



# WELCOME!

Hello, my name is Urina Lama, and I'm from Nepal. I am currently studying a Master's in the EDISS programme at Åbo Akademi University.



Moving to a new country and adapting to the academic environment can be both exciting and challenging. I'm here to support as you settle into your new surroundings and navigate student life.

Please feel free to contact  
me at

**Urina.Lama@abo.fi**

