCIAL INTERACTION



**What is your biggest
worry about living in
Finland?**

Couple of Expats – top 5 culture shocks

1. Personal space
 2. Social conduct
 3. Sauna and nudity
 4. The climate
 5. Communication
- [5 Culture Shocks You'll Experience as an Expat in Finland \(coupleofexpats.com\)](https://coupleofexpats.com)

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HOW TO FALL ON ICE

1

BEND YOUR KNEES

you want to shorten the distance from yourself to the ground

3

DO NOT USE YOUR ARM TO BREAK YOUR FALL

you're just going to sprain your wrist

2

TRY TO LAND ON YOUR SIDE

you're more likely to have an injury if you land directly on your butt

4

GET UP SLOWLY

When getting back up make sure to get up slowly in order to avoid falling again

[@jasmin.ja.tuomas](https://www.instagram.com/jasmin.ja.tuomas)

Tips for dealing with culture shock in Finland

- Step out of your apartment!
 - With so much nature on our doorstep, Turku is easy to explore. Natural sunlight is really important during the dark winter days too 😎
- Get the right winter gear!
 - Finland is easier to navigate when you are not freezing cold 🥶
- Find your networks!
 - Activities and friendships make those tough days easier to handle 😊
- Expect the unexpected!
 - Embrace Finland's quirks and (sometimes) weirdness 😏

Events and Networking

- We organise events designed to welcome international talents to the Turku region and introduce them to local services and stakeholders.
- Our current events:
 - <https://ihturku.fi/en/news-and-events/>
 - <https://careerinsouthwestfinland.fi/events/>

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Piispis Perjantai

- International coffee mornings – everyone welcome!
- Fridays, 10.00 – 12.00 at Turku City Library (above the café)
- Starts Friday 6th September

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Welcome to Turku Programme

Connect with Locals | Boost Your Career | Make New Friends
Learn about Turku, Finnish Culture, and Language



**INTERNATIONAL
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IHT x Åbo Akademi



Åbo Akademi
University

**INTERNATIONAL
HOUSE
TURKU**



**TURKU
BUSINESS
REGION**

Punainen Risti
Varsinais-Suomen piiri





Any Questions?

Keep in touch!

- **Jonathon Murphy / Roza Pambukhchyan**

– talent.advisor@turku.fi

- www.ihturku.fi
- <https://www.facebook.com/internationalhouseturku>
- <https://www.linkedin.com/company/international-house-turku>
- <https://www.instagram.com/internationalhouseturku/>
- <https://careerinsouthwestfinland.fi/>

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Kuva: Heikki Räisänen

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Thank you and welcome to Turku!