

How to Manage the Dark Season-
Discover ways to enhance your wellbeing and tackle the winter blues.

Arunima Samarasinghe

Vaasa International Talents-Round 4

“Winter forms our character and brings out our best.” – Tom Allen



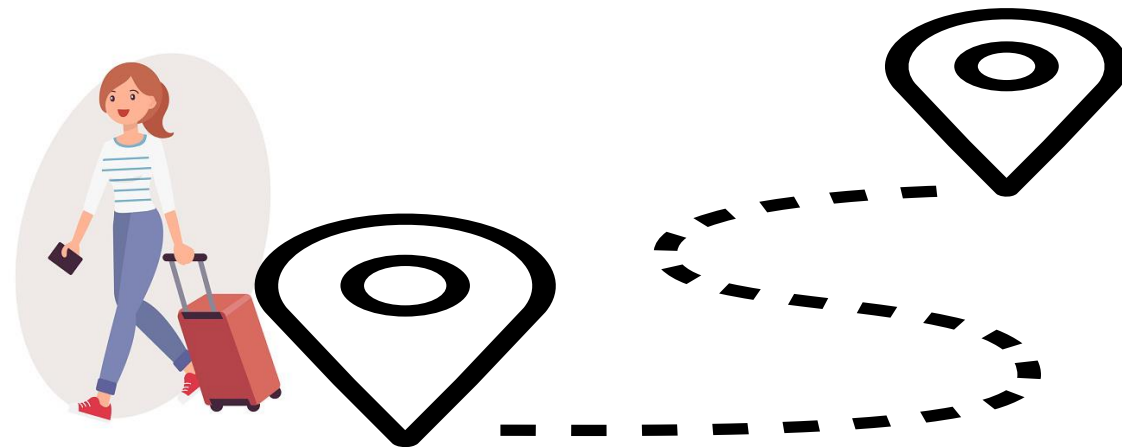
AGENDA

- Background
- First Impressions of Winter in Vaasa
- Adapting to the Darkness
- Tips
- Conclusion

Hello!

Hello everyone, my name is Arunima Samarasinghe.

I work as a Development Engineer- Power Systems at Wärtsilä Corporation. I came to Finland in 2022 as a student to pursue my MSc at the University of Vaasa. I am originally from one of the most beautiful islands in the world, Sri Lanka. Today, I will share my experience of the Finnish winter and how I managed to maintain my well-being during the dark season in Finland.



How to Manage the Dark Season

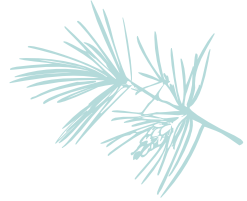
First Impressions of Winter



- It was my first snow experience, and I really loved snowing (and I still love it 😊).
- The nature in Vaasa is truly beautiful and peaceful.
- After a few weeks, I started to feel confused about the darkness in daytime.
- I felt alone because I was so far from my loved ones back home.

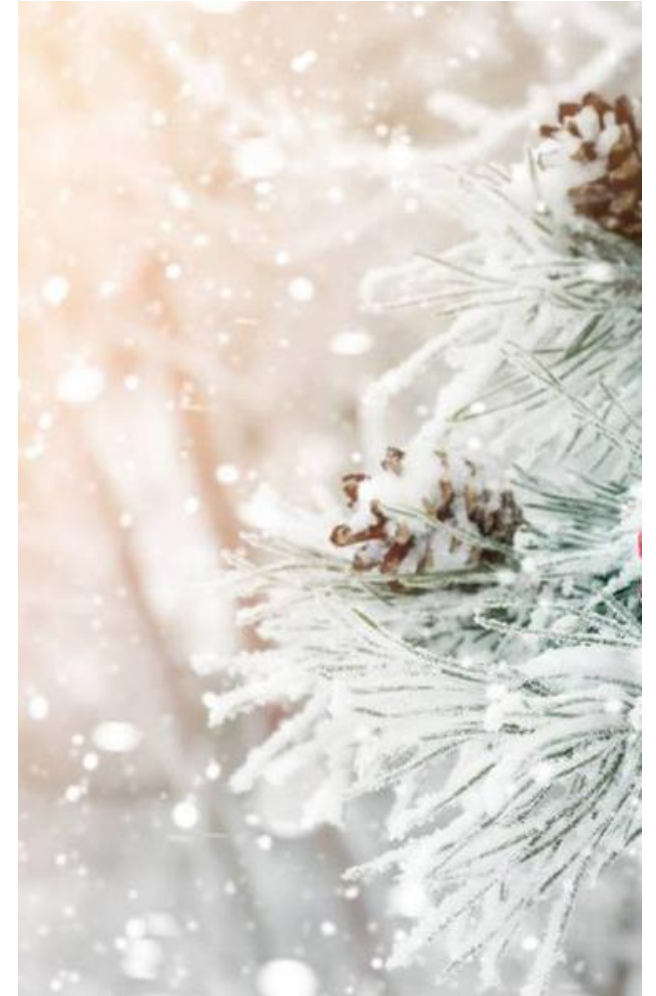


Adapting to the Darkness



- The best part was my determination to embrace life in Vaasa with happiness.
- I refused to let my mind be troubled by the natural phenomenon of darkness, something beyond our control.

“People don’t notice whether it’s winter or summer when they’re happy.”-Anton Chekov



Tips...

Hobbies – I get lots of time in the winter to enjoy my hobbies because, after work, I stay at home for many more hours compared to summer.

Community /Social Networking, Make new friends

Make new friends and spend time with them. This will help you adjust to the new culture with a fresh and open mind.

Explore -I make it a point to go for a walk in the afternoon, at least on weekends, when there's some sunlight. It's a great way to lift your spirits during the winter, and I highly recommend giving it a try! Plus, you'll find lots of winter activities here in Vaasa to enjoy.

Conclusion



As an international living in Finland, this is my third winter, and I still see it in a positive light. I'm always amazed by the beautiful Finnish winter and really enjoy it. It all depends on how you look at it and how you spend your time. Try to stay positive, be happy, and keep active during winter.

Your inner happiness is your well-being.

Enjoy your life in Vaasa!





THANK YOU

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